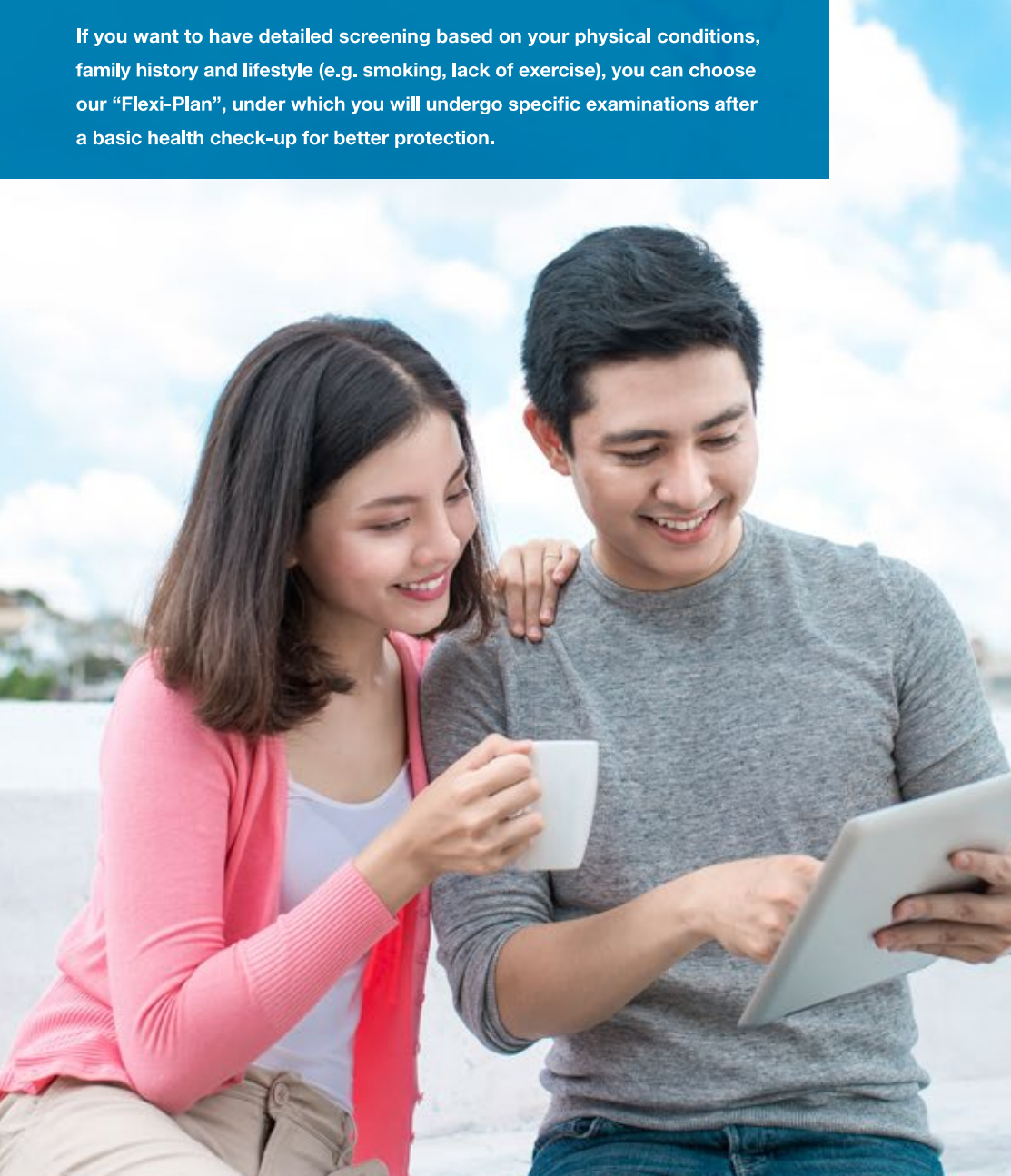


Flexi-Plan

If you want to have detailed screening based on your physical conditions, family history and lifestyle (e.g. smoking, lack of exercise), you can choose our “Flexi-Plan”, under which you will undergo specific examinations after a basic health check-up for better protection.



Basic Health Check-up

		CS Code	CL29
		Package Price	HK\$980
Detailed Medical History		Understands personal and family medical history through health questionnaire	✓
Physical Examination		Checking of body weight and blood pressure and assessment for vision problems	✓
Laboratory Test			
Blood Analysis	Complete Blood Picture	Screening for anaemia, leukaemia, and any underlying hematological diseases	✓
Kidney Function	Urine Routine	Screening for proteinuria, haematuria, glucosuria, infection or inflammatory disease in renal system, renal stone and any underlying renal disease	✓
	Serum Creatinine	Measures the level of creatinine in blood to estimate how well the kidney can filter waste	✓
	Serum Urea	Determines the level of urea nitrogen in the blood. Elevated levels of serum urea can be a sign of kidney disease, liver disease or dehydration	✓
Liver Function	S.G.O.T. (AST)	Assessment for liver disorders e.g. indications of fatty liver, chronic hepatitis and other liver diseases	✓
	S.G.P.T. (ALT)		✓
	Total Bilirubin		✓
Diabetes Screening	Fasting Blood Glucose	An indicator of pre-diabetes and diabetes	✓
Blood Lipids	Total Cholesterol	Assessment for cholesterol and lipid disorders and for risk assessment of cardiovascular disease	✓
	Triglycerides		✓
Diagnostic Imaging & Other Investigation			
Lung Imaging Test	Chest X-ray	To detect abnormal shadow e.g. tuberculosis, pneumonia or tumor	✓
Medical Report			✓
Follow Up Consultation for Report Review			✓

Specific Examination Combinations

Flexi-Plan



A. Breast Examination HK\$1,180

Suitable for women aged 40 or above, or those with a family history of breast cancer

Regular breast examination is recognized as the best way to identify early-stage breast cancer and reduce its mortality rate

Included:

- Mammogram (For women aged ≥40)
OR
- Ultrasound of Breasts



B. Liver Function Screening HK\$350

Suitable for patients with Hepatitis B, chronic hepatitis, fatty liver and alcoholism

Assessments for liver disorders due to hepatitis, alcohol consumption, fatty liver or other liver diseases

Included:

- Alkaline Phosphatase
- Gamma GT
- Total Protein
- Globulin
- Albumin



C. Bone Health Screening HK\$1,080

Suitable for people aged 45 or above

Screening for calcium and phosphate metabolism disorders, and whether osteoporosis, bone malformation, or abnormal metabolism of calcium is occurring

Included:

- DEXA Scan (Spine & Hip)
- Calcium
- Phosphorus
- Vitamin D



D. Diabetes Risk Screening HK\$420

Suitable for people with a family history of diabetes, as well as those at advanced age, overweight and lack exercise

Screening for pre-diabetes or diabetes, with an accurate prediction about the possibility of diabetes complications

Included:

- HDL-Cholesterol
- Direct LDL-Cholesterol
- Total Cholesterol / HDL-Cholesterol Ratio
- HbA1c



E. Cardiovascular Health Screening HK\$3,280

Suitable for people with a family history of cardiovascular disease, high blood pressure, high blood lipids, diabetes and unhealthy habits or diet

Assessments for myocardial ischemia and coronary artery blockage

Included:

- HDL-Cholesterol
- Direct LDL-Cholesterol
- Total Cholesterol/ HDL-Cholesterol Ratio
- Homocysteine
- C-Reactive Protein, High sensitivity
- Treadmill Test (Exercise ECG)



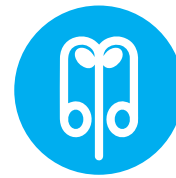
F. Women's Health Screening HK\$2,280

Suitable for women aged 30 or above

Screening for mutations in cervical cells and assessing the risks of ovarian cancer, ovarian cysts, uterine fibroids and cervical cancer

Included:

- HPV DNA Test
- Pap Smear
- Ultrasound of Pelvis



G. Men's Health Screening HK\$1,480

Suitable for men aged 50 or above

Screening for prostate cancer and prostate abnormalities

Included:

- Prostatic Specific Antigen (PSA)
- Ultrasound of Prostate



H. Sexual Health Screening HK\$1,820

Suitable for people who are sexually active

Different kinds of sexually transmitted diseases may affect your sexual organs, causing different degrees of pain or infertility. Early diagnosis may help relieve the symptoms and prevent complications

Included:

- VDRL / RPR
- HSV Type II Antibody
- HIV Combo, I, II, Ab & p24 Ag
- Gonorrhea DNA
- Chlamydia DNA