

Stress Check-ups

Stress-Check-up Intense

The stress check-up is intended for the early detection of stress-related diseases such as burnout. Identify your individual stress level.

Detailed psychosomatic anamnesis

Assessment of the individual cardiovascular risk profile (resting ECG, blood pressure and pulse measurement)

Detailed laboratory examination

Heart rate variability measurement for the analysis of the individual vegetative stress regulation

Measurement of physical performance via Lactate level test with following sport-scientific training recommendation

Analysis of the individual stress load and stress management by scientifically recognised psychometric tests

Discussion of the results and coaching for prevention and improvement regarding stress management

CHF 1750

Individual interview / Situation assessment

Situation assessment with coaching on how to deal with stress individually.

The individual assessment comprises a 1.5-hour coaching session.

Prior to the meeting, questionnaires will be sent to you, the results of which, in addition to the detailed analysis of the current situation during the coaching meeting, will be used as a basis for recommendations on how to proceed

1.5 hours coaching session

Preliminary questionnaire

Test diagnostics

CHF 400

