



PREPARATION FOR EMPLOYMENT MEDICAL EXAMINATIONS

PSYCHOTECHNICAL EXAMINATIONS

For psychotechnical examinations, we advise you to arrive relaxed, calm, and well-rested. It is not recommended to consume alcohol or any drugs for 2 days before the examination. You will need to bring your **driver's license document**.

EMPLOYMENT EXAMINATIONS FOR SANITARY PURPOSES OR WITH EXPOSURE TO "FOOD CONTACT"

For the visit, you will need to bring the results of examinations for sanitary and epidemiological purposes.

POST-MATERNITY LEAVE CHECK-UPS

For the visit, you will need to bring your pregnancy record book, hospital discharge after childbirth, or your child's birth certificate.

CHECK-UPS AFTER SICK LEAVE (MORE THAN 30 DAYS)

For the visit, you will need to bring a certificate indicating the completion of treatment or a document stating that you are able to return to work.

REFERRALS (skierowanie) SIGNED WITH A QUALIFIED ELECTRONIC SIGNATURE

For the examinations, you need to have a referral with the **ŚWIAT ZDROWIA** logo and an identity document.



You don't need the traditional version of the referral on paper if your employer sends an electronically signed referral to the Świat Zdrowia Employment Medicine Hotline for approval by the medical facility where your examinations are scheduled. That information is provided by the consultant when scheduling the appointment each time.

ADDITIONAL INFORMATION REGARDING THE VISIT TO THE OCCUPATIONAL HEALTH PHYSICIAN

1. If you wear glasses, contact lenses or use a hearing aid, we recommend bringing them with you.
2. In the case of medical conditions, you may need to bring additional documents depending on the type of your disease - especially for employees who drive or operate vehicles:
 - a. **Cardiovascular diseases** (heart attacks, pacemaker implantation, defibrillator, aneurysms): We advise you to bring a certificate from a cardiologist regarding your cardiologic treatment to help the employment health doctor to verify your health.
 - b. **Neurological diseases:** In the case of neurological disorders, bring a certificate from a specialist in neurology. In the case of **epilepsy**, the doctor will require you to have a **Neurology Consultation Card**. If you have any other conditions, the employment health doctor will make the decision about the required documents. We advise you to have information from your current neurologist (e.g., from the last visit).



- c. **Sleep apnea (obstructive sleep apnea)** of moderate or severe form:
Bring a certificate from the doctor who manages your treatment.
 - d. **Diabetes:** The requirements of the employment health doctor will depend on the type of driver:
 - i. **Professional drivers (categories C, CE, D, tram drivers, emergency vehicles drivers, instructors, examiners):** You will need an opinion from a specialist in diabetology or another doctor managing your diabetes treatment in a form of a **Diabetology Consultation Card**.
 - ii. **Drivers operating vehicles up to 3.5 tons:** You will need an opinion from a specialist in diabetology or another doctor managing your diabetes treatment. The occupational health physician may additionally require a **Diabetology Consultation Card** because of the information it contains. The final decision is always made by the employment health doctor.
 - e. **Mental illnesses and addiction treatment:** In the case of such disorders and treatment, the employment health doctor may require you to have psychiatric or psychological opinions.
 - f. **Other medical conditions:** We recommend having information about the condition from the doctor who is conducting your treatment, preferably from your last visit, as well as information about the medications you are taking.
3. **In case of certified disabilities**, we recommend you to bring a document confirming the certified disability.



PLEASE NOTE: Depending on the specific examination, the employment health doctor may require you to provide other documents not listed above. This will be a doctor's individual decision in each case.

If you have any questions, please contact our employment health hotline at +48 56 649 51 70.