

# Humansa

Be the Best Version of Yourself  
做最好的自己



## PANORAMA Health Check Program 優享健康檢查計劃

Taking a more extensive approach, PANORAMA provides a thorough evaluation of overall health with a broader range of tests and in-depth insights. Targeted to individuals prone to common age-related conditions such as osteoporosis and cardiovascular disease, the advance screenings are multidisciplinary to include cancer detection. In addition to a report analysis and consultation by our dietitian and physician, a joint physical assessment is provided by our physiotherapist and personal trainer. Our multidisciplinary team of experts work together to help you achieve optimum health.

想更深入了解身體情況，可參考我們包含全方位深入檢查的「優享計劃」。此計劃額外加入針對因年齡增長而變得常見的病症篩查，例如：骨質疏鬆症、心血管疾病、不同的癌症指標測試等。除了醫生和營養師會為您講解報告及給予建議外，我們的物理治療師和體能教練更會為您的身體姿勢作出評估，讓您能建立全方位的健康生活。



## PANORAMA Health Check Program 優享健康檢查計劃

HK\$ 17,800    HK\$ 19,800  
MALE 男                  FEMALE 女

General Health Assessment 全面體格檢查			
Medical and Wellness Assessment	病歷和健康評估		
Physical Examination	體格檢查	●	●
Body Composition (BIA - Bioelectrical Impedence Analysis)	身體成分分析		
Eye Examinations 眼科檢查			
Visual Acuity Test	視力測試		
Color Vision Test	色覺檢查		
Auto-refraction	電腦驗光	●	●
Intra-ocular Pressure Assessment	眼壓測量		
Fundus (Retinal) Photo	眼底拍照		
Hearing Examinations 聽力檢查			
Tuning Fork Test	音叉測試	●	●
Cardiac Examinations 心肺功能檢查			
Electrocardiogram (ECG)	心電圖	●	●
Exercise Stress Test (Treadmill)	運動心電圖		
Imaging 影像檢查			
Chest X Ray	胸肺X光	●	●
Ultrasound Upper Abdomen	上腹腔超聲波		
Ultrasound Prostate (Transabdominal) (Male)	前列腺超聲波 (男性)	●	
Ultrasound Thyroid (Male)	甲狀腺超聲波 (男性)		
Ultrasound Pelvis (Female)	盆腔超聲波 (女性)		●
Ultrasound Breast (Female) OR 3D Mamogram	乳房超聲波或3D乳房X光造影 (女性)		
DEXA Bone Densitometry (Spine & Hip)	X光骨質密度檢查 (腰椎及股骨)	●	●
Laboratory Tests 化驗室檢查			
Blood Analysis 血液分析			
CBC (Complete Blood Count)	血全像		
Blood Grouping	血型		
ESR (Erythrocyte Sedimentation Rate)	血沉降率	●	●
Vitamin D	維他命D		
Iron Profile	鐵含量		
Creatine Kinase	肌酸磷激酶		
Helicobacter Pylori 幽門螺旋桿菌檢查			
Urea Breath Test (Non-invasive H.Pylori Test)	幽門螺旋桿菌吹氣測試	●	●
Renal Kidney Functions 腎功能檢測			
Urea	血尿素		
Creatinine	肌酸酐	●	●
GFR (Estimated Glomerular Filtration Rate)	腎小球濾過率		
Electrolytes 電解質檢查			
Sodium	鈉		
Potassium	鉀		
Chloride	氯化物	●	●
Phosphorus	磷酸鹽		
Bicarbonate	碳酸氫鹽		
Total Calcium	鈣		

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Liver Functions 肝功能檢測			
AST (Aspartate Transaminase)	穀草轉氨酶		
ALT (Alanine Transaminase)	穀丙轉氨酶		
ALP (Alkaline Phosphatase)	鹼性磷酸酶		
TB (Total Bilirubin)	總膽紅素		
DB (Direct Bilirubin)	直接膽紅素	●	●
Gamma GT	穀氨醯基轉移酶	●	●
TP (Total Protein)	總蛋白		
Albumin	白蛋白		
Globulin	球蛋白		
A/G (Albumin / Globulin) Ratio	白蛋白與球蛋白比率		
Diabetes Screening 糖尿病篩查			
Blood Glucose (Fasting)	血糖 (空腹)	●	●
HbA1c	糖化血色素	●	●
Lipid 脂質檢查			
Total Cholesterol	總膽固醇		
HDL (High Density Lipoprotein) Cholesterol	高密度膽固醇		
LDL (Low Density Lipoprotein) Cholesterol	低密度膽固醇	●	●
Triglyceride	三酸甘油酯		
Total/HDL Ratio	總及高密度膽固醇比例		
Gout Screening 痛風篩查			
Uric Acid (Urate)	尿酸	●	●
Urine Examinations 尿液檢查			
Urinalysis	尿液分析	●	●
Stool Test 糞便檢查			
Stool: Occult (Hidden) Blood	糞便隱血	●	●
Ova & Cysts (Parasites)	糞便常規檢查	●	●
Hepatitis 肝炎檢測			
HAV Ab (Hepatitis A Virus Antibody)	甲型肝炎抗體		
HBs Ag (Hepatitis B surface Antigen)	乙型肝炎表面抗原	●	●
HBs Ab (Hepatitis B surface Antibody)	乙型肝炎表面抗體		
Thyroid Functions 甲狀腺功能檢測			
TSH (Thyroid Stimulating Hormone)	促甲狀腺激素	●	●
FT4	遊離甲狀腺素T4	●	●
Cancer Markers 癌症指標測試			
AFP (Alpha Feto Protein) - Liver Cancer Marker	甲種胎兒蛋白 (肝癌)	●	●
EBV (Epstein Barr Virus)	艾巴氏病毒抗體 (鼻咽癌)	●	●
CEA (Carcinoembryonic Antigen)	癌胚抗原 (結腸癌)		
Cervical Screening 子宮頸癌篩查			
Pap Smear	子宮頸細胞抹片		●
Consultation & Others 諮詢及其他			
Assessment and Consultation by Doctor (First Visit)	醫生諮詢及初步評估 (首次到訪)		
Medical Report Analysis and Consultation by Doctor (Second Visit)	醫生諮詢及報告分析 (第二次到訪)		
Weight Management and Consultation by Dietitian	體重管理及營養師諮詢	●	●
Light Meal after the Medical Check-up	輕盈餐飲 (體檢完成後)	●	●
Assessment by Physiotherapist (30 Min)	物理治療師評估 (30分鐘)		
Assessment by Personal Trainer (30 Min)	體能教練評估 (30分鐘)		

Note: The above prices are effective as of March 2023. Humansa reserves the right to adjust the prices without prior notice.  
備註: 以上價格自2023年3月生效。Humansa保留一切相關價格的調整權力, 不會再作另行通知。

## Optional Add-On Examination Items 自選附加檢查項目

Price 價格 (HKD)

Consultation 諮詢		Price 價格 (HKD)
Assessment by Physiotherapist (30 Min)	物理治療師評估 (30分鐘)	\$750
Assessment by Personal Trainer (30 Min)	體能教練評估 (30分鐘)	\$600
Eye Examinations 眼科檢查		
Auto-refraction	電腦驗光	\$1,200
Intra-ocular Pressure Assessment	眼壓測量	
Fundus (Retinal) Photo	眼底拍照	
Cardiac Examinations 心肺功能檢查		
Exercise Stress Test (Treadmill)	運動心電圖	\$3,400
Imaging 影像檢查		
Ultrasound Prostate (Transabdominal) (Male)	前列腺超聲波 (男性)	\$1,800
Ultrasound Thyroid (Male)	甲狀腺超聲波 (男性)	\$1,300
Ultrasound Pelvis (Female)	盆腔超聲波 (女性)	\$2,000
Ultrasound Breast (Female) and 3D Mamogram	乳房超聲波及3D乳房X光造影 (女性)	\$4,400
Ultrasound Breast (Female) OR 2D Mamogram	乳房超聲波或2D乳房X光造影 (女性)	\$1,850
DEXA Bone Densitometry (Spine & Hip)	X光骨質密度檢查 (腰椎及股骨)	\$1,150
Laboratory Tests 化驗室檢查		
Helicobacter Pylori 幽門螺旋桿菌檢查		
Urea Breath Test (Non-invasive H.Pylori Test)	幽門螺旋桿菌吹氣測試	\$850
General Cancer Markers 一般癌症指標測試		
AFP (Alpha Feto Protein) - Liver Cancer Marker	甲種胎兒蛋白 (肝癌)	\$1,300
CEA (Carcinoembryonic Antigen)	癌胚抗原 (結腸癌)	
CA19.9 - Pancreatic Cancer Marker	胰臟癌抗原CA19.9	
Female Cancer Markers 女性癌症指標測試		
CA125 - Ovarian Cancer Marker	卵巢癌指標CA125	\$3,000
CA15.3 - Breast Cancer Marker	乳癌抗原CA15.3	
AFP (Alpha Feto Protein) - Liver Cancer Marker	甲種胎兒蛋白 (肝癌)	
CEA (Carcinoembryonic Antigen)	癌胚抗原 (結腸癌)	
CA19.9 - Pancreatic Cancer Marker	胰臟癌抗原CA19.9	
EBV (Epstein Barr Virus)	艾巴氏病毒抗體 (鼻咽癌)	
Male Cancer Markers 男性癌症指標測試		
PSA (Prostate Specific Antigen) - Total	前列腺特異抗原	\$3,000
PSA (Prostate Specific Antigen) - Free	遊離前列腺特異抗原	
AFP (Alpha Feto Protein) - Liver Cancer Marker	甲種胎兒蛋白 (肝癌)	
CEA (Carcinoembryonic Antigen)	癌胚抗原 (結腸癌)	
CA19.9 - Pancreatic Cancer Marker	胰臟癌抗原CA19.9	
EBV (Epstein Barr Virus)	艾巴氏病毒抗體 (鼻咽癌)	
Others 其他檢驗		
Pap Smear	子宮頸細胞抹片	\$900
HPV DNA Testing	人類乳突瘤病毒基因檢查	\$900

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Mon to Fri 星期一至星期五: 08:30 - 17:30  
Sat 星期六: 08:30 - 13:00  
Sun & Public Holiday 星期日及公眾假期: Closed 休息

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