

1. Detailed Medical History and Physical Examination by Doctor	
2. Blood Pressure Test	
3. Body Mass Index (BMI) Measurement and Analysis	
4. Visual Acuity Test by Nurse	
5. Exercise Stress Test (Treadmill Test) with Electrocardiogram (ECG)	
6. Pulmonary (Lung) Function Test	
7. Pap Smear (Female Only)	
8. Uroflowmetry (Male Only)	
9. Diagnostic Imaging	Chest X-ray, DEXA Bone Mineral Density Scan, Whole Abdomen (Gall bladder, Liver, Kidney, Pancreas, Spleen, Pelvis) Ultrasound, Mammogram (Female Only), Breast Ultrasound (Female Only)
10. Health Screening Laboratory Tests Include:	
+ Complete Blood Count	
+ ESR	
+ Renal Function	Creatinine, Urea Nitrogen (BUN)
+ Electrolytes	Sodium, Potassium, Chloride, Phosphorus, Calcium, Iron
+ Liver Function	Total Bilirubin, Direct Bilirubin, Indirect Bilirubin, SGOT (AST), SGPT (ALT), Alkaline Phosphatase (ALP), GGTP
+ Hepatitis B Screening	Antigen, Antibody
+ Protein	Total Protein, Albumin, Globulin, A/G Ratio
+ Thyroid Function	TSH
+ Lipid Profile	Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, TL/HDL-C Ratio
+ Diabetes Screening	Fasting Blood Glucose
+ Gout Screening	Uric Acid
+ Tumour Markers	Liver Cancer – AFP, Prostate Cancer – PSA (Male Only)
+ Urine Routine Examination	
+ Stool Analysis	Parasites and Occult Blood
+ Serology	VDRL, HIV 1 and 2
11. Dietary Analysis and Assessment by Registered Dietitian	
12. Lifestyle Management Program[#]	
+ Health risk assessment	
+ Analysis of health risk assessment results by physician / registered dietitian at the Lifestyle Medicine Clinic	
+ Nutrition counseling by phone for one month (2 to 3 sessions at 5 to 10 minutes per session)	
+ Follow-up lifestyle coaching by SMS / email / phone for one month	
13. Explanation of Report and Personalized Recommendation(s) by Doctor	

Total Cost	Male	Female
By General Practitioner	HK\$15,760	HK\$16,860
By Designated Specialist	HK\$16,360	HK\$17,460

About the Lifestyle Management Program

The Lifestyle Management Program assesses your risk of developing health conditions in the future based on your present health, your answers in a lifestyle questionnaire, and crucial laboratory and radiologic tests.

Once our experts have identified your risks, they will recommend specific changes to your lifestyle or address various areas such as nutrition, exercise, and stress management, assisting you in minimizing your risks to enjoy a long, happy, and healthy life.

Important Information

- + * Package includes one meal, either breakfast or lunch.
- + # The Lifestyle Management Program must be completed within three months from the date of health examination. Outstanding sessions are not subject to extensions or refunds, and are not transferrable.
- + Hong Kong Adventist Hospital – Stubbs Road reserves the right to make alterations to the price list without prior notice.

Booking and Enquiries

For further information, please contact us on 3651 8789, email cohealth@hkah.org.hk, or visit our website at www.hkah.org.hk.

1. 詳細病歷評估及身體檢查	
2. 量血壓	
3. 體質指數分析	
4. 視力檢查，由醫護人員主理	
5. 運動心電圖及心電圖	
6. 肺功能測試	
7. 子宮頸塗片檢查（只限女性）	
8. 尿流速測試（只限男性）	
9. 放射診斷檢查	肺部X光檢查，雙能量X光骨質密度檢查，全腹腔（膽、肝、腎、胰、脾和盆腔）超聲波掃描，乳房超聲波掃描（只限女性），乳房造影（只限女性）
10. 化驗室檢驗包括：	
+ 全套血球計算	
+ 血沉降率	
+ 腎功能	肌酸酐，血尿素氮
+ 電解質	鈉，鉀，氯，磷，鈣，鐵
+ 肝功能	全套膽紅素，直接膽紅素，間接膽紅素，谷草轉氨酶，谷丙轉氨酶，鹼性磷酸酶，GGTP
+ 乙型肝炎檢測	抗原，抗體
+ 蛋白質分析	全蛋白，白蛋白，球蛋白，白蛋白與球蛋白比值
+ 甲狀腺功能	促甲狀腺素
+ 血脂分析	總膽固醇，高密度脂蛋白膽固醇，低密度脂蛋白膽固醇，三酸甘油酯，總膽固醇 / 高密度脂蛋白膽固醇比值
+ 糖尿病檢測	空腹血糖
+ 痛風檢測	尿酸
+ 腫瘤指標測試	肝癌—甲型胎兒蛋白，前列腺癌—前列腺特異抗原（只限男性）
+ 尿液常規檢查	
+ 糞便分析	寄生蟲及隱匿的血液
+ 血清學分析	梅毒測試，一型及二型人類免疫缺乏病毒
11. 健康飲食專業評估及指導，由註冊營養師主理	
12. 健康管理計劃 [#]	
+ 健康風險評估	
+ 由養生醫學診所醫生 / 註冊營養師分析有關評估結果	
+ 營養輔導（一個月內2至3次電話輔導，每次約5至10分鐘）	
+ 專人跟進健康生活模式（以短訊 / 電郵 / 電話跟進，為期一個月）	
13. 醫生解釋報告及提出個人化建議	

全套費用	男性	女性
普通科醫生	HK\$15,760	HK\$16,860
指定專科醫生	HK\$16,360	HK\$17,460

關於「健康管理計劃」

「健康管理計劃」的目的，是根據您目前的身體狀況、身體檢查結果和風險評估報告，推斷有那些健康危機正在醞釀，及您未來可能面對的健康問題。

了解危機所在，就可以及早防範，讓它化於無形。本院養生醫學診所的專業團隊會就營養、運動習慣和壓力處理等方面提出專業意見和跟進，協助您改變目前的生活模式，好活得健康又豐盛，長久又愉快。

注意事項

- + 計劃已包括早餐或午餐。
- + # 「健康管理計劃」須於身體檢查當日起計三個月內完成，未能於指定時限內完成的服務不設延期、退款或轉讓名額。
- + 香港港安醫院—司徒拔道保留更改及刪改上述資料的權利，而毋須另行通知。

預約及查詢

如欲進一步查詢，歡迎致電(852) 3651 8789，或電郵至cohealth@hkah.org.hk，亦可瀏覽本院網站www.hkah.org.hk。