

Individual Physical Exam Package (TAI-NAN)

Categories	Items	Descriptions	Comprehensive Exam +Cardiopulmonary Images	Comprehensive Exam +Systemic Images
General Examination	Body Height, Body Weight, Waistline, Body Fat Percentage, Ideal Body Weight, Body Mass Index, Blood Pressure, Pulse Rate	Basic information establishment as baseline data for subsequent health exams	●	●
	Composition elementary body 1. Weight of Muscle 2. Weight of Subcutaneous&Visceral Fat 3.weight of water 4. Basal Metabolic Rate 5. Analysis of Obesity 6. Assessment of Edema		●	●
Physical Examination	Physical Examination	A comprehensive inspection and assessment conducted by a physician	●	●
Lung Examination	Chest X-ray,PA & L Lat. View		●	●
	Pulmonary Function (Screening) 1. FVC 2. FEV1 3.FEV1/ FVC 4. PEF 5. FEF25-75%	Vital capacity and airway patency assessment for lung diseases or abnormal lung functions	●	●
Cardiovascular and Metabolic System	Triglyceride	Risk factors of cardiovascular diseases or atherosclerosis for risk assessments of cardiovascular diseases	●	●
	Total cholesterol		●	●
	HDL-C		●	●
	LDL-C		●	●
	Total/HDL Ratio		●	●
	LDL/HDL ratio	●	●	
	Fasting blood sugar	Blood sugar level for diabetes screening	●	●
	Hemoglobin A1c	A form of hemoglobin that is measured primarily to identify the three-month average plasma glucose concentration to evaluate blood sugar control	●	●
	AC Insulin	Insulin level assessment	●	●
	hs-CRP	Risk assessment for cardiovascular diseases	●	●
Homocysteine		●	●	
NT-ProBNP	Early indicator of heart failure	●	●	
TSH	Screenign for hyperthyroidism or hypothyroidism	●	●	
Free T4		●	●	
Thyroid ECHO	Ultrasound screening of goiter or thyroid neoplasm	●	●	
Cardiovascular and Metabolic System	Resting EKG	Screening of abnormalities such as myocardial ischemia, arrhythmia, cardiomegaly or bundle branch block	●	●
	2-D ECHO of Heart	Cardiac output assessment and screening of heart valve stenosis, prolapse or regurgitation	●	●
	Extra-Cranial Carotid dopplar scan	Cerebral blood flow assessment for the screening of carotid artery sclerosis or stenosis	●	●
	Assessment of Atherosclerosis	Pulse wave velocity assessment in four extremities for the screening of systemic arterial stiffness or stenosis	Male only	Male only
	10-year CVD Risk Score	An assessment used for 10-year cardiovascular risk prediction based on basic demographics and lipid profile	●	●
	Whole body Fat, DXA method	The use of "Dual energy X-ray absorptiometry (DEXA)" for systemic body fat distribution analysis	●	●
Digestive System	GOT, AST	Liver function test for hepatitis or liver cirrhosis screening	●	●
	GPT, ALT		●	●
	Total protein	Liver function, kidney disease and nutritional status assessments	●	●
	Albumin		●	●
	Globulin	●	●	
	γ-GT	A diagnostic marker for liver diseases caused by alcohol or drugs	●	●
	Alkaline phosphatase	The screening of bile duct anomalies, hemolysis or biliary obstruction	●	●
	Total bilirubin		●	●
	Direct bilirubin		●	●
	Anti-HCV	The screening of hepatitis C virus infection or carrier	●	●
	HBsAg	The screening of hepatitis B virus infection or carrier	●	●
	Anti-HBs	The screening of immunity against hepatitis B virus	●	●
Anti-HBc	The screening of previous hepatitis B virus infection	●	●	
OB, EIA	A test to screen gastrointestinal bleeding caused by tumors, ulcers or inflammation	●	●	

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Digestive System	Upper Abdominal Sonography	A sonography for screening liver, gallbladder, pancreas, spleen and kidney diseases, including stones, tumors, liver cirrhosis, fatty liver or structural anomalies	●	●
	Anesthesia Panendoscopy&Colonfibroscopy ※including low-fiber diet	The use of "narrow band endoscopy imaging (NBI)", CO2 insufflation and customized anaesthesia for gastrointestinal assessments, including inflammation, ulcers, polyps, tumors or hemorrhoids	●	●
Kidney and Urology	Blood urea nitrogen	Kidney function assessment	●	●
	Uric acid	An indicator for hyperuricemia or gout	●	●
	Creatinine	Kidney function assessment	●	●
	eGFR ※Not test while age <18y/o & >70y/o		●	●
	Serum Electrolytes 1. Sodium 2. Potassium 3. Chloride 4. Calcium	An assessment for blood electrolyte homeostasis to reflect kidney, endocrine functions or nutritional status	●	●
	Urine routine examination	A routine urine test for the screening of renal/bladder diseases, lithangiuria, urinary tract infection, diabetes or hepatobiliary disease	●	●
	Urinary Sediment		●	●
	Microalbumin	Early kidney function assessment for glomerulonephropathy	●	●
Creatinine, U	●		●	
Hematology	Complete Blood Counts 1. Leukocytes 2. Erythrocytes 3. Hemoglobin 4. Hematocrit 5. MCV 6. MCH 7. MCHC 8. RDW 9. Platelet	The use of blood cell counts for inflammation, infection or anemia assessments	●	●
	Differential Counts 1. Neutrophil 2. Lymphocyte 3. Monocyte 4. Eosinophil 5. Basophil	The screening of inflammation, infection, allergy or leukemia	●	●

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Tumor Biomarker	Alpha-fetoprotein	A diagnostic marker for liver cancer	●	●
	CEA	A diagnostic marker for colon cancer or gastrointestinal cancer	●	●
	CA19-9	A diagnostic marker for pancreatic cancer or bile duct cancer	●	●
	CYFRA 21-1	A diagnostic marker for non-small cell lung carcinoma	●	●
	PSA	A diagnostic marker for prostate cancer	Male only	Male only
	Free PSA		Male only	Male only
	CA125	A diagnostic marker for ovarian cancer or endometrial cancer	Female only	Female only
	CA153	A diagnostic marker for breast cancer	Female only	Female only
Female medicine	EB virus antibody (EBV Ab)	To screen for nasopharyngeal carcinoma high-risk populations	●	●
	Gynecology	Vaginal examination and history taking by an gynecologist	Female only	Female only
	Thin PREP Pap smear	A thinPrep cytological test (TCT) for the screening of cervical cancer	Female only	Female only
	Human papilloma virus test	A test of human pallilomavirus (HPV) for the screening of cervical cancer risks	Female only	Female only
Female Breast Examination	Gynecological ECHO	To check structural disease in the uterus or ovaries such as tumors or cysts	Female only	Female only
	Automated Breast Volumes Scanner	An advanced ultrasonic mammography. The big probe covers entire breast and is allowed automatic segmental scanning for breast tumor, cyst or fibroma assessment	Female only	Female only
Male medicine	Testosterone	A male sex hormone and an indicator for male sexual functions or the efficacy of prostate cancer therapy	Male only	Male only
Neurology	Heart Rate Variability	Indicators for autonomic and parasympathetic nervous system activities, functional indices and homeostasis to determine your emotions or stress condition	●	●
Skeletal System	KUB & LS Spine Lateral View	The screening of bowel obstruction, gallstones,urinary stone or lumbar/pelvic/hip diseases	●	●
	Left Hip,BMD	The use of "dual-energy X-ray absorptiometry (DXA)" for key points bone mass measurement to screen off bone mass reduction or osteoporosis	●	●
	Lumbar Spine,BMD			●
Rheumatology and Immunology	Total IgE	The screening of allergies	●	●
	RA factor	The assessment of rheumatoid factors	●	●
	Anti-nuclear Ab	The screening of autoimmune diseases	●	●
	Food Allergens	A test classified based on six primary food categories. The testing items are food commonly consumed by citizens, or food are susceptible to allergies.	●	●
Eye Examination	Visual Acuity	Vision and color differentiation check	●	●
	Ishihara Test for Color vision		●	●
	Intraocular pressure	Early screening of glaucoma based on the results of the intraocular pressure test	●	●
ENT Examination	Pure Tone Audiometry 500~8000Hz	An hearing test using a precision instrument in a confined space (500, 1000, 2000, 3000, 4000, 6000 or 8000Hz)	●	●
Other	25-OH Vitamin D,Total	One kind of fat-soluble vitamin lipovitamin used for <i>in vivo</i> calcium and phosphrous homeostasis	●	●

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Consultation	Nutrition Consultation	A one-on-one consultation with a professional dietitian for the provision of dietary education as well as recommendation based on individual physical status	●	●
	Fitness Assessment	Refers to a fitness assessment (such as strength, endurance, flexibility and cardiopulmonary endurance) conducted by a professional trainer	●	●
	Medical Consultation	A service provided by an attending physician, including report descriptions, patient education and recommendations for subsequent managements or follow-ups	●	●
CT/MRI	Whole Body MRI+Brain & Neck MRA+Low Dose Lung CT※Contrast injection is required	A systemic checkup (brain, neck, lungs, upper abdomen, pelvis and the entire spine) for tumors, degenerative disc disease, cerebrovascular abnormalities or brain parenchymal lesions		●
	Cardiac 3D CTA ※Contrast injection is required	A non-invasive method to clearly demonstrate 3D images of coronary artery branches in order to screen myocardial or coronary artery stiffness, stenosis or obstruction		●
	Low Dose Lung CT	The best early screening tool for lung cancer! It can be used to specifically screen-lung tumors, pneumonia, granuloma or fibrosis	●	
	Coronary Artery Calcium Scoring	It is used to check the level of coronary artery calcification and evaluating the risks of myocardial infarction	●	
Health examination suit			●	●
Exclusive meal			●	●
Health examination fees (for male)			NT\$53,800	NT\$105,800
Health examination fees (for female)			NT\$58,800	NT\$110,800

Notes:

- (1) All of the above health services will be conducted in either Gong-Yi Clinic or Tainan Fitness Center. We have the right to change inspection contents, items or service fees. In case of any amendments, shall you adopt the most recent updates.
- (2) The above are available health examination programs. For items not included in the above table, please contact our customer service for customized or individualized programs.
- (3) If the above health examination programs were not to your satisfaction, please don't hesitate to contact us for further information or customized health examination programs.