

# Health Lounge 2024

With many of the Hong Kong population work longer than ever before, focusing on the health and wellness of the employees enable a healthier, happier and higher performing workforce. Quality HealthCare's Health Lounge provides onsite health screening services to our corporate clients, which can help evaluating the health status of staff and identifying potential health risk. It thereby help the corporations to better manage the potential healthcare costs.

## Package options:

Package	Simple Screening	Know Your Heart (Basic)	Know Your Heart (Comprehensive)
Price	HK\$4,390	HK\$8,130	HK\$12,250
Duration	3 hours	4 hours	4 hours
No. of participant	30	30	30

Screening Item			
Blood Pressure Measurement	✓	✓	✓
Body Mass Index (BMI) & Fat Percentage Measurement	✓	✓	✓
Simple Electrocardiogram (ECG) Test	✓	✓	✓
Blood Test for Total Cholesterol & Glucose*	✗	✓	✓
Blood Test for Lipid Profile*	✗	✗	✓

## Highlights:

- The above elementary assessment is the first step to get to know your heart.
- By looking at these metabolic risk factors plus your ECG test result, our professional team will help you to identify your risk of developing cardiovascular diseases in the future and offer you healthcare advice to ensure possible prevention at an early stage.

\*Additional Charge of Clinical Waste Collection \$980

Apart from above package, we also provide a range of additional services to top-up the package and suit various health concerns of our clients. This enables choices and flexibility to our clients according to their needs and budgets.

## Health-related services:

No.	Additional Item (Minimum 4 hours)	Max No. of participant per hour	Price (Minimum 4 hours)
1	Traditional Chinese Medicine Consultation	8	HK\$9,600
2	Dietitian Consultation	8	HK\$9,600
3	Spinal Assessment	8	HK\$12,400
4	Psychologist Consultation	6	HK\$12,400
5	Basic Vision Screening	10	HK\$13,200

## Fun Elements services:

No.	Additional Item (Minimum 4 hours)	Max No. of participant per hour	Price (Minimum 4 hours)
1	Aromatherapy for Neck and Shoulder Massage – 2 therapists	10	HK\$6,000
2	Pop-corn Cart	60	HK\$3,000
3	Healthy Ice-cream Cart (250 scoops can be served)	60	HK\$9,500

\*Minimum charge of All Additional Items are 4 hours

## Health Related services:

### **1. Traditional Chinese Medicine Consultation (by Chinese Medicine Practitioners)**

Through TCM outpatient services, our RCMP analyze your employees' health problems, as well as provide advice on how to regulate the body, promote constitution and eliminate fatigue. This is not only in line with our principle that prevention is better than cure, but it also helps to reduce waiting time by single-on-patient service. Through one-on-one consultation, participants will receive personal health advice from our RCMP.



### **2. Dietitian Consultation (by Dietitian)**

Weight management encompasses long-term lifestyle strategies that promote healthy eating and regular exercise. Through one-on-one consultation with our Dietitians, your employees can get advice and tips on effective weight management.



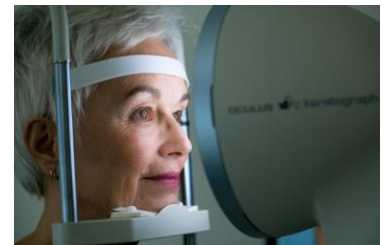
### **3. Spinal Assessment (by Physiotherapist)**

Maintaining general health of spine and correcting body posture are important to everyone. Our Registered Physiotherapist will use a posture grid to screen for common postural problems, such as forward head posture, shoulder elevated etc. and provide suggestions. Verbal advice on postural correction and proper stretching exercises will be provided to the participants.



### **4. Basic Vision Screening (by Optician)**

- Standard eye-sight test
- Eye pressure measurement
- Retinal photo taking



### **5. Psychologist Consultation (by Counselor)**

Many people tend to understand the notion of health on its physical terms, overlooking that mental wellness also plays an important part. World Health Organization defines "health" as the state of physical, mental, and social well-being. Bearing this holistic concept of health in mind, our Counselor provides counselling and psychotherapy services to help your employees overcome psychological challenges and attain "total wellness".



## Fun Element services:

### 1. Aromatherapy for Neck and Shoulder Massage

Massager in office with no more hustles and bustles of commuting - it is a terrific treat for your team without having to leave the office. Our professional masseurs will come to your office to provide massage for head and shoulders, which is a great way to help office workers relieve stress. All you need to do is to set up a room with chairs for your staff to enjoy the service.



2 therapists will be arranged for each session.

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### 2. Pop-corn Cart

Popcorn cart is popular to company event, the scent of caramelized crispy popcorn can absolutely attract staffs to join the event.



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### 3. Healthy Ice-cream Cart

Sweet treats are always welcomed, it can engage and motivate your employees. We can provide delicious, low-sugar and low-fat healthy ice-cream for them to enjoy, letting them take a break and have a relaxing moment. 250 scoops will be served by 2 staff in 4 hours.



We are happy to provide advice on Health Check-up Services,  
please email to [cw@qhms.com](mailto:cw@qhms.com) for details.

## TERMS & CONDITIONS

1. A minimum of 6 weeks advance booking is required. The availability (“Proposal”) will be advised within 10 working days upon receipt of client’s booking. Client has to confirm the booking within 7 working days after receipt of the Proposal, failing which the booking will be automatically cancelled. Once a booking is confirmed, cancellation policy applies.
2. Price quoted including manpower, equipment and consumables required for the service.
3. No change to the package item is accepted; please contact Corporate Wellness Team for the quotation of additional screening items.
4. Venue (e.g. tables, chairs, electricity supply, decorations), communication & marketing materials (e.g. poster, flyer, staff memo) and souvenirs (if any) will be handled by the client at its own cost.
5. To ensure privacy, client is recommended to provide sufficient space between each health counter or use partitions to separate each counter. Besides, we will provide banners to identify different health counters.
6. Prior registration by the client before the event /crowd control measures are recommended.
7. Traditional Chinese Medicine Consultation is only available in Cantonese.
8. A consolidated Health Profile Summary Report (limited to countable data) of all participants will be provided to client. The non-identifiable data collected will be aggregated for the purposes of statistical analysis only.
9. The services may be provided by third-party service providers, in which case Quality HealthCare assumes no responsibility for the services provided by such third-party service providers.
10. A surcharge of an 20% will be applied if the event is scheduled at non-office hours, before 9:00 or after 18:00, Monday to Friday OR Saturdays, Sundays & Public Holidays
11. A surcharge of an 10% will be applied if the event is scheduled in remote areas: New Territories / Outlying Islands / Outside the Hong Kong SAR (Hong Kong Airport, Tseung Kwan O Industrial Estate, Kwai Tsing Container Terminals or Tung Chung).
12. Clinical wastage collection fee will apply if the event involves blood taking tests.
  - I. \$980 will be applied if the event to be completed before 6:30pm, Monday to Friday.
  - II. The charge is subject to quotation if the event to be held after 6:30pm or during Saturdays, Sundays & Public Holidays.
13. Typhoon and Black Rainstorm (BRS) Guidelines for Health Lounge:
  - (i) If Typhoon Signal No. 8 or the BRS is hoisted 3 hours before the Health Lounge, for the safety of nurses, specialists and attendees, the Health Lounge will be cancelled and re-scheduling will be done within 4 weeks with no surcharge to client.
  - (ii) If Typhoon Signal No. 8 or the BRS is lowered 3 hours before the Health Lounge, the confirmed Health Lounge will be conducted as scheduled. In case of the company is closed for business if the Typhoon Signal No. 8 or the BRS is lowered after 12pm, condition (i) will be observed.
14. Fees quoted above are valid for corporate wellness programs confirmed to take place **on or before 31 December 2024**.

## CANCELLATION POLICY

Once the booking is confirmed, Quality HealthCare reserves the right to charge an administration fee if the health event is cancelled / re-scheduled by the client (e.g. change of date / time / location). Details are as follows:

- A. \$1000 administration fee will be applied if the event is cancelled / re-scheduled
- B. 4 weeks or less than it prior to the event date: 30% of the total charges
- C. 2 weeks or less than it prior to the event date: 60% of the total charges
- D. 1 week or less than it prior to the event date: 80% of the total charges
- E. 2 days or less than it prior to the event: 100% of the total charges

**All of the above information and prices are subject to change without prior notice.  
In case of disputes, the decision of Quality HealthCare shall be final.**