

HEALTH SCREENING



www.qhms.com

Quality HealthCare Medical Services Ltd.

Customer Service Hotline: 8301 8301

Quality HealthCare Physical Centres:

Central (Prince's Building & Crawford House) / Admiralty /
Sheung Wan / Causeway Bay / Shau Kei Wan / Tsimshatsui / Jordan /
Mongkok / Kowloon Bay / Shatin / Tseung Kwan O / Tsing Yi

Enjoy Health In The Family



About Quality HealthCare

Quality HealthCare Asia Limited ("QHA") is the first healthcare provider listed on The Stock Exchange of Hong Kong Limited (HKSE ticker 593) and Quality HealthCare Medical Services Limited ("QHMS") is a subsidiary of QHA.

At Quality HealthCare, we aim to provide **Professional, Caring, Reliable, Affordable and Responsive** services to the Hong Kong people and one of our medical practices has been offering medical and healthcare services in Hong Kong for nearly 140 years.

Today, we provide care to more than 1,500 corporate clients and 600,000 members through our extensive network of Western and Chinese Medicine Medical Centres, Dental and Physiotherapy Centres, with over 2 million healthcare visits per year.

As a physician-led medical services provider group, our dedicated team of medical staff are committed to delivering an international standard of healthcare services to our customers.



Today's Prevention Tomorrow's Health

"Prevention is better than cure!" Periodic health screening and physical examination enable us to identify potential health problems, ensure possible prevention and treatment of serious illnesses such as heart diseases, diabetes, hypertension and cancers at early stage.

Our 13 Physical Centres are located on the Hong Kong Island, Kowloon and the New Territories, offering one-stop services like blood tests, X-ray, Mammogram, Treadmill and Ultrasound Scan, etc. In December 2007, Quality HealthCare's Central Laboratory Centre has been awarded ISO 15189 accreditation, an international recognition of our laboratory's management system and technical capability, by the Hong Kong Accreditation Service.

Over the years, Quality HealthCare offers a wide range of health assessment packages and individual diagnostic tests to accommodate the varying needs of men and women of all ages. Our health check plans are designed by medical professionals to maximize their diagnostic values and they include:

Recommended for Women / Men Aged 40 or above

1. **Platinum Physical Check Up**
2. **Executive Physical Check Up**

Recommended for Women / Men Aged 18 – 40

3. **Premium Physical Check Up**
4. **Elite Physical Check Up**

Recommended for Women Aged 18 or above

5. **Basic Women's Health Check Up**

Recommended for Men Aged 18 or above

6. **Basic Men's Health Check Up**

Other Health Check Plans

7. **Pre-marital Check Up**
8. **Domestic Helper Check Up**

Women's Physical

		PLATINUM PHYSICAL CHECK UP For aged 40 or above	EXECUTIVE PHYSICAL CHECK UP For aged 40 or above	PREMIUM PHYSICAL CHECK UP For aged 18-40	ELITE PHYSICAL CHECK UP For aged 18-40
		HK\$8,880	HK\$4,180	HK\$2,380	HK\$1,680
Detailed Medical History		✓	✓	✓	✓
Complete Physical Examination		✓	✓	✓	✓
Visual Acuity		✓	✓	✓	✓
Body Mass Index & Waist Circumference		✓	✓	✓	✓
Laboratory Investigations & Procedures					
Blood Analysis	Blood Grouping (Rh Factor)	✓	✓	✓	✓
	Complete Blood Picture	✓	✓	✓	✓
	ESR	✓	✓	✓	✓
Kidney Function	Urinalysis	✓	✓	✓	✓
	Serum Creatinine	✓	✓	✓	✓
	Serum Urea	✓	✓	✓	✓
Liver Function	S.G.O.T. (AST)	✓	✓	✓	✓
	S.G.P.T. (ALT)	✓	✓	✓	✓
	Serum Bilirubin	✓	✓	✓	✓
	Alkaline Phosphatase	✓	✓	✓	✓
	Gamma GT	✓	✓	✓	✓
	Total Protein	✓	✓	✓	✓
	Globulin	✓	✓	✓	✓
	Albumin	✓	✓	✓	✓
Hepatitis A Screening	Anti-HAV total	✓	✓	✓	✓
Hepatitis B Screening	HBsAg	✓	✓	✓	✓
	HBsAb	✓	✓	✓	✓
Thyroid Function	TSH	✓	✓	✓	✓
Gout Screening	Uric Acid	✓	✓	✓	✓
Diabetes Screening	Blood Glucose (Fasting)	✓	✓	✓	✓
Electrolyte Disturbance Screening	Serum Na	✓	✓	✓	✓
	Serum Cl	✓	✓	✓	✓
	Serum K	✓	✓	✓	✓
	Serum HCO3	✓	✓	✓	✓
Bone Metabolism	Calcium	✓	✓	✓	✓
	Phosphate	✓	✓	✓	✓
Blood Lipids	Total Cholesterol	✓	✓	✓	✓
	HDL - Cholesterol	✓	✓	✓	✓
	LDL - Cholesterol	✓	✓	✓	✓
	Total / HDL Ratio	✓	✓	✓	✓
	Triglycerides	✓	✓	✓	✓
Stool Test	Microscopy	✓	✓	✓	✓
	Occult Blood	✓	✓	✓	✓
Screening for Cervical Cancer	Pap Smear	✓	✓	✓	✓
Screening for Breast Cancer	Mammogram	✓	✓	✓	✓
Screening for Ovarian Cancer	CA 125	✓	✓	✓	✓
Screening for Bowel Cancer	Carcinoembryonic Antigen (CEA)	✓	✓	✓	✓
Screening for Nasopharyngeal Cancer	Epstein Barr Virus (EBV) NPC	✓	✓	✓	✓
Lung Imaging Test	Chest X-ray	✓	✓	✓	✓
Lung Function Test	Vitalograph	✓	✓	✓	✓
Cardiovascular Risk Assessment	Electrocardiogram (ECG)	✓	✓	✓	✓
	Treadmill Test (Exercise ECG)	✓	✓	✓	✓
Osteoporosis Screening	Dexa Scan	✓	✓	✓	✓
Ultrasound of Whole Abdomen		✓	✓	✓	✓
Medical Report		✓	✓	✓	✓
Follow Up Consultation		✓	✓	✓	✓
Additional Cost for Optional Tests					
Cardiovascular Risk Assessment	Treadmill Test (Exercise ECG) (Suitable for aged 40 or above)				HK\$1,700 (After 15% Off)
Screening for Bowel Cancer	Colonoscopy (Suitable for aged 50 or above)				HK\$4,675 (After 15% Off)

Men's Physical

PLATINUM PHYSICAL CHECK UP **EXECUTIVE PHYSICAL CHECK UP** **PREMIUM PHYSICAL CHECK UP** **ELITE PHYSICAL CHECK UP**

For aged 40 or above For aged 40 or above For aged 18-40 For aged 18-40

HK\$6,380 **HK\$2,880** **HK\$2,180** **HK\$1,280**

Service	Platinum Physical Check Up (Aged 40+)	Executive Physical Check Up (Aged 40+)	Premium Physical Check Up (Aged 18-40)	Elite Physical Check Up (Aged 18-40)
Detailed Medical History	✓	✓	✓	✓
Complete Physical Examination	✓	✓	✓	✓
Visual Acuity	✓	✓	✓	✓
Body Mass Index & Waist Circumference	✓	✓	✓	✓
Laboratory Investigations & Procedures				
Blood Analysis	✓	✓	✓	✓
Blood Grouping (Rh Factor)	✓	✓	✓	✓
Complete Blood Picture	✓	✓	✓	✓
ESR	✓	✓	✓	✓
Kidney Function	✓	✓	✓	✓
Urinalysis	✓	✓	✓	✓
Serum Creatinine	✓	✓	✓	✓
Serum Urea	✓	✓	✓	✓
Liver Function	✓	✓	✓	✓
S.G.O.T. (AST)	✓	✓	✓	✓
S.G.P.T. (ALT)	✓	✓	✓	✓
Serum Bilirubin	✓	✓	✓	✓
Alkaline Phosphatase	✓	✓	✓	✓
Gamma GT	✓	✓	✓	✓
Total Protein	✓	✓	✓	✓
Globulin	✓	✓	✓	✓
Albumin	✓	✓	✓	✓
Hepatitis A Screening	✓	✓	✓	✓
Anti-HAV total	✓	✓	✓	✓
Hepatitis B Screening	✓	✓	✓	✓
HBsAg	✓	✓	✓	✓
HBsAb	✓	✓	✓	✓
Thyroid Function	✓	✓	✓	✓
TSH	✓	✓	✓	✓
Gout Screening	✓	✓	✓	✓
Uric Acid	✓	✓	✓	✓
Diabetes Screening	✓	✓	✓	✓
Blood Glucose (Fasting)	✓	✓	✓	✓
Electrolyte Disturbance Screening	✓	✓	✓	✓
Serum Na	✓	✓	✓	✓
Serum Cl	✓	✓	✓	✓
Serum K	✓	✓	✓	✓
Serum HCO3	✓	✓	✓	✓
Bone Metabolism	✓	✓	✓	✓
Calcium	✓	✓	✓	✓
Phosphate	✓	✓	✓	✓
Blood Lipids	✓	✓	✓	✓
Total Cholesterol	✓	✓	✓	✓
HDL - Cholesterol	✓	✓	✓	✓
LDL - Cholesterol	✓	✓	✓	✓
Total / HDL Ratio	✓	✓	✓	✓
Triglycerides	✓	✓	✓	✓
Stool Test	✓	✓	✓	✓
Microscopy	✓	✓	✓	✓
Occult Blood	✓	✓	✓	✓
Screening for Prostate Cancer	✓	✓	✓	✓
Prostatic Specific Antigen (PSA)	✓	✓	✓	✓
Screening for Bowel Cancer	✓	✓	✓	✓
Carcinoembryonic Antigen (CEA)	✓	✓	✓	✓
Screening for Nasopharyngeal Cancer	✓	✓	✓	✓
Epstein Barr Virus (EBV) NPC	✓	✓	✓	✓
Lung Imaging Test	✓	✓	✓	✓
Chest X-ray	✓	✓	✓	✓
Lung Function Test	✓	✓	✓	✓
Vitalograph	✓	✓	✓	✓
Cardiovascular Risk Assessment	✓	✓	✓	✓
Electrocardiogram (ECG)	✓	✓	✓	✓
Treadmill Test (Exercise ECG)	✓	✓	✓	✓
Ultrasound of Upper Abdomen	✓	✓	✓	✓
Medical Report	✓	✓	✓	✓
Follow Up Consultation	✓	✓	✓	✓
Additional Cost for Optional Tests				
Cardiovascular Risk Assessment		Treadmill Test (Exercise ECG) (Suitable for aged 40 or above)		HK\$1,700 (After 15% Off)
Screening for Bowel Cancer		Colonoscopy (Suitable for aged 50 or above)		HK\$4,675 (After 15% Off)

Note: 15% discount will be offered for any optional tests to be done at our physical centres as part of the above physical examinations.

Other Health Check Plans

Basic Women's Health Check Up

- Gynaecological Examination Questionnaire
- Physical Examination (incl. Breast and Pelvic Examination)
- Urine Microscopy
- Pap Smear
- Medical Report
- Follow-up Consultation for Report Review

HK\$480



Basic Men's Health Check Up

- Health Screening Questionnaire
- IPSS Questionnaire
- Physical Examination (incl. Rectal Examination)
- Urine Microscopy
- Prostatic Specific Antigen (PSA)
- Blood Lipids (Total Cholesterol, HDL-Cholesterol, LDL-Cholesterol, Triglycerides)
- Electrocardiogram (ECG)
- Medical Report
- Follow-up Consultation for Report Review

HK\$830

Pre-marital Check Up

- Detailed Medical History
- Physical Examination
- Urinalysis
- Blood Tests
 - (i) Complete Blood Picture
 - (ii) ABO Group & Rh (D) Typing
 - (iii) HBsAg
 - (iv) Anti-HBs
 - (v) Anti-HIV (I & II)
 - (vi) VDRL
- Rubella IgG (Female) **OR** Semen Analysis (Male)
- Medical Report
- Follow-up Consultation for Report Review

HK\$1,080

Domestic Helper Check Up

- Detailed Medical History
- Physical Examination
- Urinalysis
- Blood Tests:
 - (i) Complete Blood Picture
 - (ii) HBsAg
 - (iii) Anti-HIV (I & II)
 - (iv) VDRL
- Stool Microscopy (for ova and parasites)
- Chest X-ray
- Medical Report

HK\$750

Additional Cost for Optional Test:

- Urine Beta-HCG (Pregnancy) Test

HK\$106 per test
(Walk-in : HK\$125)

Preparations for Physical Examination

Blood Test:

- Fasting (i.e. no food and drinks) is required for blood glucose and blood lipids tests. Please fast for at least 8 hours before the scheduled appointment (moderate amount of drinking water is allowed)

Stool Test:

- If "stool occult blood" is included as part of the stool test, it is recommended no red meats (e.g. Beef) 3 days prior to the stool sample is taken
- If stool sample is taken from the night before, please ensure the bottle is tightly capped and refrigerated at 4°C
- Please bring along the stool sample to the medical centre on the day of the examination (if applicable). Stool bottle can be obtained from any QHMS Medical Centres

Treadmill Test (Exercise ECG)

- Please wear / bring along comfortable exercise clothing
- Refrain from consuming heavy meal before undergoing this test

For Ladies who are planning to undergo the following tests or investigations:

Pap Smear and Urine Test

- Should be performed 4-10 days after the last day of menstruation

Stool Test:

- Stool sample should NOT be taken during menstrual period

Mammogram

- Do not apply perfume, deodorant or talcum powder before the examination
- Bring along previous mammogram film (if any)
- If possible, should be performed 7 days after the last day of menstruation to minimize breast discomfort during the examination

1. Appointment booking must be made in advance.
2. Apart from the standard health assessment packages, we are able to custom design special screening programmes to cater the needs of corporate clients.
3. For enquiries and appointment booking, please call our Customer Service Hotline at **8301 8301**.

