

Plans you can choose from (for Tsuen Wan Adventist Hospital only)

	Plan A*	Plan B	Plan C	Plan D
Original price	\$8,130	\$10,533	\$10,466(M) \$10,633(F)	\$12,866(M) \$13,033(F)
Special discount <i>For HSBC credit card you may enjoy 6-month non-interest installment plan</i> <i>*(For Plan A only)</i>	\$4,880	\$6,320	\$6280(M) \$6380(F)	\$7720(M) \$7820(F)
Doctor's Appointment	1 time	1 time	2 times	2 times
Dietary Counseling	6 times	6 times	6 times	6 times
Blood Test (Apply to PLAN A & PLAN B)				
* Fasting blood sugar	1 time	1 time		
* Total cholesterol				
* HDL, LDL				
* Tryglycerides				
Physiotherapist consultation (exercise evaluation)	1 time	1 time	1 time	1 time
Treadmill Test (Exercise ECG)	--	1 time	--	1 time
Blood Test (Apply to PLAN C & PLAN D) <u>Before program:</u>				
● Complete blood count, blood type/Rh factor及ESR, fasting blood sugar, Uric acid, Hepatitis B(antigen & antibody), gonorrhea, kidney function test, liver function test, thyroid function test, triglycerides, total cholesterol, HDL, LDL			2 times (Before & after program)	2 times (Before & after program)
<u>After program (One week before the completion of the program):</u>				
● Fasting blood sugar, total cholesterol, HDL & LDL, Triglycerides				
Dental examination, Lung X-ray, routine urine test, routine stool test with occult blood (Apply to PLAN C & PLAN D)			1 time	1 time
Women's health check (includes papsmear) (PLAN C & PLAN D applicable)			1 time (for female only)	1 time (for female only)

Workshop 3 times**Content**

- ◆ Computerized personal wellness profile
- ◆ Exercise assessment
- ◆ Fitness test
- ◆ Exercise demonstrations and practice
- ◆ Health talks

2 times FREE Cooking classes(within half a year)

Date/Location(Sunday)	February	April	June	August	October
Workshop 1 (Clear Water Bay)	Feb. 19	Apr. 23	Jun. 23	Aug. 20	Oct. 22
Workshop 2 (TST)	Mar. 14	May 23	July 8	Sept. 19	Nov. 14
Workshop 3 (Clear Water Bay)	Apr. 23	Jun. 11	Aug. 20	Oct. 22	Dec. 10

For inquiry, please call Ms. Au at 22767180