

## 解讀報告

健康管理評估後，醫生將根據您的健康狀況給予詳細的分析並制定計畫來解決問題，幫助您管理健康狀況。

- 出報告時間：10個工作日後。
- 報告獲取方式：電子報告（關注深圳新風和睦家醫院小程序獲取或發送至您的郵箱）；如需要紙質報告可以線下獲取或者郵寄。

## 注意事項

### 評估前一天

- 建議晚上10點後不要進食或喝飲料。
- 可以少量飲白開水（不超過200ml）。
- 建議儘量避免在評估前一天飲酒。

### 評估當天

- 評估完成前建議不要進食或喝飲料。
- 可以少量飲白開水（不超過200ml）。

### 藥物

- 可以正常服藥，建議至少在評估開始前2小時服藥。
- 如果您在使用降糖藥，尤其是可能導致低血糖的磺脲類藥物或胰島素，建議您提前向醫生諮詢檢查的用藥建議。
- 病情允許的前提下，建議評估當天早上暫停服用以上藥物。

### 幽門螺旋桿菌檢查

- 建議評估前1小時不要進水或進食。
- 如果您之前在服用抗酸藥物或抗生素，建議評估前2周開始停用抗酸的藥物（包括鈾劑），評估前4周開始停用抗生素。

### 女性客戶須知

- 本套餐並非為孕期客戶設計。
- 如果您處於孕期並希望做健康評估，請與全科醫生或婦產科醫生商量。
- 孕期客戶避免進行X線檢查。
- 孕期客戶若行經阴道盆腔超声检查，应与主检医生和超声医生充分讨论后决定。

### 男性客戶須知

- 如需進行前列腺抗原檢查（PSA），檢查前48小時內避免劇烈運動、性生活或手淫的射精。
- 避免在直腸指檢後1周內，或前列腺活檢後的6周內進行PSA檢查。

## 套餐條款

- 因就診時間的限制，通常健康管理評估在當天上午進行完畢。如有必要的額外評估或專家問診可能需要另外安排預約。
- 如醫生建議在套餐基礎上額外增加評估專案，且在檢查日當天同時購買，則額外專案可享受七折優惠。
- 所有評估專案必須在檢查日起30天之內完成。（評估報告中可能不包括發生在評估之日起兩周後的評估結果。）
- 評估套餐內未被使用的評估專案，不可折扣或退款。
- 額外的看診將按正常價格收取費用。
- 不可與會員優惠、商會優惠等其他優惠同享。
- 評估套餐不可享受保險直付服務。

## 更多資訊

- 個人健康管理，可通過24小時服務中心進行預約：4008 919191，或發送郵件到 [szu\\_frontline@ufh.com.cn](mailto:szu_frontline@ufh.com.cn)
- 團體健康管理諮詢，請聯繫企業客戶服務部，郵箱地址 [SZU\\_Sales@ufh.com.cn](mailto:SZU_Sales@ufh.com.cn)

## Health Management Reports

A detailed analysis of your results, plans and advices for your health management will be given in your report.

- Report generation: in 10 working days
- Formats of report:
  - Electronic report: automatically upload to SZU Wechat official account or sent to your mailbox
  - Printed report: obtained from the hospital, or sent to your address by request

## Preparation for Examination

### The day before:

- No food or beverage drink from 22:00 the night before your appointment.
- You can drink a small amount of water (no more than 200ml).
- Please refrain from drinking alcohol.

### On the day of your examination:

- No meal or beverage before completing all your examinations.
- Small sips of water (not more than 200ml) only if needed.

### Medications:

- You can take your medications as normal on the day of your examination, and at least 2 hours before the start of your examination.
- If you are taking hypoglycemic agents, especially sulfonylureas or insulin that may cause hypoglycemia, please consult your doctor in advance.
- If possible, please stop taking the above hypoglycemic treatments in the morning of the examination.

### Urea Breath Test to detect Helicobacter pylori:

- Please do not eat or drink for at least 1 hour before the test.
- If you have been taking Antacid or antibiotics, please stop the Antacid (including bismuth) 2 weeks before the test, and antibiotics 4 weeks before.

### Notes for Female Customers:

- This health management examination package is not designed for pregnant ladies.
- If you are pregnant and wish to have a health management examination, please discuss with our FM physicians or O&G consultants.
- X-ray examination is generally contraindicated in pregnancy.
- We would also discuss with you fully before a transvaginal pelvic ultrasound in pregnancy.

### Notes for Male Customers:

- If you are having a Prostate Specific Antigen (PSA) test, you are advised not to have strenuous exercise, sexual intercourse, or ejaculation from masturbation within 48 hours before the test.
- PSA test should also be withhold within 1 week of a digital rectal exam, or within 6 weeks of a prostate biopsy.

## Package Terms & Conditions

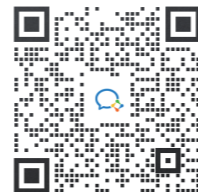
- Health management examinations mostly are completed in the morning of the day. However, some investigations and specialist consultations may require a separate appointment.
- If recommended by your physician and paid for in full on the same day as the check-up, additional tests and procedures are available at a 30% discount.
- All package testing must be completed within 30 days of the physician visit. (Tests done more than 2 weeks after exam may not be included in final report.)
- No refund or credit will be given for any item.
- Additional visits will be charged accordingly at regular price.
- No membership discount, Chambers of Commerce discount or further discount will be given.
- Direct billing services cannot be applied to packages.

## Further Information

- For individual health management examination appointments, please call our 24hr Service Center: 4008 919191, or email to: [szu\\_frontline@ufh.com.cn](mailto:szu_frontline@ufh.com.cn)
- For group registration please contact Corporate Solution Department: [SZU\\_Sales@ufh.com.cn](mailto:SZU_Sales@ufh.com.cn)



更多套餐資訊請掃碼查看  
For more package information  
please scan the QR code



掃碼諮詢  
Scan the QR code  
for consultation



深圳新風和睦家醫院  
Shenzhen New Frontier United Family Hospital



全科  
Family Medicine

# 健康體檢套餐

## Health Assessment Plan

### 家庭醫生全面健康管理評估

Comprehensive health management  
by your Family Medicine doctor

詳情電訊：+852 5801 1515（香港電話號碼）  
+86 185 7660 5703（大陸電話號碼）

該套餐內容由2024年3月1日起執行  
最新套餐詳情請掃碼進入微店查看或添加小助手諮詢

This package has been implemented since March 1, 2024.  
For the latest package information,  
please scan the QR code to enter the online store for inquiry,  
or add the WeChat of the Family Medicine department for consultation

# 健康體檢套餐 (基礎版&甄選版)

## Health Assessment Plan(Basic & Premium)

### 健康評估 Health Evaluation

基礎套餐 Basic 甄選套餐 Premium

類別 Category	檢查專案 Items	女 Female	男 Male	女 Female	男 Male
全科檢查 Family Medicine Examination	全科家庭醫生1v1健康諮詢 Physician Consultation	●	●	●	●
	全科體格檢查 Physical Examination	●	●	●	●
	婦科檢查 Gynecological Examination	●		●	
	視力檢查 Visual Acuity			●	●

### 實驗室檢查 Laboratory

基礎套餐 Basic 甄選套餐 Premium

類別 Category	檢查專案 Items	女 Female	男 Male	女 Female	男 Male
血常規 CBC	血常規 CBC	●	●	●	●
心血管檢查 Cardiovascular System	心電圖 ECG	●	●	●	●
	心血管疾病風險評估 ASCVD Risk Evaluation			●	●
肝功能檢查 Liver Function	總膽紅素 TBil	●	●	●	●
	直接膽紅素 DBil	●	●	●	●
	總蛋白定量 TP	●	●	●	●
	丙氨酸氨基轉移酶 ALT	●	●	●	●
	天門冬氨酸氨基轉移酶 AST	●	●	●	●
	鹼性磷酸酶 ALP	●	●	●	●
	谷氨酸轉氨酶 GGT	●	●	●	●
	白蛋白定量 ALB	●	●	●	●
腎功能檢查 Kidney Function	肌酐 Cr	●	●	●	●
	尿素氮 Urea	●	●	●	●
	尿酸 UA	●	●	●	●
	腎小球濾過率 eGFR	●	●	●	●
電解質檢查 Electrolytes	鈣 Ca			●	●
	鈉 Na			●	●
	鉀 K			●	●
	氯 Cl			●	●
血糖檢查 Blood Sugar	空腹血糖 FBG	●	●	●	●
	糖化血紅蛋白 HbA1C	●	●	●	●
血脂檢查 Lipid Profile	總膽固醇 CHOL	●	●	●	●
	甘油三酯 TG	●	●	●	●
	高密度脂蛋白膽固醇 HDL	●	●	●	●
	低密度脂蛋白膽固醇 LDL	●	●	●	●
甲狀腺檢查 Thyroid Function	總膽固醇/高密度脂蛋白膽固醇 CHOL/HDL	●	●	●	●
	促甲狀腺激素 TSH	●	●	●	●
	游離三碘甲狀腺原氨酸 FT3			●	●

類別 Category	檢查專案 Items	女 Female	男 Male	女 Female	男 Male
維生素檢查 Vitamin	游離甲狀腺激素 FT4			●	●
	維生素D Vitamin D			●	●
腫瘤標誌物 Tumor Markers	EB病毒 (鼻咽癌篩查) EBV DNA			●	●
	甲胎蛋白 (常規腫瘤標誌物) AFP			●	●
	總前列腺特异性抗原 (前列腺癌) TPSA				●
感染檢查 Infectious Disease	乙型肝炎表面抗原 HBsAg			●	●
	乙型肝炎表面抗體 HBsAb			●	●
	幽門螺旋桿菌呼氣試驗 Urea Breath Test			●	●
尿液檢查 Urinalysis	尿常規 Urinalysis	●	●	●	●
糞便檢查 Fecal Test	糞便潛血 OB			●	●
婦科化驗 Cervical Screening	宮頸脫落細胞學檢查 TCT			●	

### 影像檢查 Medical Imaging

基礎套餐 Basic 甄選套餐 Premium

類別 Category	檢查專案 Items	女 Female	男 Male	女 Female	男 Male
放射檢查 Radiation Examination	胸部正位X光 X-ray Chest	●	●	二選一 Either	二選一 Either
	胸部低劑量CT LDCT				
超聲檢查 Ultrasound	腹部超聲 (肝膽胰脾雙腎) Ultrasound-abdomen (Liver, Gallbladder, Pancreas, Spleen, Kidneys)	●	●	●	●
	甲狀超聲 Ultrasound-thyroid			●	●
	乳腺超聲 Ultrasound-breast			●	
	經陰道盆腔超聲 Ultrasound - pelvis female			●	
	經腹前列腺超聲 Ultrasound - pelvis male				●

### 增值服務 Value-added Services

基礎套餐 Basic 甄選套餐 Premium

類別 Category	檢查專案 Items	女 Female	男 Male	女 Female	男 Male
增值服務 Value-added Services	體檢報告解讀 (電話或面診) Medical Examination Report Interpretation (via telephone or face-to-face consultation)	●	●	●	●
	健康營養早餐 Healthy Breakfast	●	●	●	●

	基礎套餐 Basic	甄選套餐 Premium
套餐價格 (單位: 人民幣) Package Price (RMB)	3,400 2,500	6,000 4,800 (男) 6,300 4,980 (女)

# 健康體檢套餐 (優享版)

# Health Assessment Plan(Deluxe)

## 健康評估 Health Evaluation

類別 Category	檢查專案 Items	女 Female	男 Male
全科檢查 Family Medicine Examination	全科家庭醫生1v1健康諮詢 Physician Consultation	●	●
	全科體格檢查 Physical Examination	●	●
	婦科檢查 Gynecological Examination	●	
	視力檢查 Visual Acuity	●	●
	老年簡易智力測試 (65歲以上) Dementia Screening (For Elderly above 65)	●	●

## 實驗室檢查 Laboratory

類別 Category	檢查專案 Items	女 Female	男 Male
血常規 CBC	血常規 CBC	●	●
心血管檢查 Cardiovascular System	心電圖 ECG	●	●
	心血管疾病風險評估 ASCVD Risk Evaluation	●	●
肝功能檢查 Liver Function	總膽紅素 TBil	●	●
	直接膽紅素 DBil	●	●
	總蛋白定量 TP	●	●
	丙氨酸氨基轉移酶 ALT	●	●
	天門冬氨酸氨基轉移酶 AST	●	●
	鹼性磷酸酶 ALP	●	●
	谷氨酸轉胺酶 GGT	●	●
	白蛋白定量 ALB	●	●
腎功能檢查 Kidney Function	肌酐 Cr	●	●
	尿素氮 Urea	●	●
	尿酸 UA	●	●
	腎小球濾過率 eGFR	●	●
電解質檢查 Electrolytes	磷 P	●	●
	鈣 Ca	●	●
	鈉 Na	●	●
	鉀 K	●	●
	氯 Cl	●	●
血糖檢查 Blood Sugar	空腹血糖 FBG	●	●
	糖化血紅蛋白 HbA1C	●	●
血脂檢查 Lipid Profile	總膽固醇 CHOL	●	●
	甘油三酯 TG	●	●
	高密度脂蛋白膽固醇 HDL	●	●
	低密度脂蛋白膽固醇 LDL	●	●
	總膽固醇/高密度脂蛋白膽固醇 CHOL/HDL	●	●
	載脂蛋白 A1 APO A1	●	●
	載脂蛋白 B APO B	●	●
血清脂蛋白 Lpa	●	●	

類別 Category	檢查專案 Items	女 Female	男 Male
甲狀腺檢查 Thyroid Function	促甲狀腺激素 TSH	●	●
	游離三碘甲狀腺原氨酸 FT3	●	●
	游離甲狀腺激素 FT4	●	●
胃腸檢查 Pepsinogen	胃蛋白酶原 PG I&II	●	●
維生素檢查 Vitamin	維生素D Vitamin D	●	●
凝血功能 Coagulation	凝血酶原時間 PT	●	●
	部分活化凝血活酶時間 APTT	●	●
	凝血酶時間 TT	●	●
	纖維蛋白原 FIB	●	●
貧血篩查 Anemia Screening	鐵蛋白 Ferritin	●	●
	葉酸 Folic Acid	●	●
	維生素B12 Vitamin B12	●	●
免疫炎症篩查 Inflammatory Marker	紅細胞沉降率 ESR	●	●
腫瘤標誌物 Tumor Markers	EB病毒 (鼻咽癌篩查) EBV PCR	●	●
	甲胎蛋白 (常規腫瘤標誌物) AFP	●	●
	癌胚抗原 (常規腫瘤標誌物) CEA	●	●
	糖類抗原19-9 (胰膽腸癌) CA19-9	●	●
	糖類抗原125 (卵巢癌) CA125	●	
	糖類抗原15-3 (乳腺癌) CA15-3	●	
	總前列腺特异性抗原 (前列腺癌) PSA, total		●
感染檢查 Infectious Disease	甲型肝炎總抗體 HAV-Ab	●	●
	乙型肝炎表面抗原 HBsAg	●	●
	乙型肝炎表面抗體 HBsAb	●	●
	乙型肝炎e抗原 HBeAg	●	●
	乙型肝炎e抗體 HBeAb	●	●
	乙肝核心總抗體 HBcAb	●	●
尿液檢查 Urinalysis	幽門螺旋桿菌呼氣試驗 Urea Breath Test	●	●
	尿常規 Urinalysis	●	●
糞便檢查 Fecal Test	尿白蛋白/肌酐比率 ACR	●	●
	糞便常規分析 RT	●	●
婦科檢查 Gynaecological Exams	糞便潛血 OB	●	●
	人乳頭瘤病毒檢測 HPV DNA	●	
	宮頸脫落細胞學檢查 TCT	●	
	白帶檢查 Leucorrhoea Examination	●	

## 影像檢查 Medical Imaging

類別 Category	檢查專案 Items	女 Female	男 Male
普通放射檢查 X-ray	骨密度 DXA Bone Density	●	●
鉬靶檢查 Mammography	乳腺鉬靶 3D Mammography	二選一 Either	
	乳腺超聲 Ultrasound-breast		
超聲檢查 Ultrasound	甲狀超聲 Ultrasound-thyroid	●	●
	頸動脈超聲 Ultrasound-carotid arteries	●	●

類別 Category	檢查專案 Items	女 Female	男 Male
超聲檢查 Ultrasound	腹部超聲 (肝膽胰脾雙腎) Ultrasound-abdomen (Liver, Gallbladder, Pancreas, Spleen, Kidneys)	●	●
	經腹前列腺超聲 Ultrasound-pelvis male		●
	經陰道盆腔超聲 Ultrasound-pelvis female	●	
CT檢查 Computed Tomography	胸部低劑量CT (50歲以上且有危險因素) Low Dose CT Chest (Age above 50 and with Risk Factor)	●	●

**其他檢查 Others**

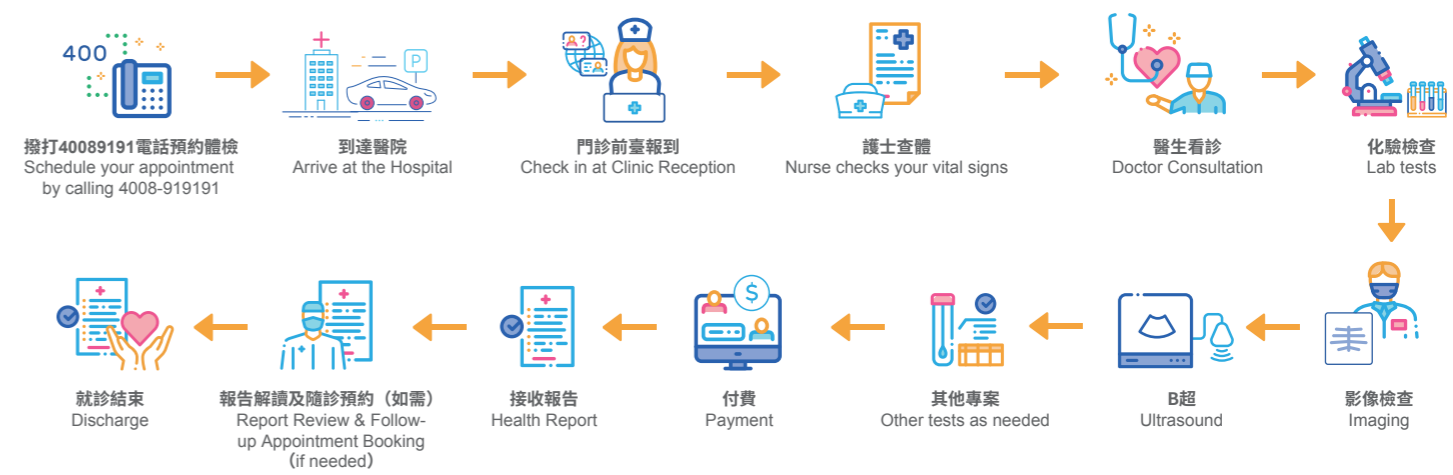
類別 Category	檢查專案 Items	女 Female	男 Male
肺功能 Lung Function	肺功能測試 Lung Function Test	●	●
人體成份測量 Body Composition Analysis	人體成份測量 Body Composition Analysis	●	●

**增值服務 Value-added Services**

類別 Category	檢查專案 Items	女 Female	男 Male
增值服務 Value-added Services	體檢報告解讀 (電話或面診) Medical Examination Report Interpretation (via telephone or face-to-face consultation)	●	●
	健康營養早餐 Healthy Breakfast	●	●

套餐價格 (單位: 人民幣) Package Price (RMB)	男 Male	女 Female
	13,800 <b>10,800</b>	15,000 <b>11,800</b>

**體檢流程**



**做一次體檢, 即可擁有一名家庭醫生**  
Comprehensive health management by your Family Medicine doctor

- 檢前一對一諮詢** One-on-one consultation  
醫生1v1全面評估, 解答每一位客戶的個性化健康問題  
Doctors conduct a 1-on-1 comprehensive assessment to answer each client's personalized health questions
- 檢後報告解讀** Report Interpretation  
主診醫生親自完成體檢報告並進行解讀, 提供定制化的健康解決方案  
Doctors interpret the physical examination report and provide customized health advice
- 長期慢病管理** Chronic disease management  
專業健康管理團隊, 長期跟蹤回訪及健康促進指導  
Health management team follow-up and healthy lifestyle guidance



**全科醫療結合高水準專科, 一站式滿足客戶健康需求**  
Providing core healthcare services as well as advanced specialist services

全科 Family Medicine	婦產科 Obstetrics & Gynecology	產後康復 Postpartum Rehabilitation	兒科 Pediatrics
內科 Internal Medicine	急診 Emergency	口腔科 Dental Clinic	皮膚医美科 cosmetic center
眼科 Eye Clinic	耳鼻喉科 ENT Clinic (Ear, Nose, Throat)	骨科及运动医学科 Sports Medicine & Orthopedics	外科 Surgery
泌尿外科 Urology	心血管中心 Cardiovascular Center	麻醉科 Anesthesiology	心理科 Psychological Clinic
消化中心 Gastroenterology Center	药房 Pharmacy	檢驗科 Laboratory	放射科 Radiology/Imaging
中医科 Traditional Chinese Medicine	康復医学科 Rehabilitative Medicine	肿瘤治疗服务 Oncology	預防接种 Vaccination Clinic