



Health Assessment – Member Leaflet

**HKU SPACE Alumni -
Life Membership (C1196) / Ordinary Membership (C1197)**

Service Period: 1 January 2025 – 31 December 2025

MEDIFAST (HONG KONG) LIMITED

 2272 8222 / 6117 7954 (WHATSAPP)

 CSI@MEDIFASTHK.COM

 **HONG KONG**
- CENTRAL | CAUSEWAY BAY | MONGKOK

About MediFast



- The first check-up centre specializes in providing check-up services. All equipments are used exclusively for check-up clients that can eliminate the risk of cross infection in comparison with another out-patient clinics
首間專門提供健康檢查中心。與其他醫務所的分別之處，是沒有輪候診症的病人，客人不需與病患共用設備，避免交叉感染
- Check-up centres locate at Mongkok, Causeway Bay and Central with more than a total of 20,000 sq. ft. floor space, with spacious and comfortable environment for medical check-ups
健康檢查中心位於旺角、銅鑼灣及中環，共佔地逾20,000平方尺，提供寬敞舒適的驗身環境
- Spacious and comfortable waiting areas are available
環境舒適寧靜，設有專用等候大堂及接待處
- Female doctors are available to serve female clients for check-ups
多位女醫生專為女性客戶提供驗身服務
- Equipped with a total of 13 VIP Lounges, 22 general check-up and gynaecological examination rooms at 3 check-up centres, all clients are served in a professional and efficient manner
3間驗身中心共設有13間貴賓廳，共22間驗身室及婦科檢查室，縮短等候檢查的時間，務求檢查過程更為快捷
- One-stop check-up service that all check-up items can be done at one centre at the same time
提供一站式驗身服務，於同一時間同一地點為客戶完成各項服務
- A team of qualified and experienced medical professionals including doctors, cardiologist, radiographers and registered nurses
擁有多名專業及經驗豐富的醫護人員，包括醫生、心臟專科醫生、放射師及註冊護士等
- Digital Imaging Diagnostic Centre is equipped with state-of-the-art medical equipments to offer comprehensive check-up services
數位化影像診斷中心具備各種先進的儀器，提供全面的驗身服務



Plan Details

Annual Checkup Plan A	Package Price: HK\$1,010
General Health Assessment 基本健康評估	<ul style="list-style-type: none"> • Physical Examination By Doctor (Vision, Hearing, Heart, Lung & Abdomen) 醫生體格檢查 (視力、聽覺、心、肺及腹部) • Health Questionnaire 個人健康分析問卷 • Blood Pressure and Pulse 量度血壓及脈搏 • Body Weight and Height 量度身高及體重 • Body Mass Index 身高體重比例指數分析
Urine Test 尿液檢查	Urinalysis 小便微分析
Stool Test 大便檢查	Occult Blood 大便隱血
X-ray Test X光檢查	Chest X-ray 胸部 X光
Heart Test 心臟檢查	Resting ECG 靜態心電圖
Blood Test 血液檢驗	
Blood Analysis 血液分析	Complete Blood Count 全血計數
Blood Lipids 血脂肪	Total Cholesterol 總膽固醇
	HDL Cholesterol 高密度膽固醇
	LDL Cholesterol (Direct) 低密度膽固醇 (直接)
	Triglycerides 三酸甘油脂
Diabetes 糖尿病	Fasting Blood Glucose 空腹血糖
Liver Function 肝功能	SGPT 谷丙轉氨酶
	SGOT 谷草轉氨酶
	GGT 丙種谷氨酸轉肽酶
Renal Function 腎功能	Creatinine 肌酸酐
	Urea 尿素
Gout 痛風症	Uric Acid 尿酸
Rheumatoid Arthritis 類風濕性關節炎	Rheumatoid Factor, Quantitative test 類風濕關節炎因子(定量)
• Health check-up report 健康檢查報告	

Plan Details

Annual Checkup Plan B	Package Price: HK\$2,560
General Health Assessment 基本健康評估	<ul style="list-style-type: none"> • Physical Examination By Doctor (Vision, Hearing, Heart, Lung & Abdomen) 醫生體格檢查 (視力、聽覺、心、肺及腹部) • Health Questionnaire 個人健康分析問卷 • Blood Pressure and Pulse 量度血壓及脈搏 • Body Weight and Height 量度身高及體重 • Body Mass Index 身高體重比例指數分析
Urine Test 尿液檢查	Urinalysis 小便微分析
Stool Test 大便檢查	Occult Blood 大便隱血
X-ray Test X光檢查	Chest X-ray 胸部 X光
Heart Test 心臟檢查	Resting ECG 靜態心電圖
Gynecological Check-up 婦科檢查	<ul style="list-style-type: none"> • Pap Smear 柏氏子宮頸細胞抹片檢查 ★ • Physical Breasts & Pelvis Examination (By Female Doctor) 乳房及盆腔觸診檢查 ★
Blood Test 血液檢驗	
Blood Analysis 血液分析	Complete Blood Count 全血計數
Inflammation 炎症	C-Reactive Protein (Quantitative) 丙類反應蛋白(定量)
Blood Lipids 血脂肪	Total Cholesterol 總膽固醇 HDL Cholesterol 高密度膽固醇 LDL Cholesterol (Direct) 低密度膽固醇 (直接) Triglycerides 三酸甘油脂
Diabetes 糖尿病	Fasting Blood Glucose 空腹血糖
Hepatitis Screening 肝炎測試	Hepatitis B Surface Antigen 乙型肝炎表面抗原 Hepatitis B Surface Antibody 乙型肝炎表面抗體
Liver Function 肝功能	SGPT 谷丙轉氨酶 SGOT 谷草轉氨酶 GGT 丙種谷氨酸轉肽酶 Alk Phosphatase 鹼性磷酸酶
Renal Function 腎功能	Creatinine 肌酸酐 Urea 尿素
Gout 痛風症	Uric Acid 尿酸
Rheumatoid Arthritis 類風濕性關節炎	Rheumatoid Factor, Quantitative test 類風濕關節炎因子(定量)
Optional Items 自選項目	Please select one item from below 請選擇以下其中一項:
Ultrasound Screening 超聲波檢查	1. Ultrasound of Prostate 前列腺超聲波檢查 ▲
	2. Ultrasound of Pelvis 盆腔超聲波檢查 ★ <ul style="list-style-type: none"> • Uterus 子宮 • Ovary 卵巢 • Bladder 膀胱
	3. Ultrasound of Breast 乳房超聲波檢查 ★
• Health check-up report 健康檢查報告	

★ 女士 for female only ▲ 男士 for male only

Plan Details

Annual Checkup Plan C	Package Price: HK\$5,000
General Health Assessment 基本健康評估	<ul style="list-style-type: none"> • Physical Examination By Doctor (Vision, Hearing, Heart, Lung & Abdomen) 醫生體格檢查 (視力、聽覺、心、肺及腹部) • Health Questionnaire 個人健康分析問卷 • Blood Pressure and Pulse 量度血壓及脈搏 • Body Weight and Height 量度身高及體重 • Body Mass Index 身高體重比例指數分析
Urine Test 尿液檢查	Urinalysis 小便微分析
Stool Test 大便檢查	Occult Blood 大便隱血
X-ray Test X光檢查	Chest X-ray 胸部 X光
Heart Test 心臟檢查	Resting ECG 靜態心電圖
Helicobacter Pylori Screening 幽門螺旋菌檢測	Helicobacter Pylori Breath Test 幽門螺旋菌吹氣測試
Blood Test 血液檢驗	
Blood Analysis 血液分析	Complete Blood Count 全血計數
Inflammation 炎症	C-Reactive Protein (Quantitative) 丙類反應蛋白(定量)
Blood Lipids 血脂肪	Total Cholesterol 總膽固醇
	HDL Cholesterol 高密度膽固醇
	LDL Cholesterol (Direct) 低密度膽固醇 (直接)
	Triglycerides 三酸甘油脂
Diabetes 糖尿病	Fasting Blood Glucose 空腹血糖
Hepatitis Screening 肝炎測試	Hepatitis B Surface Antigen 乙型肝炎表面抗原
	Hepatitis B Surface Antibody 乙型肝炎表面抗體
Liver Function 肝功能	SGPT 谷丙轉氨酶
	SGOT 谷草轉氨酶
	GGT 丙種谷氨酸轉氨酶
	Alk Phosphatase 鹼性磷酸酶
Pancreatic Function 胰腺功能	Amylase 澱粉酶
Renal Function 腎功能	Creatinine 肌酸酐
	Urea 尿素
	Sodium 鈉
	Chloride 氯化物
Thyroid Function 甲狀腺功能	TSH 促甲狀腺激素
Gout 痛風症	Uric Acid 尿酸
Rheumatoid Arthritis 類風濕性關節炎	Rheumatoid Factor, Quantitative test 類風濕關節炎因子(定量)
Cancer Marker 癌症指標	NPC-EBV 鼻咽癌 - 艾柏斯坦氏病毒抗體
	Carcinoembryonic Antigen (CEA) 癌胚抗原
Gastric Health Screening 胃部健康檢查	Gastrin 17 胃泌素 17
	Pepsinogen I 胃蛋白酶原 I
	Pepsinogen II 胃蛋白酶原 II
	Pepsinogen I/II Ratio 胃蛋白酶原比值
	IgG Helicobacter Pylori Antibody IgG (Quantitative) 幽門螺旋桿菌抗體 (定量)

To Be Continued....

Plan Details

Optional Items 自選項目	Please select two items from below 請選擇以下其中兩項:
Ultrasound Screening 超聲波檢查	1. • Pap Smear 柏氏子宮頸細胞抹片檢查 ★ • Physical Breasts & Pelvis Examination (By Female Doctor) 乳房及盆腔觸診檢查 ★ 2. Ultrasound of Upper Abdomen 上腹部超聲波檢查 • Liver, Hepatobiliary Duct, Hepatic Portal Vein 肝臟, 肝內膽管, 肝門靜脈 • Gall Bladder, Common Bile Duct 膽囊, 總膽管 • Spleen 脾臟 3. Ultrasound of Prostate 前列腺超聲波檢查 ▲ 4. Ultrasound of Pelvis 盆腔超聲波檢查 ★ • Uterus 子宮 • Ovary 卵巢 • Bladder 膀胱
Gynecological Check-up 婦科檢查	5. Ultrasound of Breast 乳房超聲波檢查 ★
Osteoporosis 骨質疏鬆檢查	6. DEXA Bone Densitometry (Spine & Hip) 雙重能量 X 光吸收骨質密度檢查 (腰椎及股骨)
• Health check-up report 健康檢查報告 • Report Interpretation By Doctor 醫生講解報告 <div style="text-align: right;">★ 女士 for female only ▲ 男士 for male only</div>	

Plan Details

Annual Checkup Plan D	Package Price: HK\$4,500
General Health Assessment 基本健康評估	<ul style="list-style-type: none"> • Physical Examination By Doctor (Vision, Hearing, Heart, Lung & Abdomen) 醫生體格檢查 (視力、聽覺、心、肺及腹部) • Health Questionnaire 個人健康分析問卷 • Blood Pressure and Pulse 量度血壓及脈搏 • Body Weight and Height 量度身高及體重 • Body Mass Index 身高體重比例指數分析
Urine Test 尿液檢查	Urinalysis 小便微分析
Stool Test 大便檢查	Occult Blood 大便隱血
X-ray Test X光檢查	Chest X-ray 胸部 X光
Heart Test 心臟檢查	Resting ECG 靜態心電圖
Blood Test 血液檢驗	
Blood Analysis 血液分析	Complete Blood Count 全血計數
Inflammation 炎症	C-Reactive Protein (Quantitative) 丙類反應蛋白(定量)
Blood Lipids 血脂肪	Total Cholesterol 總膽固醇 HDL Cholesterol 高密度膽固醇 LDL Cholesterol (Direct) 低密度膽固醇 (直接) Triglycerides 三酸甘油脂
Diabetes 糖尿病	Fasting Blood Glucose 空腹血糖
Hepatitis Screening 肝炎測試	Hepatitis B Surface Antigen 乙型肝炎表面抗原 Hepatitis B Surface Antibody 乙型肝炎表面抗體
Liver Function 肝功能	SGPT 谷丙轉氨酶 SGOT 谷草轉氨酶 GGT 丙種谷氨酸轉肽酶 Alk Phosphatase 鹼性磷酸酶
Pancreatic Function 胰腺功能	Amylase 澱粉酶
Renal Function 腎功能	Creatinine 肌酸酐 Urea 尿素 Sodium 鈉 Chloride 氯化物
Thyroid Function 甲狀腺功能	TSH 促甲狀腺激素
Gout 痛風症	Uric Acid 尿酸
Rheumatoid Arthritis 類風濕性關節炎	Rheumatoid Factor, Quantitative test 類風濕關節炎因子(定量)
Cancer Marker 癌症指標	NPC-EBV 鼻咽癌 - 艾柏斯坦氏病毒抗體 Carcinoembryonic Antigen (CEA) 癌胚抗原
Gastric Health Screening 胃部健康檢查	Gastrin 17 胃泌素 17 Pepsinogen I 胃蛋白酶原 I Pepsinogen II 胃蛋白酶原 II Pepsinogen I/II Ratio 胃蛋白酶原比值 IgG Helicobacter Pylori Antibody IgG (Quantitative) 幽門螺旋桿菌抗體 (定量)

To Be Continued....

Plan Details

Optional Items 自選項目	Please select one item from below 請選擇以下其中一項:
Retinography 眼底攝影檢查	1. AI Retinal Health Assessment AI 人工智能視網膜健康評估 • Retinography 眼底攝影檢查 : - Diabetic Retinopathy 糖尿病 (糖尿眼) - Maculopathy 黃斑類 - Optic Lesions 視神經 (青光眼) - Retinal and Choroidal Lesions 視網膜及脈絡膜 • Chronic Disease Risk 健康風險評估 : - Diabetes 糖尿病 - Hypertension 高血壓 - Myocardial Infarction 心肌梗塞 - Cerebral Infarction 腦梗塞 - Anaemia 貧血 - Ablepsia 視力損傷
Helicobacter Pylori Screening 幽門螺旋菌檢測	2. Helicobacter Pylori Breath Test 幽門螺旋菌吹氣測試
Ultrasound Screening 超聲波檢查	3. Ultrasound of Upper Abdomen 上腹部超聲波檢查 • Liver, Hepatobiliary Duct, Hepatic Portal Vein 肝臟, 肝內膽管, 肝門靜脈 • Gall Bladder, Common Bile Duct 膽囊, 總膽管 • Spleen 脾臟
	4. Ultrasound of Prostate 前列腺超聲波檢查 ▲
	5. Ultrasound of Pelvis 盆腔超聲波檢查 ★ • Uterus 子宮 • Ovary 卵巢 • Bladder 膀胱
	6. Ultrasound of Breast 乳房超聲波檢查 ★
Osteoporosis 骨質疏鬆檢查	7. DEXA Bone Densitometry (Spine & Hip) 雙重能量 X 光吸收骨質密度檢查 (腰椎及股骨)
• Health check-up report 健康檢查報告 • Report Interpretation By Doctor 醫生講解報告 ★ 女士 for female only ▲ 男士 for male only	

Additional Items

Optional Check-up Items (Applicable For Corporate Client Only) 附加項目 (只適用於企業客戶)

Customers can enjoy the Reference Price for optional check-up items when join in any check-up plans on the same day. For enquiries, please call 2272 8222 or email to csi@medifasthk.com. The price is subjects to change from time to time without prior notice.

凡參加任何健康檢查計劃，客人均可於健康檢查當天以參考價錢加驗以下附加檢查項目，詳情請致電客戶服務熱線：2272 8222 或電郵至 csi@medifasthk.com，相關價錢或會作出更改而無須作另行通知。

Other Recommended Items 附加檢查項目

Item 項目	Listed Price 定價	Reference Price 參考價錢*
DNA Test 基因測試		
• DNA based early detection of Nasopharyngeal Carcinoma (NPC) 早期鼻咽癌基因篩查	HK\$2,700	HK\$1,988
• HPV Urine Test HPV尿液測試 (Suitable for Men & Women 男女適用)	HK\$1,280	HK\$1,180
Helicobacter Pylori Screening 幽門螺旋菌檢測		
• Helicobacter Pylori 13C-Urea Breath Test 胃部螺旋桿菌口腔空氣測試	HK\$1,000	HK\$880
Early Cancer Detection 早期癌症風險篩查		
• Non-Invasive Colorectal Cancer Risk Prediction Test 非入侵性大腸癌風險檢測	HK\$2,488	HK\$2,388
• NPC-EBV 鼻咽癌 - 艾柏斯坦氏病毒抗體	HK\$480	HK\$432
• Liver Cancer - AFP 肝癌 - 甲胎蛋白	HK\$400	HK\$360
• Carcinoembryonic Antigen (CEA) 癌胚抗原	HK\$400	HK\$360
• Prostate Cancer - PSA Total 前列腺癌 - 前列腺癌抗原 ▲	HK\$460	HK\$437
Gynecological Check-up 婦科檢查 ★		
• Pap Smear (Thin Prep) 超薄柏氏子宮頸細胞抹片檢查		
• Physical Breasts & Pelvis Examination (By Female Doctor) 乳房及盆腔觸診檢查	HK\$1,430	HK\$638
Heart Test 心臟檢查		
• Treadmill Exercise ECG 運動心電圖 (Conducted by Cardiologist 由心臟科專科醫生主理)	HK\$2,950	HK\$2,100
X-ray Test X光檢查		
• Mammogram 乳房X光造影 ★	HK\$1,600	HK\$1,320
Ultrasound Screening 超聲波檢查		
• Ultrasound of Breast 乳房超聲波檢查 ★	HK\$1,250	HK\$1,120
• Ultrasound of Pelvis 盆腔超聲波檢查 ★ (Uterus 子宮、Ovary 卵巢、Bladder 膀胱)	HK\$1,250	HK\$1,120
• Ultrasound of Upper Abdomen 上腹部超聲波檢查 - Liver, Hepatobiliary Duct, Hepatic Portal Vein 肝臟、肝內膽管、肝門靜脈 - Gall Bladder, Common Bile Duct 膽囊、總膽管 - Spleen 脾臟	HK\$1,250	HK\$1,120
• Ultrasound of Prostate 前列腺超聲波檢查 ▲	HK\$1,250	HK\$1,120
Osteoporosis 骨質疏鬆檢查		
• DEXA Bone Densitometry (Spine & Hip) [^] 雙重能量X光吸收骨質密度檢查 (腰椎及股骨)	HK\$1,200	HK\$750

[^]DEXA Bone Densitometry: Recommended for person aged 60 years old or above or if indicated
雙重能量X光吸收骨質密度檢查：建議60歲或以上及有需要人士進行之檢查項目

* Available for join in any check-up plans on the same day
參考價錢只適用於同日體檢

All prices are for reference only and are subject to change without prior notice. Please contact our customer service representatives for more details.
以上價格僅供參考，相關價錢或會作出更改而無須作另行通知，詳情請向客戶服務部查詢。

With effective from: 10th July 2024 生效日期：2024年7月10日

▲ Male Only 只適用於男性 ★ Female Only 只適用於女性

Booking Arrangement

- **Advance appointment is required:**
 - WhatsApp (852) 6117 7954 (Scan the QR code)
 - Contact MediFast's hotline at (852) 2272 8222
 - Visit our website via <https://www.medifasthk.com/ebooking> for advance booking
- **驗身前必須進行預約:**
 - WhatsApp (852) 6117 7954
(可直接掃描右邊二維碼轉到 WhatsApp 版面)
 - 致電快驗保之客戶服務熱線 (852) 2272 8222
 - 透過以下網址 <https://www.medifasthk.com/ebooking> 進行預約



- Please quote the Name of Company and Examinee, HKID number and preferred check-up date, time and location (Please refer to available locations below) during the appointment making:
電話預約時請說明公司名稱、驗身者姓名、身份證號碼、驗身日期、時間及地點 (請從以下地點選擇) :



中環 Central

德輔道中55號協成行中心2樓全層
2/F, Hip Shing Hong Centre,
55 Des Voeux Road Central

銅鑼灣 Causeway Bay

禮頓道91號雲翠大廈1樓全層
1/F, Bonaventure House,
91 Leighton Road

旺角 Mongkok

彌敦道664號惠豐中心13樓全層
13/F, Wai Fung Plaza,
664 Nathan Road

營業時間 Opening Hours

- 星期一至五 Mon-Fri: 9:00am - 1:00pm, 2:00pm - 6:00pm
- 星期六 Sat: 9:00am - 1:00pm, 2:00pm - 5:00pm

聯絡我們 Contact Us

- 電話Tel: 2272 8222
- 傳真Fax: 2272 8333

- In case of a change or cancellation of appointment, please contact our Customer Service Hotline: 2272 8222 at least 3 working days in advance.
如需更改或取消預約，請提早至少 3 天與我們的客戶服務部聯絡，客戶服務熱線: 2272 8222。

Preparation Before Examination

- Please avoid alcoholic drinks and maintain normal diet for three days before the examination.
檢查日前三天內，請保持正常飲食，盡量勿飲用任何酒類。
- If check-up program is including blood glucose, cholesterol, triglycerides, and abdominal ultrasound screening, 8 hours fasting prior to the examination is required.
若驗身計劃內的項目包括血糖、膽固醇、三酸甘油脂及上腹部超聲波等檢查，驗身者需在體檢前禁食 8 小時 (除清水外不可飲食)。
- Helicobacter Pylori Breath Test: It is necessary to fast for 4 hours at least before the test.
幽門螺旋菌吹氣測試：測試前最少四小時禁止飲食。
- DEXA Bone Densitometry: Recommended for persons aged 60 years old or above OR if indicated.
雙重能量 X 光吸收骨質密度檢查：建議 60 歲或以上，或有需要之人士進行。
- Mammogram: Recommended for women aged 35 years old or above OR if indicated.
乳房 X 光造影檢查：建議 35 歲或以上，或有需要之女士進行。
- If you are currently using any medication(s) for chronic diseases, such as diabetes, hypertension, heart disease and asthma, please bring along with your medicine on the date of examination.
如您現時正服食慢性病患藥物如糖尿病、高血壓、心臟病、氣喘病等，請於驗身當日將藥物攜帶備用。
- For women who is menstruating on the day of the assessment, please reschedule the appointment as it might affect the test results. All examinations should be performed at least 5 days after the completion of menstrual cycle.
如女仕們在驗身當日正值行經期間，請更改驗身日期，因在行經期間進行相關驗身會有可能影響各項檢測的結果。請把驗身安排在月經完結後最少 5 天才進行。
- Woman who is pregnant or suspected to be pregnant is not suitable for any imaging test involved X-ray.
妊娠期婦女及懷疑妊娠者，不宜進行任何包含 X 光之影像檢查。
- Please dress comfortably for the examination. For any other optional test intend to schedule in your examination, please check if any special preparation is required at the time when the appointment is made.
請於驗身當日穿著寬鬆、休閒之衣物。如欲安排其他附加項目，請在預約時向快驗保之客戶服務員查詢有關須知及相關的注意事項。
- Should the examinee intend to take any additional item(s) on the check-up day, please inform MediFast when making the appointment, and settle the payment by cash or credit card on the date of examination.
如需安排加驗任何附加項目，請於預約時通知快驗保之客戶服務員，並在體檢當天完成服務後在中心內付款(現金或信用卡均可)。