

Od 1 lipca każdy Polak powyżej 40 roku życia otrzymuje jednorazowy dostęp do bezpłatnego pakietu badań diagnostycznych. Głównym celem programu „Profilaktyka 40 PLUS” jest ocena organizacji i efektywności objęcia świadczeniobiorców od 40. roku życia profilaktyczną diagnostyką w zakresie najczęściej występujących problemów zdrowotnych.

Trzeba zauważyć, że w związku z pandemią koronawirusa profilaktyka chorób znacznie spadła z powodu m.in. obniżonej zgłaszalności do lekarzy w 2020 r. Wiele chorób, zwłaszcza w swoim początkowym stadium rozwoju, nie daje niepokojących objawów. Dzięki właśnie badaniom profilaktycznym można wykryć chorobę bardzo wcześnie i uniknąć długotrwałego, a czasem nieskutecznego leczenia, które jest konsekwencją zbyt późnej diagnozy.

**Pakiety badań diagnostycznych dla kobiet i mężczyzn zawierają m.in. badania:**  
Badania krwi: morfologia krwi, poziom cholesterolu, glukozy, kwasicy mlekowej, kreatyniny, ferrytyny, witamin D2 i D3, witamin B12 i B9, witamin K1 i K2, witamin C, E, A, B1, B2, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24, B25, B26, B27, B28, B29, B30, B31, B32, B33, B34, B35, B36, B37, B38, B39, B40, B41, B42, B43, B44, B45, B46, B47, B48, B49, B50, B51, B52, B53, B54, B55, B56, B57, B58, B59, B60, B61, B62, B63, B64, B65, B66, B67, B68, B69, B70, B71, B72, B73, B74, B75, B76, B77, B78, B79, B80, B81, B82, B83, B84, B85, B86, B87, B88, B89, B90, B91, B92, B93, B94, B95, B96, B97, B98, B99, B100, B101, B102, B103, B104, B105, B106, B107, B108, B109, B110, B111, B112, B113, B114, B115, B116, B117, B118, B119, B120, B121, B122, B123, B124, B125, B126, B127, B128, B129, B130, B131, B132, B133, B134, B135, B136, B137, B138, B139, B140, B141, B142, B143, B144, B145, B146, B147, B148, B149, B150, B151, B152, B153, B154, B155, B156, B157, B158, B159, B160, B161, B162, B163, B164, B165, B166, B167, B168, B169, B170, B171, B172, B173, B174, B175, B176, B177, B178, B179, B180, B181, B182, B183, B184, B185, B186, B187, B188, B189, B190, B191, B192, B193, B194, B195, B196, B197, B198, B199, B200, B201, B202, B203, B204, B205, B206, B207, B208, B209, B210, B211, B212, B213, B214, B215, B216, B217, B218, B219, B220, B221, B222, B223, B224, B225, B226, B227, B228, B229, B230, B231, B232, B233, B234, B235, B236, B237, B238, B239, B240, B241, B242, B243, B244, B245, B246, B247, B248, B249, B250, B251, B252, B253, B254, B255, B256, B257, B258, B259, B260, B261, B262, B263, B264, B265, B266, B267, B268, B269, B270, B271, B272, B273, B274, B275, B276, B277, B278, B279, B280, B281, B282, B283, B284, B285, B286, B287, B288, B289, B290, B291, B292, B293, B294, B295, B296, B297, B298, B299, B300, B301, B302, B303, B304, B305, B306, B307, B308, B309, B310, B311, B312, B313, B314, B315, B316, B317, B318, B319, B320, B321, B322, B323, B324, B325, B326, B327, B328, B329, B330, B331, B332, B333, B334, B335, B336, B337, B338, B339, B340, B341, B342, B343, B344, B345, B346, B347, B348, B349, B350, B351, B352, B353, B354, B355, B356, B357, B358, B359, B360, B361, B362, B363, B364, B365, B366, B367, B368, B369, B370, B371, B372, B373, B374, B375, B376, B377, B378, B379, B380, B381, B382, B383, B384, B385, B386, B387, B388, B389, B390, B391, B392, B393, B394, B395, B396, B397, B398, B399, B400, B401, B402, B403, B404, B405, B406, B407, B408, B409, B410, B411, B412, B413, B414, B415, B416, B417, B418, B419, B420, B421, B422, B423, B424, B425, B426, B427, B428, B429, B430, B431, B432, B433, B434, B435, B436, B437, B438, B439, B440, B441, B442, B443, B444, B445, B446, B447, B448, B449, B450, B451, B452, B453, B454, B455, B456, B457, B458, B459, B460, B461, B462, B463, B464, B465, B466, B467, B468, B469, B470, B471, B472, B473, B474, B475, B476, B477, B478, B479, B480, B481, B482, B483, B484, B485, B486, B487, B488, B489, B490, B491, B492, B493, B494, B495, B496, B497, B498, B499, B500, B501, B502, B503, B504, B505, B506, B507, B508, B509, B510, B511, B512, B513, B514, B515, B516, B517, B518, B519, B520, B521, B522, B523, B524, B525, B526, B527, B528, B529, B530, B531, B532, B533, B534, B535, B536, B537, B538, B539, B540, B541, B542, B543, B544, B545, B546, B547, B548, B549, B550, B551, B552, B553, B554, B555, B556, B557, B558, B559, B560, B561, B562, B563, B564, B565, B566, B567, B568, B569, B570, B571, B572, B573, B574, B575, B576, B577, B578, B579, B580, B581, B582, B583, B584, B585, B586, B587, B588, B589, B590, B591, B592, B593, B594, B595, B596, B597, B598, B599, B600, B601, B602, B603, B604, B605, B606, B607, B608, B609, B610, B611, B612, B613, B614, B615, B616, B617, B618, B619, B620, B621, B622, B623, B624, B625, B626, B627, B628, B629, B630, B631, B632, B633, B634, B635, B636, B637, B638, B639, B640, B641, B642, B643, B644, B645, B646, B647, B648, B649, B650, B651, B652, B653, B654, B655, B656, B657, B658, B659, B660, B661, B662, B663, B664, B665, B666, B667, B668, B669, B670, B671, B672, B673, B674, B675, B676, B677, B678, B679, B680, B681, B682, B683, B684, B685, B686, B687, B688, B689, B690, B691, B692, B693, B694, B695, B696, B697, B698, B699, B700, B701, B702, B703, B704, B705, B706, B707, B708, B709, B710, B711, B712, B713, B714, B715, B716, B717, B718, B719, B720, B721, B722, B723, B724, B725, B726, B727, B728, B729, B730, B731, B732, B733, B734, B735, B736, B737, B738, B739, B740, B741, B742, B743, B744, B745, B746, B747, B748, B749, B750, B751, B752, B753, B754, B755, B756, B757, B758, B759, B760, B761, B762, B763, B764, B765, B766, B767, B768, B769, B770, B771, B772, B773, B774, B775, B776, B777, B778, B779, B780, B781, B782, B783, B784, B785, B786, B787, B788, B789, B790, B791, B792, B793, B794, B795, B796, B797, B798, B799, B800, B801, B802, B803, B804, B805, B806, B807, B808, B809, B810, B811, B812, B813, B814, B815, B816, B817, B818, B819, B820, B821, B822, B823, B824, B825, B826, B827, B828, B829, B830, B831, B832, B833, B834, B835, B836, B837, B838, B839, B840, B841, B842, B843, B844, B845, B846, B847, B848, B849, B850, B851, B852, B853, B854, B855, B856, B857, B858, B859, B860, B861, B862, B863, B864, B865, B866, B867, B868, B869, B870, B871, B872, B873, B874, B875, B876, B877, B878, B879, B880, B881, B882, B883, B884, B885, B886, B887, B888, B889, B890, B891, B892, B893, B894, B895, B896, B897, B898, B899, B900, B901, B902, B903, B904, B905, B906, B907, B908, B909, B910, B911, B912, B913, B914, B915, B916, B917, B918, B919, B920, B921, B922, B923, B924, B925, B926, B927, B928, B929, B930, B931, B932, B933, B934, B935, B936, B937, B938, B939, B940, B941, B942, B943, B944, B945, B946, B947, B948, B949, B950, B951, B952, B953, B954, B955, B956, B957, B958, B959, B960, B961, B962, B963, B964, B965, B966, B967, B968, B969, B970, B971, B972, B973, B974, B975, B976, B977, B978, B979, B980, B981, B982, B983, B984, B985, B986, B987, B988, B989, B990, B991, B992, B993, B994, B995, B996, B997, B998, B999, B1000, B1001, B1002, B1003, B1004, B1005, B1006, B1007, B1008, B1009, B1010, B1011, B1012, B1013, B1014, B1015, B1016, B1017, B1018, B1019, B1020, B1021, B1022, B1023, B1024, B1025, B1026, B1027, B1028, B1029, B1030, B1031, B1032, B1033, B1034, B1035, B1036, B1037, B1038, B1039, B1040, B1041, B1042, B1043, B1044, B1045, B1046, B1047, B1048, B1049, B1050, B1051, B1052, B1053, B1054, B1055, B1056, B1057, B1058, B1059, B1060, B1061, B1062, B1063, B1064, B1065, B1066, B1067, B1068, B1069, B1070, B1071, B1072, B1073, B1074, B1075, B1076, B1077, B1078, B1079, B1080, B1081, B1082, B1083, B1084, B1085, B1086, B1087, B1088, B1089, B1090, B1091, B1092, B1093, B1094, B1095, B1096, B1097, B1098, B1099, B1100, B1101, B1102, B1103, B1104, B1105, B1106, B1107, B1108, B1109, B1110, B1111, B1112, B1113, B1114, B1115, B1116, B1117, B1118, B1119, B1120, B1121, B1122, B1123, B1124, B1125, B1126, B1127, B1128, B1129, B1130, B1131, B1132, B1133, B1134, B1135, B1136, B1137, B1138, B1139, B1140, B1141, B1142, B1143, B1144, B1145, B1146, B1147, B1148, B1149, B1150, B1151, B1152, B1153, B1154, B1155, B1156, B1157, B1158, B1159, B1160, B1161, B1162, B1163, B1164, B1165, B1166, B1167, B1168, B1169, B1170, B1171, B1172, B1173, B1174, B1175, B1176, B1177, B1178, B1179, B1180, B1181, B1182, B1183, B1184, B1185, B1186, B1187, B1188, B1189, B1190, B1191, B1192, B1193, B1194, B1195, B1196, B1197, B1198, B1199, B1200, B1201, B1202, B1203, B1204, B1205, B1206, B1207, B1208, B1209, B1210, B1211, B1212, B1213, B1214, B1215, B1216, B1217, B1218, B1219, B1220, B1221, B1222, B1223, B1224, B1225, B1226, B1227, B1228, B1229, B1230, B1231, B1232, B1233, B1234, B1235, B1236, B1237, B1238, B1239, B1240, B1241, B1242, B1243, B1244, B1245, B1246, B1247, B1248, B1249, B1250, B1251, B1252, B1253, B1254, B1255, B1256, B1257, B1258, B1259, B1260, B1261, B1262, B1263, B1264, B1265, B1266, B1267, B1268, B1269, B1270, B1271, B1272, B1273, B1274, B1275, B1276, B1277, B1278, B1279, B1280, B1281, B1282, B1283, B1284, B1285, B1286, B1287, B1288, B1289, B1290, B1291, B1292, B1293, B1294, B1295, B1296, B1297, B1298, B1299, B1300, B1301, B1302, B1303, B1304, B1305, B1306, B1307, B1308, B1309, B1310, B1311, B1312, B1313, B1314, B1315, B1316, B1317, B1318, B1319, B1320, B1321, B1322, B1323, B1324, B1325, B1326, B1327, B1328, B1329, B1330, B1331, B1332, B1333, B1334, B1335, B1336, B1337, B1338, B1339, B1340, B1341, B1342, B1343, B1344, B1345, B1346, B1347, B1348, B1349, B1350, B1351, B1352, B1353, B1354, B1355, B1356, B1357, B1358, B1359, B1360, B1361, B1362, B1363, B1364, B1365, B1366, B1367, B1368, B1369, B1370, B1371, B1372, B1373, B1374, B1375, B1376, B1377, B1378, B1379, B1380, B1381, B1382, B1383, B1384, B1385, B1386, B1387, B1388, B1389, B1390, B1391, B1392, B1393, B1394, B1395, B1396, B1397, B1398, B1399, B1400, B1401, B1402, B1403, B1404, B1405, B1406, B1407, B1408, B1409, B1410, B1411, B1412, B1413, B1414, B1415, B1416, B1417, B1418, B1419, B1420, B1421, B1422, B1423, B1424, B1425, B1426, B1427, B1428, B1429, B1430, B1431, B1432, B1433, B1434, B1435, B1436, B1437, B1438, B1439, B1440, B1441, B1442, B1443, B1444, B1445, B1446, B1447, B1448, B1449, B1450, B1451, B1452, B1453, B1454, B1455, B1456, B1457, B1458, B1459, B1460, B1461, B1462, B1463, B1464, B1465, B1466, B1467, B1468, B1469, B1470, B1471, B1472, B1473, B1474, B1475, B1476, B1477, B1478, B1479, B1480, B1481, B1482, B1483, B1484, B1485, B1486, B1487, B1488, B1489, B1490, B1491, B1492, B1493, B1494, B1495, B1496, B1497, B1498, B1499, B1500, B1501, B1502, B1503, B1504, B1505, B1506, B1507, B1508, B1509, B1510, B1511, B1512, B1513, B1514, B1515, B1516, B1517, B1518, B1519, B1520, B1521, B1522, B1523, B1524, B1525, B1526, B1527, B1528, B1529, B1530, B1531, B1532, B1533, B1534, B1535, B1536, B1537, B1538, B1539, B1540, B1541, B1542, B1543, B1544, B1545, B1546, B1547, B1548, B1549, B1550, B1551, B1552, B1553, B1554, B1555, B1556, B1557, B1558, B1559, B1560, B1561, B1562, B1563, B1564, B1565, B1566, B1567, B1568, B1569, B1570, B1571, B1572, B1573, B1574, B1575, B1576, B1577, B1578, B1579, B1580, B1581, B1582, B1583, B1584, B1585, B1586, B1587, B1588, B1589, B1590, B1591, B1592, B1593, B1594, B1595, B1596, B1597, B1598, B1599, B1600, B1601, B1602, B1603, B1604, B1605, B1606, B1607, B1608, B1609, B1610, B1611, B1612, B1613, B1614, B1615, B1616, B1617, B1618, B1619, B1620, B1621, B1622, B1623, B1624, B1625, B1626, B1627, B1628, B1629, B1630, B1631, B1632, B1633, B1634, B1635, B1636, B1637, B1638, B1639, B1640, B1641, B1642, B1643, B1644, B1645, B1646, B1647, B1648, B1649, B1650, B1651, B1652, B1653, B1654, B1655, B1656, B1657, B1658, B1659, B1660, B1661, B1662, B1663, B1664, B1665, B1666, B1667, B1668, B1669, B1670, B1671, B1672, B1673, B1674, B1675, B1676, B1677, B1678, B1679, B1680, B1681, B1682, B1683, B1684, B1685, B1686, B1687, B1688, B1689, B1690, B1691, B1692, B1693, B1694, B1695, B1696, B1697, B1698, B1699, B1700, B1701, B1702, B1703, B1704, B1705, B1706, B1707, B1708, B1709, B1710, B1711, B1712, B1713, B1714, B1715, B1716, B1717, B1718, B1719, B1720, B1721, B1722, B1723, B1724, B1725, B1726, B1727, B1728, B1729, B1730, B1731, B1732, B1733, B1734, B1735, B1736, B1737, B1738, B1739, B1740, B1741, B1742, B1743, B1744, B1745, B1746, B1747, B1748, B1749, B1750, B1751, B1752, B1753, B1754, B1755, B1756, B1757, B1758, B1759, B1760, B1761, B1762, B1763, B1764, B1765, B1766, B1767, B1768, B1769, B1770, B1771, B1772, B1773, B1774, B1775, B1776, B1777, B1778, B1779, B1780, B1781, B1782, B1783, B1784, B1785, B1786, B1787, B1788, B1789, B1790, B1791, B1792, B1793, B1794, B1795, B1796, B1797, B1798, B1799, B1800, B1801, B1802, B1803, B1804, B1805, B1806, B1807, B1808, B1809, B1810, B1811, B1812, B1813, B1814, B1815, B1816, B1817, B1818, B1819, B1820, B1821, B1822, B1823, B1824, B1825, B1826, B1827, B1828, B1829, B1830, B1831, B1832, B1833, B1834, B1835, B1836, B1837, B1838, B1839, B1840, B1841, B1842, B1843, B1844, B1845, B1846, B1847, B1848, B1849, B1850, B1851, B1852, B1853, B1854, B1855, B1856, B1857, B1858, B1859, B1860, B1861, B1862, B1863, B1864, B1865, B1866, B1867, B1868, B1869, B1870, B1871, B1872, B1873, B1874, B1875, B1876, B1877, B1878, B1879, B1880, B1881, B1882, B1883, B1884, B1885, B1886, B1887, B1888, B1889, B1890, B1891, B1892, B1893, B1894, B1895, B1896, B1897, B1898, B1899, B1900, B1901, B1902, B1903, B1904, B1905, B1906, B1907, B1908, B1909, B1910, B1911, B1912, B1913, B1914, B1915, B1916, B1917, B1918, B1919, B1920, B1921, B1922, B1923, B1924, B1925, B1926, B1927, B1928, B1929, B1930, B1931, B1932, B1933, B1934, B1935, B1936, B1937, B1938, B1939, B1940, B1941, B1942, B1943, B1944, B1945, B1946, B1947, B1948, B1949, B1950, B1951, B1952, B1953, B1954, B1955, B1956, B1957, B1958, B1959, B1960, B1961, B1962, B1963, B1964, B1965, B1966, B1967, B1968, B1969, B1970, B1971, B1972, B1973, B1974, B1975, B1976, B1977, B1978, B1979, B1980, B1981, B1982, B1983, B1984, B1985, B1986, B1987, B1988, B1989, B1990, B1991, B1992, B1993, B1994, B1995, B1996, B1997, B1998, B1999, B2000, B2001, B2002, B2003, B2004, B2005, B2006, B2007, B2008, B2009, B2010, B2011, B2012, B2013, B2014, B2015, B2016, B2017, B2018, B2019, B2020, B2021, B2022, B2023, B2024, B2025, B2026, B2027, B2028, B2029, B2030, B2031, B2032, B2033, B2034, B2035, B2036, B2037, B2038, B2039, B2040, B2041, B2042, B2043, B2044, B2045, B2046, B2047, B2048, B2049, B2050, B2051, B2052, B2053, B2054, B2055, B2056, B2057, B2058, B2059, B2060, B2061, B2062, B2063, B2064, B2065, B2066, B2067, B2068, B2069, B2070, B2071, B2072, B2073, B2074, B2075, B2076, B2077, B2078, B2079, B2080, B2081, B2082, B2083, B2084, B2085, B2086, B2087, B2088, B2089, B2090, B2091, B2092, B2093, B2094, B2095, B2096, B2097, B2098, B2099, B2100, B2101, B2102, B2103, B2104, B2105, B2106, B2107, B2108, B2109, B2110, B2111, B2112, B2113, B2114, B2115, B2116, B2117, B2118, B2119, B2120, B2121, B2122, B2123, B2124, B2125, B2126, B2127, B2128, B2129, B2130, B2131, B2132, B2133, B2134, B2135, B2136, B2137, B2138, B2139, B2140, B2141, B2142, B2143, B2144, B2145, B2146, B2147, B2148, B2149, B2150, B2151, B2152, B2153, B2154, B2155, B2156, B2157, B2158, B2159, B2160, B2161, B2162, B2163,