

Laboratory tests

Preventive check-up, recommended test frequency



Core blood and urine checks

Blood count + leukocyte differential count	Annually
Sedimentation	On a doctor's advice
CRP	On a doctor's advice
Glycaemia	Every 3 years
Lipids: Cholesterol + LDL, HDL, non-HDL fractions and triglycerides	Every 4–5 years
Liver enzymes: bilirubin, ALT, AST, GMT, ALP	Annually
Pancreatic amylase	On a doctor's advice
Biochemistry: urea, creatinine, uric acid, total protein, albumin	Annually
Minerals: Na, K, Cl	Annually
Laboratory urine test: chemically, sediment	Annually

Metabolic, hormone and nutrition checks

Thyroid hormones: TSH	On a doctor's advice
Vitamin D	On a doctor's advice
HbA1c (Glycated Hemoglobin)	Every 3 years
Lipoprotein(a)	Once in a lifetime
Vitamin B12	On a doctor's advice
Folic acid	On a doctor's advice
Ferritin	On a doctor's advice

Age and sex-specific checks

Prostate-specific antigen (PSA) blood test, men 50+	Every 2 years
Testosterone + SHBG (urology)	On a doctor's advice
Cytological examination (gynaecology)	Annually
High-risk HPV test, women aged 35, 45 and 55	On a doctor's advice
Stool occult blood test, age 45+	Annually

Immunity checks

Check of tetanus and measles antibody levels	On a doctor's advice
Check of hepatitis A+B antibody levels	On a doctor's advice

Genetics and blood type

Genetics of thrombophilic mutations (Factor V Leiden, FII-prothrombin)	Once in a lifetime
Determination of blood type	Once in a lifetime