



# 成人健康管理套餐

## New Century Comprehensive Health Screening Package

最贴心的关爱带给您最关爱的人  
The most care for the one You care about the most

项目	检查内容	基础版		精选版		全面版		
		男	女	男	女	男	女	
全面检查	一般检查	身高、体重、体重指数	•	•	•	•	•	•
	体格检查	血压、心、肺、腹部检查、神经反射 皮肤（可视部分）、浅表淋巴结、甲状腺、乳腺、脊柱、四肢、腹股沟	•	•	•	•	•	•
	眼科检查	视力（视力仪）、色觉	•	•	•	•	•	•
	耳鼻喉科检查	耳廓、乳突、鼻窦、鼻前庭、鼻黏膜、鼻甲、鼻中隔、口咽部 外耳道、鼓膜 鼻咽部 听力	•	•	•	•	•	•
	口腔检查	口腔清洁度、龋齿、牙结石、牙渍、牙龈炎、牙周炎等					•	•
女性妇科检查	妇科检查	外阴、阴道、宫颈、子宫、双附件、盆腔 宫颈液基薄层细胞检测 白带常规检查		•		•		
运动康复评估	运动康复评估	运动骨骼肌系统肌肉、关节及韧带等相关结构的功能评定					•	•
肺功能检查	肺功能	肺功能	•	•	•	•	•	•
心电图检查	心电图	12导联同步心电图	•	•	•	•	•	•
彩色超声检查	彩色超声	腹部：肝、胆、胰、脾、双肾 双乳腺	•	•	•	•	•	•
		盆腔（子宫及双附件、经腹） 颈动脉				•	•	•
		前列腺				•	•	•
		甲状腺					•	•
								•
X光检查	数字X线摄影	胸部正位 胸部侧位	•	•	•	•	•	•
呼吸试验	碳13呼气试验	幽门螺杆菌检测			•	•	•	•
血项检查	肝功能检查	丙氨酸氨基转移酶、天冬氨酸氨基转移酶、总蛋白、白蛋白、球蛋白、总胆红素、直接胆红素、间接胆红素、碱性磷酸酶、γ-谷氨酰基转移酶			•	•	•	•
		丙氨酸氨基转移酶、天冬氨酸氨基转移酶、总胆红素、直接胆红素、间接胆红素	•	•				
	肾功能检查	肌酐、尿素氮	•	•	•	•	•	•
	血尿酸检查	尿酸	•	•	•	•	•	•
	甲状腺功能	促甲状腺激素、总三碘甲状腺原氨酸、总甲状腺素、游离三碘甲状腺原氨酸、游离甲状腺素			•	•	•	•
	甲型肝炎抗体检测	甲型肝炎抗体			•	•	•	•
	丙型肝炎抗体检测	丙型肝炎抗体			•	•	•	•
	糖代谢检查	空腹血糖、糖化血红蛋白	•	•	•	•	•	•
	血脂检查	总胆固醇、甘油三酯、高密度脂蛋白胆固醇、低密度脂蛋白胆固醇	•	•	•	•	•	•
	酶学检查	肌酸激酶、肌酸激酶同工酶	•	•	•	•	•	•
		乳酸脱氢酶					•	•
	肿瘤标志物检查	CA125糖链抗原：主为卵巢癌的筛查； CA153糖链抗原：主为乳腺癌的筛查 甲胎蛋白、癌胚抗原	•	•	•	•	•	•
		总前列腺特异性抗原、游离前列腺特异性抗原及其比值 鳞癌抗原、小细胞肺癌肿瘤标志物、糖链抗原19-9			•	•	•	•
C反应蛋白		•	•	•	•	•	•	
血常规检查	血常规检查	白细胞计数、红细胞计数、血红蛋白、血小板计数等18项	•	•	•	•	•	•
尿常规	尿常规	蛋白、糖、比重、酮体、胆红素、尿胆原、尿潜血、白血球、亚硝酸盐、酸碱度、尿沉渣镜检	•	•	•	•	•	•
便常规	便常规和潜血	便潜血是胃肠道溃疡、息肉或肿瘤的早期筛查的重要指标	•	•	•	•	•	•
价格			1600	1800	2600	2800	4800	5000

Includes			Basic		Premium		Comprehensive		检查须知 Guidelines for physical examination	
Type	Items	Male	Female	Male	Female	Male	Female			
Physical Exam	General Exam	Height, weight, BMI	•	•	•	•	•	•	<b>检前温馨提示</b> Before the physical exam: 1. 检查前应避免食用高脂肪或富含蛋白质的食物，避免服用损害肾脏功能的药物。 Before the physical exam, avoid high-fat or protein-rich foods, as well as medicines that might impair kidney functions. 2. 检查前一天晚应避免酗酒及剧烈运动，晚八点开始禁食（包括水），确保得到充足的睡眠。酒精、剧烈运动和睡眠不足会影响血压及血糖，血脂水平。 Please try to avoid drinking alcohol and strenuous physical activities the day before the examination, and begin to fast at eight o'clock the night before the examination (including water). Make sure to get adequate sleep. Alcohol, strenuous exercise and inadequate sleep can influence blood sugar and blood lipid levels, as well as blood pressure. 3. 检查当天请将晨便样本放在样本存放处。 Please pick morning stool sample and deliver it to the counter of exam center on the day of examination. 4. 检查当天早晨禁食、禁水（可正常服用处方药，检查当天需要向医生提供服用药物名称）。 Do not eat or drink anything on the morning of the physical exam. (But prescribed medicines can be taken as normally, please provide the name of medicines to the exam doctor on the day of examination.) 5. 衣着简单，不应佩戴首饰；清洁牙齿，清洗鼻子和外耳。 Dress simply, jewelry should not be worn and make sure to clean the teeth, nose and outer ears. 6. 请携带相关个人医疗文件，有住院史或手术史的人应携带相 Please bring all your personal health-related documents. Those who have been hospitalized or who have had surgery should bring related documentation. 7. 女性进行宫颈涂片检查不要冲洗阴道或置阴道内栓剂，须避开月经期，确保得到准确的检查。 Women who receive uterine cervix smear must not take vaginal irrigation, Endovaginal drugs, and must avoid menstrual period, so as to get correct result. 8. 女性在月经期间应避免接受尿检和妇科检查。 Women during menstruation should avoid the taking urine and gynecological exams. 9. 孕妇不可接受X射线检查。 Pregnant woman must not receive X-ray .  <b>检中温馨提示</b> During the exam: 1. 听从现场医护人员安排。如任何疑问，请咨询医生。 Please cooperate with bodywork's medical staff. If you have any problems, please consult exam doctor. 2. 为避免误诊和漏诊请向医生提供完整的个人病史。 Please provide exam doctor with a thorough Medical History in order to avoid any misdiagnosis. 3. 检查中如遇到问题，请务必告知医生。 Please inform exam doctors if any problems are encountered during the exam. 4. 抽血后，请用棉签按压针孔处3-5分钟。如出现血肿或淤血，检查当日可用冰敷抽血处或次日用毛巾热敷，无须担心。 After a blood test, please apply a cotton or clean tissue to the spot with light pressure, for approximately 3-5minutes, or until bleeding stops. Do not worry if there is bruising the next day, you can apply an ice pack or hot towel to relieve any discomfort. 5. 妇科超声检查前，女性应避免排尿。 Women should avoid urinating before taking gynecological ultrasound. 6. 妇科检查前，女性应排空膀胱。 Women should empty bladder before a gynecological exam. 7. 请正确、完整地填写检查表格。 Please fill in the exam form honestly and completely.  <b>检查后温提示</b> After the exam: 1. 请保留好您的检查报告以作为将来就诊的参考。 Please keep your physical exam report as reference future medical reference. 2. 检查结果正常也建议您坚持进行健康管理，保持健康生活方式，定期监测健康相关指标。 Regular medical checkup is still recommended even if your physical exam result is normal at this time. Please also maintain a healthy lifestyle. 3. 如检查出任何疾病或潜在的健康隐患，请接受医生的建议进行进一步的医疗检查和确诊。 For any abnormal findings, please make further medical appointments by following the advice from medical professionals (Doctors of exam center).  * 健康检查套餐可根据个人医疗保险要求及个人需求量身定制 * Your personal health screening package can be tailor made according to your insurance wellness coverage&personal needs.	
	Physical Exam	Physical Exam	Blood pressure, heart, lung, abdominal examination & neural reflexes	•	•	•	•	•		•
	Physical Exam	Vision test	Vision (optometry), color vision	•	•	•	•	•		•
	Physical Exam	ENT Exam	Auricle, sinus, nasal fossae, septum, turbinal, mucosa, oropharynx (pronunciation) Auricular tube, tympanum (electric speculum) Nasopharynx Hearing test	•	•	•	•	•		•
	Physical Exam	Oral Exam	Oral cleanliness, dental caries, dental calculus, dental stains, gingivitis, periodontitis							•
Gynecology	Gynecological Exam	Vulva, vagina, cervix, uterus, adnexa TCT Leucorrhea		•		•		•		
PT	Exercise Fuction Assessment	Functional evaluation of the musculoskeletal system, including muscle, joint and ligament						•		
Lung Function Test	Lung Function Test	FVC, SVC	•	•	•	•	•	•		
ECG	ECG	12-leads ECG	•	•	•	•	•	•		
Ultrasound	Ultrasound	Abdomen (Liver, gall bladder, pancreas, spleen, kidneys)	•	•	•	•	•	•		
		Both breasts					•	•		
		Pelvis (Uterus & adnexa, trans-abdominal)					•	•		
		Carotid artery							•	
		Prostate					•	•		
Thyroid							•			
X-ray	X-ray	Chest PA	•	•	•	•	•	•		
		Chest L							•	
C13-breath Test	C13-breath Test	Helicobacter pylori test				•	•	•		
Blood Test	Liver Function	ALT, AST,TP, ALB, GLB, TBIL, DBIL, IBIL, ALP, GGT ALT, AST, TBIL, DBIL, IBIL		•		•		•		
	Kidney Function	CRE, BUN	•	•	•	•	•	•		
	UA	Uric acid	•	•	•	•	•	•		
	Thyroid Function	TSH, TT3, TT4, FT3, FT4				•	•	•		
	Anti-HAV	Anti-HAV Igm				•	•	•		
	HCV-Ab	HCV-Ab						•		
	Glucose Metabolism	GLU, HbA1c	•	•	•	•	•	•		
	Blood Lipids	TC, TG, HDL-C, LDL-C	•	•	•	•	•	•		
	Biochemistry of Enzymes	CK, LDH CKMB	•	•	•	•	•	•		
	Tumor Markers	CA125, CA153 AFP, CEA tPSA, fPSA, fPSA/tPSA CA199, SCC, NSE					•	•		
	CRP	C reactive protein	•	•	•	•	•	•		
	CBC	WBC, RBC,HGB, PLT etc, 18 itmes in total	•	•	•	•	•	•		
	Urine Test	Urinalysis	Protein, glucose, specific gravity, acetone, bilirubine, urobilinogen,nitrite, pH, occult blood, leucocytes	•	•	•	•	•	•	
	Stool Test	Stool Test +Occult Blood	OB is a significant indicator of peptic ulcer, polyps or cancer	•	•	•	•	•	•	
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