

Check-me-up Staycation Plan



Prestige Medical Plan Content -

*Check-me-up Staycation Plan 1 【Western Medicine】 (Choose 1 from 2)	Regular Price	Special Offer
<u>(A) Health Check for getting Covid-19 Vaccine</u> (Includes: lipid profile, liver function profile, diabetes profile and renal function profile, thyroid function, blood group, complete blood picture, uric acid, urinalysis and Stool routine.)	\$1,500	\$1,200 net
<u>(B) Sleep Study</u> (Includes: wireless sleep diagnostic instrument NoxA1, portable sleep diagnostic device Nox T3s, portable sleep diagnostic device Watch-PAT.)	\$4,200	\$4,000 net
*Check-me-up Staycation Plan 2 【Chinese Medicine】	Regular Price	Special Offer
<u>(C) Joyful and Health Chinese Medicine Centre - General Consultation</u> (Includes: Detailed patients' constitution assessment, 1 consultation with 3 doses of Chinese medicine (Chinese Medicine Granules), cupping, ear acupuncture point)	\$570	\$470 net
*Check-me-up Staycation Plan 3 【Physiotherapy】 (Choose 1 from 2)	Regular Price	Special Offer
<u>(D) Shockwave Therapy with Stretching Training</u> (Aim to relax the tight muscles and relieve various problems caused by pain, urban fatigue and other symptoms.)	\$1,000	\$800 net
<u>(E) 3 in 1 Foot Health Checking</u> (Aim to maintain good foot health, 3 in 1 checking include: flat fleet checking, spine check for scoliosis, and checking gait for foot deformities.)	\$1,000	\$800 net

Suggested Itinerary for Guests

Before Hotel Check-in and the Health Check

- Three days before the examination, please ask guests to keep their normal diet and try not to drink alcohol.
- A video consultation by JP Partners Medical Centre is suggested before check-in.
- Guests should fast for at least 8 hours before the blood test. (Moderate amount of drinking water is allowed. If guests have chronic disease, they can still take the drugs as normal).
- For Plan A's blood test, JP's clinic nurse will take the stool and urine sample collection bottle to front desk a day before. Please ask hotel staffs to put the bottles in the guest's room before the guest enters the room.

During Hotel Check-in

- For guests who choose the plan of Chinese Medicine or Physiotherapy should go to the JP's Gold Coast Branch to complete the treatment.

Check-out Day and the Health Check

- For Plan A's blood test can be conducted by our nurse at the hotel room or a designated room assigned by your side, suggest the blood taking time is 8:30am - 9:30am so that guests can enjoy breakfast after blood-taking. Our nurse can collect the stool and urine specimen when they have the blood taking.

After the Examination

- After the test report is issued, JP will call the guests to get the report.
- If necessary, JP will arrange doctor referrals for guests.

(A) Health Check for getting Covid-19 Vaccine

Target Guests

- Suitable for adults aged 18 or above
- Those who intend to have an in-depth examination before the Covid-19 Vaccination

Highlight Items

- lipid profile, liver function profile, diabetes profile and renal function profile, thyroid function, blood group, complete blood picture, uric acid, urinalysis and Stool routine

73 Items in Total			
Basic Items <ul style="list-style-type: none"> ● Blood pressure and pulse ● Body weight and height ● BMI 	Urine Test <ul style="list-style-type: none"> ● Urinalysis 	Stool Test <ul style="list-style-type: none"> ● Stool Routine ● Stool (Occult Blood) 	Anaemia <ul style="list-style-type: none"> ● CBC ● ESR
Thyroid Profile <ul style="list-style-type: none"> ● Free T4 	Blood Grouping + Rh	Lipid Profile <ul style="list-style-type: none"> ● Total Cholestrol ● HDL Cholestrol ● LDL Cholestrol ● Total/HDL Cholestrol Ratio ● Triglycerides 	Diabetes Profile <ul style="list-style-type: none"> ● Fasting Glucose ● HbA1c
Liver Profile <ul style="list-style-type: none"> ● Alkaline Phosphatase ● Bilirubin Total ● Protein Total ● Albumin, Globulin ● A/G ratio ● SGPT (ALT) ● SGOT (AST) ● Gamma GT 	Kidney Profile <ul style="list-style-type: none"> ● Urea ● Creatinine ● Potassium, Sodium ● Chloride 	Report <ul style="list-style-type: none"> ● Report will be explained by clinical staff via phone 	

(B) Sleep Study

Target Guests

- Suitable for adults aged 18 or above
- Suspected of suffering from sleep apnoea or poor sleep quality
- Suitable for couples (two people can be tested simultaneously)

Highlight Items

- Types of sleep testers include: wireless sleep diagnostic instrument NoxA1, portable sleep diagnostic device Nox T3s, portable sleep diagnostic device Watch-PAT
- The healthcare worker will enter the room to install the sleep testers for the guest so as to test the guest's sleep quality in a risk-free and painless way, and this can effectively analyze and diagnose the degree of whether the guest is suffering from sleep apnoea

Test Record Items			
Electroencephalography (EEG)	Arousal Index	Sleep Stage	Sleeping Position/Posture
Electromyogram (EMG)	Chest and Abdomen Activities	Leg Activities	Apnea Index (AHI)
Electrooculography (EOG)	Air Flow Volume of mouth and nasal	Snoring	Respiratory Disturbance Index
Electrocardiography (ECG)	Blood Oxygen Saturation	Report <ul style="list-style-type: none">● Report will be explained by clinical staff via phone	

**The wireless sleep diagnostic instrument NoxA1 includes all the above test items.

**Portable sleep diagnostic instrument Nox T3s only includes: Sleeping Position/Posture, Sleep Stage, Chest and Abdomen activity, AHI, Air Flow Volume of mouth and nasal, Snoring, Blood Oxygen Saturation, and ECG.

**Portable sleep diagnostic device Watch-PAT only includes: Sleeping Position/Posture, Sleep Stage, AHI, Snoring, Respiratory Disturbance Index, Blood Oxygen Saturation.

(C) Joyful and Health Chinese Medicine Centre - General Consultation

At Joyful and Health, we believe in the combination of natural healthcare, Western and Chinese medicines. Dedicated to promoting wellbeing by upholding the wisdom of "harmony between nature and humanity" and the essences of Western and Chinese medicines, Joyful and Health combines traditional Chinese medicine with modern medical facilities into its diverse Chinese medical treatments.

Target Guests

- Adults aged 18 years or above

****All Chinese medicine health plans are applicable to people aged 18 or above. For those aged 18 or below who want to receive treatment, their parents or guardians will be needed to sign a consent form for the agreement to receive relevant treatment.**

Items Includes

- Detailed patient's constitution assessment
- 1 consultation, 3 doses of Chinese medicine (Chinese Medicine Granules)
- Cupping
- Ear acupuncture point

****If the guest purchases this treatment but is not suitable for cupping treatment, it will be changed to Chinese medicine prescription service with an extra dose of Chinese medicine .**

Service Procedures

- After the guest chooses this service, the customer service team of JP will book a Chinese Medicine appointment for the guest.
- After check-in, guests can go to the JP's Gold Coast branch to complete the treatment at the scheduled time.
- Chinese Medicine Practitioner (CMP) will analyze guests' constitution by Observation, Auscultation, Interrogation and Palpation.
- CMP prescribes Chinese medicines according to the physical condition of the guests, and uses different Chinese medicines to improve guests' constitution.

- CMP prescribes different prescriptions according to different guests, and the prescriptions are Chinese Medicine granules.

Effectiveness of Treatment

- To improve guests' constitution
- Stimulate body acupoints, unblock the Meridian system, promote and regulate the flow of Qi and blood

(D) Shockwave Therapy with Stretching Training

Shockwave therapy is a kind of high-energy sound waves often used in orthopedics and physical therapy in recent years. This is a non-invasive treatment that can improve blood circulation, accelerate metabolism, and relieve muscle pain, tension or swelling in multiple areas.

Stretching training is a simple and effective exercise training that can relax the tight muscles and relieve various problems caused by pain, such as urban fatigue and lack of exercise.

Target Guests

- Suitable for adult aged 18 or above
- People who suffering from various pains

****Women who are pregnant or those who are suspected of pregnancy are not applicable to this plan.**

Service Items Includes

- Shockwave Therapy
- Stretching Training

Service Procedures

- After the guest chooses this service, the customer service team of JP will book a physiotherapy appointment for the guest.

- After the hotel check-in, guests will be arranged to go to JP's Gold Coast Branch to complete the treatment at the scheduled time.
- The entire treatment is about 15-30 minutes.

Effectiveness of Treatment

- Improve blood circulation and accelerate metabolism
- Relieve pain in multiple parts
- Reduce soft tissue damage and muscle soreness

(E) 3 in 1 Checking of Foot Health

People with flat feet generally have no obvious symptoms in daily life, but they are prone to pain and fatigue due to flat feet in the long term. The bone and muscle development of children's feet generally develops until about 15 years old. The prime time for school-age children to develop their bones and muscles is 5-8 years old. Earlier detection of flat foot problems can be got improved earlier.

Scoliosis is a common deformity of the spine. Symptoms such as unevenness of shoulder height, asymmetry of pelvic height, or long and short feet will develop for a long time.

Target Guests

- Suitable for children or adults
- People who care about feet and spine health

Service Items Includes

- Flat Fleet Checking
- Spine Check for Scoliosis
- Checking Gait for Foot Deformities

Service Procedures

- After the guest chooses this service, the customer service team of JP will book a physiotherapy appointment for the guest.
- After the hotel check-in, guests will be arranged to go to JP's Gold Coast Branch to complete the treatment at the scheduled time.
- The entire treatment is about 15-30 minutes.

Purpose of Treatment

- Early detection of flat feet, scoliosis and other symptoms can be got improved earlier
- To improve gait problems

Terms and conditions

1. If you choose Check-me-up Staycation Plan 2 [Chinese Medicine] or Plan 3 [Physiotherapy], the guest is required to go to JP's Gold Coast Branch to complete the treatment.
2. If necessary, guest who choose Check-me-up Staycation Plan 2 [Chinese Medicine] or Plan 3 [Physiotherapy] can additionally ask for an attendance certificate (not including sick-leave certificate) at the clinic. However, choosing Healthcare Staycation Plan 1 [Western Medicine] could not ask for any attendance certificates or sick-leave certificates.
3. For women who are pregnant or those who are suspected of pregnancy are not applicable for (D) Shockwave Therapy with Stretching Training. For details, please consult customer service.
4. This programme is not applicable for people who have visited any cities, regions or countries outside Hong Kong within 14 days.
5. Guest must pre-order through the online system. After ordering, it means that the guest accepts and agrees to the terms and conditions of the plan.
7. This plan is not applicable to insurance claims and the use of health care vouchers.
8. Once the purchase is confirmed, the ordered plan cannot be changed, cancelled, refunded or transferred.
9. There is no redemption, exchange for cash, refund or extension for this offer.
10. This offer cannot be used with other offers/discounts.
11. JP customer service team will confirm the appointment for the guest by phone or email within 1-2 working days once purchased.
12. If the guest has not received the contact from the JP customer service team within 2 working days after purchased, the guest can also inquire to JP customer service through WhatsApp 92430252 / 93023668.
13. The guest must present the confirmation email upon hotel check-in.

14. If the guest needs to change or cancel the medical appointment, please call us at least 48 hours before the scheduled visit time to make relevant arrangements. An administrative fee of HK\$100 will be charged for each change or cancellation of an appointment.
15. If the guest needs to cancel the medical appointment within 48 hours of the scheduled visit time, JP will not accept further re-appointment and the fees paid will not be refunded.
16. If the guest is absent and does not notice the JP customer service team 48 hours before the scheduled visit time through WhatsApp 92430252 / 93023668, JP will not accept further re-appointment and the fees paid will not be refunded.
17. In case of any disputes, JP Partners Medical Centre Limited and Hong Kong Gold Coast Hotel reserve the right of final decision.