

Details of Wellness and Screening Programmes

Applicable to PRUhealth critical illness multi-care

PRUhealth critical illness multi-care 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 from USD 25,000/ HKD 200,000 to below USD 100,000/ HKD 800,000	
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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

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

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

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.

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

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.

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)

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. Service is only available at Causeway Centre.

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

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

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.

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

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

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. DNA test: Nutrigenomics

Prenetics - myDNA: Optimal Diet & Fitness DNA Test

Discover your optimal diet, nutrition, and exercise profiles through Prenetics' DNA Health Package encompassing 24 distinct categories of tests. In addition, you can review your genetic results and receive personalised lifestyle recommendations with a certified health coach through a complimentary 30 minute phone consultation.

Learn more by visiting: <https://pruwellness.prenetics.com>

Remarks:

- Please mention to the Prenetics Staff that you are a customer of Prudential.
- Please identify that you're interested in redeeming the DNA test as one of the Prudential's Wellness and Screening Programmes.
- Please indicate your availability to the Staff for when it'd be convenient for you to come by the Prenetics office to submit your saliva sample for the DNA test - your sample will be collected onsite and it'll only take a few minutes.
- Do remember to bring your Redemption Coupon to your appointment. Only originals will be accepted.

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

2C. DNA test: Pharmacogenomics

Prenetics - iGenes: Medication Response DNA Test

Your genes affect the way medications work in your body. By understanding your genes, we can help you can identify specific medications that work well for you, and more importantly, help you avoid severe adverse drug reactions that can be financially and physically detrimental. Each test also includes a complimentary 30 minute phone consultation with a certified pharmacist.

Learn more by visiting: <https://pruwellness.prenetics.com>

Remarks:

- Please mention to the Prenetics Staff that you are a customer of Prudential.
- Please identify that you're interested in redeeming the DNA test as one of the Prudential's Wellness and Screening Programmes.
- Please indicate your availability to the Staff for when it'd be convenient for you to come by the Prenetics office to submit your saliva sample for the DNA test - your sample will be collected onsite and it'll only take a few minutes.
- Do remember to bring your Redemption Coupon to your appointment. Only originals will be accepted.

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

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

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.

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

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.

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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.

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

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

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.

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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.

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

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

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.

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

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

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. Service is only available at Causeway Centre.

Details of Comprehensive Health Package – Plan 1

	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
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
Thyroid function	- fT4
Urine test	- Urine microscopy /urinalysis
Stool	- Fecal occult blood
Medical report with Dr's comment	✓
Report explanation	✓

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

服務供應商名單

Hong Kong Health Check & Medical Diagnostic Group 香港體檢	
Address of Service Provider 服務供應商地址	Service Hours & Telephone for Appointment 預約服務辦公時間及電話號碼
LG2, Nathan Square, No. 348 Nathan Road, Jordan, Kowloon 九龍佐敦彌敦道 348 號彌敦坊地庫二層	Mon – Sat 星期一至六 09:00 – 18:30 Tel. 電話: 3678 8288
14/F, Fortune Centre, 44–48 Yun Ping Road, Causeway Bay, Hong Kong 香港銅鑼灣恩平道 44–48 號 恩平中心 14 樓	Mon – Fri 星期一至五 09:00 – 18:00 Sat 星期六 09:00 – 17:00 Tel. 電話: 2576 3023
Room 601, 6/F, Pacific House, 20 Queen's Road Central, Central, Hong Kong 中環皇后大道中 20 號 太平行 6 樓 601 室 (Effective from 15 Nov 2018) (由 2018 年 11 月 15 日生效)	Mon – Fri 星期一至五 09:00 – 18:00 Sat 星期六 09:00 – 17:00 Tel. 電話: 2537 6698
Shop 19–20, Golden Plaza, 28 Shui Che Kwun Street, Yuen Long, New Territories 新界元朗水車館街 28 號 萬金中心 19–20 號舖	Mon – Fri 星期一至五 09:00 – 18:30 Tel. 電話: 2117 0168
Room 208–211, Citylink Plaza, No. 1 Shatin Station Circuit, Shatin, N.T. 新界沙田沙田車站圍 1 號 連城廣場 208–211 室	Mon – Fri 星期一至五 09:00 – 13:00, 14:00 – 18:30 Sat 星期六 09:00 – 13:00 Tel. 電話: 2601 0368

Medtimes Medical Services Centre 時代醫療體檢中心 www.medtimes.com.hk

Address of Service Provider 服務供應商地址		Service Hours & Telephone for Appointment 預約服務辦公時間及電話號碼	
Unit 805, 26 Nathan Road, Tsim Sha Tsui, Kowloon, Hong Kong 九龍尖沙咀彌敦道 26 號 805 室		Mon – Sat 星期一至六 09:00 – 18:30 Tel. 電話: 3585 8533	
Unit 711–713A, Landmark North, Sheung Shui, New Territories, Hong Kong 新界上水廣場 711–713A 室			
20/F, 8 Russell Street, Causeway Bay, Hong Kong 香港銅鑼灣羅素街 8 號 20 樓			
Please note that wellness and screening programme 1C is only available at Tsim Sha Tsui and Sheung Shui Centres, and wellness and screening programmes 1F and 2H are only available at Causeway Bay Centre.			

Trinity Medical Center 全仁醫務中心	
Address of Service Provider 服務供應商地址	Service Hours & Telephone for Appointment 預約服務辦公時間及電話號碼
7B & 22B, Entertainment Building, 30 Queen's Road Central, Hong Kong 香港中環皇后大道中 30 號娛樂行 7B&22B 室	Mon – Fri 星期一至五 09:00 – 19:00 Sat 星期六 09:00 – 17:00 Tel. 電話: 2572 2121

Prenetics Prenetics is the leading genetics testing / digital health company in Southeast Asia. At Prenetics, our mission is to help people lead healthier, more active lives by empowering them with personalized, predictive and preventive treatments using the latest proven innovations in DNA and mobile technology.	
Address of Service Provider 服務供應商地址	Service Hours & Telephone for Appointment 預約服務辦公時間及電話號碼
7/F, Prosperity Millennia Plaza 663 King's Road, Quarry Bay 香港鰂魚涌英皇道 663 號泓富產業千禧廣場 7 樓	Mon – Fri 星期一至五 10:00 – 18:00 Tel. 電話: 2210 9595