



hamboorg.city

---

## Vorsorgeuntersuchung — Free Preventive Health Screenings

Vorsorgeuntersuchung are free preventive health screenings funded by statutory health insurance to detect diseases early.

**Deutsche Begriffe:** Vorsorgeuntersuchung | Check-up | Gesundheitsvorsorge | Früherkennung

---

### What is Vorsorgeuntersuchung?

Vorsorgeuntersuchung are free preventive health screenings funded by statutory health insurance. They serve to detect diseases at an early stage.

### Screenings for Adults

Check-up 35 (Gesundheits-Check-up)

**For whom:** 35+ years **How often:** Every 3 years (18-34: once)

**What it includes:**

- Medical history
- Physical examination
- Blood pressure measurement
- Blood tests (cholesterol, blood sugar)
- Urine test
- Medical consultation

Screenings for Women

Age	Screening	Frequency
20+	Gynecological + cytology	Annually
30+	+ breast examination	Annually
50-69	Mammography	Every 2 years

## Screenings for Men

Age	Screening	Frequency
45+	Prostate screening	Annually
65+	Abdominal aortic aneurysm screening	Once

## Colonoscopy (Colorectal Cancer)

- **Women:** From age 55
- **Men:** From age 50
- Every 10 years (or stool test every 2 years)

## Skin Cancer Screening (Hautkrebs-Screening)

- **From age 35** every 2 years
- Dermatologist examines entire body
- Detection of melanoma and other cancers

## Vaccinations (Impfungen)

Funded vaccinations for adults:

- Tetanus/diphtheria/pertussis (every 10 years)
- Influenza (annually, especially 60+)
- COVID-19
- Pneumococcal (60+)
- Shingles (60+)

## How to Schedule a Screening?

1. Call your primary care physician (Hausarzt)
2. Say: "Ich möchte einen Vorsorge-Termin"
3. Bring your insurance card (Versichertenkarte)

## Is It Really Free?

**YES** — under statutory health insurance (GKV):

- No copayments
- No referral needed (for most screenings)
- Results immediately or within a few days

## Worth Knowing

- Screenings are **voluntary**
- Results are **confidential**
- You can decline individual tests
- Some insurance companies offer **bonuses** for regular screenings

---

Editorial hamboorg.city · As of: April 2026 · Carefully prepared, regularly updated.  
Content is informational and does not replace legal advice.