

婚前/懷孕前檢查套餐	
此計劃專為準新人及準父母而設，以保障伴侶及下一代的健康	
計劃內容	
體格檢查	
<ul style="list-style-type: none"> • 血壓、身高、體重、體重指標、腰圍 	
健康評估	
<ul style="list-style-type: none"> • 詢問病歷、家族病史及健康評估 • 醫生會面及臨床體格檢查 • 避孕方法建議 	
血液化驗	
<ul style="list-style-type: none"> • 全血計數：包括血色素、白血球及血小板 • 血型及 Rh 因子 • 血紅蛋白電泳分析 • 乙型肝炎抗原、抗體測試 • 梅毒及愛滋病毒測試 • 德國麻疹抗體 (女士適用) 	
健康教育及跟進	
<ul style="list-style-type: none"> • 附有醫生註解之化驗報告 • 附有醫生建議之檢查報告 • 醫生或護士講解健康檢查報告(可親臨中心 / 電話講解，然後郵寄報告) 	
會員:\$1,680 (女士) 非會員:\$1,880 (女士) 會員:\$1,480 (男士) 非會員:\$1,680 (男士)	

溫馨提示: 地中海貧血有多種類別。本港患輕型地中海貧血症人數約佔人口的百分之八點五。隱性患者並沒有病徵，需透過血液化驗，才能得知自己是否病患者。若夫婦兩人均為隱性地中海貧血患者，便有四分一機會誕下重型地中海貧血的胎兒，而重型地中海貧血患者則需要長期接受輸血治療。因此每對夫婦都應在計劃生育前，接受血液化驗及身體檢查，以做好準備。

PRE-MARITAL HEALTH CHECK-UP PACKAGE	
Suitable for couples who have marital or pregnancy planning	
Content	
Basic Body Measurement	
<ul style="list-style-type: none"> • Blood Pressure, Body Height and Weight, Body Mass Index, Waist Circumference 	
Health Assessment	
<ul style="list-style-type: none"> • Medical History, Family History, Health Habit • Clinical Health Assessment • Recommendation of contraceptive 	
Blood Test	
<ul style="list-style-type: none"> • Complete Blood Count: Haemoglobin, White Blood Cells and Platelets • Blood Group Type and Rhesus Factor • Haemoglobin Pattern • Hepatitis B Surface Antigen and Antibody • Antibodies of Syphilis and HIV • Rubella Antibody (Female) 	
Health Education and Follow-up	
<ul style="list-style-type: none"> • Laboratory Report with Doctor's Comment • Health Check Report with Doctor's Suggestion • Explanation of Report by Doctor / Nurse (At Centre or Via Phone) 	
Member: \$1,680 (Female) Non Member: \$1,880 (Female) Member: \$1,480 (Male) Non Member: \$1,680 (Male)	

Friendly Reminder: 8.5% of the Chinese population in Hong Kong has thalassaemia minor. It can be detected through blood tests. People with thalassaemia minor do not have obvious symptoms. If both parents have the condition, their children have one-in-four chance of having thalassaemia major which requires long term blood transfusion treatment. Couples planning to have children can be screened for thalassaemia.