

# Healthy Life Service

## 樂活健康計劃



Gleneagles Hospital

HONG KONG

港怡醫院

## Our services 我們的服務

## Objectives 目標

### Rehabilitation service 復康服務

- Balance 平衡力
- Strength 力量
- Risk of fall 跌倒風險

To assess the risk of fall and provide suggestions on risk mitigation, by evaluating the balance and lower limb strength.  
透過測試平衡力和下肢力量，以評估跌倒風險並提供降低風險的建議。

### Dietetic service 營養服務

- Diet review and nutrition assessment  
飲食評估及檢視營養需要
- Evaluating muscle mass and body fat through Bioelectrical Impedance Analysis (BIA)  
透過生物電阻抗分析評估肌肉與脂肪量

To ensure a healthy eating habit and diet in order to maintain good health.

確保良好的飲食習慣，以維持身體健康。

- Sufficient intake of calcium for bone health  
攝取足夠鈣質以促進骨骼健康
- Sufficient intake of protein for enhancing muscles  
攝取足夠蛋白質以強化肌肉
- Maintain a good body mass index (BMI)  
維持良好的體重指標

### Optometry service 視光服務

- Case History 詳細問診
- Vision Assessment 視力評估
- Common Age-related Eye Disease Screening (Presbyopia, Cataract, Macular Disease)  
常見老年眼疾篩查  
(老花、白內障、黃斑病變)

Vision is important to maintain a good social life, allowing an individual to head out safely amid reducing risk of fall, and be able to read to keep abreast of daily happenings.

視力對於維持良好的社交生活尤其重要，能夠讓個別人士安全出行、減低跌倒風險，並且能夠閱讀以緊貼萬物變遷。

### Audiology service 聽覺服務

#### Hearing test 聽力測試

- Pure Tone Audiometry 純音聽力檢查
- Hearing frequency 聽力頻率

To ensure a satisfactory hearing to enjoy social gathering and interact with others.

確保聽力達滿意程度，以享受社交聯誼和與他人互動。

### Limited offer 限定優惠

- Any 2 items: 10% off 選擇任何兩項服務：9折
- Any 3 items: 20% off 選擇任何三項服務：8折
- All items: 30% off 選擇所有服務：7折

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# Healthy Life Service 樂活健康計劃



## Healthy Life Service

### 樂活健康計劃

Healthy Life Service aims to help evaluate different factors that may contribute to affect the physical and social life of an individual, while providing early intervention to minimise the associated risks, in the hopes of promoting a healthy life.

樂活健康計劃旨在協助評估多個可能影響個別人士身體和社交生活的因素，同時及早提供介入治療以減低相關風險，從而締造健康生活。

People who are in their late 50s to 60s and those who are at retirement age are welcome to enjoy the Healthy Life Service, in which their functional ability will be assessed.

歡迎50多至60歲及已屆退休年齡之人士參加樂活健康計劃，以接受身體機能評估。

Functional ability is made up of the intrinsic capacity of an individual, relevant environmental characteristics and the interaction between them. 身體機能是由個別人士的內在能力、相關的環境因素，以及兩者之間的相互影響而組成。

Intrinsic capacity comprises all the mental and physical capacities of an individual, including the ability to walk, think, see, hear and remember. The level of intrinsic capacity is influenced by a number of factors such as the presence of diseases, injuries and age-related changes.

內在能力涵蓋個別人士的所有精神和體質能力，包括走路、思考、觀看、聆聽和記憶能力。內在能力的水平受多種因素影響，例如疾病、受傷，以及與年齡相關的轉變。

Reference 參考：  
World Health Organization 世界衛生組織

\*\*\* By appointment only 敬請預約 \*\*\*

### Rehabilitation Centre 復康中心

**Location 位置** 1/F, Tower A

#### Opening Hours 開放時間

Monday-Friday	9:00am – 6:00pm
Saturday	9:00am – 1:00pm
Sunday and Public Holiday	Closed
星期一至五	上午九時至下午六時
星期六	上午九時至下午一時
星期日及公眾假期	休息

**Appointment Hotline 預約熱線** +852 3153 9141

**Fax 傳真** +852 3903 3459

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



#### Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

#### 醫院地址

香港黃竹坑南風徑1號

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