

# Physical Checkup Plan for The Hong Kong Institute of Directors

## ▪ Executive Plan – conducted in Central Clinic (GMC)

- Valid period: 1 January 2023 – 31 December 2023

		M/F
<b>Detailed Medical History</b> (incl. Lifestyle & Family History)		✓
<b>General Health Assessment</b> (Blood Pressure, Height, Weight, Body Mass Index & Waist Circumference)		✓
<b>Eye Examinations</b>	Visual Acuity	✓
<b>General investigations &amp; Procedures</b>		
<b>Cardiac Examinations</b>	Electrocardiogram (ECG)	✓
<b>Diagnostic Imaging</b>	Chest X-ray	✓
<b>Laboratory Tests</b>		
<b>Blood Analysis</b>	Complete Blood Count, ESR, Blood Grouping (Rh Factor) (1st time user only)	✓
<b>Renal Function</b>	Urea, Creatinine, eGFR	✓
<b>Electrolytes</b>	Sodium, Potassium, Chloride, Phosphorus, Total Calcium, Corrected Calcium	✓
<b>Liver Function</b>	S.G.O.T. (AST), S.G.P.T. (ALT), Alkaline Phosphatase, Total Bilirubin, Direct Bilirubin, Gamma GT, Total Protein, Globulin, Albumin, A/G Ratio	✓
<b>Diabetes Screening</b>	Glucose, Fasting	✓
<b>Lipid Profile</b>	Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Total/ HDL Ratio	✓
<b>Gout Screening</b>	Uric Acid	✓
<b>Urine Routine Examination</b>	Urinalysis	✓
<b>Stool Test</b>	Occult Blood	✓
<b>Medical Consultation and Report Analysis</b>		✓

Follow-up consultation, treatment or medication shall not be provided for the health assessment

**Original Price: HK\$7,370**  
**Special Price: HK\$3,200**

### Booking procedures

1. Prior appointment is necessary.
2. **Gleneagles Medical Clinic Central Hong Kong**
  - **Address:** Unit 2008B, 20/F, New World Tower 1, 16-18 Queen's Road Central, Hong Kong
  - **Opening hours**  
Monday – Friday : 0900 – 1330 ; 1430 – 1800 , Saturday: 0900 – 1300  
Closed on Sunday and public holidays
  - **Phone:** (852) 2810 9188
3. **The member shall present membership card upon registration, while dependent is required to present the copy of his/her spouse's membership card to enjoy the offer.**
4. Gleneagles Hospital Hong Kong reserves the right to amend any of the above terms and conditions without prior notice. In case of any dispute, Gleneagles' decision is final.

## ▪ Checkup Plan 1 – conducted in Hospital (GHK)

- Valid period: 1 January 2023 – 31 December 2023

	M	F	
<b>Detailed Medical History</b> (incl. Lifestyle & Family History)	✓	✓	
<b>General Health Assessment</b> (Blood Pressure, Height, Weight, Body Mass Index & Waist Circumference)	✓	✓	
<b>Eye Examinations</b> Visual Acuity	✓	✓	
<b>General investigations &amp; Procedures</b>			
<b>Cardiac Examinations</b> Electrocardiogram (ECG)	✓	✓	
<b>Diagnostic Imaging</b>	Chest X-ray	✓	✓
	US Upper Abdominal (GB, Liver, Kidney, Pancreas & Spleen)	✓	✓
<b>Laboratory Tests</b>			
<b>Blood Analysis</b> Complete Blood Count	✓	✓	
<b>Thyroid Function</b> TSH	✓	✓	
<b>Renal Function</b> Urea, Creatinine	✓	✓	
<b>Liver Function</b> S.G.O.T. (AST), S.G.P.T. (ALT), Total Bilirubin	✓	✓	
<b>Diabetes Screening</b> Glucose, Fasting	✓	✓	
<b>Lipid Profile</b> Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides	✓	✓	
<b>Gout Screening</b> Uric Acid	✓	✓	
<b>Urine Routine Examination</b> Urinalysis	✓	✓	
<b>Stool Test</b> Occult Blood, Ova & Parasites	✓	✓	
<b>Tumor Markers</b>	Carcinoembryonic Antigen (CEA)	✓	✓
	Prostatic Specific Antigen (PSA) [Male]	✓	
<b>Others</b>			
Liquid Based Pap Test [Female]		✓	
Medical Consultation and Report Analysis	✓	✓	

- A light meal is included in the Health Check Package.
- Follow-up consultation, treatment or medication shall not be provided for the health assessment.

**Original Price** HK\$9,835 (M) HK\$10,500 (F)

**Special Price** HK\$5,600

### Booking procedures

1. Prior appointment is necessary.
2. **Gleneagles Hospital Hong Kong – Health Screening Clinic**
  - **Address:** Clinic K, Tower B, G/F, Gleneagles Hospital Hong Kong, 1 Nam Fung Path, Wong Chuk Hang, Hong Kong.
  - **Opening hours**  
Monday – Friday : 0800 – 1800 ; Saturday: 0800 – 1300  
Closed on Sunday and public holidays
  - **Phone:** (852) 3153 9113
  - **Email:** [sochsc@gleneagles.hk](mailto:sochsc@gleneagles.hk)
3. **The member shall present membership card upon registration, while dependent is required to present the copy of his/her spouse's membership card to enjoy the offer.**
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# Physical Checkup Plan for The Hong Kong Institute of Directors

## ▪ Checkup Plan 2 – conducted in Hospital (GHK)

- Valid period: 1 January 2023 – 31 December 2023

		M	F
<b>Detailed Medical History</b> (incl. Lifestyle & Family History)		✓	✓
<b>General Health Assessment</b> (Blood Pressure, Height, Weight, Body Mass Index & Waist Circumference)		✓	✓
<b>Eye Examinations</b>	Visual Acuity	✓	✓
<b>Hearing Test</b>	Hearing Test (Tuning Fork)	✓	✓
<b>Clinical Examination</b>	Breasts Examination (Female)		✓
<b>General investigations &amp; Procedures</b>			
<b>Cardiac Examinations</b>	Electrocardiogram (ECG), Exercise Treadmill Test	✓	✓
<b>Diagnostic Imaging</b>	Chest X-ray	✓	✓
	Mammogram or US Breast [Female]		✓
	US Whole Abdomen (GB, Liver, Kidney, Pancreas, Spleen, Pelvis & Transabdominal Prostate)	✓	✓
<b>Laboratory Tests</b>			
<b>Blood Analysis</b>	Complete Blood Count, ESR, Blood Grouping (Rh Factor) (1st time user only)	✓	✓
<b>Thyroid Function</b>	TSH, Free T4	✓	✓
<b>Cardiovascular Disease Risk</b>	Homocysteine, hs-CRP, Apolipoprotein A1, Apolipoprotein B	✓	✓
<b>Helicobacter Pylori Screening</b>	Urea Breath Test (UBT)	✓	✓
<b>Renal Function</b>	Urea, Creatinine	✓	✓
<b>Electrolytes</b>	Sodium, Potassium, Chloride, Phosphorus, Total Calcium	✓	✓
<b>Liver Function</b>	S.G.O.T. (AST), S.G.P.T. (ALT), Alkaline Phosphatase, Total Bilirubin, Gamma GT, Total Protein, Globulin, Albumin, A/G Ratio	✓	✓
<b>Hepatitis Screening</b>	HAVAb, HBsAg, HBsAb	✓	✓
<b>Diabetes Screening</b>	Blood Glucose (Fasting), HbA1c	✓	✓
<b>Lipid Profile</b>	Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Total/HDL Ratio	✓	✓
<b>Gout Screening</b>	Uric Acid	✓	✓
<b>Urine Routine Examination</b>	Urinalysis	✓	✓
<b>Stool Test</b>	Occult Blood	✓	✓
<b>Tumour Markers</b>	Epstein-Barr Virus, Alpha Fetoprotein (AFP), Carcinoembryonic Antigen (CEA), CA19.9	✓	✓
	HPV +/- 16/18 genotyping and 11 pooled high-risk [Female]		✓
	Prostatic Specific Antigen (PSA) [Male]	✓	
	CA125, CA15.3 [Female]		✓
<b>Others</b>			
	Uroflow & post voiding bladder scan (Male)	✓	
	Liquid Based Pap Test [Female]		✓
	Medical Consultation and Report Analysis	✓	✓

- A light meal is included in the Health Check Package.
- Follow-up consultation, treatment or medication shall not be provided for the health assessment.

	Original Price	HK\$26,045 (M)	HK\$28,055 (F)
<b>Booking procedures</b>	<b>Special Price</b>	<b>HK\$11,500</b>	
1. Prior appointment is necessary.			
2. <b>Gleneagles Hospital Hong Kong – Health Screening Clinic</b>			
• <b>Address:</b> Clinic K, Tower B, G/F, Gleneagles Hospital Hong Kong, 1 Nam Fung Path, Wong Chuk Hang, Hong Kong.			
• <b>Opening hours</b> Monday – Friday : 0800 – 1800 ; Saturday: 0800 – 1300 Closed on Sunday and public holidays			
• <b>Phone:</b> (852) 3153 9113			
• <b>Email:</b> <a href="mailto:sochsc@gleneagles.hk">sochsc@gleneagles.hk</a>			
3. <b>The member shall present membership card upon registration, while dependent is required to present the copy of his/her spouse's membership card to enjoy the offer.</b>			
4. Gleneagles Hospital Hong Kong reserves the right to amend any of the above terms and conditions without prior notice. In case of any dispute, Gleneagles' decision is final.			