

Physical Checkup Plan for The Hong Kong Institute of Directors

▪ Checkup Plan 2 – conducted in Hospital (GHK)

- Valid period: 1 January 2024 – 31 December 2024

		M	F
Detailed Medical History (incl. Lifestyle & Family History)		✓	✓
General Health Assessment (Blood Pressure, Height, Weight, Body Mass Index & Waist Circumference)		✓	✓
Eye Examinations	Visual Acuity	✓	✓
Hearing Test	Hearing Test (Tuning Fork)	✓	✓
Clinical Examination	Breasts Examination (Female)		✓
General investigations & Procedures			
Cardiac Examinations	Electrocardiogram (ECG), Exercise Treadmill Test	✓	✓
Diagnostic Imaging	Chest X-ray	✓	✓
	Mammogram or US Breast [Female]		✓
	US Whole Abdomen (GB, Liver, Kidney, Pancreas, Spleen, Pelvis & Transabdominal Prostate)	✓	✓
Laboratory Tests			
Blood Analysis	Complete Blood Count, ESR, Blood Grouping (Rh Factor) (1st time user only)	✓	✓
Thyroid Function	TSH, Free T4	✓	✓
Cardiovascular Disease Risk	Homocysteine, hs-CRP, Apolipoprotein A1, Apolipoprotein B	✓	✓
Helicobacter Pylori Screening	Urea Breath Test (UBT)	✓	✓
Renal Function	Urea, Creatinine	✓	✓
Electrolytes	Sodium, Potassium, Chloride, Phosphorus, Total Calcium	✓	✓
Liver Function	S.G.O.T. (AST), S.G.P.T. (ALT), Alkaline Phosphatase, Total Bilirubin, Gamma GT, Total Protein, Globulin, Albumin, A/G Ratio	✓	✓
Hepatitis Screening	HAVAb, HBsAg, HBsAb	✓	✓
Diabetes Screening	Blood Glucose (Fasting), HbA1c	✓	✓
Lipid Profile	Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Total/HDL Ratio	✓	✓
Gout Screening	Uric Acid	✓	✓
Urine Routine Examination	Urinalysis	✓	✓
Stool Test	Occult Blood	✓	✓
Tumour Markers	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]		✓
Others			
	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\$27,085 (M)** **HK\$30,965(F)**

Booking procedures

Special Price

HK\$11,800

1. Prior appointment is necessary.

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
- **WhatsApp:** (852) 6452 3581 (for WhatsApp only)
Please specify HKIOD and leave your name, contact number, selected checkup plan, preferred appointment date, and email address for appointment booking.

2. 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.