



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

Heart Wellness Program
心臟健康計劃

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)



Heart Wellness Program 心臟健康計劃

Program features

計劃特點

- **Personalised service, taking into account your individual health needs**
提供個人化服務，針對客戶的個別健康狀況制定計劃
- **Program managed by cardiologist**
計劃由心臟科專科醫生主理
- **Close communication between participant and medical professions**
醫療人員與客戶緊貼聯繫，注重每一個細節

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	

Stage 2 第二階段		
Week週	Details 詳情	Conducted by 主理
4	Phone follow-up 電話跟進	Healthcare Professionals 醫護人員
10	Blood test 血液檢查	Healthcare Professionals 醫護人員
12	Review blood test result 審視血液化驗報告	Cardiologist 心臟科專科醫生
	Review medication regimen 審視處方藥物	
35	Phone follow-up 電話跟進	Healthcare Professionals 醫護人員
50	Blood test 血液檢查	Healthcare Professionals 醫護人員
Stage 3 第三階段		
Week週	Details 詳情	Conducted by 主理
52	Decide and consolidate ongoing treatment plan and review medication regimen 決定並鞏固正在進行的治療計劃以及審視處方藥物	Cardiologist 心臟科專科醫生
	Formulation of follow-up action 制定後續行動	Healthcare Professionals 醫護人員
Program duration: 52 weeks		計劃為期: 52星期

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。