



## **Necessary medical tests\* when enrolling in LuckyFit Programme**

- Personal blood test
- General cholesterol, HDL, LDL, triglycerides
- Glucose
- General protein
- Uris acid
- Creatinine
- Liver enzymes – ASAT, ALAT, GGT
- General bilirubin
- T3 and T4
- Sex hormones, if any disorders in the period have occurred
- General urine with sediment
- Ultrasound of inner organs and thyroid, as well as comment of the health condition from the personal M.D. are an option
- Epicrisis and file with medical information in case of current diseases are supposed to be brought

*\*The medical tests are done not earlier than one month before the start of the programme*

- Blood tests done in the morning on empty stomach, 7-14 days before the start date of the course.

### **Indications for LuckyFit programme participation:**

- Overweight with body mass index from 28 – 30
- 1, 2 and 3 levels of obesity
- Metabolic syndrome