



An exceptional centre
in Monaco
for your medical check-up



“

One of the essential elements
of the Principality's fame lies also in
our healthcare establishments. I would like
to pay homage here to all those who work,
discretely, yet competently and efficiently,
to maintain this reputation: medical, administrative,
paramedical and nursing teams.”

Translated from the speech by HSH Prince Albert II,
during the celebrations of the 10th anniversary of his accession,

Saturday 11 July 2015.

S.A.S. LE PRINCE ALBERT II DE MONACO



Monaco Princess Grace Check-up Unit, in tune with your health



Our values and our commitments

Respect...
medical confidentiality as well as the confidentiality and discretion of appointments.

Respect...
the cultural diversity,
the dignity and the rights of each patient.

Respect...
the ethics of medical practice.

Monaco Princess Grace Check-up Unit meets your most stringent demands, whether you require our medical expertise, personalized guidance, precautionary healthcare, or our warm reception.

Integral part of the Princess Grace Hospital which received in 2015 the highest distinction in Health certification, our unit offers you tailor-made check-ups within an exceptional setting, right in the heart of the jewel of the Riviera, Monaco.

We invite you to read on and discover the unrivalled quality of our check-ups and medical follow-up. For more information or to learn about our personalized assistance, please do not hesitate to contact us, you will find our contact details at the back of this brochure.

Doctor Gilles Chironi

HEAD OF DEPARTMENT MONACO PRINCESS GRACE CHECK-UP UNIT



Your **health** is precious, so look after it at each stage of your life. Our priority is to offer you a full tailor-made check-up adapted to your age, your medical history and your lifestyle. In an exceptional setting, at Monaco Princess Grace Check-up Unit you can check in on your health in total confidence and tranquility. After your check-up, we can provide a personalized follow-up by means of further consultations, check-ups or electronic exchanges.

Why should I have a check-up?

- At an important stage in your life, you may wish **to review your health** in order to move forward with peace of mind and improve your daily well-being.

- When you suffer from fatigue, stress or the constraints of modern life, you may wish **to take precautions** for your health.

- You may be troubled by **unexplained symptoms** and wish to obtain clarification and an appropriate medical response.

- You underwent analyses or radiographies, diagnosis and advices were given to you and you wish to have a second opinion.

Whatever your reasons, Monaco Princess Grace Check-up Unit is the fast, complete, and efficient answer to taking care of yourself, in a high-quality environment, the Principality of Monaco.

Tailor-made check-ups because each person is unique

Monaco Princess Grace Check-up Unit offers a complete range of specific and general check-ups. With a personalized study of your clinical characteristics we can design exclusive tailor-made check-ups.

Tailor-made check-ups, because for Monaco Princess Grace Check-up Unit, you are a unique person. We organize your

check-up according to your aspirations, needs and unique personality. Our goal is to efficiently plan your stay and to give you a personalized diagnostic and therapeutic response.

Before scheduling a check-up itinerary, you will be issued with a medical questionnaire and, where necessary, we will contact you or your general practitioner.



A unique range of high-quality check-ups...

Monaco Princess Grace Check-up Unit is an integral part of the Princess Grace Hospital, a pearl in Monaco's healthcare system.

Our medical centre is located on the top two floors of a

brand-new building. It is designed to accommodate you in a confidential and luxurious environment, while you benefit from the medical expertise of the teams of the Princess Grace Hospital.

Just for you, a tailor-made check-up in one day

- ▶ An assigned doctor,
- ▶ A personalized preliminary contact, which begins with the analysis of a systematic medical questionnaire completed by yourself and an exchange with the doctor by phone or a preliminary consultation,
- ▶ Examinations all in one place and at the same time, guaranteeing rapidity, punctuality, rigour, and a warm welcome,
- ▶ A tailor-made medical response which benefits from the range of specialities and technical facilities of the Princess Grace Hospital,
- ▶ A relevant biological assessment with basic examinations and specialized biomarkers,
- ▶ A vast range of check-ups, specific or personalized, depending on your medical history and symptoms, or at the requests of your general practitioner,
- ▶ Different check-up packages in compliance with good medical practice and international standards,
- ▶ Results provided immediately,
- ▶ The possibility, where necessary, to obtain an immediate therapeutic response here on-site,
- ▶ The possibility of personalized follow-up, including further consultations or check ups.

Individual support and service dedicated to planning your care

- ▶ Short deadlines to provide the check-up, high reactivity,
- ▶ Your day is meticulously organised and each appointment is scheduled to keep waiting times to a minimum,
- ▶ We take care of your administrative formalities,
- ▶ All-inclusive prices and an estimation of fees in advance for all of your examinations,
- ▶ Where applicable, treatment may be administered in the event of chronic illness requiring regular sessions, for example: haemodialysis, radiotherapy, pacemaker surveillance.



...within a
gold standard health-care facility

The Centre Hospitalier Princesse Grace offers an complete range of treatments on an international level thanks to its high-quality medical teams and its state-of-the-art technological equipment for numerous specialities. This excellence recently earned the centre a certification awarded with the highest possible grade, from the most distinguished health authorities*.

21 medical specialities

Expertise in the screening and detection of cardiovascular diseases, some cancers and pathologies related to your age and your way of life before the onset of symptoms in order to treat them as early as possible.

A multidisciplinary medical and surgical practice

An accomplished anaesthesia-resuscitation department

Exceptional technical facilities

- MRI, diagnostic and interventional CT-Scan, ultra-sound, cardiovascular Doppler, scintigraphy, PET scan,
- Digestive, bronchial and urological endoscopy,
- High standard cardiac electrophysiology suite (we are the only centre in the France-Monaco area equipped with an ultra-high definition cardio cartography system),
- Da Vinci surgical robot,
- Eye tracking for assistance in the diagnosis of cognitive diseases (the only centre in the region to have this device),
- High-tech biology laboratory,
- Respiratory functional explorations, cardio explorations, etc...



maximum grade
for the **V2014**
certification

In July 2015, the French National Health Authority (Haute Autorité de Santé -HAS) "unreservedly and unbiasedly" awarded the Princess Grace Hospital a certification, with **grade A** (the maximum grade attributable to a healthcare establishment).

Even though this certification initiative is compulsory in France for all healthcare establishments, this is not the case in Monaco, and the Princess Grace Hospital voluntarily requested the inspection, as it had done previously in 2007.

This certification, using a highly demanding V2014 baseline, demonstrates the high level of quality and safety of the medical care provided by our hospital.







**Monaco
Princess Grace
Check-up Unit**



Specific check-ups

Our specific check-ups provide a basis of systematic examinations and according to the context, optional examinations

A personalized preliminary contact, which begins with the analysis of a systematic medical questionnaire completed by yourself, a phone contact and / or a preliminary consultation.



Cardiovascular check-up

- ▶ Blood and urine tests
- ▶ Consultation with a cardiologist
- ▶ Electrocardiogram
- ▶ Supra-aortic trunk Doppler ultrasound
- ▶ Cardiac ultrasound
- ▶ Cardiac computed tomography
- ▶ Treadmill stress test
- ▶ Impedancemetry
- ▶ Diet consultation



Digestive check-up

- ▶ Blood and urine tests
- ▶ Consultation with a gastroenterologist
- ▶ Electrocardiogram
- ▶ Pre-anaesthesia consultation
- ▶ Anaesthesia
- ▶ Colonoscopy
- ▶ Gastrointestinal fibroscopy
- ▶ Abdomen and pelvis echography (ultrasound)
- ▶ Impedancemetry
- ▶ Diet consultation

Optional examinations (non-exhaustive list) may be performed in addition to the standard examinations depending on antecedents, risk factors and potential symptoms.

This information is collected prior to the check-up by means of a personalised and confidential questionnaire.



Gynaecological check-up

- ▶ Blood and urine tests
- ▶ Consultation with a gynaecologist
- ▶ Electrocardiogram
- ▶ Cervical Pap smear test
- ▶ Mammography
- ▶ Breast ultrasound
- ▶ Pelvic ultrasound
- ▶ Impedancemetry
- ▶ Diet consultation



Senior citizen check-up

- ▶ Blood and urine tests
- ▶ Consultation with a geriatrician
- ▶ Electrocardiogram
- ▶ Eye-tracker
- ▶ In-depth memory consultation
- ▶ Psycho-behavioural consultation
- ▶ Cardiac ultrasound
- ▶ Abdomen and pelvis echography (ultrasound)
- ▶ Brain magnetic resonance imaging
- ▶ Supra-aortic trunk Doppler ultrasound
- ▶ Impedancemetry
- ▶ Diet consultation



Junior check-up (12-18 years)

- ▶ Blood and urine tests
- ▶ Consultation with a paediatrician
- ▶ Electrocardiogram
- ▶ Respiratory functional explorations

Support: The check-ups performed at Monaco Princess Grace Check-Up Unit are not reimbursed by the Social Security. They may, however, be covered by your private insurance, depending on the conditions of your contract.

An **Exceptional** Check-up Itinerary

Because everybody is unique, your check-up at Monaco Princess Grace Check-up Unit is not just a series of impersonal examinations, but a unique itinerary, designed to ensure optimal conditions of comfort and confidentiality, at every stage of the procedure.



A **personalized preliminary contact**, which begins with the analysis of a systematic **medical questionnaire** completed by yourself, a phone contact and / or a preliminary consultation. It allows to obtain important information on your personal and family medical histories, your risk factors, your symptoms and your current treatment, but also your diet and your culinary tastes. This questionnaire is studied by the Doctor, the head of department, who will be your unique interlocutor. He will plan a tailor-made check-up with a relevant biological assessment, imaging and consultations with our specialists.



The breakfast and the lunch are prepared according to your choices among our suggestions. They are served depending on the schedule of the examinations (some of them needing to be fasting). Dietetic is considered as an important aspect of the check-up. You will have a consultation, personalized recommendations and the possibility of a later follow-up.



The assistant will send you the invoice estimation according to the list of tests / consultations recommended for your check-up. She will organize, further to your agreement, your check-up and she will help you with all administrative formalities and organizational support: transport, transfer, accommodation...



Depending on the schedule, you may be able to return to your suite in the way **to relax, work or have fun**. The medical and paramedical team are present on a permanent basis to mitigate any delays or unforeseen events, and to answer any questions you may have.



We welcome you generally at 8.00 am and your stay ends towards 5.00 pm. The check-up associates the medical expertise and a **5 stars reception**. Your stay is organized, in complete safety, in a 70 m² suite top of the range. The team offers you a VIP welcome, a well-being and a high-quality comfort.



The nurse will begin by performing the **preliminary procedures** (weight and height measurement, blood sample, urine sample, blood pressure, electrocardiogram and collect of medical informations) in your suite.



The **examinations** themselves will then begin: the nurse or the auxiliary nurse accompany you to the consultations (head doctors of the different specialities) and technical facilities (ultra-sound, MRI, diagnostic and interventional scanner, PET scan, treadmill stress test...).



At the end of the stay, the Doctor, Head of the department, will go over the **results** with you in detail and explain the report. This final and complete synthesis is given to you with the original files (imaging, functional tests, biology...) and, if necessary, he will give you prescriptions, and recommendations.



The doctor will also give you a **digital support** on which are engraved the radiological images which you could view or make view later by the doctor of your choice. According to the results of the check-up, the doctor can prescribe you additional examinations... They will be organized by ourselves.



Continuity of care and "after check-up" are really important for us: we can remain in contact with you, either by email or by phone, and a secure electronic system enables the future exchange of documents. At any time you can come back in consultation.

A 5 star reception



Our range of check-ups gives you an overview of the expertise of Monaco Princess Grace Check-up Unit. What makes your check-up experience even more exceptional is the exquisite reception that you are sure to receive.

With the strictest confidentiality and in total tranquility, we have reserved, just for you, the top two floors of a secure, ultra-modern building, equipped with the latest technology. This setting offers each patient residential conditions (in a setting overlooking the Mediterranean Sea) worthy of the luxury hotels to which the Principality has the secret, and with top security.

The private suites

They are specially designed to accommodate you at Monaco Princess Grace Check-up Unit, along with any accompanying family members. They are endowed with luxury furnishings and state-of-the-art automations, plus a sea view and a panoramic view of 'The Rock' and the Principality.

Catering services

They are renowned in the Principality for their excellence. Our team of professionals ensure a VIP-worthy welcome, patient well-being, and five-star comfort.

Gastronomical cuisine

It is served by our chef and his team, with an international and balanced menu, accompanied, for those who wish, with a prestigious selection of wines. All dishes are made with rigorously selected products. Our catering service is also committed to meeting your personal, cultural, or religious dietary requirements.

Relax in absolute tranquility

Between each stage of your examination itinerary, you can relax in absolute tranquility, take advantage of the entertainment equipment, have something to eat or stay in touch with your workplace.



Monaco: A jewel in the heart of the Riviera



The range of check-ups available, the support of an international hospital, and an exceptional level of comfort are the main reasons for choosing Monaco Princess Grace Check-up Unit. But the one thing that no other centre will ever be able to offer you is the extraordinary setting where it is located: Monaco.

Monaco, an exceptional premium destination.

Monaco, a first class destination, between the sea and the mountain, basking in the Mediterranean climate.

Monaco, a premium destination for celebrities from all over the world, who appreciate our way of life, the guaranteed discretion, and high-quality service and facilities.

Monaco, a remarkable holiday resort with its internationally renowned palaces and hotels.

Monaco, a gastronomical destination, with exceptional dining experiences provided by top chefs.

Monaco, a synonym of relaxation, well-being, and international sporting and cultural events.

Monaco, a hot spot for entertainment: casinos, night clubs with the best international DJs.

Monaco, a city of culture: operas, philharmonic concerts, theatres, ballets, etc.

Monaco, easily accessible from all corners of the world, thanks to its close proximity to the Nice Côte d'Azur International Airport, linked to the Principality by helicopter, and with direct flights to more than 100 countries.

Monaco, a great place to live in total security, thanks to a watchful police presence and a 24-hour video surveillance system covering the entire territory.





For all information: a unique contact

+377 97 98 99 40 from Monday to Friday, 8.30am to 4pm
or checkupunit@chpg.mc

A referent doctor: Doctor Gilles Chironi

www.checkupunit.chpg.mc



avenue Pasteur - MC 98012 Monaco