

Classic Physical Examination - by General Practitioner
致健身体检查 - 由普通科医生主理

Tests			Plan Type	
检测项目			Male 男性 (GCM)	Female 女性 (GCF)
Doctor 医生主理	Detailed Medical History & Physical Examination by GP	详细病历评估及身体检查 - 由普通科医生主理	✓	✓
Nurse 护士主理	Blood Pressure	量血压	✓	✓
	Body Mass Index (BMI)	体质指数分析	✓	✓
	Visual Acuity	视力检查	✓	✓
CP Lab 心肺功能检验室	Electrocardiogram (ECG)	心电图	✓	✓
Lab 化验室检验	Pap Smear	子宫颈涂片检查		✓
Diagnostic Imaging 放射诊断检查	Chest X-Ray	肺部X光检查	✓	✓
Laboratory 化验室检验				
Laboratory Investigation 化验室检验	Complete Blood Count	全套血球计算	✓	✓
Renal Function 肾功能	Creatinine	肌酸酐	✓	✓
Liver Function 肝功能	SGPT (ALT)	谷丙转氨酶	✓	✓
Hepatitis B Screening 乙型肝炎检测	Antigen, Antibody	抗原、抗体	✓	✓
Thyroid Function 甲状腺功能	TSH	促甲状腺素	✓	✓
Lipid Profile 血脂分析	Total Cholesterol	总胆固醇	✓	✓
Diabetic Screening 糖尿病检测	Fasting Blood Glucose	空腹血糖	✓	✓
Gout Screening 痛风检测	Uric Acid	尿酸	✓	✓
Urine Routine Examination 尿液常规检查	Urinalysis	尿液分析	✓	✓
Stool Analysis 粪便分析	Parasites & Occult Blood	寄生虫及隐匿的血液	✓	✓
Follow-up 跟进	Explanation of Report & Personalized Recommendation	医生解释报名及提出个人化建议	✓	✓

Original Price 套餐价钱:
Discounted Package Price 套餐优惠价: (15% off)

HKD 3,900
HKD 3,315

HKD 4,200
HKD 3,570

Remarks 备注:

- Package include one meal, either breakfast or lunch. 计划已包括一份早餐或午餐。
- 20% discount of ordinary out-patient prices will be applied for designated optional test done with any Health Assessment Program, provided the tests are performed or reserved on the examination day. 检查当天预约或办理指定额外检测项目，可享门诊价8折优惠。

Advanced Physical Examination - by General Practitioner
真康身体检查 - 由普通科医生主理

Tests			Plan Type	
检测项目			Male 男性 (GAM)	Female 女性 (GAF)
Doctor 医生主理	Detailed Medical History & Physical Examination by GP	详细病历评估及身体检查 - 由普通科医生主理	✓	✓
Nurse 护士主理	Blood Pressure	量血压	✓	✓
	Body Mass Index (BMI)	体质指数分析	✓	✓
	Visual Acuity	视力检查	✓	✓
CP Lab 心肺功能检验室	Electrocardiogram (ECG)	心电图	✓	✓
	Pulmonary (Lung) Function Test	肺功能测试	✓	✓
Lab 化验室检验	Pap Smear	子宫颈涂片检查		✓
Diagnostic Imaging 放射诊断检查	Chest X-Ray	肺部X光检查	✓	✓
	Upper Abdominal (Gall Bladder, Liver, Kidney, Pancreas, Spleen) Ultrasound	上腹腔(胆、肝、肾、胰、脾)超声波扫描	✓	✓
	Breast Ultrasound	乳房超声波扫描		✓
Laboratory 化验室检验				
Laboratory Investigation 化验室检验	Complete Blood Count	全套血球计算	✓	✓
	ESR	血沉降率	✓	✓
Renal Function 肾功能	Creatinine	肌酸酐	✓	✓
	Urea Nitrogen (BUN)	血尿素氮	✓	✓
Electrolytes 电解质	Sodium	钠	✓	✓
	Potassium	钾	✓	✓
	Chloride	氯	✓	✓
	Phosphorus	磷	✓	✓
	Calcium	钙	✓	✓
	Iron	铁	✓	✓
Liver Function 肝功能	Total Bilirubin	全套胆红素	✓	✓
	Direct Bilirubin	直接胆红素	✓	✓
	Indirect Bilirubin	间接胆红素	✓	✓
	SGOT (AST)	谷草转氨酶	✓	✓
	SGPT (ALT)	谷丙转氨酶	✓	✓
	Alkaline Phosphatase (ALP)	碱性磷酸酶	✓	✓
	GGTP	GGTP	✓	✓
Hepatitis B Screening 乙型肝炎检测	Antigen, Antibody	抗原、抗体	✓	✓
Protein 蛋白质分析	Total Protein	全蛋白	✓	✓
	Albumin	白蛋白	✓	✓
	Globulin	球蛋白	✓	✓
	A/G Ratio	白蛋白与球蛋白比值	✓	✓
Thyroid Function 甲状腺功能	TSH	促甲状腺素	✓	✓
Lipid Profile 血脂分析	Total Cholesterol	总胆固醇	✓	✓
	HDL Cholesterol	高密度脂蛋白胆固醇	✓	✓
	LDL Cholesterol	低密度脂蛋白胆固醇	✓	✓
	Triglycerides	三酸甘油酯	✓	✓
	TL/HDL - C Ratio	总胆固醇/高密度胆固醇比值	✓	✓
Diabetic Screening 糖尿病检测	Fasting Blood Glucose	空腹血糖	✓	✓
Gout Screening 痛风检测	Uric Acid	尿酸	✓	✓
Urine Routine Examination 尿液常规检查	Urinalysis	尿液分析	✓	✓
Stool Analysis 粪便分析	Parasites & Occult Blood	寄生虫及隐匿的血液	✓	✓
Cancer Marker 肿瘤指标测试	Liver Cancer: AFP	肝癌 - 甲型胎儿蛋白	✓	✓
	Prostate Cancer: PSA	前列腺癌 - 前列腺特异抗原	✓	
Follow-up 跟进	Explanation of Report & Personalized Recommendation	医生解释报名及提出个人化建议	✓	✓

Original Price 套餐价钱:
Discounted Package Price 套餐优惠价: (15% off)

HKD 9,100
HKD 7,735

HKD 10,200
HKD 8,670

Remarks 备注:

- Package include one meal, either breakfast or lunch. 计划已包括早餐或午餐。
- 20% discount of ordinary out-patient prices will be applied for designated optional test done with any Health Assessment Program, provided the tests are performed or reserved on the examination day. 如于身体检查当天预约或办理指定额外检测项目，可享门诊价8折优惠。

Royal Physical Examination - by General Practitioner
尊护身体检查 - 由普通科医生主理

		Tests	Plan Type 计划	
		检测项目	Male 男性 (GRM)	Female 女性 (GRF)
Doctor 医生主理	Detailed Medical History & Physical Examination by GP	详细病历评估及身体检查 - 由普通科医生主理	✓	✓
Nurse 护士主理	Blood Pressure	量血压	✓	✓
	Body Mass Index (BMI)	体质指数分析	✓	✓
	Visual Acuity	视力检查	✓	✓
Audiology 听力	Hearing Test	听觉测试	✓	✓
CP Lab 心肺功能检验室	Exercise Stress Test (Running Treadmill) with ECG	运动心电图及心电图	✓	✓
	Pulmonary (Lung) Function Test	肺功能测试	✓	✓
Lab 化验室检验	Pap Smear	子宫颈涂片检查		✓
Diagnostic Imaging 放射诊断检查	Chest X-Ray	肺部X光检查	✓	✓
	Whole Abdomen (Gall Bladder, Liver, Kidney, Pancreas, Spleen, Pelvis) Ultrasound	全腹腔(胆、肝、肾、胰、脾和盆腔)超声波扫描	✓	✓
	Breast Ultrasound	乳房超声波扫描		✓
	Mammogram	乳房造影		✓
Laboratory 化验室检验	Complete Blood Count	全套血球计算	✓	✓
Renal Function 肾功能	ESR	血沉降率	✓	✓
	Creatinine	肌酸酐	✓	✓
Electrolytes 电解质	Urea Nitrogen (BUN)	血尿素氮	✓	✓
	Sodium	钠	✓	✓
	Potassium	钾	✓	✓
	Chloride	氯	✓	✓
	Phosphorus	磷	✓	✓
	Calcium	钙	✓	✓
Liver Function 肝功能	Iron	铁	✓	✓
	Total Bilirubin	全套胆红素	✓	✓
	Direct Bilirubin	直接胆红素	✓	✓
	Indirect Bilirubin	间接胆红素	✓	✓
	SGOT (AST)	谷草转氨酶	✓	✓
	SGPT (ALT)	谷丙转氨酶	✓	✓
Hepatitis B Screening 乙型肝炎检测	Alkaline Phosphatase (ALP)	碱性磷酸酶	✓	✓
	GGTP	GGTP	✓	✓
Protein 蛋白质分析	Antigen, Antibody	抗原、抗体	✓	✓
	Total Protein	全蛋白	✓	✓
	Albumin	白蛋白	✓	✓
	Globulin	球蛋白	✓	✓
Thyroid Function 甲状腺功能	A/G Ratio	白蛋白与球蛋白比值	✓	✓
	TSH	促甲状腺素	✓	✓
Lipid Profile 血脂分析	Total Cholesterol	总胆固醇	✓	✓
	HDL Cholesterol	高密度脂蛋白胆固醇	✓	✓
	LDL Cholesterol	低密度脂蛋白胆固醇	✓	✓
	Triglycerides	三酸甘油酯	✓	✓
	TL/HDL - C Ratio	总胆固醇/高密度胆固醇比值	✓	✓
Diabetic Screening 糖尿病检测	Fasting Blood Glucose	空腹血糖	✓	✓
Gout Screening 痛风检测	Uric Acid	尿酸	✓	✓
Urine Routine Examination 尿液常规检查	Urinalysis	尿液分析	✓	✓
Stool Analysis 粪便分析	Parasites & Occult Blood	寄生虫及隐匿的血液	✓	✓
Serology 血清学分析	VDRL	梅毒测试	✓	✓
Cancer Marker 肿瘤指标测试	HIV 1 & 2	一型及二型人类免疫缺乏病毒	✓	✓
	Liver Cancer: AFP	肝癌 - 甲型胎儿蛋白	✓	✓
	Prostate Cancer: PSA	前列腺癌 - 前列腺特异抗原	✓	
Dietitian Guidance 营养指导	Dietary Analysis & Assessment by Registered Dietitian	健康饮食专业评估及指导 - 由注册营养师主理	✓	✓
Follow-up 跟进	Explanation of Report & Personalized Recommendation	医生解释报名及提出个人化建议	✓	✓

Original Price 套餐价钱:
Discounted Package Price 套餐优惠价: (15% off)

HKD 12,100
HKD 10,285

HKD 13,700
HKD 11,645

Remarks 备注:

- Package include one meal, either breakfast or lunch. 计划已包括早餐或午餐。
- 20% discount of ordinary out-patient prices will be applied for designated optional test done with any Health Assessment Program, provided the tests are performed or reserved on the examination day. 惠顾身体检查套餐的客户，于当天预订或办理指定额外检测项目，可获门诊价8折优惠。

Elite Physical Examination - by General Practitioner
智选身体检查 - 由普通科医生主理

Tests			Plan Type 计划	
	检测项目		Male 男性 (GEM)	Female 女性 (GEF)
Doctor 医生主理	Detailed Medical History & Physical Examination by GP	详细病历评估及身体检查 - 由普通科医生主理	✓	✓
Nurse 护士主理	Blood Pressure	量血压	✓	✓
	Body Mass Index (BMI)	体质指数分析	✓	✓
	Visual Acuity	视力检查	✓	✓
Audiology 听力	Hearing Test	听觉测试	✓	✓
CP Lab 心肺功能检验室	Exercise Stress Test (Running Treadmill) with ECG	运动心电图及心电图	✓	✓
	Pulmonary (Lung) Function Test	肺功能测试	✓	✓
Lab 化验室检验	Pap Smear	子宫颈涂片检查		✓
OPD 门诊	Uroflowmetry	尿流速测试	✓	
Diagnostic Imaging 放射诊断检查	Chest X-Ray	肺部X光检查	✓	✓
	Whole Abdomen (Gall Bladder, Liver, Kidney, Pancreas, Spleen, Pelvis) Ultrasound	全腹腔(胆、肝、肾、胰、脾和盆腔)超声波扫描	✓	✓
	DEXA Bone Mineral Density	双能量X光骨质密度检查	✓	✓
	Breast Ultrasound	乳房超声波扫描		✓
	Mammogram	乳房造影		✓
Laboratory 化验室检验				
Laboratory Investigation 化验室检验	Complete Blood Count	全套血球计算	✓	✓
	ESR	血沉降率	✓	✓
Renal Function 肾功能	Creatinine	肌酸酐	✓	✓
	Urea Nitrogen (BUN)	血尿素氮	✓	✓
Electrolytes 电解质	Sodium	钠	✓	✓
	Potassium	钾	✓	✓
	Chloride	氯	✓	✓
	Phosphorus	磷	✓	✓
	Calcium	钙	✓	✓
	Iron	铁	✓	✓
Liver Function 肝功能	Total Bilirubin	全套胆红素	✓	✓
	Direct Bilirubin	直接胆红素	✓	✓
	Indirect Bilirubin	间接胆红素	✓	✓
	SGOT (AST)	谷草转氨酶	✓	✓
	SGPT (ALT)	谷丙转氨酶	✓	✓
	Alkaline Phosphatase (ALP)	碱性磷酸酶	✓	✓
Hepatitis B Screening 乙型肝炎检测	GGTP	GGTP	✓	✓
	Antigen, Antibody	抗原、抗体	✓	✓
	Total Protein	全蛋白	✓	✓
	Albumin	白蛋白	✓	✓
	Globulin	球蛋白	✓	✓
	A/G Ratio	白蛋白与球蛋白比值	✓	✓
Thyroid Function 甲状腺功能	TSH	促甲状腺素	✓	✓
Lipid Profile 血脂分析	Total Cholesterol	总胆固醇	✓	✓
	HDL Cholesterol	高密度脂蛋白胆固醇	✓	✓
	LDL Cholesterol	低密度脂蛋白胆固醇	✓	✓
	Triglycerides	三酸甘油酯	✓	✓
	TL/HDL - C Ratio	总胆固醇/高密度胆固醇比值	✓	✓
	Fasting Blood Glucose	空腹血糖	✓	✓
Diabetic Screening 糖尿病检测	Uric Acid	尿酸	✓	✓
Gout Screening 痛风检测	Urinalysis	尿液分析	✓	✓
Urine Routine Examination 尿液常规检查	Parasites & Occult Blood	寄生虫及隐匿的血液	✓	✓
Stool Analysis 粪便分析	VDRL	梅毒测试	✓	✓
Serology 血清学分析	HIV 1 & 2	一型及二型人类免疫缺陷病毒	✓	✓
Cancer Marker 肿瘤指标测试	Liver Cancer: AFP	肝癌 - 甲型胎儿蛋白	✓	✓
	Prostate Cancer: PSA	前列腺癌 - 前列腺特异抗原	✓	
Dietitian Guidance 营养指导	Dietary Analysis & Assessment by Registered Dietitian	健康饮食专业评估及指导 - 由注册营养师主理	✓	✓
Follow-up 跟进	Explanation of Report & Personalized Recommendation	医生解释报名及提出个人化建议	✓	✓

Original Price 套餐价钱:
Discounted Package Price 套餐优惠价: (15% off)

HKD 13,600
HKD 11,560

HKD 14,700
HKD 12,495

Remarks 备注:

1. Package include one meal, either breakfast or lunch. 计划已包括早餐或午餐。

2. 20% discount of ordinary out-patient prices will be applied for designated optional test done with any Health Assessment Program, provided the tests are performed or reserved on the examination day. 惠顾身体检查套餐的客户，于当天预订或办理指定额外检测项目，可获门诊价8折优惠。

Ultimate Physical Examination - by General Practitioner
至尚身体检查 - 由普通科医生主理

Tests			Plan Type 计划	
	检测项目		Male 男性 (GUM)	Female 女性 (GUF)
Doctor 医生主理	Detailed Medical History & Physical Examination by GP	详细病历评估及身体检查 - 由普通科医生主理	✓	✓
Nurse 护士主理	Blood Pressure	量血压	✓	✓
	Body Mass Index (BMI)	体质指数分析	✓	✓
	Visual Acuity	视力检查	✓	✓
Audiology 听力	Hearing Test	听觉测试	✓	✓
CP Lab 心肺功能检验室	Exercise Stress Test (Running Treadmill) with ECG	运动心电图及心电图	✓	✓
	Pulmonary (Lung) Function Test	肺功能测试	✓	✓
Lab 化验室检验	Pap Smear	子宫颈涂片检查		✓
OPD 门诊	Uroflowmetry	尿流速测试	✓	
Diagnostic Imaging 放射诊断检查	Chest X-Ray	肺部X光检查	✓	✓
	Whole Abdomen (Gall Bladder, Liver, Kidney, Pancreas, Spleen, Pelvis) Ultrasound	全腹腔(胆、肝、肾、胰、脾和盆腔)超声波扫描	✓	✓
	DEXA Bone Mineral Density	双能量X光骨质密度检查	✓	✓
	Breast Ultrasound	乳房超声波扫描		✓
	Mammogram	乳房造影		✓
Laboratory 化验室检验				
Laboratory Investigation 化验室检验	Complete Blood Count	全套血球计算	✓	✓
	ESR	血沉降率	✓	✓
Renal Function 肾功能	Creatinine	肌酸酐	✓	✓
	Urea Nitrogen (BUN)	血尿素氮	✓	✓
Electrolytes 电解质	Sodium	钠	✓	✓
	Potassium	钾	✓	✓
	Chloride	氯	✓	✓
	Phosphorus	磷	✓	✓
	Calcium	钙	✓	✓
	Iron	铁	✓	✓
Liver Function 肝功能	Total Bilirubin	全套胆红素	✓	✓
	Direct Bilirubin	直接胆红素	✓	✓
	Indirect Bilirubin	间接胆红素	✓	✓
	SGOT (AST)	谷草转氨酶	✓	✓
	SGPT (ALT)	谷丙转氨酶	✓	✓
	Alkaline Phosphatase (ALP)	碱性磷酸酶	✓	✓
	GGTP	GGTP	✓	✓
Hepatitis B Screening 乙型肝炎检测	Antigen, Antibody	抗原、抗体	✓	✓
Protein 蛋白质分析	Total Protein	全蛋白	✓	✓
	Albumin	白蛋白	✓	✓
	Globulin	球蛋白	✓	✓
	A/G Ratio	白蛋白与球蛋白比值	✓	✓
Thyroid Function 甲状腺功能	TSH	促甲状腺素	✓	✓
Lipid Profile 血脂分析	Total Cholesterol	总胆固醇	✓	✓
	HDL Cholesterol	高密度脂蛋白胆固醇	✓	✓
	LDL Cholesterol	低密度脂蛋白胆固醇	✓	✓
	Triglycerides	三酸甘油酯	✓	✓
	TL/HDL - C Ratio	总胆固醇/高密度胆固醇比值	✓	✓
Diabetic Screening 糖尿病检测	Fasting Blood Glucose	空腹血糖	✓	✓
Gout Screening 痛风检测	Uric Acid	尿酸	✓	✓
Urine Routine Examination 尿液常规检查	Urinalysis	尿液分析	✓	✓
Stool Analysis 粪便分析	Parasites & Occult Blood	寄生虫及隐匿的血液	✓	✓
Serology 血清学分析	VDRL	梅毒测试	✓	✓
	HIV 1 & 2	一型及二型人类免疫缺乏病毒	✓	✓
Cancer Marker 肿瘤指标测试	Liver Cancer: AFP	肝癌 - 甲型胎儿蛋白	✓	✓
	Prostate Cancer: PSA	前列腺癌 - 前列腺特异抗原	✓	
Dietitian Guidance 营养指导	Dietary Analysis & Assessment by Registered Dietitian	健康饮食专业评估及指导 - 由注册营养师主理	✓	✓

Tests			Plan Type 计划	
	检测项目		Male 男性 (GUM)	Female 女性 (GUF)
Lifestyle Management Program 健康管理计划	Health Risk Assessment	健康管理计划	✓	✓
	Health Risk Assessment Result Analysis by Physician/ Registered Dietitian at Lifestyle Medicine Clinic	由养生医学诊所医生/ 注册营养师分析有关评估 结果	✓	✓
	Nutrition Counseling by phone for one month (2 to 3 times, 5-10 mins per time)	营养辅导(一个月内2至3次电话辅导, 每次约5至 10分钟)	✓	✓
	Lecture or Workshop on Nutrition/ Exercises/ Trust Enhancement (either one)	健康饮食、运动或「信心加油站」(任选其一)讲 座或工作坊	✓	✓
	Follow-up Coaching on Lifestyle by SMS/ email/ phone for one month	专人跟进健康生活模式 (以短讯/电邮/电话跟进, 为期一个月)	✓	✓
Dental 牙科	Dental Consultation (exclude X-ray)	牙科检查 (不包括X光检查)	✓	✓
Follow-up 跟进	Explanation of Report & Personalized Recommendation	医生解释报名及提出个人化建议	✓	✓
Original Price 套餐价钱:			HKD 15,760	HKD 16,860
Discounted Package Price 套餐优惠价: (15% off)			HKD 13,396	HKD 14,331

Remarks 备注:

1. Package include one meal, either breakfast or lunch. 计划已包括早餐或午餐。

2. 20% discount of ordinary out-patient prices will be applied for designated optional test done with any Health Assessment Program, provided the tests are performed or reserved on the examination day. 惠顾身体检查套餐的客户, 于当天预订或办理指定额外检测项目, 可获门诊价8折优惠。