

Prevention is better than Cure - Wellness Program

Long working hours, unhealthy diets, lack of exercises and work-related stress are all major contributors to common health hazards in Hong Kong and are key reasons for rising demand of medical care for employees. As a caring employer, why not take a step further and offer your employees' health care options which can help them combat unnecessary illnesses? With Manulife Medical Card[^] or Manulife Certificate of Insurance, your employees can choose to participate in the "Wellness Program" organized by Quality HealthCare Medical Services Limited ("QHMS"), one of the well-known medical service providers in Hong Kong, at privileged rates.

The "Wellness Program" offers the following medical and health care programs:

I. Dietitian Services

To determine member's healthy body weight and nutritional status in order to enhance his or her nutritional health and well-being. The dietetic consultation is provided by registered dietitian from the medical service provider.

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$340 per consultation

II. Smoking Cessation Program

1a. Initial Consultation (including Nicotine Dependence Test but excluding medication) by General Practitioner

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$165 per consultation

1b. Follow-up Consultations (excluding medication) by General Practitioner

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$165 per consultation

2. Smoker Health Check* (including Height, Weight, Blood Pressure Measurement, Chest X-ray & Peak-flow Meter)

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$180 per examination

* Initial consultation by General Practitioner is required for Smoker Health Check.

III. Stress Management Program

Stress is the emotional and physical strain caused by response to pressure. If stress gets out of control, it may be harmful to health, social relationships, and affect your enjoyment of life. This program is designed to provide relevant information and interactive activities to help members release stress.

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$2,500 per session, prepayment is necessary. Details will be discussed between QHMS and the members;

Program Rules:

- No. of participants: 6-8 persons per session;
- At least 4 weeks advance booking with QHMS is required;

- Once the program is confirmed by QHMS, an administration fee in the amount as specified below will be charged if the event is cancelled by the members:
 - 4-5 working days before the event - 10% of the total charges
 - 1-3 working days before the event - 25% of the total charges
 - On the date of the event - 50% of the total charges

IV. Vaccination Programs

Type of Vaccine	Privileged Prices[#]
HPV Vaccination Package	
Cervarix (HPV 2 in 1) vaccine	HK\$2,700 per course (3 shots per course)
Gardasil (prevention of cervical cancer)	HK\$2,700 per course (3 shots per course)
Hepatitis A & B Package	
Hepatitis A Screening	HK\$240 per test
Hepatitis A Vaccine (for adult)	HK\$800 per course (2 shots per course)
Hepatitis A Vaccine (for child)	HK\$540 per course (2 shots per course)
Hepatitis B Screening	HK\$270 per test
Hepatitis B Vaccine (for adult)	HK\$520 per course (3 shots per course)
Hepatitis B Vaccine (for child)	HK\$370 per course (3 shots per course)
Hepatitis A & B (Twirinx for adult)	HK\$1330 per course (3 shots per course)
Hepatitis A & B (Twirinx for child)	HK\$910 per course (3 shots per course)
Other Vaccination	
Chickenpox (both for adult & child)	HK\$440 per shot

[#]The above prices do not include the doctor's consultation fee. Member may be recommended for doctor consultation at his/ her own expense prior to taking the vaccination(s).

V. Diabetes Education Program

The program is designed for people suffering from diabetes. Diabetes patients must be more cautious about their daily lifestyle, diets, exercising habits. Taking appropriate medicines is also essential. It is difficult to start with but the record of blood glucose level, diet and exercises can help to better monitor diabetes, which results in a healthier lifestyle.

Program Contents:

- i. Basic knowledge of diabetes
- ii. Self blood sugar monitoring techniques
- iii. Problem shooting to overcome self-management barriers (include hypoglycaemia)

management, sick day management)

- iv. Individualized meal planning
- v. Home cooking and eating out tips
- vi. Understanding of food labelling
- vii. Food exchanges

There are total of 4 sessions (2 sessions to be conducted by nurse educators and another 2 sessions by registered dietitians) with 30-45 minutes each, and the program allows flexible time arrangement depending on individual's need with program completion in 3 months.

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$1,450 per program (total 4 sessions)

VI. Basic Screening Program for Hypertension

It is designed for people who had risk factors for cardiovascular disease or borderline high blood pressure. Through the Program, members will be able to monitor ones' blood pressure by carrying a watch-like device to perform 24-hour Ambulatory Blood Pressure (BPro) Monitoring, which result will be analyzed and interpreted by a registered general practitioner for members during a consultation. 24-hour BPro Monitoring helps to effectively monitor blood pressure and reduce the risk of heart attack or stroke.

Program Contents

- Measurement of Blood Pressure, Body Weight, Body Height and Body Mass Index
- 24-hour Ambulatory Blood Pressure Monitoring (BPro)
- One General Practitioner Consultation for BPro result Interpretation

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$790 per program

VII. Women's & Men's Health Check up

1. Basic Women's Health Check up (CS Code: MNP8)

- Gynaecological Examination Questionnaire
- Physical Examination (including Breast and Pelvic Examination)
- Urine Microscopy
- Pap Smear
- Medical Report
- Follow-up Consultation for Report Review

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$440 per examination

2. Basic Men's Health Check up (CS Code: MNP7)

- Health Screening Questionnaire

- IPSS Questionnaire
- Physical Examination (including Rectal Examination)
- Urine Microscopy
- Prostatic Specific Antigen (PSA)
- Blood Lipids (Total Cholesterol, HDL - Cholesterol, LDL- Cholesterol, Triglycerides)
- Electrocardiogram (ECG)
- Medical Report
- Follow-up Consultation for Report Review

Special offer to Holder of Manulife Medical Card/ Manulife Certificate of Insurance:
HK\$760 per examination

Booking Means:

Smoking Cessation Program	Call Designated Quality HealthCare Medical Centres
Dietitian Services	Call QHMS 2975 2389
Stress Management Program	Call QHMS Call Center at 8301 8301
Vaccination Programs	Call QHMS Call Center at 8301 8301
Women's & Men's Health Check up	Call QHMS iWell Centre at 2890 3118
Diabetes Education Program	Call QHMS iWell Centre at 2890 3118
Basic Screening Program for Hypertension	Call QHMS iWell Centre at 2890 3118

Terms and Conditions:

1. These offers are valid for consultation/ examination/ attendance date which falls within the period from **January 1, 2011 to December 31, 2011**.
2. All products, services, and information related to the offer are directly sold and supplied to eligible members of Manulife (International) Limited ("Manulife") by Quality HealthCare Medical Services Limited ("QHMS") who is solely responsible for all related obligations and liabilities. Manulife shall not be held responsible for any claims, losses or damages in relation to such offer.
3. Prior appointment is necessary for all those services mentioned.
4. Services other than the above mentioned will be rendered at QHMS' standard rates from time to time in force, for which cash payment shall be collected directly from the members at the time of consultation.
5. The payment of the above mentioned services are paid by the members upfront at the QHMS centers.
6. The members shall present Manulife Medical Cards or Manulife's Certificate of Insurance for QHMS's verifications upon their visit at QHMS's centers. Staff of QHMS's centers may further request for members' other identification documents (such as HKID card) for verification purpose.
7. The offers are not transferable, and cannot be redeemed or exchanged for cash, other products or discounts, and also cannot be used in conjunction with other promotional offers, discounts, coupons, cash coupons (unless otherwise specified)
8. Additional terms and conditions may be imposed by QHMS to respective offer. QHMS may, at their discretion, decline the members from receiving these services. Please check with QHMS for details.
9. Manulife and QHMS reserve the right to vary or terminate the offers at any time and to amend the terms and conditions from time to time.
10. In the event of any dispute as to the eligibility and entitlement of the offers, the decision of Manulife and/or QHMS shall be final and conclusive.

^ The medical card service is offered under ManuPlan & FlexiCare only. ManuPlan and FlexiCare are insurance plans underwritten and issued by Manulife (International) Limited. The relevant policy provisions should be referred for details.

To view our Privacy Policy, please visit our website at www.manulife.com.hk. You may also request Manulife not to use your personal information for direct marketing purpose by writing to our Privacy Officer at 22/F, Manulife Financial Centre, 223-231 Wai Yip Street, Kwun Tong, Kowloon, Hong Kong or by calling our Customer Service Hotline at 2108 1188.

LOCATIONS OF QHMS MEDICAL CENTERS

1. Dietitian Services

- a) Tsimshatsui – Room 608-613, 6/F., HK Pacific Centre, 28 Hankow Road, Tsim Sha Tsui, Kowloon (Tel: 2367 3011)
- b) Causeway Bay – Room 1301, 13/F., East Point Centre, 555 Hennessy Road, Causeway Bay, Hong Kong (Tel: 2895 1163)
- c) Shatin – Room 905 – 907, 9/F., New Town Tower, 10 – 18 Pak Hok Ting Street, Shatin, New Territories (Tel: 2698 9378)

2. Smoking Cessation Program

- a) Jordan (Sino Cheer Plaza) – Shop 1, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon (Tel: 2781 2171)
- b) Ma On Shan – Shop 210, Level 2, Ma On Shan Plaza, 608 Sai Sha Road, Ma On Shan, New Territories (Tel: 2631 6992)

3. Vaccination Programs & Women's & Men's Health Check up

Please refer to the information of Quality HealthCare Physical Centres in back page.

4. Diabetes Education Program & Basic Screening Program for Hypertension

Quality HealthCare iWell Centre: Suite 2405-06, 24/F., World Trade Centre, Causeway Bay, Hong Kong (Tel: 2890 3230)

Quality HealthCare Physical Centres

HONG KONG ISLAND 香港島

Admiralty

Unit 1605-09, 16/F Admiralty Centre Tower 1,
18 Harcourt Road, Admiralty, HK
Tel: 2529-8666

Causeway Bay

Room 1301, 13/F East Point Centre,
555 Hennessy Road, Causeway Bay, HK
Tel: 2895-1163

Central (Crawford House)

Room 706-709, Crawford House,
70 Queen's Road Central, HK
Tel: 2525-9800

Sheung Wan

1/F 303 Des Voeux Road Central, Sheung Wan, HK
Tel: 2975-2328

金鐘

香港金鐘夏愨道 18 號海富中心第 1 期 16 樓 1605-09 室
電話: 2529-8666

銅鑼灣

香港銅鑼灣軒尼詩道 555 號東角中心 13 樓 1301 室
電話: 2895-1163

中環 (卡佛大廈)

中環皇后大道中70號卡佛大廈 7 樓 706 -709室
電話: 2525-9800

上環

香港上環德輔道中 303 號 1 樓
電話: 2975 2328

KOWLOON 九龍

Kowloon Bay

Block I, G/F Telford Gardens, Kowloon Bay, Kowloon
Tel: 2750-0782

Mong Kok

8/F Wai Fung Plaza, 664 Nathan Road,
Mong Kok, Kowloon
Tel: 2390-3398

Tsim Sha Tsui

Room 608-613, 6/F HK Pacific Centre,
28 Hankow Road, Tsim Sha Tsui, Kowloon
Tel: 2367-3011

九龍灣

九龍九龍灣德福花園 I 座地下
電話: 2750-0782

旺角

九龍旺角彌敦道 664 號惠豐中心 8 樓
電話: 2390-3398

尖沙咀

九龍尖沙咀漢口道 28 號亞太中心 6 樓 608-613 室
電話: 2367-3011

NEW TERRITORIES / LANTAU ISLAND 新界 / 離島

Shatin

Room 905-907, 9/F New Town Tower,
10-18 Pak Hok Ting Street, Shatin, NT
Tel: 2698-9378

Tseung Kwan O

Shop 234-236, Level 2, Metro City Plaza 1,
Tseung Kwan O, NT
Tel: 2623-7200

Tsing Yi

Shop Unit 308D, Level 3, Maritime Square,
33 Tsing King Road, Tsing Yi, NT
Tel: 2431-0230

沙田

新界沙田白鶴汀街 10-18 號新城市商業大廈 9 樓
905-907 室
電話: 2698-9378

將軍澳

新界將軍澳新都城中心一期商場二樓 234-236 號舖
電話: 2623-7200

青衣

新界青衣青敬路 33 號青衣城 3 樓 308D 號舖
電話: 2431-0230