



Enquiry & Appointment

查詢及預約

For more information about our services or appointment booking, please contact us or visit our website.

如欲了解我們的服務或預約，歡迎與我們聯絡或瀏覽我們的網站。

Telephone 電話: (852) 2507 2656

Website 網站: www.ump-wmc.com.hk



聯合健康管理中心
UMP Wellness & Metabolic Centre

Cardio - Neuro Wellness Program

心腦血管健康計劃

UMP Wellness & Metabolic Centre location 聯合健康管理中心位置

Address Room 1603, 16/F, Wing On House,
71 Des Voeux Road Central, Hong Kong

地址 香港中環德輔道中 71 號
永安集團大廈16樓1603室

How to access 如何前往

MTR 港鐵

MTR Central Station Exit A or B (5 minutes walk)
港鐵中環站A或B出口 (步行 5 分鐘)

MTR Hong Kong Station Exit C (3 minutes walk)
港鐵香港站C出口 (步行 3 分鐘)



Cardio - Neuro Wellness Program

心腦血管健康計劃

Program Objectives

計劃目標

One of the key aspects of stroke prevention is controlling the possible risk factors. Atrial fibrillation (AF) is a type of irregular heartbeat that can cause blood clots to form in your heart. Having atrial fibrillation increases your risk of stroke by 5 times and death by 2 times. This program aims to prevent the risk of stroke among patients with pre-existing atrial fibrillation through regular monitoring and disease control.

要預防中風，就要先控制好中風的危險因素。心房顫動是一種不規則的心跳，可導致心臟形成血栓。心房顫動會使中風風險增加 5 倍以及死亡風險增加 2 倍。本計劃旨在通過定期監測和疾病控制以期減低已存在心房顫動的患者的中風風險。

Program Details

計劃內容

Stage 1 第一階段		
Week週	Details 詳情	Conducted by 主理
1	Medical history, body mass index 病史、體重指標	Cardiologist 心臟科專科醫生 Healthcare Professionals 醫護人員 Dietician / Nutritionist 營養師/營養學家
	Clarification of symptoms, physical examination and diagnosis 釐清症狀、體格檢查和診斷	
	Formulation of investigation and further assessments 制定調查和進一步評估	
	Formulation of preliminary management approaches 製定初步管理方法	
	Education and empowerment 教導相關知識和賦能	

Notes 備註

- Our program only includes the doctor's consultation fees and examination fees specified by the program, and does not include the fees for medications, medical imaging, laboratory tests, examinations and other services not specified by the program. 本計劃只包括計劃指定的醫生診金及檢查費用，並不包括藥物、醫學影像、化驗、非本計劃指定的檢查及其他服務費用。
- For enquiries, please contact our customer service representative. 如欲了解有關本計劃之詳情，請向客戶服務代表查詢。
- In case of any dispute, UMP Wellness & Metabolic Centre reserves the right of final decision. 如有任何爭議，聯合健康管理中心保留最終決定權。

Stage 2 第二階段		
Week週	Details 詳情	Conducted by 主理
6	Phone follow-up 電話跟進	Healthcare Professionals 醫護人員
12	Assist patient in record cardiac events using a private portable ECG recording device (if any) 協助患者利用私人電記錄裝置記錄心臟活動 (如有)	Healthcare Professionals 醫護人員
19	Blood test 血液測試	Healthcare Professionals 醫護人員
	Resting ECG 靜態心電圖	
	30 minutes holter (if patient does not have portable ECG device) 30分鐘動態心電圖 (如患者沒有私人電記錄裝置)	
24	Analyze ECG record/ holter report 分析心電圖/動態心電圖記錄	Cardiologist 心臟科專科醫生
	Review blood test result 解釋血液化驗報告	
	Review medication regimen 審視處方藥物	
35	Phone follow-up 電話跟進	Healthcare Professionals 醫護人員
	Retrieval of cardiac events recorded with a private portable ECG recording device (if any) 檢索利用私人電記錄裝置記錄的心臟活動 (如有)	
Stage 3 第三階段		
Week週	Details 詳情	Conducted by 主理
52	Resting ECG (if patient does not have private portable ECG recording device) 靜態心電圖 (如患者沒有私人電記錄裝置)	Cardiologist 心臟科專科醫生
	Decide and consolidate ongoing treatment plan and medication regimen 決定並鞏固正在進行的治療計劃以及處方藥物	Healthcare Professionals 醫護人員
	Formulation of follow-up action 制定後續行動	
Program duration: 52 weeks		計劃為期: 52星期