

Overseas Medical Package

Category	Program Name	Service Overview	Program Interpretation	Male	Female
Pre-check Preparation	check-in	Register with ID card or APP clock in	Confirm identity information and conduct real-name physical examination	✓	✓
	Dressing and Storage	Change into comfy clothes and store valuables	Avoid interference from personal belongings and clothes with examinations; prevent loss of valuables.	✓	✓
General Examination	Basic Vital Signs Measurement	Height, weight, blood pressure, BMI, waist circumference, etc.	Imbalanced weight management, abnormal fat distribution and slight fluctuations in blood pressure regulation are early clinical signs of chronic diseases such as diabetes, heart disease and stroke. Measuring height, weight, blood pressure, BMI and waist circumference are basic physical examination items and primary ways to assess health status.	✓	✓
	Resting ECG	12-lead Routine ECG Examination	Valuable for detecting early arrhythmia, myocardial ischemia, ventricular hypertrophy, and other cardiac abnormalities. It establishes a resting 12-lead ECG electrical baseline to serve as a reference for future changes.	✓	✓
	Ultrasound Bone	Bone Density	Ultrasound bone density testing in health check-ups is key for	✓	✓

	Density	Measurement	early detection of low bone mass and osteoporosis prevention. Bone loss starts at age 40, with higher postmenopausal risk confirmed by testing. Periodic premenopausal tests provide negative baseline data. Thyroid disease history also warrants this test.		
	Helicobacter Pylori Breath Test	C13 Urea Breath Test	Helicobacter pylori (Hp) testing in health check-ups serves as a core defense against gastric cancer and various gastric diseases, and is a key measure for primary prevention of gastric cancer (78% of gastric cancer cases are attributed to Hp infection — The Lancet, 2021). The urea breath test is the preferred method for detecting Hp infection, offering safety, convenience, and high accuracy.	✓	✓
Specialized Examination	Internal Medicine Examination	Physical Examination : Covers heart, lungs, abdomen and other parts. Medical Data Collection: Includes symptoms, medical history, family history, medication history and personal	It is an indispensable part of overall health assessment. All consulting physicians are senior specialists with extensive experience in health care services. They can also address other medical concerns, creating a health check-up model that seamlessly integrates clinical consultation with physical examinations.	✓	✓

		history. Check items can be adjusted as needed.			
	Surgical Examina tion	Surgical Examination : Skin, superficial lymph nodes, thyroid, spine, limbs and joints, breast (female), anus, and digital rectal examination .	As a routine specialized examination, it assesses common surgical and dermatological conditions (thyroid nodules, breast lumps, suspicious nevi, joint disorders, hemorrhoids, and skin rashes) and is an indispensable part of overall health assessment. Performed by experienced clinicians, it also offers consultation on related conditions such as anorectal diseases and digital rectal examination, creating an integrated model of outpatient consultation and physical screening.	✓	✓
	Ophthal mologic al Examina tion	General eye check (eyelid, lacrimal passage, conjunctiva, cornea, pupil, lens), visual acuity, color vision, intraocular pressure measureme nt, slit-lamp examination (eyelid, lacrimal passage, conjunctiva,	A routine specialized eye exam assessing intraocular pressure, retinal disorders, and other ocular conditions. Performed by experienced physicians with consultation on related eye issues, integrating clinical advice with physical eye examination.	✓	✓

		cornea, anterior chamber, iris, pupil, etc.)			
	Otolaryngology Examination	Hearing speech test, otoscopic examination of external auditory canal and tympanic membrane; anterior rhinoscopy for nasal turbinates and nasal cavity; indirect laryngoscopy of pharynx, larynx and tonsils.	A routine specialized ENT exam assessing nasopharyngeal masses, nasal abnormalities, ear and laryngeal disorders. Performed by experienced clinicians who also offer consultations, this service combines professional advice with physical examination.	✓	✓
	Dental Examination	Face, salivary glands, lymph nodes, temporomandibular joint, dentition, teeth, periodontal tissues, oral mucosa and occlusal alignment	A routine specialized oral exam assessing leukoplakia, erythroplakia, early caries, periodontitis, and other oral conditions. Performed by experienced dentists offering consultations, combining clinical advice with physical examination.	✓	✓

	Gynecological Examination	Gynecological exam (vulva, vagina, cervix, uterus, adnexa). HPV and TCT sample collection. On-site gynecological consultation available.	A routine specialized gynecological exam evaluating gynecologic and reproductive health. Performed by experienced physicians offering consultation on related conditions, combining clinical advice with physical examination.		✓
		HPV Genotyping Test: 14 high-risk types, 3 intermediate-risk types and 6 low-risk types	Liquid-based thin-layer cytology (TCT) and HPV screening are two core defenses against cervical cancer. Used together, they enable dual-target screening (HPV cause + cellular lesions), significantly reducing cervical cancer incidence and mortality.		
		Gynecological Liquid-Based Thin-layer Cytology Examination and Diagnosis (Arion)			
Laboratory examination	CBC 5-part differential test	RBC/HGB/PLT/WBC/NEUT%/LYM%/MONO%/EO%/BASO%/NEUT/LYM/MONO/EO/BASO/H	A single drop of blood is where we begin to understand how the human body functions. We always recommend maintaining basic blood tests, as they serve as the control panel of your health system. Even subtle early changes in metabolism,	✓	✓

		CT/MCV/MCH/MCHC/RDW-CV/PDW/MV/PCT	inflammation, immunity and hematological conditions can be detected through these tests. We integrate your blood test data into longitudinal health management records to monitor trending fluctuations, enabling early warning of potential health risks.		
Urinalysis Chemical Analysis	Specific Gravity, Urine pH, Urine Protein, Urine Bilirubin, Urobilinogen, Urine Glucose, Urine Ketone, Nitrite, Urine Erythrocytes, Urine Leukocytes	Routine urinalysis is a fundamental yet vital screening tool for assessing renal function, urinary system health and systemic metabolism, known as a non-invasive renal biopsy. It not only helps identify urinary tract disorders, but also serves as a comprehensive cross-reference profile reflecting the health status of the kidneys, liver, metabolism and blood system.	✓	✓	
Routine Stool	Routine Stool + FOBT	It is an examination item for evaluating digestive tract infections, bleeding, parasitic infestations and other related disorders.	✓	✓	
CCV Risk Assessment	Triglyceride, Total Cholesterol, High-Density Lipoprotein, Low-Density Lipoprotein	Triglycerides, total cholesterol, high-density lipoprotein and low-density lipoprotein are core indicators for evaluating blood lipid health, which are directly linked to cardiovascular disease risks. Scientific blood lipid management can effectively reduce the risk of cardiovascular diseases.	✓	✓	

		Homocysteine (Hcy) Test	Testing for homocysteine during physical examination serves as a key independent risk factor to assess cardio-cerebrovascular diseases, neurological disorders and nutritional metabolic abnormalities. This test is highly recommended for middle-aged and elderly men, postmenopausal women, as well as individuals with a history of hyperlipidemia, smoking, hypertension, diabetes and other cardio-cerebrovascular risk factors.	✓	
	Liver Function	ALT, AST, TBIL, DBIL, TP, ALB	Liver function tests act as a static health snapshot to detect potential risks at an early asymptomatic stage. Most liver diseases present no obvious symptoms in their initial phase. We recommend including liver function screening in routine physical examinations. It is of great strategic significance, especially for people with risk factors such as heavy alcohol consumption, metabolic syndrome, hepatitis B carrier status, long-term medication use and relevant family medical history.	✓	✓
	Renal Function	Urea, Cr, UA	Renal function tests serve as vital guardians of kidney health in routine health check-ups. Creatinine, urea nitrogen and uric acid are three key indicators reflecting renal and metabolic conditions. They help assess renal function, monitor disease progression, warn of medication-related risks and manage gout. Nevertheless, comprehensive	✓	✓

			assessment with additional biomarkers is still required to identify early-stage kidney damage.		
	Diabetes Screening	Glu, HbA1c	Combined detection of the two items serves as a golden strategy for diabetes screening, blood sugar control evaluation and complication risk reduction. Especially for high-risk populations, regular joint testing can identify abnormal blood glucose levels 5 to 10 years in advance, securing a critical time window for diabetes reversal.	✓	✓
	Thyroid Function	FT3、FT4、TSH	Thyroid function testing in physical examinations is a core method to assess thyroid health and screen for endocrine disorders. Known as the body's metabolic engine, the thyroid gland secretes thyroid hormones to regulate vital physiological functions including whole-body energy metabolism, body temperature, heart rate, digestion and neural development. Thyroid dysfunction is highly prevalent among adults, with an incidence rate of approximately 20% in Chinese adults. Since early symptoms are often subtle, regular health check-ups are essential for detecting subclinical thyroid lesions.	✓	✓
		TPOAb、TgAb	Thyroglobulin antibody and thyroid peroxidase antibody are core indicators for evaluating thyroid autoimmune status in physical examinations. Elevated levels indicate risks of	✓	✓

			autoimmune thyroid diseases. Given your past history of Hashimoto's thyroiditis, these items are included in the checkup.		
	Tumor markers	AFP	Alpha-fetoprotein (AFP) is a vital tumor marker for screening and aiding diagnosis of hepatocellular carcinoma (HCC). A normal AFP result cannot fully rule out liver cancer, as 30%–40% of patients show normal levels. For high-risk groups including those with chronic hepatitis B/C, liver cirrhosis or a family history of liver cancer, regular AFP tests and liver ultrasound every six months help detect liver cancer at an early stage.	✓	✓
		CEA	CEA is a widely used tumor marker with low specificity. It acts as an early warning sign for colorectal cancer recurrence and helps monitor treatment response and relapse. It has limited value for early screening and auxiliary diagnosis, and is not the preferred screening indicator.	✓	✓
		CA-125	It helps diagnose gynecological tumors and monitor treatment and conditions of ovarian cancer patients. Elevated levels may occur in ovarian cancer and other malignant tumors including cervical cancer, endometrial cancer, fallopian tube cancer, breast cancer, gastric cancer, pancreatic cancer, liver cancer and lung cancer, as well as benign conditions such as ectopic pregnancy, uterine		✓

			fibroids, endometriosis, pancreatitis, pericarditis, pleurisy and decompensated cirrhosis.		
		CA-153	It assists in auxiliary diagnosis, treatment monitoring and recurrence assessment of breast cancer. Elevated levels are also seen in liver cancer, lung cancer, cholangiocarcinoma, ovarian cancer, pancreatic cancer, as well as benign lesions including mammary hyperplasia, hepatitis, liver cirrhosis and benign ovarian tumors.		✓
		PSA, F-PSA	Prostate-specific antigen (PSA) testing is a core tool for prostate cancer screening. It enables early detection and reduces the mortality rate by 20% to 30%. However, PSA levels can be affected by prostatitis, local massage and trauma, so results should be interpreted alongside imaging examinations.	✓	
	Assess ment of pathoge n infection	HBsAg	Hepatitis B is one of the most prevalent infectious diseases in China. Without intervention, some carriers may gradually develop liver cirrhosis or hepatocellular carcinoma. Regular screening and standardized management can reduce the risk of severe complications such as liver cancer by at least 40%.	✓	✓
		HCV-Ab	Hepatitis C antibody (anti-HCV) test in physical examination is a key method for HCV infection screening. It helps detect latent infection at an early stage and halt liver disease progression	✓	✓

			and viral transmission. A positive antibody result does not equal active infection, which may indicate past infection with spontaneous recovery.		
		TP-Ab	Syphilis testing, usually serological tests, is the core screening method for syphilis infection. It can identify asymptomatic carriers early, prevent late-stage disability and block disease transmission.	✓	✓
		HIVs	HIV antibody testing during physical examinations is a critical line of defense in AIDS prevention and control. Early detection and timely treatment have transformed AIDS from a fatal disease into a manageable chronic condition.	✓	✓
Color Ultrasound	Thyroid Color Ultrasound	Thyroid CDFI Ultrasound	Thyroid color Doppler ultrasound is the preferred imaging modality for screening structural abnormalities of the thyroid gland. It enables early detection of malignant lesions, assessment of functional status, and serves as a key component in guiding targeted treatment. Accurate TI-RADS classification facilitates subsequent medical intervention.	✓	✓
	LGPS Color Ultrasound	LGPS Color Doppler Ultrasound	Liver, gallbladder, pancreas and spleen color Doppler ultrasound is the preferred imaging modality for screening abdominal organ diseases. It is primarily used to detect occult lesions in the liver, gallbladder, bile ducts, pancreas and spleen at an early stage, monitor the progression of chronic diseases and prevent	✓	✓

			emergency risks. Annual screening is recommended for people aged 35 and above.		
	Urinary Tract Color Ultrasound	Urinary System Color Doppler Ultrasound	As a top non-invasive screening method for urinary system structural disorders, this ultrasound checks the kidneys, ureters, bladder and male prostate, and detects lesions including tumors, stones and hydronephrosis.	✓	✓
	Gynecological Color Ultrasound	Transabdominal / Transvaginal Color Doppler Ultrasound	This ultrasound exam assesses the breasts and adjacent lymph nodes, detecting mammary hyperplasia, lumps, nodules, cysts, adenomas and breast cancer.		✓
	Breast Color Ultrasound	Breast Color Doppler Ultrasound	Color ultrasound is performed on the breasts and regional lymph nodes to evaluate hyperplasia, masses, nodules, cysts, adenomas and breast cancer.		✓
Imaging test	Low-dose Chest CT (Films not included)	Low-Dose Non-contrast Chest CT	Lung cancer has the highest morbidity and mortality rate among cancers. As the gold standard endorsed by leading guidelines for lung cancer screening, this test outperforms all tumor markers and greatly boosts early detection, helping cut mortality via prompt treatment. It is recommended for long-term smokers, seniors, people with immune issues, family history of lung cancer, prior lung infections and long-term air pollution exposure. (<i>Reminder: Avoid pregnancy for six months following the test.</i>)	✓	✓

Meal	customized nutritional meals	Choice of Chinese & Western breakfast.	After completing fasting tests, please have meals promptly to prevent discomfort such as low blood sugar, dizziness and palpitations.	✓	✓
Electronic report	Medical Check-up Report	Electronic Version of Health Check Report (Chinese & English)	Easy for clients to save and check medical data, guide follow-up medical treatment and assist with health management.	✓	✓
Health management	Critical Abnormal Indicators Alert	For Category B results per examination guidelines, the pre-examination physician or health manager shall confirm and inform the client within 24 hours, along with suggestions for subsequent arrangements.	Prevent missed diagnosis and loss to follow-up of major medical issues, and ensure timely re-examination.	✓	✓
	In-depth Report Interpretation (Exclusive Service)	Book an appointment within 1 week upon release of all results. Full interpretation is	Analysis of all test results explains their contents, significance and health tips. Turn from a passive recipient of data into an active manager of your health.	✓	✓

		available by phone, video or face-to-face consultation .			
Package Price (CNY)				7,0 00	7,0 00