

## 智動腦健康評估計劃

保持大腦健康，是開啟精彩人生下半場的第一步。

專為關心自己認知能力或懷疑家人有早期認知障礙問題的您而設計，以先進科技結合適度的身體活動，並參照多年循證為本的基準，在安全、輕鬆且具互動性的過程中，全面評估認知、視覺與聽覺、情緒以及身體協調等能力。透過精簡易明的個人化評估報告，我們醫生會提供實用的跟進建議，助您及家人及早識別風險，把握黃金介入時機，守護生活質素，頤養康年。

讓我們幫您了解大腦健康，助您延年益壽！

項目	收費（港幣HK\$）
<b>醫生解讀報告及諮詢</b>  根據計劃內的評估報告結果，由睿至社醫生為您釐定個人化的方案，提升生活質素和改善健康狀況。	<b>2,000</b>  服務項目總值： <b>4,000</b>
<b>生活習慣問卷</b>  透過詳細的生活習慣問卷，讓我們健康顧問深入了解您目前日常的保健方法、運動和飲食習慣、以及需要注意的病歷。	
<b>大腦健康及認知能力評估</b>  利用本地大學研發嶄新的人工智能分析視網膜影像技術（RetinAD）和電子畫鐘測試（AI eClock），以及華人簡約版輕度認知障礙測試（CAMCI），快速了解您的大腦健康及認知能力。	
<b>身體功能評估</b>  包括行動能力、平衡力、營養狀況、感官能力（視力與聽力）以及心理健康的全面身體功能評估，量度關鍵機能，這對維持大腦健康起著至關重要的作用。	
亞太健康中心有限公司保留一切更改或刪改此單張內容之權利，而不作另行通知。	

### 歡迎查詢

辦公時間

！星期一至六（敬請預約）

地址

！香港九龍尖沙咀漢口道28號亞太中心1樓A店



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# NeuroActive Brain Health Programme

**Optimising brain health is the first step to your best years ahead.**

Designed for you and your loved ones to understand your cognitive capabilities, the programme is safe, relaxed, and interactive, providing a comprehensive view of intrinsic capacity, including cognitive, sensory, social-emotional, behavioural, and motor processes. Making use of advanced technology and appropriate physical activities, plus years of evidence-based benchmarks, our doctors shall offer practical follow up recommendations from the concise, easy to understand personalised assessment report. We are here to help you and your family in identifying early risks, intervene at the optimal time for better health and lifespan.

*Enhance overall well-being from your brain health!*

Items	Price (HK\$)
<b>Medical Consultation</b> Our doctors will explain your report and prescribe a personalized intervention plan to enhance your quality of life and improve your overall health condition.	<b>2,000</b>  Items Total Value: <del>4,000</del>
<b>Lifestyle Questionnaire</b> Through a detailed lifestyle questionnaire, our health consultants will work with you to gain a deeper understanding of your current practices in preventing sickness, exercise and dietary habits, and any relevant medical history that requires attention.	
<b>Brain Health and Cognitive Assessment</b> Discover insights into your cognitive well-being with cutting-edge tools: AI-powered advanced retinal imaging technology (RetinAD) and an electronic clock-drawing test (AI eClock) developed by a leading local university, combined with the Chinese Abbreviated Mild Cognitive Impairment Test (CAMCI). These assessments aim to uncover opportunities in enhancing your brain health.	
<b>Functional Capacity Assessment</b> A reliable way to measure key bodily functions, including mobility, balance, nutrition, sensory abilities (hearing and vision), and mental health; all these key health indicators play a vital role and are closely linked in maintaining brain health.	
Asia Pacific Institute of Healthy Ageing Limited reserves the right to amend any information in this leaflet without prior notification.	

## Contact Us

**Opening Hours**

| Mon-Sat (by appointment only)

**Address**

| Shop A, 1/F, Hong Kong Pacific Centre,  
28 Hankow Road, Tsim Sha Tsui, Kowloon



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