

### Mental Health 心理健康系列

<ul style="list-style-type: none"><li>• <b>Laughter Yoga</b> 大笑瑜伽</li></ul>	Price收費: HKD5,500 /session節 Duration時間: 60 mins分鐘 Pax 人數: 25人
<ul style="list-style-type: none"><li>• <b>Stress Management: Understanding Your Mental Health</b> 壓力管理: 認識自己的心理健康狀態</li></ul>	Price收費: HKD6,800 /session節 Duration時間: 90 mins分鐘 Pax 人數: 30人

### Traditional Chinese Medicine 中醫系列

<ul style="list-style-type: none"><li>• 中醫藥膳工作坊</li></ul>	Price收費: HKD6,800 /session節 Duration時間: 90 mins分鐘 Pax 人數: 30人
<ul style="list-style-type: none"><li>• 中醫防治鼻敏感</li></ul>	Price收費: HKD6,800 /session節 Duration時間: 90 mins分鐘 Pax 人數: 30人

### Physiotherapy 物理治療系列

<ul style="list-style-type: none"><li>• <b>Stretching</b> 伸展運動</li></ul>	Price收費: HKD6,800 /session節 Duration時間: 90 mins分鐘 Pax 人數: 20人
<ul style="list-style-type: none"><li>• <b>Yoga for Beginners</b> 基礎瑜伽</li></ul>	Price收費: HKD6,800 /session節 Duration時間: 90 mins分鐘 Pax 人數: 20人

### Relaxation 休閒系列

<ul style="list-style-type: none"><li>• <b>Seasonal Candle Making</b> 節日蠟燭製作</li></ul>	Price收費: HKD13,500 /session節 Duration時間: 90 mins分鐘 Pax 人數: 25人
<ul style="list-style-type: none"><li>• <b>Natural Essential Oils</b> 調配天然精油</li></ul>	Price收費: HKD13,000 /session節 Duration時間: 90 mins分鐘一節, 共兩節 Pax 人數: 30人 (15/一節)
<ul style="list-style-type: none"><li>• <b>Singing Bowl</b> 頌鉢</li></ul>	Price收費: HKD9,000 /session節 Duration時間: 90 mins分鐘 Pax 人數: 20人
<ul style="list-style-type: none"><li>• <b>Coffee Tasting</b> 手沖咖啡及品味</li></ul>	Price收費: HKD6,800 /session節 Duration時間: 90 mins分鐘 Pax 人數: 30人

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

我們很樂意助您選擇合適的計劃, 如欲查詢更多詳情可電郵至 [cw@qhms.com](mailto:cw@qhms.com)

### TERMS & CONDITIONS 條款和細則

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. 至少需要提前 6 週預訂。在收到客戶的預訂查詢後 10 個工作日內通知服務日期及時間（“提案”）。客戶必須在收到提案後 7 個工作日內確認預訂，否則預訂將自動取消。取消政策適用於已確認的預訂。
2. Price quoted including manpower, equipment and consumables required for the service. 報價包括服務所需的人力、設備和消耗品。
3. No change to the package item is accepted; please contact Corporate Wellness Team for the quotation of additional screening items. 不接受更改套餐項目；請聯繫企業健康團隊獲取額外服務項目的報價。
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. 場地（如桌椅、電源、裝飾品）、通訊及營銷材料（如海報、傳單、員工備忘錄）和紀念品（如有）將由客戶自費處理。
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. 為確保隱私，建議客戶在每個健康櫃位之間提供足夠的空間或使用隔板將每個櫃位分開。此外，我們會提供橫幅以識別不同的健康櫃位。
6. Prior registration by the client before the event / crowd control measures are recommended. 建議客戶在活動之前為人群控制措施進行預先註冊。
7. Traditional Chinese Medicine Consultation is only available in Cantonese. 中醫師諮詢只限以廣東話進行。
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. 計劃完成後，我們將提供一份綜合所有參加者的健康分析報告（只限於可計算的數據）予客戶。不可識別的數據將會被收集，此等資料數據僅用作統計分析的用途。
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. 服務可能由第三方服務提供商提供，在這種情況下，卓健醫療不對此類第三方服務提供商提供的服務承擔任何責任。

### TERMS & CONDITIONS 條款和細則

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. 如活動安排非辦公時間·星期一至五上午9:00 前或下午18:00 後或星期六、日及公眾假期·將收取 20% 的附加費。
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). 如活動安排在偏遠地區：新界/離島/香港特別行政區以外 (香港機場·將軍澳工業中心·貨櫃碼頭或東涌)·將收取 10% 的附加費。
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 6:00pm or during Saturdays, Sundays & Public Holidays.如活動包括抽血測試·我們將收取醫療廢物收集費:
  - I. 如活動於星期一至五下午6:30 前完成·我們將收取醫療廢物收集費\$980
  - II. 如活動於下午6:30後或星期六、日及公眾假期舉行·費用需按報價而定
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

颱風和黑色暴雨安排：

如果八號颱風訊號或黑色暴雨在健康評估計劃開始前3小時懸掛·或在健康評估計劃當日中午 12 點後除下·或健康評估計劃時間在颱風後「極端情況」存在期間·健康評估計劃將會延期·並在4週內重新安排舉行的日期及時間·不會向客戶收取額外費用。
14. Fees quoted above are valid for corporate wellness programs confirmed to take place **on or before 31 December 2024**. 上述費用適用於確認在 **2024 年 12 月 31 日或之前**進行的健康評估計劃。

### CANCELLATION POLICY 取消政策

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:

如客戶取消/更改已確定預約之健康評估計劃 (例如: 更改日子/時間/地點) · 卓健醫療保留收取行政費的權利。詳情如下:

- A. \$1000 administration fee will be applied if the event is cancelled / re-scheduled  
確定活動後: 每次收費HKD1,000
- B. 4 weeks or less than it prior to the event date: 30% of the total charges  
原定活動日期前的4星期或之內: 總收費之30%
- C. 2 weeks or less than it prior to the event date: 60% of the total charges  
原定活動日期前的2星期之內: 總收費之60%
- D. 1 week or less than it prior to the event date: 80% of the total charges  
原定活動日期前的1星期之內: 總收費之80%
- E. 2 days or less than it prior to the event: 100% of the total charges  
原定活動日期前的2日之內: 100%總收費

**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.**

以上所有資訊及收費如有變更, 恕不另行通知。

如有任何爭議, 卓健醫療服務有限公司保留最終決定權。