

個別飲食輔導 (由註冊營養師負責) Individual Diet Counselling Service (by Registered Dietitian)

體重指數/肌肉量/脂肪量/水份/身陳代謝/內臟脂肪評估
BMI/ Muscle Mass/ Fat Mass/ Body Water/ Basal Metabolic Rate/
Visceral Fat Assessment

飲食習慣及營養評估
Dietary Habit and Nutrition Assessment

個人飲食分量及餐單處方 (包括慢性疾病的營養治療)
Individualized Diet Plan Prescription (including Medical Nutrition
Therapies for Chronic Diseases)

運動建議
Exercise Recommendation

首次諮詢收費 New Consultation Price HK\$330* (原價 Original Price HK\$410 - HK\$460)

*優惠只適用於已參加身體檢查計劃之65歲以下人士，並只可於星期一至星期五在指定健康中心內進行，敬請在檢查當天於中心或致電2172 0727預約。
Only applicable to medical check-up clients aged below 65 from Monday to Friday at designated health clinic. Appointment is required to be made on health check-up date or call 2172 0727.

自選附加檢查項目 Optional Tests

檢查項目 Items

甲、乙型肝炎表面抗原及抗體檢查
Hepatitis Screening

乙型肝炎帶菌者定期檢查
Regular Tests for Hepatitis B Virus carrier

糖尿病併發症檢查
Diabetes Mellitus Complication Screening (DMCS) including Retinal Examination

男士排尿功能障礙檢查
Benign Prostate Hypertrophy (BPH) and Lower Urinary Tract Syndrome Assessment (LUTS)
(只適用於賽馬會和樂社區健康中心)
(At Jockey Club Wo Lok Community Health Centre only)

乳房X-光造影 / 乳房X-光造影及超聲波乳房檢查
(Mammogram / Mammogram and Breast Ultrasound)

眼壓檢查 (青光眼)
Tonometry (Glaucoma)

男 / 女性婚前檢查
Pre-marital Check-up for Males/Females

家務助理健康檢查
Domestic Helper's Health check

續領駕駛執照體格檢查 (只適用於70歲或以上人士)
Renewal of Driving License Medical Health check (only applicable for aged 70 or above)

大便隱血測試 (兩個樣本)
Stool for Occult Blood (2 samples)

跟進服務 Follow-up Services

我們會根據檢查結果，為您建議及提供以下跟進服務
Based on your health check results, recommended follow-up services are shown below:

防疫注射服務 Vaccination Service

- 流感預防針、肺炎鏈球菌針、肝炎針、破傷風針及其他
出外旅遊前應注射的防疫針等
Influenza vaccine, Pneumococcal vaccine, Hepatitis A & B vaccines, tetanus, travel related vaccines etc.

治療及跟進 Treatment and Follow-up Service

- 家庭醫生服務 Family Doctor Consultations
- 慢性疾病診所 (糖尿病、肝病)
Chronic Disease Clinics (Diabetes Mellitus and Liver Disease)
- 註冊中醫服務 Chinese Medicine Service
- 牙醫服務 Dental Service

專職醫療服務 Allied Health Service

- 註冊營養師提供飲食營養輔導
Nutrition Counselling by Dietitian
- 註冊物理治療師提供運動處方及物理治療
Exercise Prescription & Physiotherapy by Physiotherapist
- 註冊中醫師提供養生保健食療
Diet Therapy by Chinese Medicine Practitioner
- 心理輔導員提供心理輔導服務
Psychological Counselling Service by Counsellor

學習課程及小組 Learning Class and Group

- 體重控制課程 Weight Control Class
- 健體運動班 Fitness Exercise Class
- 糖尿病輔助小組 Diabetes Mellitus Support Group
- 外展健康講座及課程 Outreach Health Talks and Classes
- 「無煙俱樂部」戒煙輔導
"Smoke Free Club" - Smoking Cessation Counselling

外展服務 Outreach Service

☎ 23574008

- 團體疫苗注射服務
Group Vaccination Services

捐助機構
Funded by:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



九龍佐敦道23號新寶廣場13樓 (全層)
13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon



交通 Transportation :

佐敦站港鐵站A出口
(Exit A of Jordan MTR Station)

☎ 2770 8365

☎ 5628 5198

基督教聯合那打素社康服務
UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

基督教聯合那打素佐敦健康中心
UCN Jordan Health Centre

邁向健康人生第1步
身體檢查計劃

First Step to a Healthier Life
Medical Health Check Plans



身體檢查計劃 Medical Health Check Plans (基督教聯合那打素佐敦健康中心)

所有身體檢查計劃均由註冊西醫負責及撰寫報告，並由註冊護士或保健主任解釋報告及提供個人健康指導。
Registered doctors are responsible for physical examination and write reports. Explanation of the reports and individual health counselling are provided by Registered Nurses or Health Maintenance Officers.

基督教聯合那打素社康服務（社康）以非牟利形式營運，為不同年齡組別人士提供專業、全面及價格相宜的身體檢查計劃，有助生活緊張的香港人，及早對症下藥及防患各種疾病於未然。

United Christian Nethersole Community Health Service “UCN” is a not-for-profit medical organization, provides a wide range of comprehensive and professional health check-up plans and optional tests to different age groups at affordable prices to suit your prevention and early detection needs.

基督教聯合那打素佐敦健康中心

本中心的專業醫護團隊為你提供高質素的醫療服務，服務包括：家庭醫學、健康檢查、個別飲食輔導、影像診斷等。中心設備先進完善，採用全面電腦化系統處理醫療檔案及管理，亦不斷提升服務質素，並能為你提供優質及全面性的醫療及健康護理服務。

UCN Jordan Health Centre

Our professional health care team strives to provide high quality medical services to you, including Family Medicine, Health Maintenance Programme, Individual Diet Counselling Service and Diagnostic Imaging, etc. Our centre is equipped with advanced equipment and managed by computerized management system in order to enhance our service quality to meet your medical needs.

檢查項目 Health Check Items	檢查計劃 Health Check Plans	基本 Basic (Age:18-59歲)	活力 Silver (Age:18-49歲)	鑽石 Diamond (Age:50-59歲)	松柏 Pine (60歲或以上) (Age 60 or above)	松柏 ^{3,4} Pine ^{3,4} (60歲或以上) (Age 60 or above)
個人生活習慣及病歷分析 Personal Habits and Medical History Analysis		✓	✓	✓	✓	✓
疾病危機評估問卷 Health Risks Assessment Questionnaire		✓	✓	✓	✓	✓
長者記憶力測試、長者抑鬱量表、長者跌倒危機評估 Elderly Assessments (Memory, Depression and Fall Risks)					✓	✓
醫生臨床檢查及評估 Physical Examination by Doctor		✓	✓	✓	✓	✓
血壓、體重指數、身體脂肪百分比 Blood Pressure, BMI, Fat Percentage		✓	✓	✓	✓	✓
全血計數 Complete Blood Count		✓	✓	✓	✓	✓
血糖(空腹) Blood Glucose (Fasting)		✓	✓	✓	✓	✓
總膽固醇 Total Cholesterol		✓	✓	✓	✓	✓
血脂分析 Blood Lipid Analysis ■ 三酸甘油酯 Triglycerides ■ 高密度膽固醇 High-Density Lipoprotein (HDL) ■ 低密度膽固醇 Low-Density Lipoprotein (LDL)				✓	✓	✓
腎功能(肌酸酐) Renal Function (Creatinine)		✓	✓	✓	✓	✓
肝功能(谷丙轉氨酶) Liver Function (ALT/ SGPT)		✓	✓	✓	✓	✓
尿酸 Uric Acid				✓	✓	✓
大便隱血測試(兩個樣本) ⁵ Stool for Occult Blood (2 Samples) ⁵						✓
靜態心電圖 Electrocardiogram (Resting)			✓	✓	✓	✓
胸肺X光 ¹ Chest X-Ray ¹			✓	✓	✓	✓
子宮頸細胞檢查(只適用於女士) ² Cervical Smear (For Females Only) ²			✓	✓	✓	✓
醫生撰寫健康報告 Written Health Report by Doctor		✓	✓	✓	✓	✓
醫護人員解釋報告 Report by Health Care Professional		✓	✓	✓	✓	✓
女士收費 Price for Females		HK \$840 (HMPB)	HK \$1,510 (HMPF1A-1)	HK \$1,840 (HMPF3A-1)	HK\$1,895 (HMPF7A)	優惠價 Special fee : HK\$980 (HMPF5A)
女士收費(不包括子宮頸細胞檢查) Price for Females (Excluding Cervical Smear)			HK \$1,215 (HMPF1B-1)	HK \$1,550 (HMPF3B-1)	HK\$1,610 (HMPF7B)	優惠價 Special fee : HK\$840 (HMPM5B)
男士收費 Price for Males		HK \$840 (HMPB)	HK \$1,215 (HMPM1-1)	HK \$1,550 (HMPM3-1)	HK\$1,610 (HMPM7)	優惠價 Special fee : HK\$840 (HMPM5)

¹ 不選擇X光檢查減收HK\$50
Deduct HK\$50 if you choose not to take chest x-ray

² 「基本計劃」加驗子宮頸細胞檢查收HK\$405
Charge of HK\$405 for adding Cervical Smear into the "Basic Plan"

³ 獲「香港賽馬會社區資助計劃」社區保健計劃補助，此價格只適用於60歲或以上持有香港永久性居民身份證的人士。名額有限，優惠至30/9/2019。若名額已滿，60歲或以上之非香港永久性居民亦可以選擇以原價參加此計劃。
Funded by The Hong Kong Jockey Club Community Project Grant: Community Geriatric Health Maintenance Programme, the special fee is only for elderly aged 60 or above holding Hong Kong Permanent Identity Card. Offer lasts till 30/9/2019 and limited quota is on a first-come-first-served basis. Elderly aged 60 or above may also choose to participate in the plan at regular price if the quota is full.

⁴ 獲「香港賽馬會慈善信託基金」捐助之「賽馬會樂活長者」健。社區」資助70歲或以上持有香港永久性居民身份證人士參與松柏身體檢查計劃，名額有限，優惠期至31/10/2019。

Funded by "The Hong Kong Jockey Club Charities Trust"- Jockey Club District Primary Care Programme for the Elderly subsidizes aged 70 or above holding Hong Kong Permanent Identity Card in joining Pine Health Check Plan. Offer last till 31/10/2019 and limited quota is on a first-come-first-served basis.

⁵ 沒有症狀之香港居民可在不同階段接受「大腸癌篩查計劃」。有關詳情，請參閱
<https://www.colonscreen.gov.hk/tc/index.html>

Asymptomatic Hong Kong residents are eligible to undergo "Colorectal Cancer Screening Programme" in different phases. For details, please refer to the <https://www.colonscreen.gov.hk/en/index.html>

婦女保健服務 Women Health Check Service

婦女常見癌症如子宮頸癌、乳癌均有年輕化趨勢。要預防婦女疾病，21歲或以上婦女應定期接受身體檢查，防患於未然。個別人士如有需要，營養師可給予正確營養資訊及健康飲食的建議，以減低或預防各類疾病。

Female cancers such as cervical cancer and breast cancer are common among younger Hong Kong women. Females aged 21 or above are thus recommended to undergo regular health check to better protect themselves. If necessary, our dietitians can provide correct nutrition information and dietary advice for healthy living.

婦女保健檢查 (由註冊西醫負責) Well Woman Plan (W.W.P.) (performed by Registered Doctor)

個人生活習慣評估 Personal Life Habits Assessment

基本檢查 (血壓及體重指數) Basic Health Checks (Blood Pressure and BMI)

子宮頸癌及乳癌危機評估 Risk Assessment for Breast and Cervical Cancers

乳房及骨盆檢查 Breasts & Pelvic Physical Examinations

子宮頸細胞檢查 Cervical Smear

收費 Price : HK\$530

預防子宮頸癌檢查 (由註冊護士或保健主任負責) Cervical Smear Only (C.S.O.) (performed by Registered Nurse or Health Maintenance Officer)

個人生活習慣評估 Personal Life Habits Assessment

基本檢查 (血壓及體重指數) Basic Health Checks (Blood Pressure and BMI)

子宮頸癌及乳癌危機評估 Risk Assessment for Breast and Cervical Cancers

子宮頸細胞檢查 Cervical Smear

收費 Price : HK\$405