



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](http://www.ump-wmc.com.hk)



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

Diabetes Management Program

糖尿病管理計劃

## 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)



Diabetes increases the risk of stroke, heart diseases, kidney diseases, nerve problems, foot ulcers, and retinal diseases. Our endocrinologists in this program will be able to provide diabetic patients with the necessary assessment and advice to enhance your diabetic care.

糖尿病會增加中風、心臟病、腎臟疾病、神經問題、足部潰瘍和視網膜疾病的風險。我們的內分泌及糖尿病專科醫生能夠為糖尿病患者提供必要的評估和建議以加強您的糖尿病護理。

## Basic Rules for Diabetes Mellitus Treatment

### 治療糖尿病的基本法則



Weight Management  
控制體重



Diet Control  
調節飲食



Self-supervision  
自我監察病情



Adequate Physical Activity  
適量運動



Medication Treatment  
藥物治療



## 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。

## Diabetes Management Program 糖尿病管理計劃

### Program Objectives

#### 計劃目標

- Equip joiners with skills in management of diabetes mellitus  
讓參加者提升對糖尿病的控制技巧
- Monitor of blood glucose control  
定期監察血糖
- Identify and manage of diabetes mellitus complications  
及早發現併發症的徵狀，訂下個人需要的治療方案

### Recommended for

#### 適合對象

- History of gestational diabetes mellitus or delivery of a baby weighing > 8 lb  
妊娠糖尿病史或分娩嬰兒體重 > 8 磅
- People with fatty liver  
已有脂肪肝的人士

### Benefits Schedule

#### 計劃內容

Items 項目	Number of visits per year 每年次數
Endocrinologist consultation visit (without medication) 內分泌專科 (不包括藥物)	3
Blood test and urine test 血液和尿液測試	1
Foot examination (general and neurological) 足部檢查 (一般檢查及神經檢查)	1
Ankle-Brachial Index (ABI) measurement 踝肱指數檢查	1
Fundus photography 拍攝眼底影像	1
Dietician / Nutritionist consultation visit 營養師/營養學家諮詢	1
X-ray and laboratory test X光及醫療化驗	Special rate 特別優惠
Medication 藥物	Special rate 特別優惠

Program duration: 52 weeks 計劃為期: 52星期