

個別飲食輔導(由註冊營養師負責) Individual Diet Counseling 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

個人飲食份量及餐單處方(包括慢性疾病之營養治療)
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\$360 - \$380)

*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 Checkup 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)

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、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 Counseling 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 counseling service by Counselor

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 counseling

外展服務 Outreach Service

- 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

各中心地址及電話 Details of Our Clinics

賽馬會和樂社區健康中心 Jockey Club Wo Lok Community Health Centre

☎ 2344-3444 📞 5625-3918

九龍觀塘協和街和樂邨居安樓26-33號地下
Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon

(港鐵牛頭角站A出口 ↔ 95M巴士 ↔ 和樂邨)
(Exit A of Ngau Tau Kok MTR Station ↔ Bus No. 95M ↔ Wo Lok
Estate)

(觀塘港鐵站A1出口 ↔ 50號綠色專線小巴(裕民坊) ↔ 和樂邨)
(Exit A1 of Kwun Tong MTR Station ↔ Green Minibus No. 50
(at Yue Man Square) ↔ Wo Lok Estate)

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

☎ 2783-7628 📞 5628-5198

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

廣福社區健康中心 Kwong Fuk Community Health Centre

☎ 2638-3846

新界大埔廣福邨廣仁樓地下19號
19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, N.T.
(港鐵大埔墟站 ↔ K18巴士 ↔ 廣福邨)
(Tai Po Market MTR Station ↔ Bus No. K18 ↔ Kwong Fuk Estate)

賽馬會天水圍社區健康中心 Jockey Club Tin Shui Wai Community Health Centre

☎ 3156-9000

新界天水圍天晴邨天晴社區綜合服務大樓1樓103室(晴悅樓側)
Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching
Estate, Tin Shui Wai, N.T.(Next to Ching Yuet House)

(西鐵天水圍站 [705循環線] ↔ 天悅站)
(West Rail Tin Shui Wai Station [705 Circular] ↔ Tin Yuet Station)

此單張之資料如有更改，恕不另行通知。
We reserve the right to amend the information in the leaflet
without prior notification.

UCN(0317_CCPR)_PP

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

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



www.ucn.org.hk

facebook.com/ucnchs

身體檢查計劃 Medical Health Check Plans

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 counseling are provided by Registered Nurses or Health Maintenance Officers.

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 ³ Pine (Age 60歲或以上)
個人生活習慣及病歷分析 Personal Habits & 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 & 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%		✓	✓	✓	✓
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 HDL ■ 低密度膽固醇 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) Stool for Occult Blood (2 Samples)				✓	✓
靜態心電圖 Electrocardiogram (Resting)			✓	✓	✓
胸肺X光 ¹ Chest X-Ray			✓	✓	✓
子宮頸細胞檢查(只適用於女士) ² Cervical Smear (For Females Only)			✓	✓	✓
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 \$700 (HMPB)	HK \$1,240 (HMPF1A-1)	HK \$1,540 (HMPF3A-1)	HK\$1,580 (HMPF7A) (優惠價 Special fee : \$890 (HMPF5A)) ³
女士收費(不包括子宮頸細胞檢查) Price for Females (Excluding Cervical Smear)			HK \$990 (HMPF1B-1)	HK \$1,290 (HMPF3B-1)	HK\$1,340 (HMPF7B) (優惠價 Special fee : \$760 (HMPF5B)) ³
男士收費 Price for Males		HK \$700 (HMPB)	HK \$990 (HMPM1-1)	HK \$1,290 (HMPM3-1)	HK\$1,340 (HMPM7) (優惠價 Special fee : \$760 (HMPM5)) ³

¹ 不選擇X光檢查減收\$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\$340
Charge of HK\$340 for adding Cervical Smear into the "Basic Plan"

³ 獲「香港賽馬會社區資助計劃」:社區保健計劃捐助，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31/3/2018。若限額已滿，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 31/3/2018 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.

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

乳房及骨盆腔檢查 Breasts & Pelvic Physical Examinations

子宮頸細胞檢查 Cervical Smear

收費 Price : HK\$460

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)

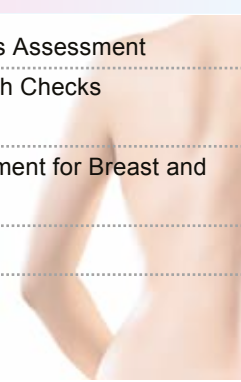
個人生活習慣評估 Personal Life Habits Assessment

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

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Cervical Cancers

子宮頸細胞檢查 Cervical Smear

收費 Price : HK\$340



香港人生活緊張，壓力沉重，都市化的生活方式令不少人容易患上各種疾病。定期接受身體檢查，能幫助您了解個人健康狀況，儘早發現身體健康的潛在危機，從而對症下藥，防患於未然。基督教聯合那打素社康服務為您提供多項成人身體檢查計劃，讓您以可負擔的價格，享受優質貼心的專業檢查服務，保障您的健康。

Many Hong Kong people are leading hectic and stressful urban lifestyles which make them more prone to health problems. Having regular health check-ups is thus especially important to them for disease prevention and early detection. United Christian Nethersole Community Health Service (UCN) offers a comprehensive lifestyle assessment service with a wide range of health check-up plans and optional tests at affordable prices to meet your needs in enhancing health in the long run.

基督教聯合那打素社康服務為非牟利團體，自1972年來一直以推動「全人健康」為宗旨，致力為基層市民提供專業、全面且可負擔的醫療服務。轄下多間社區健康中心提供家庭醫學、中醫、牙科、社區營養、物理治療、臨床心理、影像診斷、病理檢驗、疾病預防及保健、健康教育、復康及社區支援等服務，幫助市民實踐「健康生活化，生活健康化」的理念。

United Christian Nethersole Community Health Service (UCN) is a not-for-profit organization. Established in 1972, UCN aims at enhancing health and well-being for all ages by offering professional and comprehensive medical services to the general public at affordable prices. Through its community health centres, UCN offers family medicine, Chinese medicine, dental care, community nutrition, physiotherapy, clinical psychology, medical imaging, pathology laboratory, disease prevention and health promotion services to the public.

