

# Wellness and Screening Programme

<b>Current Sum Assured of PRUhealth critical illness multi-care from USD 25,000/ HKD 200,000 to below USD 100,000/ HKD 800,000</b>	
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## **1A. For Atopic Disease screening: Comprehensive allergen profile**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Blood Taking
- ✓ Report Explanation by Doctor

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

- ✓ Blood Taking
- ✓ Report Explanation by Doctor

Please click [here](#) for appointment details.

**1B. For Hepatitis B screening: a) Ultrasonography of liver, b) Liver function, c) Alpha-fetoprotein**

**Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Blood Taking
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Please click [here](#) for appointment details.

**Medtimes Medical Services Centre**

- ✓ Blood Taking
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Please click [here](#) for appointment details.

## **1C. For Breast Cancer screening: a) Ultrasonography of breasts, b) Mammogram**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Ultrasonography
- ✓ Mammogram (2D Bilateral, without breast implant)
- ✓ Report Explanation by Doctor

Remarks:

- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.
- Please do not apply any deodorant lotion and powder to the underarm and breasts area prior to examination.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

- ✓ Ultrasonography
- ✓ Mammogram (2D Bilateral, without breast implant)
- ✓ Report Explanation by Doctor

Remarks:

- Mammogram is only suitable for women aged over 40.
- Please do not apply any deodorant lotion and powder to the underarm and breasts area prior to examination.

Please click [here](#) for appointment details. Service is only available at Tsim Sha Tsui and Sheung Shui Centres

## **1D. For Breast & Pelvic Cancer screening: Ultrasonography of breasts and pelvis**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Please drink a lot of water until you have full bladder 30 minutes prior to examination.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Full bladder is required for pelvis ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) for appointment details.

## **1E. Prostate Cancer screening: a) Ultrasonography of prostate, b) Total PSA**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Blood Taking
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Please drink a lot of water until you have full bladder 30 minutes prior to examination.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- Full bladder is required for prostate ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) for appointment details.

### **Trinity Medical Center**

Please contact service provider directly for scope of service.

Please click [here](#) for appointment details.

**1F. For Obesity prevention: a) Dietitian consultation (1 visit), b) follow up for weight reduction (2 visits, 30 mins for each session)**

**Medtimes Medical Services Centre**

- ✓ 30 minutes for first visit and for each follow up visit

Please click [here](#) for appointment details. Service is only available at Causeway Centre Centre.

## **1G. HPV Screening: HPV genotyping and pap smear test**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Blood Taking
- ✓ Pap Smear Test
- ✓ Report Explanation by Doctor

Remarks:

- Avoid intravaginal drugs for 7 days prior to examination.
- Avoid douching and sexual intercourse for 1 day prior to examination.
- It should not be done during menstrual period.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

- ✓ Pap Smear Test
- ✓ Report Explanation by Doctor

Remarks:

- Avoid intravaginal drugs for 7 days prior to examination.
- Avoid douching and sexual intercourse for 1 day prior to examination.
- Avoid this test during menstrual period, including 3 days before and 7 days after

Please click [here](#) for appointment details.

### **Trinity Medical Center**

Please contact service provider directly for scope of service.

Please click [here](#) for appointment details.

## **1H. Comprehensive health package – Plan 1 and bone density measurement**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Dexa Scan
- ✓ Report Explanation by Doctor

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please avoid any alimentary tract contrast tests 7 days prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.

Please click [here](#) for appointment details.

**2A. For Atopic Disease screening: Comprehensive allergen profile Comprehensive Health Package - Plan 1 and Atopic Disease screening: Comprehensive allergen profile**

**Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Report Explanation by Doctor

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) for appointment details.

**Medtimes Medical Services Centre**

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.

Please click [here](#) for appointment details.

## 2B. DNA test: Nutrigenomics

### Prenetics - myDNA: Optimal Diet & Fitness DNA Test

Discover your optimal diet, nutrition, and exercise profiles through Prenetics' DNA Health Package encompassing 24 distinct categories of tests. In addition, you can review your genetic results and receive personalised lifestyle recommendations with a certified health coach through a complimentary 30 minute phone consultation.

Learn more by visiting: <https://pruwellness.prenetics.com>

Remarks:

- Please mention to the Prenetics Staff that you are a customer of Prudential.
- Please identify that you're interested in redeeming the DNA test as one of the Prudential's Wellness and Screening Programmes.
- Please indicate your availability to the Staff for when it'd be convenient for you to come by the Prenetics office to submit your saliva sample for the DNA test - your sample will be collected onsite and it'll only take a few minutes.
- Do remember to bring your Redemption Coupon to your appointment. Only originals will be accepted.

Please click [here](#) for appointment details.

## 2C. DNA test: Pharmacogenomics

### Prenetics - iGenes: Medication Response DNA Test

Your genes affect the way medications work in your body. By understanding your genes, we can help you can identify specific medications that work well for you, and more importantly, help you avoid severe adverse drug reactions that can be financially and physically detrimental. Each test also includes a complimentary 30 minute phone consultation with a certified pharmacist.

Learn more by visiting: <https://pruwellness.prenetics.com>

Remarks:

- Please mention to the Prenetics Staff that you are a customer of Prudential.
- Please identify that you're interested in redeeming the DNA test as one of the Prudential's Wellness and Screening Programmes.
- Please indicate your availability to the Staff for when it'd be convenient for you to come by the Prenetics office to submit your saliva sample for the DNA test - your sample will be collected onsite and it'll only take a few minutes.
- Do remember to bring your Redemption Coupon to your appointment. Only originals will be accepted.

Please click [here](#) for appointment details.

## **2D. For Breast Cancer screening: a) Ultrasonography of breasts, b) 3D Mammogram**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Ultrasonography
- ✓ Mammogram
- ✓ Report Explanation by Doctor

Remarks:

- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.
- Please do not apply any deodorant lotion and powder to the underarm and breasts area prior to examination.

Please click [here](#) for appointment details.

### **Trinity Medical Center**

Please contact service provider directly for scope of service.

Please click [here](#) for appointment details.

## **2E. Comprehensive Health Package - Plan 1 and Breast & Pelvic Cancer screening: Ultrasonography of breasts and pelvis**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please drink a lot of water until you have full bladder 30 minutes prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.
- Full bladder is required for pelvis ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) for appointment details.

## **2F. Comprehensive Health Package - Plan 1 and Prostate Cancer screening: a) Ultrasonography of prostate b) Total PSA**

### **Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please drink a lot of water until you have full bladder 30 minutes prior to examination.

Please click [here](#) for appointment details.

### **Medtimes Medical Services Centre**

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- It is convenient for you to bring together with your stool specimen on the examination date.
- Full bladder is required for prostate ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) for appointment details.

**2G. Comprehensive Health Package - Plan 2, bone density measurement and ultrasonography of abdomen: check-up includes blood pressure measurement, urinalysis, blood test**

**Hong Kong Health Check & Medical Diagnostic Group**

- ✓ Physical Examination
- ✓ Blood Taking
- ✓ ECG
- ✓ X-Ray Test
- ✓ Urine & Stool Test
- ✓ Dexa Scan
- ✓ Ultrasonography
- ✓ Report Explanation by Doctor

Remarks:

- No drinking and eating for 8 to 12 hours prior to examination.
- Please avoid any alimentary tract contrast tests 7 days prior to examination.
- Please drink a lot of water until you have full bladder 30 minutes prior to examination.
- Woman who is pregnant or suspected to be pregnant is not suitable to take any X-Ray exam.

Please click [here](#) for appointment details.

**Medtimes Medical Services Centre**

Remarks:

- Please fast for 8 hours or more prior to examination, can drink moderate amount of water.
- Please try to avoid doing the health check during menstrual period.
- Please notify our staff for confirmed or suspected pregnancy.
- It is convenient for you to bring together with your stool specimen on the examination date.
- Full bladder is required for pelvis/ prostate ultrasound (transabdominal), please drink at least around 4 cups of water prior to examination.

Please click [here](#) for appointment details.

**2H. For Obesity prevention: a) Dietitian consultation (1 visit), b) follow up for weight reduction (2 visits, 30 mins for each session)**

**Medtimes Medical Services Centre**

- ✓ 30 minutes for first visit and for each follow up visit

Please click [here](#) for appointment details. Service is only available at Causeway Centre Centre.

## List of Service Providers

### 服務供應商名單

<b>Hong Kong Health Check &amp; Medical Diagnostic Group</b> 香港體檢	
<b>Address of Service Provider</b> 服務供應商地址	<b>Service Hours &amp; Telephone for Appointment</b> 預約服務辦公時間及電話號碼
LG2, Nathan Square, No. 348 Nathan Road, Jordan, Kowloon 九龍佐敦彌敦道 348 號彌敦坊地庫二層	Mon – Sat 星期一至六 09:00 – 18:30  Tel. 電話: 3678 8288
14/F, Fortune Centre, 44–48 Yun Ping Road, Causeway Bay, Hong Kong 香港銅鑼灣恩平道 44–48 號 恩平中心 14 樓	Mon – Fri 星期一至五 09:00 – 18:00 Sat 星期六 09:00 – 17:00  Tel. 電話: 2576 3023
Room 1302, Tak Shing House, 20 Des Voeux Road Central, Central, Hong Kong 香港中環德輔道中 20 號 德成大廈 13 樓 1302 室	Mon – Fri 星期一至五 09:00 – 18:00 Sat 星期六 09:00 – 17:00  Tel. 電話: 2537 6698
Shop 19–20, Golden Plaza, 28 Shui Che Kwun Street, Yuen Long, New Territories 新界元朗水車館街 28 號 萬金中心 19–20 號舖	Mon – Fri 星期一至五 09:00 – 18:30  Tel. 電話: 2117 0168
Room 208–211, Citylink Plaza, No. 1 Shatin Station Circuit, Shatin, N.T. 新界沙田沙田車站圍 1 號 連城廣場 208–211 室	Mon – Fri 星期一至五 09:00 – 13:00, 14:00 – 18:30 Sat 星期六 09:00 – 13:00  Tel. 電話: 2601 0368

<b>Medtimes Medical Services Centre</b> 時代醫療體檢中心 <a href="http://www.medtimes.com.hk">www.medtimes.com.hk</a>	
<b>Address of Service Provider</b> 服務供應商地址	<b>Service Hours &amp; Telephone for Appointment</b> 預約服務辦公時間及電話號碼
Unit 805, 26 Nathan Road, Tsim Sha Tsui, Kowloon, Hong Kong 九龍尖沙咀彌敦道 26 號 805 室	Mon – Sat 星期一至六 09:00 – 18:30  Tel. 電話: 3585 8533
Unit 711–713A, Landmark North, Sheung Shui, New Territories, Hong Kong 新界上水廣場 711–713A 室	
20/F, 8 Russell Street, Causeway Bay, Hong Kong 香港銅鑼灣羅素街 8 號 20 樓	
Please note that wellness and screening programme 1C is only available at Tsim Sha Tsui and Sheung Shui Centres, and wellness and screening programmes 1F and 2H are only available at Causeway Bay Centre.	

<b>Trinity Medical Center</b> 全仁醫務中心	
<b>Address of Service Provider</b> 服務供應商地址	<b>Service Hours &amp; Telephone for Appointment</b> 預約服務辦公時間及電話號碼
7B & 22B, Entertainment Building, 30 Queen's Road Central, Hong Kong 香港中環皇后大道中 30 號娛樂行 7B&22B 室	Mon – Fri 星期一至五 09:00 – 19:00  Sat 星期六 09:00 – 17:00  Tel. 電話: 3151 2213

<b>Prenetics</b> Prenetics is the leading genetics testing / digital health company in Southeast Asia. At Prenetics, our mission is to help people lead healthier, more active lives by empowering them with personalized, predictive and preventive treatments using the latest proven innovations in DNA and mobile technology.	
<b>Address of Service Provider</b> 服務供應商地址	<b>Service Hours &amp; Telephone for Appointment</b> 預約服務辦公時間及電話號碼
7/F, Prosperity Millennia Plaza 663 King's Road, Quarry Bay 香港鰂魚涌英皇道 663 號泓富產業千禧廣場 7 樓	Mon – Fri 星期一至五 10:00 – 18:00  Tel. 電話: 2210 9595