

JSSHK Health Check-up Voucher

Bring this Voucher to the Raffles and enjoy the below Check-Up Package at JSSHK preferential price

Provider	Check-up Package	\$	
Raffles Medical Group	JSSHK General Health Screening	\$1,960	<input type="checkbox"/>
Raffles Medical Group	JSSHK Male Health Screening	\$2,240	<input type="checkbox"/>
Raffles Medical Group	JSSHK Female Health Screening	\$2,240	<input type="checkbox"/>

1. Only JSSHK Permanent Full Time Staff and their eligible dependents are entitled to this Voucher. Please present your JSSHK Staff Card and the Examinee's HKID Card at the time of Check-Up. This Voucher is NOT for distribution purpose.
2. **Payment: You will be required to pay the full cost of the above Check-Up Package plus any additional examination items, at the time of the check-up.**
3. Please inform the medical centre directly in advance if you would like to take other optional tests. ALL optional tests must be conducted together with the Health Screening Package in order to enjoy the preferential rates.
4. Please make an appointment directly with one of the medical centres as listed in Point #5 below.
5. Raffles Medical Health Check-up Booking:

Serving Hours: Monday to Friday : 09:00 to 18:00 (closed between 13:30 to 14:30)
Saturday : 09:00 to 13:00

Raffles Medical Centre in Central Hotline: 3168 2102

If you have any questions, please contact Raffles Helpdesk at +852 3185 4012, between 09:00 to 17:45, Monday to Friday (excluding public holidays), or email us at rhk-marketing@rafflesmedical.com .

Raffles Medical Group (Hong Kong) Limited

Staff and Examinee Details (Please fill in the following information prior to the Check-Up):

Staff No. _____

Staff Name: _____

Examinee Name (as appeared on HKID): _____

Relationship with Staff: _____

Declaration:

I acknowledge that I have read and understood the above terms and conditions.

Staff Signature:

Date:

Raffles Medical Centre

Raffles Medical Centre- Central

Address: Unit 04-05, 6th Floor, New World Tower 1, 16-18 Queen's Road Central, Central, Hong Kong

SUMMARY OF SERVICES

The following services will be provided to the Members by RAFFLES MEDICAL:

JSSHK- Health Screening Package

John Swire & Son (HK) Ltd. Annual Health Check up package		General	Female	Male
		SwireG01	SwireF02	SwireM03
Interview on medical history and physical examination by doctor 由醫生作全面健康評估及體格檢查	Height/Weight/BMI 高度/重量/體重指標	Y	Y	Y
	Visual Acuity Test 視力檢查	Y	Y	Y
	Color Vision Assessment 色盲	Y	Y	Y
	Ear, Nose & Throat Assessment 耳, 鼻, 喉	Y	Y	Y
	Hearing Assessment 聽力	Y	Y	Y
	Cardiovascular Assessment = Blood Pressure/Pulse 心血管系統評估 = 血壓/脈率	Y	Y	Y
	Respiratory System Assessment 呼吸系統	Y	Y	Y
	Abdomen Examination 腹部檢查	Y	Y	Y
	Nervous System & Reflexes Examination 神經系統和反射檢查	Y	Y	Y
	Locomotor System & Back Examination 行動和背部檢查	Y	Y	Y
Skin 皮膚	Y	Y	Y	
Breasts 乳房 (female only 只限女士)	Breast Examination 乳房檢查	Y	Y	Y
X ray 照 X 光	Chest X-ray 胸部 X 光 (照肺)	Y	Y	Y
Lung Function Test 肺功能檢驗	Vitalograph 肺功能檢驗	Y	Y	Y
Cardiac Assessment 心臟評估	Electrocardiogram (ECG) 心電圖	Y	Y	Y
Haematological Tests 血液測試	Complete Blood Count 全血球計	Y	Y	Y
	ESR Sedimentation rate 紅血球沉降率	Y	Y	Y
Kidney Function 腎功能	Urinalysis (biochemistry & microscopy) 尿液常規檢查	Y	Y	Y
	Serum Urea 血尿素	Y	Y	Y
	Serum Creatinine 肌酸酐	Y	Y	Y
Liver Function 肝功能	AST / S.G.O.T. 谷草轉氨酶	Y	Y	Y
	ALT / S.G.P.T. 谷丙轉氨酶	Y	Y	Y
	Gamma GT 谷氨酰轉肽酶	Y	Y	Y
	Alkaline Phosphatase 鹼性磷酸酶	Y	Y	Y
	Serum Bilirubin 膽紅素	Y	Y	Y
	Total Protein 總蛋白	Y	Y	Y
	Globulin 球蛋白	Y	Y	Y
Hepatitis B Screening 乙型肝炎檢查	HBsAg 乙型肝炎表面抗原	Y	Y	Y
	HBsAb 乙型肝炎表面抗體	Y	Y	Y
Thyroid Function 甲狀腺功能	TSH 促甲狀腺激素	Y	Y	Y
	FREE T4 游離甲狀腺素	Y	Y	Y
Gout Screening 痛風症檢查	Uric Acid 尿酸	Y	Y	Y
Venereal Screening (syphilis test)	VDRL / RPR 梅毒血清測試	Y	Y	Y
Diabetes Screening 糖尿病	Blood Glucose 血糖	Y	Y	Y
	HbA1C 糖化血色素 (newly added)	Y	Y	Y
Lipid Profile 血脂脂肪 (FASTING 空腹)	Total Cholesterol 總膽固醇	Y	Y	Y
	HDL - Cholesterol 高密度膽固醇	Y	Y	Y
	LDL - Cholesterol 低密度膽固醇	Y	Y	Y
	Triglycerides 三酸甘油酯	Y	Y	Y
PSA 前列腺癌抗原 (male only 只限男士)	Prostate PSA 前列腺			Y
Cervix 子宮頸 (female only 只限女士)	Pap Smear 柏氏子宮頸塗抹檢查		Y	
Stool Tests 糞便檢驗	Microscopy 大便蟲卵檢查	Y	Y	Y
	Occult Blood 糞便內潛血	Y	Y	Y
Medical Report 驗身報告	Follow Up Consultation by Doctor 由醫生解釋及建議	Y	Y	Y

Raffles - Health Assessment Instruction

Pap Smear 柏氏子宮塗抹檢查 (For ladies — If require,為女仕而設，如有需要)

- It should not be done during menstrual period.
經期期間不可以接受此項檢查
- Please book an appointment around 1 week after your last day of menstruation, to allow for accurate results
請在閣下的月經完畢一星期預約，以便取得準確結果

Mammogram 乳房造影 (For ladies-If required 為女仕而設-如有需要)

- Please avoid this examination if pregnant or when breast are tender
如懷孕或當乳房感痛楚時，請免做這檢驗
- Do not use talcum powder or deodorant before your examination
在閣下做檢驗之前，請勿使用爽身粉或除汗劑
- Bring along previous mammogram film (if any)
請攜帶以往乳房造影膠卷(如有任何)
- For best results, mammogram should be done one week after menstrual cycle
為達到最佳效果，應該在月經完成後一星期才進行乳房造影檢查

Stress Electrocardiogram/ Treadmill 心電圖/運動心電圖

- Please bring along exercise gear (Running shoes & Sports gear)
請攜帶運動裝備(跑步鞋和運動裝)
- Avoid having a coffee / tea before undergoing this test
在測試前避免飲用咖啡/茶
- Patients currently under medication for hypertension to stop medication one day before test and the morning of the check-up day
如病人正服食高血壓藥，請於做測試當天早上停止服藥
- Please bring along medication during medial assessment, Medication to be taken after the test
請在測試當天攜同藥物, 測試過後才可服用藥物

Ultrasound of Pelvis / Prostate(聲波盆腔 / 前列腺檢查)

- Drink a lot of water until you have full bladder thirty minutes prior to examination
請於檢查前半小時盡量飲大量清水，使膀胱充盈(急小便)

Ultrasound of Upper/ Whole Abdomen 超聲波上腹/全腹部檢查

- Fasting for six to eight hours prior to examination
檢查前六至八小時不可進食
- Drink a lot of water until you have full bladder thirty minutes prior to examination
(*applicable for ultrasound of whole abdomen*)
請於檢查前半小時盡量飲大量清水，使膀胱充盈(急小便), (適用於接受全腹部檢查)