

# Details of Wellness and Screening Programmes

## Applicable to PRUhealth critical illness multi-care prestige

PRUhealth critical illness multi-care prestige offers the Life Assured the Wellness Benefit once per lifetime. The Life Assured may select one of the wellness and screening programmes offered under the Wellness Benefit on the second policy anniversary. There are a wide variety of wellness and screening programmes available for selection at different life stages. The Life Assured may refer to the details of Wellness and Screening Programmes for the latest programme details and service provider locations.

### Note:

Service scope of the wellness and screening programmes, list of service providers and information of service providers, including their addresses, office hours and telephone numbers, may be updated from time to time without prior notice. For enquiry, please contact the service provider directly.

### Disclaimer

The services under this wellness and screening programme are provided by third party service providers appointed by Prudential Hong Kong Limited ("Prudential"). Prudential is not any of the service providers or the agent of the service providers. Prudential makes no representation, warranty or undertaking as to the quality and availability of the services and shall not accept any responsibility or liability for the services provided by the service providers. In response to possible medical advancement in the future, Prudential reserves the right to amend the wellness and screening programme and its rules and regulations without prior notice. In case of disputes, Prudential's decision shall be final.

**Current Sum Assured of PRUhealth critical illness multi-care prestige from USD 50,000/ HKD 400,000 to below USD 100,000/ HKD 800,000**

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**Current Sum Assured of PRUhealth critical illness multi-care prestige equals USD 100,000/ HKD 800,000 or above**

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Note: Individual wellness and screening programme may have minimum age restriction, please check with the service provider.

## 1A. For Atopic Disease screening: Comprehensive allergen profile

### Hong Kong Health Check & Medical Diagnostic Group

#### Comprehensive Allergens Panel

- Total IgE
- Cat Dander - Epithelium
- Dog Dander
- Rodent Pets (Guinea Pig, Epithelium, Rabbit Epithelium, Hamster Epithelium, Rat, Mouse)
- House Dust Mix (D. pteronyssinus, D. farinae, House Dust - Greer, Cockroach)
- Mould Mix (Penicillium notatum, Cladosporium herbarum, Aspergillus fumigatus, Candida albicans, Alternaria tenuis)
- Tree Mix (Olive, Willow, White Pine, Eucalyptus, Acacia, Melaleuca Tenuis)
- Weed Mix (Common Ragweed, Mugwort, English Plantain, Lamb's Quarte, Russian Thistle)
- Beef
- Pork
- Chicken
- Shrimp
- Lobster
- Crab
- Codfish
- Cow's Milk
- Egg White
- Egg Yolk
- Cheese, Cheddar
- Chocolate
- Wheat
- Oat
- Rice
- Soybean
- Baker's Yeast
- Peanut
- Nut Mix (Peanut, Hazelnut, Brazil Nut, Almond, Coconut)

✓ Blood Taking

✓ Report Explanation by Doctor

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

#### Inhalation and Food Allergens Atopy (China)

- Tree mix (willow, poplar, elm), Common ragweed, Mugwort
- House dust mite mix (Der. pteronyssinus, Der. farinae)
- House dust, Cat, Dog
- Cockroach, German
- Mould mix (Penicillium notatum, Cladosporium herbarium, Aspergillus fumigatus and Alternaria alternata)
- Egg white, Cow's milk
- Peanut, Soybean
- Beef, Mutton / lamb
- Sea fish mix (codfish, lobster, scallop)
- Fresh water fish mix (salmon, perch, carp)
- Shrimp / Prawn, Crab

✓ Blood Taking

✓ Report Explanation by Doctor

Please click [here](#) to view List of Service Providers for appointment details.

## **1B. For Hepatitis B screening: a) Ultrasonography of liver, b) Liver function, c) Alpha-fetoprotein**

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### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Blood Taking
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Please click [here](#) to view List of Service Providers for appointment details.

### **Medtimes Medical Services Centre**

- ✓ Blood Taking
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Please click [here](#) to view List of Service Providers for appointment details.

## 1C. For Breast Cancer screening: a) Ultrasonography of breasts, b) Mammogram

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Ultrasonography
- ✓ Mammogram (2D Bilateral, without breast implant)
- ✓ Report Explanation by Doctor

Remarks:

- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.
- Please do not apply any deodorant lotion and powder to the underarm and breasts area prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

- ✓ Ultrasonography
- ✓ Mammogram (2D Bilateral, without breast implant)
- ✓ Report Explanation by Doctor

Remarks:

- Mammogram is only suitable for women aged over 40.
- Please do not apply any deodorant lotion and powder to the underarm and breasts area prior to examination.

Please click [here](#) to view List of Service Providers for appointment details. Service is only available at Tsim Sha Tsui and Sheung Shui Centres.

## 1D. For Breast & Pelvic Cancer screening: Ultrasonography of breasts and pelvis

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Please drink a lot of water until you have full bladder 30 minutes prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Full bladder is required for pelvis ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

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Note: Pelvic cancers refer to a variety of cancers involving female reproductive organs including ovaries and uterus.

## 1E. Prostate Cancer screening: a) Ultrasonography of prostate, b) Total PSA

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Blood Taking
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Please drink a lot of water until you have full bladder 30 minutes prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Full bladder is required for prostate ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

### Trinity Medical Center

Please contact service provider directly for scope of service.

Please click [here](#) to view List of Service Providers for appointment details.

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Note: Recommended age of screening test by the American Cancer Society - Total PSA for male age above 50 with average risk.

**1F. For Obesity prevention: a) Dietitian consultation (1 visit), b) follow up for weight reduction (2 visits, 30 mins for each session)**

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**Medtimes Medical Services Centre**

- ✓ 30 minutes for first visit and for each follow up visit

Please click [here](#) to view List of Service Providers for appointment details.



## 1G. HPV Screening: HPV genotyping and pap smear test

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### Hong Kong Health Check & Medical Diagnostic Group

Including: HPV 6, 11, 16, 18, 26, 31, 33, 34, 35, 39, 40, 42, 43, 44, 45, 51, 52, 53, 54, 55, 56, 57, 58, 59, 61, 66, 67, 68, 69, 70, 71, 72, 73 (MM9), 81, 82 (MM4), 83 (MM7) and 84 (MM8)

- ✓ Blood Taking
- ✓ Pap Smear Test
- ✓ Report Explanation by Doctor

Remarks:

- Avoid intravaginal drugs for 7 days prior to examination.
- Avoid douching and sexual intercourse for 1 day prior to examination.
- It should not be done during menstrual period.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

Including: HPV 6, 11, 16, 18, 26, 31, 33, 35, 39, 40, 42, 45, 51, 52, 53, 54, 55, 56, 58, 59, 61, 62, 64, 66, 67, 68, 69, 70, 71, 72, 73 (MM9), 81, 82 (MM4), 83 (MM7), 84 (MM8), IS39 and CP6108

- ✓ Pap Smear Test
- ✓ Report Explanation by Doctor

Remarks:

- Avoid intravaginal drugs for 7 days prior to examination.
- Avoid douching and sexual intercourse for 1 day prior to examination.
- Avoid this test during menstrual period, including 3 days before and 7 days after

Please click [here](#) to view List of Service Providers for appointment details.

### Trinity Medical Center

Including 33 HPV genotypes.

Please contact service provider directly for scope of service.

Please click [here](#) to view List of Service Providers for appointment details.

## 1H. Comprehensive health package – Plan 1 and bone density measurement

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ DEXA Scan
- ✓ Report Explanation by Doctor

For details of Comprehensive health package – Plan 1, please click [here](#).

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please avoid any alimentary tract contrast tests 7 days prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

For details of Comprehensive health package – Plan 1, please click [here](#).

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.

Please click [here](#) to view List of Service Providers for appointment details.

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## 1I. Vaccination of 13-valent pneumococcal conjugate

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### Medtimes Medical Services Centre

- ✓ Vaccine Name: Pneumococcal Conjugate Vaccine (13-Valent)
- ✓ Pharmaceutical companies: Pfizer
- ✓ 13 Serotypes : 1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F and 23F
- ✓ Dosage: 1 dose
- ✓ Vaccine composition, each dose of 0.5 ml contains:
  - Serotype 1, 3, 4, 5, 6A, 7F, 9V, 14, 18C, 19A, 19F and 23F pneumoniae capsular polysaccharides @ 2.2 µg
  - Serotype 6B pneumococcal capsular polysaccharide 4.4 µg
  - CRM197 protein carrier 32 µg

#### Remarks:

- The following persons are not suitable for injections:
  - Having a severe allergic reaction after receiving the pneumococcal conjugate vaccine or to the vaccine components (including antigens and protein carriers)
  - Having severe allergic reaction after receiving vaccination containing diphtheria vaccine
- The Hong Kong Centre for Health Protection recommends that people aged two or above having high risk\* condition should take the following options:
  - Those who have never been vaccinated can be administered with 13-valent combination vaccine first, and 23-valent vaccine after one year;
  - Those who have been vaccinated with 23-valent polysaccharide vaccine, can re-administer 13-valent combined vaccine after one year;
  - Those who have been vaccinated with 13-valent combination vaccine, can re-administer 23-valent polysaccharide vaccine after one year.

Please click [here](#) to view List of Service Providers for appointment details.

\* High-risk situations include:

1. Have had invasive pneumococcal disease
2. Lack of immune function, such as
  - i. No spleen, AIDS, primary immune deficiency
  - ii. Immune deficiency related to cancer and organ transplantation
  - iii. Immunity deficiency related to the use of immunosuppressive agents or steroids
3. Chronic diseases, such as
  - i. Chronic heart, lung, liver or kidney disease
  - ii. Diabetes or cerebrospinal fluid leakage
4. A cochlear implant is installed (hypertension itself is not a high-risk situation)
5. A consultation fee of 300 HKD will be charged if the client is not recommended for the vaccination by the doctor after assessment.
6. The \$300 consultation fee will be waived if the client chooses to undertake anyone of the wellness and screening programmes by Medtimes Medical Services Centre (refer to menu P.2).

## 2A. For Atopic Disease screening: Comprehensive allergen profile Comprehensive Health Package - Plan 1 and Atopic Disease screening: Comprehensive allergen profile

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Report Explanation by Doctor

For details of Comprehensive health package – Plan 1, please click [here](#).

For details about Atopic Disease screening: Comprehensive allergen profile, please click [here](#).

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

For details of Comprehensive health package – Plan 1, please click [here](#).

For details about Atopic Disease screening: Comprehensive allergen profile, please click [here](#).

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.

Please click [here](#) to view List of Service Providers for appointment details.

## 2B. For Breast Cancer screening: a) Ultrasonography of breasts, b) 3D Mammogram

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Ultrasonography
- ✓ Mammogram
- ✓ Report Explanation by Doctor

Remarks:

- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.
- Please do not apply any deodorant lotion and powder to the underarm and breasts area prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

### Trinity Medical Center

Please contact service provider directly for scope of service.

Please click [here](#) to view List of Service Providers for appointment details.

## 2C. Comprehensive Health Package - Plan 1 and Breast & Pelvic Cancer screening: Ultrasonography of breasts and pelvis

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

For details of Comprehensive health package – Plan 1, please click [here](#).

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please drink a lot of water until you have full bladder 30 minutes prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

For details of Comprehensive health package – Plan 1, please click [here](#).

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.
- Full bladder is required for pelvis ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

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Note: Pelvic cancers refer to a variety of cancers involving female reproductive organs including ovaries and uterus.

## 2D. Comprehensive Health Package - Plan 1 and Prostate Cancer screening: a) Ultrasonography of prostate b) Total PSA

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### Hong Kong Health Check & Medical Diagnostic Group

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

For details of Comprehensive health package – Plan 1, please click [here](#).

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please drink a lot of water until you have full bladder 30 minutes prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

### Medtimes Medical Services Centre

For details of Comprehensive health package – Plan 1, please click [here](#).

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- It is convenient for you to bring together with your stool specimen on the examination date.
- Full bladder is required for prostate ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

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Note: Recommended age of screening test by the American Cancer Society - Total PSA for male age above 50 with average risk.

## **2E. Comprehensive Health Package - Plan 2, bone density measurement and ultrasonography of abdomen: check-up includes blood pressure measurement, urinalysis, blood test**

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### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ DEXA Scan
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

For details of Comprehensive health package – Plan 2, please click [here](#).

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please avoid any alimentary tract contrast tests 7 days prior to examination.
- Please drink a lot of water until you have full bladder 30 minutes prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) to view List of Service Providers for appointment details.

### **Medtimes Medical Services Centre**

For details of Comprehensive health package – Plan 2, please click [here](#).

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.
- Full bladder is required for pelvis/ prostate ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) to view List of Service Providers for appointment details.

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Note: Bone density measurement is not included for individuals aged below 18.



**2F. For Obesity prevention: a) Dietitian consultation (1 visit), b) follow up for weight reduction (2 visits, 30 mins for each session)**

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### **Medtimes Medical Services Centre**

- ✓ 30 minutes for first visit and for each follow up visit

Please click [here](#) to view List of Service Providers for appointment details.

## 2G. Vaccination of 13-valent pneumococcal conjugate

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### Medtimes Medical Services Centre

- ✓ Vaccine Name: Pneumococcal Conjugate Vaccine (13-Valent)
- ✓ Pharmaceutical companies: Pfizer
- ✓ 13 Serotypes : 1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F and 23F
- ✓ Dosage: 1 dose
- ✓ Vaccine composition, each dose of 0.5 ml contains:
  - Serotype 1, 3, 4, 5, 6A, 7F, 9V, 14, 18C, 19A, 19F and 23F pneumoniae capsular polysaccharides @ 2.2 µg
  - Serotype 6B pneumococcal capsular polysaccharide 4.4 µg
  - CRM197 protein carrier 32 µg

#### Remarks:

- The following persons are not suitable for injections:
  - Having a severe allergic reaction after receiving the pneumococcal conjugate vaccine or to the vaccine components (including antigens and protein carriers)
  - Having severe allergic reaction after receiving vaccination containing diphtheria vaccine
- The Hong Kong Centre for Health Protection recommends that people aged two or above having high risk\* condition should take the following options:
  - Those who have never been vaccinated can be administered with 13-valent combination vaccine first, and 23-valent vaccine after one year;
  - Those who have been vaccinated with 23-valent polysaccharide vaccine, can re-administer 13-valent combined vaccine after one year;
  - Those who have been vaccinated with 13-valent combination vaccine, can re-administer 23-valent polysaccharide vaccine after one year.

Please click [here](#) to view List of Service Providers for appointment details.

\* High-risk situations include:

1. Have had invasive pneumococcal disease
2. Lack of immune function, such as
  - a. No spleen, AIDS, primary immune deficiency
  - b. Immune deficiency related to cancer and organ transplantation
  - c. Immunity deficiency related to the use of immunosuppressive agents or steroids
3. Chronic diseases, such as
  - a. Chronic heart, lung, liver or kidney disease
  - b. Diabetes or cerebrospinal fluid leakage
4. A cochlear implant is installed (hypertension itself is not a high-risk situation)
5. A consultation fee of 300 HKD will be charged if the client is not recommended for the vaccination by the doctor after assessment.
6. The \$300 consultation fee will be waived if the client chooses to undertake anyone of the wellness and screening programmes by Medtimes Medical Services Centre (refer to menu P.2).

## Details of Comprehensive Health Package – Plan 1

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	Items
<b>General health questionnaire</b>	✓
<b>Physical Examination</b>	- Body height
	- Body weight
	- Blood pressure & pulse
	- BMI
	- Visual acuity
	- Colour vision
<b>Haematology</b>	- Complete Blood Picture
<b>Diabetes screening</b>	- Fasting blood glucose
<b>Cholesterol</b>	- Full lipid profile (Total chol, HDL-Chol, LDL-Chol, TG)
<b>ECG</b>	- ECG resting
<b>Chest XR</b>	- CXR
<b>Liver function test</b>	- Liver function test (ALT, AST, ALP, Bilirubin )
<b>Renal function test</b>	- Urea, Creatinine
<b>Gout</b>	- Uric acid
<b>Hepatitis B</b>	- HBsAg
<b>Thyroid function</b>	- fT4
<b>Urine test</b>	- Urine microscopy /urinalysis
<b>Stool</b>	- Fecal occult blood
<b>Medical report with Dr's comment</b>	✓
<b>Report explanation</b>	✓

## Details of Comprehensive Health Package – Plan 2

	Items
General health questionnaire	✓
Physical Examination	- Body height
	- Body weight
	- Blood pressure & pulse
	- BMI
	- Visual acuity
	- Colour vision
Haematology	- Complete Blood Picture
Diabetes screening	- Fasting blood glucose
	- HbA1c (Plan 2 exclusive)
Cholesterol	- Full lipid profile (Total chol, HDL-Chol, LDL-Chol, TG)
ECG	- ECG resting
Chest XR	- CXR
Liver function test	- Liver function test (ALT, AST, ALP, Bilirubin )
Renal function test	- Urea, Creatinine
Gout	- Uric acid
Hepatitis B	- HBsAg
	- Anti HBs (Plan 2 exclusive)
Thyroid function	- fT4
Urine test	- Urine microscopy /urinalysis
Stool	- Fecal occult blood
USG abd	- USG whole abdomen (Plan 2 exclusive)
Medical report with Dr's comment	✓
Report explanation	✓

## List of Service Providers

Hong Kong Health Check & Medical Diagnostic Group	
Address of Service Provider	Service Hours & Telephone for Appointment
4/F, HKHC Tower, 241-243 Nathan Road, Kowloon	Mon – Sat 09:00 – 18:30  Tel. : 3678 8288
14/F, Fortune Centre, 44–48 Yun Ping Road, Causeway Bay, Hong Kong	Mon – Fri 09:00 – 18:00 Sat 09:00 – 17:00  Tel. : 2576 3023
Room 601, 6/F, Pacific House, 20 Queen's Road Central, Central, Hong Kong	Mon – Fri 09:00 – 18:00 Sat 09:00 – 17:00  Tel. : 2537 6698
Shop 19–20, Golden Plaza, 28 Shui Che Kwun Street, Yuen Long, New Territories	Mon – Fri 09:00 – 18:30  Tel.: 2117 0168
Room 208–211, Citylink Plaza, No. 1 Shatin Station Circuit, Shatin, N.T.	Mon – Fri 09:00 – 13:00, 14:00 – 18:30 Sat 09:00 – 13:00  Tel. : 2601 0368

<b>Medtimes Medical Services Centre</b> <a href="http://www.medtimes.com.hk">www.medtimes.com.hk</a>	
<b>Address of Service Provider</b>	<b>Service Hours &amp; Telephone for Appointment</b>
Unit 1302-05,13/F, 26 Nathan Road, Tsim Sha Tsui, Kowloon,Hong Kong	Mon – Sat 09:00 – 18:30
Unit 711–713A, Landmark North, Sheung Shui, New Territories, Hong Kong	Tel. : 3585 8533
Please note that wellness and screening programme 1C is only available at Tsim Sha Tsui and Sheung Shui Centres	

<b>Trinity Medical Center</b>	
<b>Address of Service Provider</b>	<b>Service Hours &amp; Telephone for Appointment</b>
7B & 22B, Entertainment Building, 30 Queen's Road Central, Hong Kong	Mon – Fri 09:00 – 19:00  Sat 09:00 – 17:00  Tel. : 2197 0122