



## **Medical Examination Packages at OT&P**

The aim of our medical examinations is to achieve optimal health and wellness through individually targeted preventative care. A complete history and thorough medical examination will be performed at the first visit. You will be consulted by First class Family Physicians who keep up to date through our in-house Continuous Medical Training Program. Prior to the examination you will be given a detailed health risk assessment questionnaire to complete.

Your doctor will take the time to fully understand your medical history and present lifestyle. Any vital information elicited will help to give a focus to the physical examination. Early identification of risk factors allows prevention of future illness. In addition earlier identification of medical problems before they become serious gives a higher rate of successful treatment.

When the results are available, you will be invited to return for a follow up discussion. Here, the findings of the examination will be explained in detail. For any risk factors or health problems identified, a plan of action will be proposed to maximize health and wellness. A comprehensive and confidential report will also be presented to you.

We provide four different medical packages. The difference between the packages lies in their complexity and the duration of time that the doctor will spend with you. You will receive a Customized Written Report with Full Results of the Investigations and Your Individual Recommendations.

We have thought about necessity and convenience for our patient and for those who like the Premium Package i.e. Ultra, this can be alternated yearly with the Ultra Follow up.

### **Recommended Medical Examinations**

#### **Age Frequency**

20-30 years Every 5 Years

31-39 years Every 3 Years

40-44 years Every 2 years

45 onwards Every Year

### **Cost of Examinations:**

#### **Standard:**

45mins Initial Consult plus 15 min follow up - HK\$5,900

#### **Comprehensive:**

60mins Initial Consult plus 30 mins follow up - HK\$9,900

#### **Ultra:**

60 mins Initial Consult and 30 mins for stress test plus 30 mins follow up - K\$14,900

#### **Ultra follow Up:**

60 Mins Initial Consult Plus 30 mins follow up - HK\$12,900

**The following is included in the medical packages:**

Test	Standard	Comprehensive	Ultra	Ultra Follow Up
History, Complete Physical Examination & Report	√	√	√	√
ECG	√	√	√	√
Stress Test (Treadmill)			√	
Spirometry		√	√	√
BMI-Height & Weight	√	√	√	√
Waist Circumference	√	√	√	√
Vision Tests (with clinic nurse)	√	√	√	√
Full vision testing with Optometrist			√	√
Risk Assessment Score (QRISK Cardiovascular and Stroke Risk)	√	√	√	√
<b>Blood tests and investigations</b>				
<b>Blood Profile</b>				
Complete Blood Count	√	√	√	√
ESR		√	√	√
Blood Group	√	√	√	
Uric Acid level	√	√	√	√
<b>Kidney and Liver Function Tests</b>				
Renal Function profile	√	√	√	√
Glomerular Filtration Rate - eGfr		√	√	√
Liver Function Tests	√	√	√	√
Ferritin	√	√	√	√
<b>Cardiovascular Tests</b>				
Full Cholesterol profile	√	√	√	√
CRP (Sensitive for Heart Disease)		√	√	√
Homocysteine			√	√
<b>Endocrine</b>				
TSH	√	√	√	√
Free T3			√	√
Free T4		√	√	√
Glucose	√	√	√	√
HbA1c		√	√	√
<b>Vitamin Levels and Minerals</b>				
Active Vitamin B12			√	√
Folate			√	√
Vitamin D		√	√	√
Corrected Calcium & Albumin			√	√
<b>Cancer Markers</b>				
CA19.9			√	√
PSA		Males	Males	Males
CA125		Females	Females	Females
<b>Infection profile</b>				
Hep A Ab		√	√	
Hep BsAg	√	√	√	
Hep B Ab		√	√	
Hep C Ab			√	
HIV 1 and 2 Abs p24	√	√	√	√
RPR - Syphilis	√	√	√	√
FTA – Syphilis Confirmation		√	√	√
<b>Ultrasound: upper abdomen (Liver and GB, Pancreas, Kidneys and Spleen)</b>				
Ultrasound: upper abdomen (Liver and GB, Pancreas, Kidneys and Spleen)			√	√



Urine: Microscopy / culture if required	√	√	√	√
Stool: Microscopy and Parasites	√	√	√	√
Stool: Occult Blood	√			
Stool: FOB Plus Helicobacter Antigen		√	√	√
Pap Smear	√	√	√	√

Last update Feb 2018