

# Health Screening 健康檢查



Let all who take refuge in God be glad.  
【Psalms 5:11】



## Wellness Centre

With a mission to raise health awareness and advocate healthy lifestyles in the community, Hong Kong Baptist Hospital's Wellness Centre is set up to provide preventive health care directed at adults (Health Screening) and babies (Well Baby) respectively. Managed by a professional team of family physicians, paediatricians and experienced nursing staff, the Centre offers a range of health assessment and paediatric vaccination services on the principles of disease prevention and health promotion, with the ultimate hope of helping you and your babies towards a prosperous life.

### Why is Health Screening Important?

Health deteriorates with age and exposure to stress. The older we get, the weaker we become. Likewise, the more stress we suffer, the more prone we are to diseases. Urban dwellers have long been kept under pressure and are putting their health at risk as a result of hectic lifestyles, poor diets and lack of exercise.

Regular health checks can detect certain diseases before they become serious and thus allow early treatment and better chances of recovery. Through the screening process, you can also identify and weed out bad habits that may harm your body, and gradually get back on the right track to a full and healthy life.

### Health Screening Programmes

A selection of health screening programmes, namely Express, Standard, Men's Executive, Women's Executive, Women's Health Plan, Pre-marital & Pre-pregnancy Check-up, China Visa Plan, Cancer Maker Investigations Plan, and many more, are available at the Wellness Centre. To allow greater flexibility and choice, a suite of optional tests are also provided.

The process of the assessment for the Standard, Men's Executive and Women's Executive plans will last for around four hours. Your medical report will be made available during the follow-up appointment with the doctor, which will be arranged within ten days after the check-up.

China Visa Plans are tailor-made for those who plan to work in the People's Republic of China. The programme covers the necessary items and will facilitate visa application procedures.

## Health Screening Programmes

Items	Standard (Male & Female)	Men's Executive	Women's Executive	China Visa	Shanghai China Visa
<b>Health Examination &amp; Assessment</b>					
Nurse Assessment	✓	✓	✓		
Physical Examination by Doctor	✓	✓	✓	✓	✓
Doctor Consultation	✓(2 visits)	✓(2 visits)	✓(2 visits)	✓(1 visit)	✓(1 visit)
Dietitian Consultation (1 visit)	✓	✓	✓		
Investigation Report	✓	✓	✓	✓	✓
<b>Medical Imaging &amp; Electrodiagnosis</b>					
Chest Radiology	✓	✓	✓	✓	✓
Electrocardiogram	✓	✓	✓	✓	✓
USG Whole Abdomen		✓	✓		
Treadmill		✓	✓		
Cardiac 2D Echo		✓	✓		
USG Breast			✓		
<b>Laboratory Tests</b>					
Blood Grouping				✓	✓
Complete Blood Count	✓	✓	✓		
Glucose (Fasting)	✓	✓	✓		
Sodium (Na)	✓	✓	✓		
Potassium (K)	✓	✓	✓		
Urea (BUN)	✓	✓	✓		
Serum Creatinine (CREAT)	✓	✓	✓		
Uric Acid (UA)	✓	✓	✓		
Alkaline Phosphatase (ALP)	✓	✓	✓		
Alanine Aminotransferase (GPT/ALT)	✓	✓	✓		✓
Aspartate Aminotransferase (GOT/AST)	✓	✓	✓	✓	✓
Total Bilirubin (TBIL)	✓	✓	✓		
Total Protein (TP)	✓	✓	✓		
Albumin (ALB)	✓	✓	✓		
Globulin (GLOB)	✓	✓	✓		
Albumin / Globulin Ratio (A/G)	✓	✓	✓		
Total Cholesterol	✓	✓	✓		
HDL Cholesterol	✓	✓	✓		
LDL Cholesterol	✓	✓	✓		
Triglycerides	✓	✓	✓		
Routine Urinalysis	✓	✓	✓		
Stool — Occult Blood	✓	✓	✓		
Pap Smear			✓		
VDRL				✓	✓
HIV Antibody				✓	✓
Hepatitis B Antigen				✓	✓
Hepatitis A (IgG)					✓
Hepatitis C Antibody					✓

Optional Tests — Special price will be offered for optional tests on the health screening day. Please call Wellness Centre (Health Screening) for further details.

## Cancer Maker Investigations Plan

Items	Male	Female
Laboratory Tests		
Alpha Feto Protein	✓	✓
Carcinoembryonic Antigen	✓	✓
Carbonhydrate Antigen 19.9	✓	✓
EBV Antibodies for NPC Screening	✓	✓
Beta-hCG	✓	✓
Total Prostate Specific Antigen	✓	
Cancer Antigen 125		✓

Cancer Maker Investigations Plan are entitled to clients who joined the Standard and Executive Packages.

## Women's Health Plan

Items	Plan 1	Plan 2
Nurse Assessment	✓	✓
Physical Examination by Doctor (including breast examination)	✓	✓
Doctor Consultation (2 visits)	✓	✓
Investigation Report	✓	✓
Pap Smear	✓	✓
Bone Densitometry		✓
Ultrasound Pelvis	✓	✓
USG Breast	✓	✓
Mammogram		✓

### Service Hours (By appointment only)

Monday - Friday 9:00am - 5:00pm  
Saturday 9:00am - 1:00pm  
Closed on Sunday and Public Holidays



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