

Benefit Guide Hong Kong Health Check



Hong Kong Health Check (HKHC) is one of the leading healthcare providers in Hong Kong, offering one-stop comprehensive and quality medical diagnostic services with advanced imaging technology and experienced medical and healthcare professionals.

AIA Vitality Member Benefit

AIA Vitality members can enjoy exclusive rates* for the AIA Vitality Health Check, designated health check packages, vaccinations and advanced screenings.

Please refer to the following table for more information:

AIA Vitality Health Check	HKHC Recommended Retail Price	AIA Vitality Member Price
BMI and waist circumference	N/A	HK\$ 100
Blood pressure		
Total cholesterol level (Random rapid/ finger prick)		
Blood glucose level (Random rapid/ finger prick)		
Designated Health Check Packages [^]	HKHC Recommended Retail Price	AIA Vitality Member Price
General Health Check Package (Please see appendix below for package details)	HK\$ 3,913	HK\$ 1,880 (52% off)
Women's Comprehensive Health Check Package (Please see appendix below for package details)	HK\$ 6,305	HK\$ 2,880 (55% off)
Men's Comprehensive Health Check Package (Please see appendix below for package details)	HK\$ 6,097	HK\$ 2,880 (53% off)
All other packages	Refer to HKHC website	8% off the "Special Price" listed on the HKHC website 8% off the "List Price" for "non-Special Price" packages

*Cannot be used in conjunction with other discounts or coupons. Please check with Hong Kong Health Check directly.

[^]Effective from 1 January 2024.

Vaccinations [^]	HKHC Recommended Retail Price	AIA Vitality Member Price
Flu vaccination	HK\$ 380	HK\$ 250
Hepatitis B vaccination	HK\$ 390	HK\$ 300
Hepatitis A & B vaccination	HK\$ 890	HK\$ 600
Gardasil 「9 in 1」 HPV Vaccine (3 doses)	HK\$ 7,000	HK\$ 4,100
Advanced Screenings [^]	HKHC Recommended Retail Price	AIA Vitality Member Price
2D Mammogram	HK\$ 2,300	HK\$ 1,400
Pap Smear	HK\$ 810	HK\$ 500
Prostate-Specific Antigen (PSA) test	HK\$ 530	HK\$ 350
Fecal Occult Blood Test (FOBT)	HK\$ 110	HK\$ 70
Blood Glucose (HbA1c)	HK\$ 310	HK\$ 230*

Note: The above list may change from time to time without prior notice.

[^]Effective from 1 January 2024.

In addition to the AIA Vitality discount, members will also earn AIA Vitality Points for completing the selected relevant tests above, and also for achieving results that fall within AIA Vitality-defined healthy ranges. Please refer to the section on “Earning AIA Vitality Points” for details.

How Do I Get Started?

Step 1: Make a Booking/ Walk-in

Choose your preferred branch for your AIA Vitality Health Check[#], designated health check package, vaccination or advanced screenings. Please note that you need to book in advance for selected types of screenings and/or branches.

Advance Booking Information:

1. Phone: 3926 2926 (Cantonese/Mandarin); 3678 8212 (English). 9am to 6pm, Mon to Fri.
2. Email booking@hkhc.com.hk and indicate your preferred date and time as well as your AIA Vitality membership number.

Screening Type	Branch Name	By Appointment	Address	Opening Hours	Telephone No.
AIA Vitality Health Check [#]	Causeway Bay Branch	Not Required (Walk-in)	14/F, Fortune Centre, 44-48 Yun Ping Road, Causeway Bay	Mon to Fri 9am to 6pm Sat: 9am to 5pm	2576 3023
	Yuen Long Branch	Not Required (Walk-in)	Shop 19-20, Golden Plaza, 28 Shui Che Kwun St, Yuen Long	Mon to Sat 9am to 6:30pm	2117 0168
	Central Branch	Accept (Walk-in) after 2:00pm. Advance booking is required for the rest of the office hours	Room 601, 6/F, Pacific House, 20-20B Queen's Road Central, Central,	Mon to Fri 9am to 6pm Sat: 9am to 5pm	2537 6698
	Mong Kok Branch		Room 1303, Argyle Centre Phase 1, 688 Nathan Road, Mong Kok	Mon to Sat 9am to 6:30pm	2398 1818
	Jordan Flagship		Reception Centre, 4/F, HKHC Tower, 241-243 Nathan Road, Jordan	Mon to Sat 9am to 6:30pm	3678 8266

*You can enjoy exclusive rate for taking Blood Glucose (HbA1c) test together with AIA Vitality Health Check for HK\$230.

[#]This health check usually takes around one hour. To ensure a smooth and comfortable experience for you, we recommend allocating sufficient time to come to our service center and arriving at least one hour before our closing time for this check.

Screening Type	Branch Name	By Appointment	Address	Opening Hours	Telephone No.
AIA Vitality Health Check [#]	TST Affiliated Centre	Accept (Walk-in) after 2:00pm. Advance booking is required for the rest of the office hours	Rm 1005, 10/F, Hang Seng Tsimshatsui Building, 18 Carnarvon Road, Tsim Sha Tsui	Mon to Fri 9am to 1:30pm, 3pm to 7pm	2367 1005
	Shatin Branch			Sat 9am to 1:30pm (Advance booking is required)	
	Shatin Branch		Room 208-211, Cityline Plaza, No.1 Shatin Station Circuit, Shatin	Mon to Sat 9am to 6:30pm Sun 9am to 1pm	2601 0368
Advanced screening, vaccination and optional test	Central Branch	Required	Room 601, 6/F, Pacific House, 20-20B Queen's Road Central, Central	Mon to Fri 9am to 6pm Sat: 9am to 5pm	2537 6698
	Causeway Bay Branch		14/F, Fortune Centre, 44-48 Yun Ping Road, Causeway Bay	Mon to Fri 9am to 6pm Sat: 9am to 5pm	2576 3023
	Jordan Flagship		Reception Centre, 4/F, HKHC Tower, 241-243 Nathan Road, Jordan	Mon to Sat 9am to 6:30pm	3678 8266
	Mong Kok Branch [^] [^] Vaccinations not available		Room 1303, Argyle Centre Phase 1, 688 Nathan Road, Mong Kok	Mon to Sat 9am to 6:30pm	2398 1818
	Shatin Branch		Room 208-211, Cityline Plaza, No.1 Shatin Station Circuit, Shatin	Mon to Sat 9am to 6:30pm Sun 9am to 1pm	2601 0368
	Yuen Long Branch		Shop 19-20, Golden Plaza, 28 Shui Che Kwun Street, Yuen Long	Mon to Sat 9am to 6:30pm	2117 0168

Step 2: Arrive for Screening

Present your AIA Vitality membership card, HKID (or other identification document) and advance booking information to the HKHC staff and have your health screening(s) done.

Step 3: Receive Screening(s) Results

A hard copy of your assessment results will be available for you to collect in-person:

- On the day if you completed an AIA Vitality Health Check
- 7 to 10 working days for the other screenings

Step 4: Earn AIA Vitality Points

Sign the consent form on the day of your screening(s) to earn your AIA Vitality Points. After receiving your screening results, AIA Vitality will automatically award you with points for each eligible screening.

The consent form re-confirms your agreement for HKHC to release certain relevant test result(s) to us in order to calculate AIA Vitality Points. Only minimal and relevant information and data will be transferred to us for the sole purpose of calculating AIA Vitality Points, and AIA Vitality will only use and store such information and data in accordance with the terms and conditions of AIA Vitality Programme and AIA Vitality Personal Information Collection Statement.

[#]This health check usually takes around one hour. To ensure a smooth and comfortable experience for you, we recommend allocating sufficient time to come to our service center and arriving at least one hour before our closing time for this check.

Note: It is voluntary for you to decide if you want to sign the consent form. However, if you do not sign on the consent form, AIA Vitality will not be able to calculate and process AIA Vitality Points, and we will not be able to award any AIA Vitality Point to you for this activity. You will still able to enjoy the discount offered by HKHC and AIA Vitality will have no access to any of your test result(s).

Earning AIA Vitality Points

You will earn points for completing the following screenings, and additional points for those that are within the recommended healthy range. After receiving your screening results, AIA Vitality will automatically award you with points for each eligible screening. There is no limit on the number of AIA Vitality Health Checks you can do in a year, but you will only be awarded points once for your AIA Vitality Health Check each membership year.

Note: You can have any of the advanced screenings done at another healthcare provider and claim your AIA Vitality Points by submitting proof of your results.

Please refer to the following table for more information on healthy ranges and associated points:

AIA Vitality Health Check

Screening Type	Healthy Range	AIA Vitality Points	Maximum Points per Membership Year
Body Mass Index (BMI) with waist circumference** **If BMI is higher than 22.9, waist circumference will be considered as described in 2) on the right.	1) BMI is 18.5 - 22.9 OR 2) BMI is 23.0 - 24.9 AND with waist circumference is in range (Female < 80 cm / Male < 90 cm)	750 points for completing each individual test and	Up to 8,000 points
Blood Pressure	< 140/90 mmHg	an additional 1,250 points for each test falls within the healthy range	
Total Cholesterol level (Random rapid/ finger prick)	< 5.2 mmol/L		
Blood Glucose level (Random rapid/ finger prick)	< 7.8 mmol/L		

Designated Health Check Packages: General Health Check, Women's Comprehensive Health Check, Men's Comprehensive Health Check, all other packages (as listed on <https://www.hkhc.com.hk/brand/index.php/health-check-day/>)

Screening Type	Healthy Range	AIA Vitality Points	Maximum Points per Membership Year
Body Mass Index (BMI) with waist circumference** **If BMI is higher than 22.9, waist circumference will be considered as described in 2) on the right.	1) BMI is 18.5 - 22.9 OR 2) BMI is 23.0 - 24.9 AND with waist circumference is in range (Female < 80 cm / Male < 90 cm)	750 points for completing each individual test and	Up to 8,000 points
Blood Pressure	< 140/90 mmHg	an additional 1,250 points for each test falls within the healthy range	
Total Cholesterol level (Fasting)	< 5.2 mmol/L		
Blood Glucose level (Fasting)	< 6.1 mmol/L		

Screening Type	Healthy Range	AIA Vitality Points	Maximum Points per Membership Year (See Note † below)
2D Mammogram [^] (For females aged 50 years or above once every 2 years)	N.A.	2,000 points (awarded equally over 2 years)	1,000 points
Pap Smear [^] (For females aged 18 years or above once every 2 years)		2,000 points (awarded equally over 2 years)	1,000 points
Prostate-Specific Antigen (PSA) test [^] (For males aged 50 years or above once every 2 years)		2,000 points (awarded equally over 2 years)	1,000 points
Fecal Occult Blood Test (FOBT) [^] (For aged 50 years or above once every 2 years)		2,000 points (awarded equally over 2 years)	1,000 points

Types	Healthy Range	AIA Vitality Points	AIA Vitality Membership Year Points Limit
Flu (For individuals 18 years old or above)	N.A.	1,000 points	1,000 points
Hepatitis B (For individuals 18 years old or above)		1,000 points	1,000 points, once a lifetime
HPV Gardasil (For Females 18 to 26 years old)		1,000 points	1,000 points, once a lifetime

Types	Healthy Range	AIA Vitality Points	Maximum Points per Membership Year (See Note † below)
2D Mammogram [^] (For females aged 50 years or above once every 2 years)	N.A.	2,000 points (awarded equally over 2 years)	1,000 points
Pap Smear [^] (For females aged 18 years or above once every 2 years)		2,000 points (awarded equally over 2 years)	1,000 points
Prostate-Specific Antigen (PSA) test [^] (For males aged 50 years or above once every 2 years)		2,000 points (awarded equally over 2 years)	1,000 points
Fecal Occult Blood Test (FOBT) [^] (For aged 50 years or above once every 2 years)		2,000 points (awarded equally over 2 years)	1,000 points
Blood Glucose (HbA1c)		N.A.	

† You may also earn points if your doctor has recommended the screen even if you are under age.

[^] You're advised to perform the screening once every 2 membership years. Upon completion of the screening in the current year, you will earn 1,000 points for the current year and an additional 1,000 points for the following year. If you have done the screening in two consecutive years, you will only earn the maximum of 1,000 points, not 2,000 points, for the second year. For example, if you have performed Mammogram for the first and second year, you will be awarded the annual maximum of 1,000 points for the first, second and third year and you will be advised to perform the screening again in the fourth year.

Note: Members may only earn AIA Vitality Points for completing the BMI, Blood Pressure, Glucose and Cholesterol measurements and additional points for results that are within the healthy range, once each membership year.

Important Points To Remember

- The discount applies to the recommended retail price. For services with an existing discount or promotion offered by Hong Kong Health Check, AIA Vitality members can choose to enjoy either the AIA Vitality discount or the existing discount or promotion, whichever is more favourable. The AIA Vitality discount cannot be used in conjunction with other discounts or coupons. Please check with Hong Kong Health Check directly.
- You will need to sign the consent form for AIA Vitality to calculate and process AIA Vitality Points, otherwise we will not be able to award any AIA Vitality Point to you for this activity. You will still be able to enjoy the discount offered by HKHC and AIA Vitality will have no access to any of your test result(s).
- You may only earn AIA Vitality Points for completing the BMI, Blood Pressure, Glucose and Cholesterol measurements and additional points for results that are within the healthy range, once each membership year.
- BMI or blood pressure measurements can be taken by AIA Vitality Express Health Check, AIA Vitality Nutrition Consultation, AIA Vitality Health Check, AIA Vitality Fitness Assessment, other designated health check packages offered by Hong Kong Health Check or by your general practitioner but only the first eligible measurement submitted will be awarded for AIA Vitality Points.

About Hong Kong Health Check

Hong Kong Health Check is a separate and independent entity, and AIA Hong Kong shall not be responsible for the nature or quality of products or services provided by Hong Kong Health Check, nor for any solicitation effort by it. The products and services offered by Hong Kong Health Check are not sold or marketed by AIA Hong Kong, and the provisions of the same may also be subject to certain terms and conditions of Hong Kong Health Check. Hong Kong Health Check may apply additional terms and conditions with regard to the availability and eligibility of earning AIA Vitality Points.

For information about Hong Kong Health Check, you can visit www.hkhc.com.hk.

The information contained herein does not constitute an offer to sell or a solicitation of an offer to buy Hong Kong Health Check's products and services on the part of AIA Hong Kong. AIA Hong Kong is not an agent of Hong Kong Health Check and will not receive any remuneration as a result of your purchase of products or services from Hong Kong Health Check.

Any dispute about any products or services as part of this benefit must be resolved directly with Hong Kong Health Check which has the final decision with respect to any order placed by you.

All representations within this Guide made on behalf of AIA Hong Kong have been thoroughly researched, and are verifiable by documentary evidence. Representations within this Guide made on behalf of Hong Kong Health Check are based upon information that AIA Hong Kong has received from them, such information having been provided to AIA Hong Kong along with an assurance from Hong Kong Health Check that it is accurate.

You are kindly advised to read the AIA Vitality Terms and Conditions, and, please pay heed to the sections on "AIA Vitality Programme Benefits" and "Exclusion of Liabilities" available at www.aia.com.hk/aiavitality.

Terms and Conditions

Use of this benefit is subject to the AIA Vitality Terms and Conditions, AIA Vitality Terms of Use, AIA Vitality Personal Information Collection Statement and the AIA Privacy Policy which are available at www.aia.com.hk/aiavitality.

In case of dispute on AIA Vitality Points, the decision of AIA Hong Kong shall be final and conclusive.

You are advised to carefully consider whether or not you should purchase any products or services made available by Hong Kong Health Check, and the award of AIA Vitality Points shall not be a sole or decisive factor in your decision making. Please consult your doctor or other health care professional if necessary. Also you should make a comparison of price, quality and reputation of different service providers (and their products/services) in the market before making any decision.

Benefits may be varied or withdrawn at any time.

"AIA Hong Kong" or "AIA" herein refers to AIA International Limited (incorporated in Bermuda with limited liability).

Information last updated: December 2023