

Corporate Wellness Programs

Quality Healthcare Medical Services Limited



Know Your Heart Package

With many of the Hong Kong population work longer than ever before, focusing on the health and wellness of the employees enable a healthier, happier and higher performing workforce. Quality HealthCare's Health Lounge provides onsite health screening services to our corporate clients, which can help evaluating the health status of staff and identifying potential health risk. It thereby help the corporations to better manage the potential healthcare costs.

Package Item	Highlights
Blood Pressure Measurement	<ul style="list-style-type: none">This elementary assessment is the first step to get to know your heartBy looking at these metabolic risk factors plus your ECG test result, our professional team will help you to identify your risk of developing cardiovascular diseases in the future and offer you healthcare advice to ensure possible prevention at an early stage
Body Mass Index (BMI) & Fat Percentage Measurement	
Simple Electrocardiogram (ECG) Test	
Blood Test for Total Cholesterol & Glucose*	

* Can be upgraded to **Lipid Profile (incl. Total Cholesterol, HDL-Cholesterol, calculated LDL-Cholesterol and Triglycerides)**.

Hours of Service: 4 hours | Recommended for 50 participants

Apart from above package, we also provide a range of additional services to top-up the package and suit various health concerns of our clients. This enables choices and flexibility to our clients according to their needs and budgets.

Additional Item	Max No. of participant (in 4 hour)
Chinese Manual Therapy (Neck and Shoulder Massage)	16
Colour Blindness Screening	50
Healthy snacks/ sweet supply	50
Dietitian Consultation	24
Measurement of Blood Oxygen Level & the Peak Expiratory Flow Rate (PEFR)	50
Basic Skin Analyze	40
Spinal Assessment (Conducted by Physiotherapist)	40
Eye-sight test & eye pressure measurement	50
Chinese Medicine Consultation	28
Eye-sight test, eye pressure measurement & Retinal photography	40

We are happy to provide advice on Health Lounges planning, please contact us at 2975 3287 or email cw@qhms.com for details.

Corporate Wellness Programs are designed to promote the wellness of employees, regardless of their work environment. Prevention is better than cure— the idea of Corporate Wellness programs stemmed from the wish of companies to reduce healthcare expenses on compensation for employees. Moreover, many companies share a more forward-looking vision - they want to create a more inviting and relaxing workspace for their employees. Our mission is to deliver programs that empower you and your workforce to reach the optimal level of health.

Overview of Employee Wellness Plan



Wellness Evaluation

A Wellness Evaluation is a series of questions designed to evaluate employees' current health conditions and lifestyle. The information collected helps evaluate the present degree of risk, unhealthy habits and opportunities to improve corporate and employee health and wellness. The questionnaire is customised for individual companies based on the industry/field and work environment.



Wellness Activities

Based on the evaluation result, we can offer professional advice on Wellness Activities suitable for the company. On top of our professional medical team, we work together with different service providers to free you from the hassle of looking for further partners.



Health Guide

Better information brings better health. To complement the Wellness Activities for your employees, we will provide corresponding health guide / tips, so that everyone can enjoy more benefits during and beyond the activities.



Health Improvement Index

Our comprehensive wellness plan includes post-assessment services for those who have taken part in the Wellness Activities. The results of the assessment serve as a benchmark for you and your employees to evaluate individual progress, as well as the effectiveness of the program.

Corporate Wellness offers a range of professionally designed activities, workshops and team challenges, so to help you to make the goal achievable. We dedicated to giving your staff the utmost care in the comfort of your office and to allow staff to work in office while having access to high quality healthcare services.



Wellness Activities: Health Check-up Services

Eye Care Anywhere



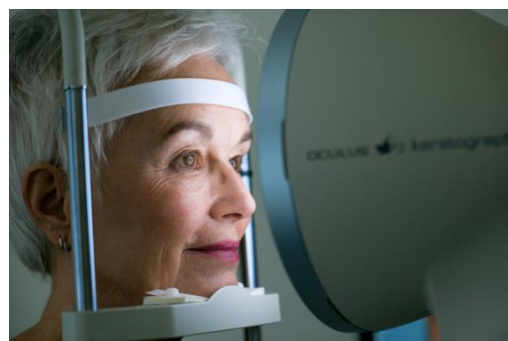
Your employees will benefit from our convenient, time-saving and efficient mobile eye testing service. Our outreach optician or optometrists will come to your workplace, set up a room for eye check-up almost anywhere (break room / conference room), schedule for check-ups with employees ahead of time, perform comprehensive eye tests, and provide a test report afterwards.

Package A - Basic vision screening

- Standard eye-sight test
- Near vision by near vision tester
- Eye pressure measurement
- This screening is conducted by Optician

Package B - Comprehensive eye sight test

- Standard eye-sight test
- Near vision by near vision tester
- Eye pressure measurement
- Retinal photography by standard retinal camera
- Consultation by optometrist, result record and copy of retinal photos



We are happy to provide advice on Health Check-up Services, please contact us at 29753287 or email cw@qhms.com for details.



Wellness Activities: Health Check-up Services

Traditional Chinese Medicine Consultation



Quality HealthCare Traditional Chinese Medicine provides modern, reliable and convenient Chinese medicine services. Through TCM outpatient services, our practitioners analyse your employees' health problems, as well as provide advice on how to regulate the body, remove damp heat and eliminate fatigue. This is not only in line with our principle that prevention is better than cure, but it also helps to reduce waiting time by single-on-patient service.



Through one-on-one consultation, participants will receive personal health advice from our TCM practitioners.

Mind and Body



Many people tend to understand the notion of health on its physical terms, overlooking that mental wellness also plays an important part. World Health Organisation defines "health" as the state of physical, mental, and social well-being. Bearing this holistic concept of health in mind, our Psychologist provides counselling and psychotherapy services to help your employees overcome psychological challenges and attain "total wellness".



Weight Management by Dietitian



Weight management encompasses long-term lifestyle strategies that promote healthy eating and regular exercise. Through one-on-one consultation with our Dietitians, your employees can get health advice and tips for effective weight management.



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Wellness Activities: Health Check-up Services

Test for Muscle Strength

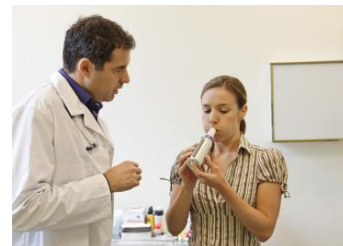
Manual muscle testing and dynamometer are the most common methods to measure muscle strength. Other ways to test leg muscle strength include squat test or wall sit test. Our physiotherapist will conduct the test on a one-on-one basis and provide health advice to participants.



Lung Function Test

Lung function tests (also known as pulmonary function tests) include a variety of tests that assess how well the lungs work. The most basic test is peak flow meter, which measures the amount of air the lungs can hold. It also measures how forcefully the participant can empty air from the lungs.

The test is conducted by registered nurses, after which we will share the results with your employees.



Healthy Hearing

Hearing loss can affect anyone. It often progresses so gradually that you may hardly notice it until symptoms show up. Since hearing loss can bring about far-reaching effects on your health, it would be helpful to do a baseline-hearing test and annual follow-up tests for early diagnosis. Easy and painless to go through, a thorough hearing test will pave the way for better hearing.

The hearing test will be conducted by registered nurses.



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One-on-One Service



Small Group (below 30)



Large Group (~50 – 100)



Table / Booth Set Up



Private Room



Outdoor



Physical Activity



Wellness Activities: Fitness & Wellness

Body Muscle Stretching & Building

This activity aims to let participants perform a series of movement that incorporates stretching and core control, so that our physiotherapist can assess everyone's movement quality and flexibility and offer respective advice.

Each session will be conducted on a one-on-one basis by our physiotherapist, after which every participant can enjoy a personal consultation for 15 minutes.

Minimum booking: 2 hours



De-stress Yoga / Pilates

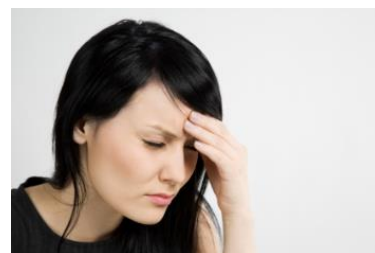
More and more companies come to realise the value of exercise sessions at work for their employees. In light of this, an increasing number of corporates promote exercise at work as a simple and cost-effective way to enhance the physical and mental wellness of employees. We offer Yoga or Pilates classes in office at lunchtimes, in the early morning or evenings at your convenience.

Class size is flexible and dependent on the venue provided.



Stress Management Workshop

This workshop aims to raise your employees' awareness of stress management, and effective stress management can help you cope with the stress, reduce its harmful effects. Training on stress prevention could help participants learn to identify risk factors and reactions of stress earlier and better.



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Wellness Activities: Fitness & Wellness

Flower Arrangement Class

Fond of flowers and plants? This hobby may offer a good way for your employees to relax and build a closer tie with fellow co-workers. In the workshop, participants can learn the basic techniques and ways to make a beautiful flower arrangement, after which everyone can bring their very own creation home!

Minimum group size of 8 participants. Flowers and materials will be provided. Each workshop lasts for around 1.5 hours



Massage in Office

Massager in office with no more hustles and bustles of commuting—it is a terrific treat for your team without having to leave the office. Our professional masseurs will come to your office to provide massage for head and shoulders, which is a great way to help office workers release stress. All you need to do is to set up a room with chairs for your staff to enjoy the service.



Hand Therapy

Hand Therapy is a type of rehabilitation performed by masseurs with recognised qualifications for patients with conditions that affect their hands and upper extremities. The therapy enables speedy restoration of a productive lifestyle for patients.

Minimum booking: 2 hours



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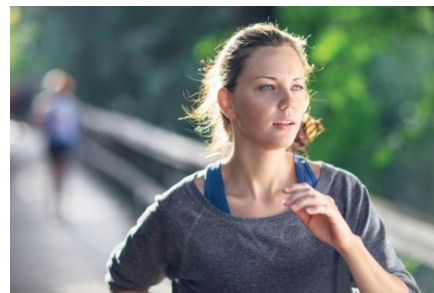
Wellness Activities: Event / Campaign

Office Fitness Challenge

Office wellness challenges are short-term behavioural change contests, intervention strategies, and team activities designed to improve your employees' health and working morale.

We can customise programs based on your company size and preferred exercise levels. Some of the popular examples are Stepping Challenge, Walking Challenge and Weight Control Challenge.

We will arrange pre and post challenge health checks, as well as setting Health Index to measure the effectiveness of the event and improvement on the health of each participant.



Employee Wellness Day

Save a date every year as the wellness day for all employees to remind them of the importance of physical fitness and mental happiness. We can tailor a fun day to meet your needs for both indoor and outdoor environment. Available activities include :



Sweet Reward

We will let your employees check their body weight and height to calculate Body Measurement Index (BMI). Those whose BMI lies in the healthy range can get an ice-cream as a treat. If not, they can still enjoy a sweet treat recommended by our Nutritionist. This is a fun way to engage your employees and let them have a better idea of their body health.

Indoor Cycling Challenge

We will set up exercise bikes and set targets for each participant to achieve.

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Wellness Activities: Event / Campaign

Physical Challenge Workshops

It is crystal clear how physical activities help foster growth and development, reduce the risk of various chronic diseases, and make people feel, function and sleep well. Here are the workshops we can provide, conducted by our Registered Physiotherapists.

Workshop 1 – Muscle Building

Building muscles strength and endurance is essential to injury prevention and maintenance of joint health. In this workshop, we will demonstrate how to build muscles and achieve fitness goals with simple tools at home, making it easy to integrate fitness training in everyday life.

Workshop 2 – Fat Burning

Get ready to burn some fat and optimise weight control! An achievable fat burning program will be introduced for participants to learn how to integrate fat burning exercise in daily activities.

Workshop 3 – Group Circuit Training

Be ready for a full-body workout! This is a beginner's class to let participants have a taste of circuit training and workout, where the three elements of exercise—stretching, strengthening and cardio—will be incorporated.

Each session will last for 1 - 1.5 hours. We recommend 1 session per week for 8 consecutive weeks to complete a full course. Our Physiotherapist can conduct the above courses at your office. Participants are recommended to bring a yoga mat and towel to the class.

Recommended number of participants per session: around 10-20.





Health Guide

We always take good care of your health - all health information approved by our professional medical team so that you can make reference to it without any worries.

Health Information

QHMS Health Newsletter
Hepatitis

Hepatitis is an infectious disease caused by viruses that can inflame the liver and prevent it from doing its job. There are several types of hepatitis, but the most common are hepatitis A, B, and C. Hepatitis A is usually spread through contaminated food or water. Hepatitis B is spread through blood and body fluids. Hepatitis C is spread through blood.

Transmission
Hepatitis A virus can survive in freshwater/saltwater, mainly transmitted by contaminated food, drink, and water. Hepatitis B virus is mainly transmitted by the blood, contaminated needles for ear-piercing or tattoos. Another way of infection takes place is from mother to baby. Most of the infections occur when the baby is born.

Symptoms
Incubation period of Hepatitis A and B last for 2-6 weeks. Symptoms are nonspecific and resemble those of a bad flu. After the condition persists for about 2-6 weeks, the urine will get darker like tea.

Diagnosis
Can be detected by a blood test. A blood sample to find out if you are infected with hepatitis A/B.

Treatment
Hepatitis A: Most patients have a complete recovery and lifelong immunity. There is no chronic carrier state. Can eradicate the virus from a carrier. Doctors develop complications. Some patients with hepatitis, cirrhosis and liver cancer.

Prevention
It is recommended that for persons with no previous A & B Combined Vaccine. This vaccine requires 3 A and B after a full course of vaccination.

QHMS Health Newsletter – 2018 March
Fibroids

Fibroids are benign (non-cancerous) growths of the uterus (womb). They are sometimes called myomas, but most people call them fibroids. Around 20% of women have fibroids.

Fibroids grow very slowly and tend not to cause symptoms in younger women. They can cause problems at all ages, but even so, at least half of all women have them by age 50.

Fibroids can be tiny or very large and a woman may have many. Their growth is stimulated by the hormone oestrogen, which is released from the ovaries during the reproductive years when oestrogen levels fall.

Causes
Fibroids are most common in women in the reproductive years. They are more likely to be found in women who are obese or have a history of miscarriage.

Symptoms
● **Heavy periods:** Up to half of all women with fibroids experience heavy periods. Fibroids do not usually cause any pain.
● **Pressure symptoms:** Fibroids tend to enlarge the uterus, or may press on the bladder or rectum. This can cause discomfort during sexual intercourse.
● **Problems with fertility:** Fibroids can affect the ability to conceive, but they rarely cause miscarriage.
● **Pain:** Fibroids can cause discomfort because of their size. Severe pain is quite rare but can occur if a fibroid outgrows its blood supply.

Diagnosis
A doctor may suspect fibroids if he or she feels a lump during a pelvic exam. An ultrasound scan is a useful way of confirming the diagnosis. A hysteroscopy, which involves looking inside the uterus, or by laparoscopy, which involves making a small incision in the outer wall of the uterus, can also be used to diagnose fibroids.

QHMS Health Newsletter – Mar 2019
Prostate Cancer

Prostate cancer has become the 3rd most common cancer among Hong Kong males in which one in every 32 men would suffer from the condition.

According to a survey on early examination and understanding of prostate cancer symptoms, over 70% of the 400 respondents experienced different urination-related symptoms, but few had consulted doctors to follow up on the problems. In case of symptoms deterioration and complications, the patient might need to undergo surgery to improve urination.

Causes
The exact reasons why you may develop prostate cancer aren't fully understood at present. But you're more likely to develop prostate cancer if:
● you're over 50
● you have close relatives who have had prostate cancer
● several women in your family have had breast cancer - you may have inherited a faulty gene which may increase your risk of prostate cancer
● your diet is high in fat, meat and dairy products

Symptoms
Prostate cancer and benign prostatic hyperplasia (BPH) are common among senior males, and the symptoms are similar:
✓ difficulty in starting to pass urine
✓ a weak, sometimes intermittent flow of urine
✓ dribbling of urine before and after urinating
✓ a frequent or urgent need to pass urine
✓ rarely, blood in your urine or semen and pain when passing urine

Diagnosis
● **Blood test:** examine the amount of prostate-specific antigen (PSA) in your blood. PSA is a protein that is made by both normal and cancerous prostate cells. As a high PSA level doesn't always indicate cancer and can be caused by other prostate conditions.
● **Ultrasound:** examine your prostate gland, using a small device inserted into your rectum.

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TERMS & CONDITIONS

(subject to contract)

1. An appointment less than 6 weeks prior to the event date is not available. Availability of selected packages will be confirmed by Quality HealthCare within 5 working days upon receipt of client's written confirmation / signed quotation.
2. In order to constantly improve our services, a Customer Satisfaction Form will be distributed to all participants after they completed the health assessments/consultations.
3. A consolidated Health Profile Summary Report (limited to countable data) of all participants will be provided to client. The non-identifiable data collected will be aggregated for the purposes of statistical analysis only.
4. Price quoted including manpower, equipment and consumables required for the health assessments / consultations.
5. No change to the package item is accepted.
6. Venue (e.g. tables, chairs, electricity supply, decorations), communication & marketing materials (e.g. poster, flyer, staff memo) and souvenirs (if any) will be handled by the client at its own cost.
7. To ensure privacy, client is recommended to provide sufficient space between each health counter or using partitions separating each counter. Besides, we will provide banners to identify different health counters.
8. In view of the limited number of health assessment / consultation can be done per hour and avoid long queuing time, prior registration by the client before the event /crowd control are recommended if needed.
9. Service listed are provided by Quality HealthCare and/or our designated third party service providers or service partners. Quality HealthCare endeavours to source the most suitable service providers and partners but we cannot guarantee and assume no responsibility for the quality of services provided by our third party service providers and partners. If you would like to provide us with feedback on our service, please contact Corporate Wellness Team within 7 days after service completion. The products and services offered in the service catalogue including the service providers and/or partners are subject to change without notice.
10. A surcharge of an additional 20% will be applied if the event is scheduled at non-office hours or in remote areas:
 - (i) Before 9:00 or after 18:00, Monday to Friday OR Saturdays, Sundays & Public Holidays
 - (ii) Remote areas: New Territories / Outlying Islands / Outside the Hong Kong SAR
11. Clinical wastage collection fee will apply if the event involves blood taking tests.
12. Typhoon and Black Rainstorm (BRS) Guidelines for Health Lounge:
 - (i) If Typhoon Signal No. 8 or the BRS is hoisted 3 hours before the Health Lounge, for the safety of nurses, specialists and attendees, the Health Lounge will be cancelled and re-scheduling will be done within 4 weeks with no surcharge to client.
 - (ii) If Typhoon Signal No. 8 or the BRS is lowered 3 hours before the Health Lounge, the confirmed Health Lounge will be conducted as scheduled. In case of the company is closed for business if the Typhoon Signal No. 8 or the BRS is lowered after 12pm, condition (i) will be observed.

CANCELLATION POLICY

Once a booking is confirmed, Quality HealthCare reserves the right to charge an administration fee if the health event is cancelled / re-scheduled by the client (e.g. change of date / time / location). Details are as follows:

- A. Less than 4 weeks prior to the event date: 25% of the total charges
- B. Less than 2 weeks prior to the event date: 50% of the total charges
- C. Less than 1 week prior to the event date: 75% of the total charges
- D. 2 days prior to the event: 100% of the total charges

All of the above information and prices are subject to change without prior notice. In case of disputes, the decision of Quality HealthCare shall be final.