



# ESSENTIAL

BIOLOGY, EXAMS AND IMAGING

# ESSENTIAL - COMPLETE LIST OF EXAMS

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# BIOLOGY

♀ women only · ♂ men only

## CARDIORESPIRATORY

- Apolipoprotein A1
- Apolipoprotein A1/B
- Apolipoprotein B
- Atherogenic index
- HDL cholesterol
- LDL cholesterol (calculated)
- Lipemia
- Lipoprotein (a)
- Non-HDL cholesterol
- NT-proBNP
- Total cholesterol
- Triglycerides
- Triglycerides:HDL ratio

## ENDOCRINE

- Bioavailable testosterone ♂
- Bioavailable testosterone % ♂
- Bound testosterone % ♂
- Estimated average blood sugar
- Fasting blood sugar
- Free PSA ♂
- Free testosterone ♂
- Free testosterone % ♂
- Glycosuria
- HbA1c
- HbA1c IFCC
- HOMA index
- Insulin
- PSA ♂
- Quicki index
- Ratio Free PSA:Total PSA ♂
- SHBG ♂
- Total testosterone ♂
- TSH

## IMMUNITY & INFLAMMATION

- Albumin
- Alpha-1 globulin
- Alpha-2 globulin
- Basophils
- Basophils (AV)
- Beta globulins
- Eosinophils
- Eosinophils (AV)
- Ferritin
- Gamma globulins
- Gamma-globulins/Total protein ratio
- Hematocrit
- Hemoglobin
- Hemolysis
- Lymphocytes
- Lymphocytes (AV)
- MCH
- MCHC
- MCV
- Monocytes
- Monocytes (AV)
- MPV (mean platelet volume)
- Neutrophils
- Neutrophils (AV)
- Neutrophils:Lymphocytes ratio
- Platelets
- RBC (Erythrocytes)
- Red cell distribution width (RDW)
- Total proteins (EPP)
- us CRP
- Vitamin D
- WBC (Leukocytes)

## DIGESTIVE

- ALAT
- Alkaline phosphatase
- ASAT
- Conjugated bilirubin
- Gamma-GT
- Total bilirubin
- Unconjugated bilirubin

## KIDNEY

- Chloride
- Creatinine
- Cystatin C
- GFR (CKD-EPI)
- Hematuria
- Leukocyturia
- Proteinuria
- Sodium
- Uric acid
- Urine pH

## BIOLOGICAL AGE

- PhenoAge

# MEDICAL & TECHNICAL EXAMS

♀ women only · ♂ men only

## **A.G.E. READER**

A non-invasive measurement, using skin autofluorescence, of advanced glycation end-product (AGE) accumulation. These markers are associated with age, glycaemic exposure, oxidative stress and certain cardiometabolic risks. The result is a risk indicator to be interpreted in the clinical context; it does not establish a diagnosis on its own.

## **VISUAL ACUITY**

A measure of near and distance visual sharpness for each eye. It looks for refractive errors, myopia, hyperopia, astigmatism or presbyopia and checks the effectiveness of any existing correction.

## **ECG**

A 12-lead recording of the heart's electrical activity at rest. At the time of the exam, it may reveal certain rhythm disorders, conduction abnormalities or electrical signs suggestive of ischaemia or previous cardiac injury, and serves as a baseline for follow-up over time.

## **CARDIOLOGY EXAM**

An examination performed by a cardiologist: targeted interview, heart auscultation, then interpretation of the ECG and cardiac ultrasound. It provides a specialist medical view of cardiovascular health and next steps.

## **GRIP STRENGTH**

A measurement of hand grip strength using a dynamometer. Simple and reproducible, it helps assess overall muscle strength and functional frailty; a low value may be associated with age-related loss of muscle mass or performance.

## **BLOOD PRESSURE**

A resting blood pressure measurement in both arms. It helps identify high blood pressure or an inter-arm pressure difference, and is a major cardiovascular-risk marker to be confirmed according to medical recommendations.

## **ANTHROPOMETRIC MEASUREMENTS**

Basic anthropometric measurements: height, weight, waist circumference and body mass index. They establish follow-up markers and contribute to metabolic-risk assessment.

## **SPIROMETRY**

A standardised measure of breathing volumes and respiratory flows. It assesses lung function and may reveal a ventilatory disorder, particularly airway obstruction, to be interpreted in the clinical context.

## **TONAL AUDIOMETRY**

A pure-tone audiogram that measures each ear's hearing threshold across the tested frequencies, especially those used for speech understanding. It specifies the degree and type of any hearing loss and may detect it before it is fully noticed.

## **HEART RATE VARIABILITY**

Heart-rate variability measures tiny variations between heartbeats. It provides an indirect indicator of autonomic nervous system balance and recovery capacity, influenced by sleep, stress, physical activity and some medications. It is best interpreted over time.

# IMAGING

♀ women only · ♂ men only

## **CONE BEAM CT**

Cone Beam CT is a 3D volumetric X-ray imaging exam performed with an optimised protocol to limit exposure. Depending on the area examined, ENT/dental or thoracic, it provides high-definition analysis of visible structures such as sinuses, airways, bone structures and, for thoracic protocols, lung tissue, bone structures and the heart. It looks for abnormalities such as sinus disease, polypoid lesions, lung nodules or structural abnormalities, with medical interpretation.

## **DEXA SCAN**

DEXA analyses body composition using low-dose dual-energy X-ray absorptiometry. It measures bone mineral density, the reference method for assessing osteoporosis, and distinguishes lean mass, peripheral fat mass and estimated visceral fat, which helps assess the cardiometabolic profile.

## **CARDIAC ULTRASOUND**

A Doppler ultrasound that observes the heart in motion, in real time. It assesses the right and left chambers, ventricular function, heart muscle, pericardium, valves and proximal aorta, and estimates pulmonary pressures when measurements are contributive.

## **WHOLE-BODY ULTRASOUND**

A radiation-free multiparametric ultrasound that explores, depending on the patient profile and acoustic windows, many accessible structures: thyroid and lymph node areas, carotids, abdominal aorta, liver, gallbladder and bile ducts, pancreas, spleen, kidneys, bladder, pelvis, uterus, ovaries or testes depending on sex, femoral axes and hernia orifices. It assesses shape, size and structure to look for possible abnormalities.

# OPTION · ADVANCED WOMEN'S HEALTH

## **BIOLOGY**

- FSH
- LH
- Prolactin
- HPV (PCR)
- Progesterone
- Estradiol

## **MAMMOGRAPHY**

Mammography is the reference radiological exam for organised breast cancer screening. It uses low-dose X-rays to look for masses, asymmetries or microcalcifications, sometimes before any clinical signs. Depending on breast density and clinical context, it may be complemented by ultrasound or other tests.

## **PELVIC ULTRASOUND**

A high-resolution pelvic ultrasound, performed transvaginally when indicated and accepted. It assesses the uterus, endometrium and ovaries to look for fibroids, ovarian cysts, endometrial abnormalities, fluid collections or masses, including in the absence of symptoms.

## **BREAST ULTRASOUND**

A radiation-free ultrasound that complements mammography when the context justifies it, especially in dense breasts or when an abnormality needs clarification. It helps distinguish cysts from solid masses and characterise some lesions not visible or insufficiently assessed on mammography alone.

# OPTION · ADVANCED MEN'S HEALTH

## **BIOLOGY**

- FSH
- LH
- Prolactin
- Inhibin B
- Progesterone
- Estradiol

## **PROSTATE MRI**

A multiparametric MRI dedicated to the prostate, with no X-rays. Alongside PSA, clinical assessment and risk factors, it analyses the gland to look for and locate suspicious lesions and helps guide next steps, including the potential indication for targeted biopsies.

The lists in this document are indicative and may be adjusted by the Zoī physician based on each member's medical profile.