

Early cancer detection



Genital examination for the early detection of cervical cancer

Age and frequency	Comments
Annually for women aged 20 to 34	<ul style="list-style-type: none"> • Medical history • Gynecological palpation • Cytological smear test of the cervix and PAP test annually <ul style="list-style-type: none"> • Conspicuous findings are further clarified • Advice on the result
Annually for women aged 35 and over	<ul style="list-style-type: none"> • Medical history • Gynecological palpation • Cytological smear test of the cervix and HPV test every 3 years <ul style="list-style-type: none"> • Conspicuous findings are further clarified • Advice on the result

Breast examination for the early detection of breast cancer

Age and frequency	Comments
Annually for women aged 30 and over	<ul style="list-style-type: none"> • Medical history • Advice on the result • Inspection and palpation of the breast and regional lymphatic nodes, medical guidance for self-examination
Mammography: Every two years for women aged 50 to 69	<ul style="list-style-type: none"> • Medical history • X-ray of both breasts (mammography) • Report of findings • Conspicuous findings are further clarified

Prostate examination for the early detection of prostate cancer

Age and frequency	Comments
Annually for men aged 45 and over	<ul style="list-style-type: none"> • Medical history • Report of findings • Inspection and palpation

Skin cancer screening for the early detection of skin cancer

Age and frequency	Comments
Every 2 years for women and men aged 35 and over	<ul style="list-style-type: none"> • Medical history • Visual (with the naked eye), standardized full-body inspection of the entire skin • Report of findings (in the event of abnormal findings/ medical necessity, further clarification by a dermatology specialist)




Colon and rectal examination for the early detection of colorectal cancer

Age and frequency	Comments
Every 5 years for women and men from 50 to 65 years	<ul style="list-style-type: none"> Targeted, one-off comprehensive advice on the options for early detection of bowel cancer Further examinations depending on age and gender
Annually for women and men from 50 to 54 years	<ul style="list-style-type: none"> Immunological test for hidden blood in the stool
Every 2 years for women and men aged 55 and over	<ul style="list-style-type: none"> As long as no screening colonoscopy has been performed, men and women aged 55 and over are entitled to a stool blood test every two years (as an alternative to a colonoscopy)
2x at least 10 years apart for men aged 50 and over	<ul style="list-style-type: none"> Screening colonoscopy If men only take up the colonoscopy offer from the age of 65, they are only entitled to a screening colonoscopy From the age of 50, men can choose between a test for hidden blood in the stool and a screening colonoscopy, as men develop bowel cancer earlier and more frequently than women
2x at least 10 years apart for women aged 55 and over	<ul style="list-style-type: none"> Screening colonoscopy Women aged 55 and over can choose between a test for hidden blood in the stool and a screening colonoscopy If women only take up the colonoscopy offer from the age of 65, they are entitled to only one screening colonoscopy

These additional preventive examinations in the **EXPAT BUSINESS PREMIUM, EXPAT PRIVATE PREMIUM, EXPAT RESIDENT** (with up to 300 euros per year of contract term), **EXPAT INFINITY PREMIUM** and **EXPAT GLOBAL PREMIUM** (with up to 300 euros per insurance year) tariffs cover the following examinations, provided that the examination results are submitted with the invoice:

- General health examination (medical history, physical examination including measurement of blood pressure)
- ECG and stress ECG
- Cholesterol determination
- Blood sugar determination
- Urinalysis



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