



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

Elite Health Assessment  
康悅健康評估

## 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)



## Elite Health Assessment 康悅健康評估

This assessment aims to identify risk factors for adverse health problems among our elders, alerting them to red-flag and maintaining good health. Our detailed physical examination includes assessment of the brain, eyes, hearing, chest and lungs, the prostate (amongst men), physical function (including motor ability, balance, grip, swallowing) and cognitive function.

這項評估旨在找出我們長者中不良健康問題的風險因素，提醒他們注意危險信號並保持身體健康。我們的體檢範圍包括評估大腦、眼睛、聽力、胸肺、前列腺（男性）、身體功能（包括活動能力、平衡力、握力、吞嚥能力）和認知功能。

### Assessment Features

#### 評估特色

01 Management by a Specialist in Geriatric Medicine  
由老人科專科醫生主理

02 Comprehensive integrated assessment  
全方位綜合評估

03 Body systems assessment, includes brain, eyes, hearing, chest and lungs, and prostate (for male)  
系統性評估，包括大腦、眼睛、聽力、胸肺及前列腺（只限男性）

04 Functional assessment, including motor ability, balance, grip and swallowing ability  
功能性評估，包括活動能力、平衡力、握力、吞嚥能力

05 Clinical frailty index  
臨床衰老指標

### Notes 備註

- 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。

### Assessment Details

#### 評估內容

##### Body Systems Assessment 系統性評估

Weight, Height, Body Mass Index, Waist Circumference, Blood Pressure, Pulse  
體重、身高、體質指標、腰圍、血壓、脈搏測量

Brain 大腦	Cognitive Screening	認知能力評估
	Mood Screening	情緒評估
Eyes 眼睛	Visual Acuity Test	視力檢查
	Colour Vision Test	色盲測試
	Macular Degeneration Screening	黃斑性病變測試
	Fundus Examination	眼底鏡檢查
Hearing 聽力	Hearing Test	語音測驗
Pulmonary 胸肺	Spirometry Test	肺活量測試
Prostate (For Male) 前列腺（只限男性）	Prostate Specific Antigen	前列腺癌抗原

##### Functional Assessment 功能性評估

Nutrition 營養	Screening Questionnaire	檢查問卷
	Mid-Arm Circumference	中臂圍周
Continence 理遺	Screening Questionnaire	檢查問卷
Mobility 活動	Mobility Assessment	活動能力評估
	Balance Assessment	平衡力評估
	Fall Risk Assessment	跌倒風險評估
Sarcopenia 肌肉減少症	Screening Questionnaire	檢查問卷
	Handgrip Strength	握力檢查
	Skeletal Muscle Mass Assessment	骨骼肌量評估
Activities of Daily Living 日常生活活動	Basic and Instrumental Activities of Daily Living	基本性及工具性日常生活活動
	C-DAD for Suspected Memory Problem	失智功能障礙評估量表
Swallowing 吞嚥	Bedside Assessment	臨床評估
Overall Frailty 整體衰老	Clinical Frailty Index	臨床衰老指標
Dietitian Counselling		註冊營養師諮詢
Specialist Consultation and Report Interpretation		專科醫生面診及報告解釋

#### Fee 費用

HK\$ 4,000

Duration of assessment: minimum 120 minutes 評估需時最少120分鐘

Recommended for people aged 55 or above 適合55歲或以上人士