

			Female 女士	Male 男士
Physical Examination	Detailed Medical History	詳細病歷調查	✓	✓
	Physical Examination	體格檢查	✓	✓
	BMI	體重指標	✓	✓
	Visual Acuity	視力測試	✓	✓
	Chest X-ray	胸部X光 (照肺)	✓	✓
	Resting ECG	靜態心電圖	✓	✓
Blood Analysis	Erythrocyte Sedimentatin Rate (ESR)	血沉降率	✓	✓
	Complete Blood Picture	血全像	✓	✓
Kidney Function	Urine Routine	尿液常規檢查	✓	✓
	Creatinine	肌酸酐	✓	✓
	Serum Urea	血尿素	✓	✓
Liver Function	S.G.P.T. (ALT)	谷丙轉氨酶	✓	✓
	S.G.O.T. (AST)	谷草轉氨酶	✓	✓
	Bilirubin, Total	膽紅素	✓	✓
	Alkaline Phosphatase	鹼性磷酸酶	✓	✓
	Gamma GT (GGT)	丙種谷氨基轉移酶	✓	✓
	Protein, Total	總蛋白質	✓	✓
	Globulin, Including Albumin	球蛋白 (包括白蛋白)	✓	✓
Hepatis Screening	Hepatitis A Antibody (Anti-HAV)	甲型肝炎抗體	✓	✓
	HBsAg + HBsAb	乙型肝炎篩檢組合	✓	✓
Thyroid Function	Thyroid Stimulating Hormone (sTSH)	促甲狀腺荷爾蒙	✓	✓
	T4, Total	甲狀腺素	✓	✓
Gout Screening	Uric Acid	尿酸	✓	✓
Diabetes Screening	Glucose, Fasting	血糖 (空腹)	✓	✓
Electrolyte Disturbance Screening	Sodium (Na)	鈉	✓	✓
	Chloride (Cl)	氯化物	✓	✓
	Potassium (K)	鉀	✓	✓
	Bicarbonate	碳酸氫鹽	✓	✓
	Iron (Fe)	鐵	✓	✓
	Bone Metabolism	Calcium	鈣	✓
Phosphorus		磷酸鹽	✓	✓
Vitamin D		維他命D	✓	✓
Blood Lipids	Cholesterol, Total	總膽固醇	✓	✓
	HDL-Cholesterol	高密度脂蛋白膽固醇	✓	✓
	LDL-Cholesterol, Direct	低密度脂蛋白膽固醇, 直接	✓	✓
	Cholesterol/ HDL-Cholesterol Ratio	總膽固醇 / 高密度脂蛋白膽固醇	✓	✓
	Triglycerides	醇比率 三酸甘油脂	✓	✓
Stool Test	Occult Blood - Faecal Immunochemical Test	大便潛血-免疫化學測試	✓	✓

附加檢查項目 Optional Check-up Items

Treadmill Test (Exercise ECG)	心臟耐力測試 (跑步心電圖)
Mammogram	乳房造影圖
Ultrasound of Prostate (Transabdominal)	前列腺超聲波
Pap Smear, SurePath	柏氏細胞抹片 · 液態固定液
Prostatic Specific Ag (PSA), Total	總前列腺特殊抗原
Basic Eye Examination	基本眼科視光檢查*
Comprehensive Eye Examination	全面眼科專科檢查*

註:

- (1) 客戶需於身體檢查當日前8小時斷食
- (2) 以上身體檢查計劃包括醫生報告分析
- (3) 客戶可於身體檢查前到醫療中心提取尿液及糞便樣本收集套裝

Remarks:

- (1) 8-hour fasting is required before health check-ups
- (2) Medical report and follow-up consultation for report review are included
- (3) Customers should collect the urine and stool sample collection kit before health check-up

保柏會員可以保柏會員專享價預約全面身體檢查服務及附加檢查項目，體檢項目及其他細項將不時更新並不作另行通知，有關最新資訊請參閱下列聯絡資料向我們查詢。

Bupa members may enjoy Comprehensive Health Check-up Plan and Optional Check-up Items at Bupa Member Privilege Price, check-up items and plan details may subject to change without prior notice. For enquiries, please contact us by Contact Information below.

聯絡資料 Contact Information

保柏醫療中心 (中環) Bupa Medical Centre (Central)

地址 : 香港中環皇后大道中30號娛樂行14樓
Address: 14/F, Entertainment Building, 30 Queen's Road, Central, Hong Kong

致電尊貴服務熱線 : (852) 2517 5515
Call our Premium Service Hotline: (852) 2517 5515

服務時間 : 星期一至五 · 上午 9 時至下午 6 時 (公眾假期除外)
Service Hours: Monday – Friday, 9am – 6pm (except public holidays)

*有關基本眼科視光檢查及全面眼科專科檢查詳情，請瀏覽下一頁
* For Basic Eye Examination and Comprehensive Eye Examination details, please refer to next page.

The eyes are the window to the soul, yet the importance of eye health is often overlooked. The urban lifestyle with prolonged contact lens wear and smartphone/computer usage is a burden to our eyes, which can lead to diseases without proper care.

Detection of eye diseases is crucial after age 40. Glaucoma, for example, is one of the top 4 causes of blindness in HK. It tends to lurk without symptoms with an average onset age of 40 and, in the absence of timely diagnosis and treatment, can result in permanent blindness in serious cases. Therefore, adults should receive regular ophthalmological examinations as a preventive measure.



	Basic Eye Examination	Comprehensive Eye Examination
Features	<ul style="list-style-type: none"> ✓ Administered by optometrist ✓ Basic ophthalmological examination catering to the general needs of children and adults 	<ul style="list-style-type: none"> ✓ Administered by ophthalmologists ✓ Comprehensive examination targeting over 40s, people with severe short-sightedness, diabetes or at high risk of glaucoma ✓ Covering cataract, glaucoma, diabetic eye disease, macular/retinal diseases, etc.
Recommended For	Aged 3 or above	Aged 40 or above
Package Details	<ul style="list-style-type: none"> (i) Visual acuity (ii) Refraction (iii) Pupillary reflex (iv) Intra-ocular pressures (v) Squint, ocular motility examination (vi) Color vision tests (vii) Stereopsis (viii) Slit lamp examination (ix) Dilated fundal examination (x) Internal and external ocular health (xi) Report and explanation by Optometrist 	<ul style="list-style-type: none"> (i) Consultation with Ophthalmologist (ii) Comprehensive Eye Examination <ul style="list-style-type: none"> • Visual acuity • Refraction • Pupillary reflex • Intra-ocular pressures • Squint, ocular motility examination • Color vision tests • Stereopsis • Slit lamp examination • Dilated fundal examination • Internal and external ocular health (iii) Computerised visual field (cataract, glaucoma, macular/retinal diseases) (iv) Report and explanation by Ophthalmologist

眼睛是我們的靈魂之窗，但我們很多時會忽視眼睛健康的重要性。都市人長期配戴隱形眼鏡、長時間使用手機及電腦，會令眼睛構成負擔，得不到適當的保養更有機會誘發成眼疾。

40歲後更要留意眼睛會否出現病變，如青光眼便是本港四大致盲因素之一。青光眼是眼疾中的隱形危機，一般病變年齡為40歲，若患者未能及時察覺並作出治療，嚴重者可致永久失明。因此，成年人應定期進行眼科檢查，提防病變。



(A) 基本眼科視光檢查

(B) 全面眼科專科檢查

特點

- ✓ 由視光師主理
- ✓ 為一般小童及成人而設的基本眼科健康檢查

- ✓ 由眼科專科醫生主理
- ✓ 針對40歲或以上、深近視、糖尿病及青光眼的高危人士的全面檢查
- ✓ 檢查包括白內障、青光眼、糖尿眼、黃斑及視網膜病變等

適合人士

3歲或以上人士

40歲或以上人士

檢查詳情

- (i) 遠近視力
- (ii) 屈光度數檢查
- (iii) 瞳孔反射
- (iv) 眼壓檢查
- (v) 斜視、眼睛肌肉協調
- (vi) 色覺
- (vii) 立體感
- (viii) 裂隙鏡檢查
- (ix) 放大瞳孔眼底檢查
- (x) 眼球健康
- (xi) 報告及解釋 (由視光師主理)

- (i) 眼科專科醫生詳細問診
- (ii) 全面眼科視光檢查
 - 遠近視力
 - 屈光度數檢查
 - 瞳孔反射
 - 眼壓檢查
 - 斜視、眼睛肌肉協調
 - 色覺
 - 立體感
 - 裂隙鏡檢查
 - 放大瞳孔眼底檢查
 - 眼球健康
- (iii) 電腦視野圖 (白內障、青光眼、黃斑及視網膜病變)
- (iv) 報告及解釋 (由眼科專科醫生主理)