

## Invitation to the health examination of the Finnish Mobile Clinic

The Finnish Mobile Clinic of the Social Insurance Institution (in Finnish Kela) will arrange a free health examination for a randomly selected part of individuals in Tampere. The health examination is a continuation of the health interview conducted recently.

The purpose of the survey is to detect latent diseases and take the individuals in question to a treatment at an early stage. The examination is much more diverse than the ones organized by the ordinary health centers and work places. The examined diseases are cardiovascular diseases, blood pressure disease, musculoskeletal disorders, respiratory organ diseases, diabetes, anemia and kidney and urine tract diseases amongst other. In the survey many different measurements are done, for example ECG, lung functionality measurement, heart and lungs x-ray and various laboratory tests such as blood cholesterol, triglyceride and sugar determinations.

You will receive the results of the examination on paper. In case something indicating an illness is detected, we will invite you to a check-up examination.

The travel expenses to the examination site and back will be reimbursed. The base for the reimbursement is in general the public transport fee.

The results of the survey will also be used for medical research to develop the health examination system and to investigate morbidity and the factors behind it in our country.

All the research results will be handled strictly confidential.

### Instructions for a participant

1. Do not eat starting from 10 o'clock pm the day before the examination. However, take your medicine as always unless it has been precisely forbidden to take the medicine to an empty stomach. You can drink water as well as coffee or tea without sugar and cream. Forbidden items are all high calorie soft drinks, beer, milk and all meals and snacks.

It is important not to eat or drink to ensure the correct results from the blood tests.

The individuals with diabetes are an exception:

- If you use insulin, drink and take the injections as always.
  - If you use tablet treatment, do not eat or drink as advised but do not take the tablets for diabetes the morning of the day of examination.
2. Refrain from urinating if possible as least 6 hours before the examination
  3. Fill in carefully the appended questionnaires and bring them to the examination site. In case filling in the questionnaires is very difficult, the examination personnel will help you filling them in at the examination site.

4. Take with you to the examination site the possible medical certificates of your illnesses and all prescriptions of the medicine you have used during the past 12 months.
5. Take with you your health insurance card
6. Wear clothes that are easy to undress for x-ray
7. In case you use reading glasses, take them with you to the examination (you might need them).

8. The examination site is

Pyynikki health center (Sosiaalivirastotalo)

Koulukatu 9

33200 Tampere 20

9. The day of your examination is: \_\_/\_\_/1979, time \_\_\_\_\_

The examination takes about 3½ hours

10. In case the examination time does not fit you due to force majeure, please contact Social Insurance Institution Tampere local office, Hämeenkatu 5, 33100 TAMPERE 10, telephone 931/30700/Eeva Pohjola from 8.30 till 14.30.

The examination dates are 31<sup>st</sup> of October, 1<sup>st</sup> of November, 2<sup>nd</sup> of November, 5<sup>th</sup> of November, 6<sup>th</sup> of November, 7<sup>th</sup> of November, 8<sup>th</sup> of November, 9<sup>th</sup> of November and 10<sup>th</sup> of November of 1979.

Social Insurance Institution

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The Finnish Mobile Clinic

Chief physician