

# Individual Physical Exam Package (TAI-NAN)

Categories	Items	Descriptions	Comprehensive Exam + Cardiopulmonary Images	Comprehensive Exam + Systemic Images
Theme Set - Gastrointestinal Examination	Anesthesia Panendoscopy & Colonfibrosocopy with AI Colorectal Polyp Detection ※including low-fiber diet	The use of "narrow band endoscopy imaging (NBI)", CO2 insufflation, AI colorectal polyp detection and customized anaesthesia for gastrointestinal assessments, including inflammation, ulcers, polyps, tumors or hemorrhoids.	●	●
	Fecal probiotics analysis	The gut microbiome is critical to human health, not only the gastrointestinal system but also the immunity and other organs. By testing specific probiotics, you will be able to gain an initial insight of the intestinal microenvironment. You may be further advised to consider additional nutritional counseling and improve the gastrointestinal system through dietary adjustments.	●	●
	Amylase	A test to screen gastrointestinal bleeding caused by tumors, ulcers or inflammation.	●	●
Theme Set - Cardiovascular Examination	Lipoprotein A	A lipoprotein (a) test is used to check for risk of stroke, heart attack, or other heart diseases.	●	●
	high-sensitivity C-reactive protein	one of the markers of inflammation in the body.	●	●
	Homocysteine	Risk assessment for cardiovascular diseases.	●	●
	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.	●	●
	Serum Electrolytes 1. Sodium 2. Potassium 3. Chloride 4. Calcium	An assessment for blood electrolyte homeostasis to reflect kidney, endocrine functions or nutritional status.	●	●
	Total IgE · Common allergens 24 items	The screening of allergies and testing for 24 Common Allergens Including Microorganisms, Animal Fur, Rodents, Household Dust, Seafood, and Proteins.	(Choose one of the two options)	(Choose one of the two options)
	24 Hours Continuous ECG Scan	Early detection of asymptomatic and paroxysmal arrhythmias.		
	Heart Rate Variability	Indicators for autonomic and parasympathetic nervous system activities, functional indices and homeostasis to determine your emotions or stress condition.	●	●
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.	●	●	
Theme Set - Lung Examination	Pulmonary Function (Screening)	Assess lung capacity and airway patency to determine the presence of lung diseases or pulmonary function abnormalities.	●	●
	NSE	A diagnostic marker for small cell lung cancer.	●	●
	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.	●	●
General Examination	Body Height	Basic information established as baseline data for subsequent health exams.	●	●
	Body Weight		●	●
	Waistline		●	●
	Body Fat Percentage		●	●
	Ideal Body Weight		●	●
	Body Mass Index		●	●
	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		●	●
	Blood Pressure(sitting)		●	●
	Pulse Rate		●	●
	Physical Examination		A comprehensive inspection and assessment conducted by a physician.	●
Lung Examination	Chest X-ray,PA & L Lat. View	Pulmonary screening of inflammation, fibrosis, tuberculosis, tumors or cardiomegaly.	●	●
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		●	●
	NT-ProBNP	Risk assessment for cardiovascular diseases.	●	●
	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.	●	●	

Categories	Items	Descriptions	Comprehensive Exam + Cardiopulmonary Images	Comprehensive Exam + Systemic Images
Cardiovascular and Metabolic System	AC Insulin	Insulin level assessment.	●	●
	Homeostasis Model Assessment of Insulin Resistance	Evaluating the ability of insulin to regulate blood sugar and determine if there is insulin resistance. This can be used to assess the risk of diabetes.	●	●
	TSH	Screening for hyperthyroidism or hypothyroidism.	●	●
	Free T4		●	●
	Thyroid ECHO	Ultrasound screening of goiter or thyroid neoplasm.	●	●
	Resting EKG	Screening of abnormalities such as myocardial ischemia, arrhythmia, cardiomegaly or bundle branch block.	●	●
	Assessment of Atherosclerosis	Pulse wave velocity assessment in all four extremities for the screening of systemic arterial sclerosis or stenosis.	●	●
	Whole body Fat, DXA method	The use of "Dual energy X-ray absorptiometry (DEXA)" for systemic body fat distribution analysis.	●	●
10-year CVD Risk Score	An assessment used for 10-year cardiovascular risk prediction based on basic demographics and lipid profile.	●	●	
Digestive System	GOT, AST	Liver function testing 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 obstructions.	●	●
	Total bilirubin		●	●
	Direct bilirubin		●	●
	Anti-HCV	The screening of hepatitis C virus infections or carriers.	●	●
	HBsAg	The screening of hepatitis B virus infections or carriers.	●	●
Anti-HBs	The screening of immunity against hepatitis B virus.	●	●	
Upper Abdominal Sonography	A sonography for screening liver, gallbladder, pancreas, spleen and kidney diseases, including stones, tumors, liver cirrhosis, fatty liver or structural anomalies.	●	●	
Kidney and Urology	Blood urea nitrogen	Kidney function assessment.	●	●
	Uric acid	An indicator for hyperuricemia or gout.	●	●
	Creatinine	Kidney function assessment.	●	●
	eGFR		●	●
	Urine routine examination and Sediment	A routine urine test for the screening of renal/bladder diseases, urinary stone, urinary tract infection, diabetes or hepatobiliary disease.	●	●
	Microalbumin	Early kidney function assessment for glomerulonephropathy.	●	●
	Creatinine, U	※ Please collect a mid-stream urine sample in the early morning. (do not collect the first or last part during urination)	●	●
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.	●	●
	Ferritin	Checking iron storage and evaluating iron deficiency anemia, chronic illness and chronic inflammation.	●	●
Tumor Biomarker	Alpha-fetoprotein	A diagnostic marker for liver cancer.	●	●
	CEA	A diagnostic marker for lung adenocarcinoma, colon cancer or gastrointestinal cancer.	●	●
	CA19-9	A diagnostic marker for pancreatic cancer or bile duct cancer.	●	●
	PSA	A diagnostic marker for prostate cancer.	Male Only	Male Only
	Free PSA		Male Only	Male Only
	CA 125	A diagnostic marker for ovarian cancer or endometrial cancer.	Female Only	Female Only
CA15-3	A diagnostic marker for breast cancer.	Female Only	Female Only	
Female Breast Examination	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

## Individual Physical Exam Package (TAI-NAN)

Categories	Items	Descriptions	Comprehensive Exam + Cardiopulmonary Images	Comprehensive Exam + Systemic Images
Female medicine	Gynecology	Vaginal examination and history taking by an gynecologist.	Female Only	Female Only
	Thin PREP Pap smear	A thin Prep cytological test (TCT) for the screening of cervical cancer	Female Only	Female Only
	Human papilloma virus test	A test of human papillomavirus (HPV) for the screening of cervical cancer risks.	Female Only	Female Only
	Gynecological ECHO	To check structural disease in the uterus or ovaries such as tumors or cysts.	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
Skeletal System	KUB & LS Spine Lateral View	The screening of bowel obstruction, gallstones, urinary stone or lumbar/pelvic/hip diseases.	●	●
	C-spine X-Ray	To detect abnormalities in cervical spines, including spurs, spondylolisthesis or intervertebral stenosis.	●	●
	Left Hip,BMD	The use of "dual-energy X-ray absorptiometry (DEXA)" for key points bone mass measurement to screen bone mass reduction or osteoporosis.	●	●
	N-MID Osteocalcin	It can be used to monitor the osteogenesis function and evaluate the bone replacement rate. The low concentration may mean that the rate of bone formation is too slow; High concentration indicates that the rate of bone replacement is too fast, which may be a precursor of osteoporosis.	●	●
Eye Examination	Optical Coherence Tomography	Check macular degeneration, retinopathy, and optic neuropathy.	●	●
	Visual Acuity	Vision and color differentiation check up.	●	●
	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)	●	●
Nutrient & Mineral	25-OH Vitamin D>Total	One kind of fat-soluble vitamin lipovitamin used for in vivo calcium and phosphorus homeostasis.	●	●
	Vitamin B12	Also known as cobalamin, it can assist the metabolism of carbohydrate, protein and fat; maintain the normal function of the nervous system, promote the formation and regeneration of red blood cells, prevent anemia, and reduce the risk factor of vascular sclerosis homocysteine.	●	●
	Folic acid	The relationship between folic acid and vitamin B12 is very close, as they are key substances in the hematopoietic system, earning them the designation of hematopoietic vitamins. They are essential elements for the synthesis of red blood cells in the bone marrow, playing a crucial role in cell division. Additionally, they can reduce the risk factors for atherosclerosis, such as homocysteine.	●	●
CT/MRI (at Cooperative Medical Institution)	Coronary Artery Calcium Scoring	It is used to check the level of coronary artery calcification and evaluating the risks of myocardial infarction.	●	
	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		●
	Brain and carotid MRA	A systemic checkup (brain, neck, lungs, upper abdomen, pelvis and the entire spine) for tumors, degenerative disc disease, cerebrovascular abnormalities or brain parenchymal lesions.		●
	MRI-seven regions			●
Consultation	Medical Consultation	A service provided by an attending physician, including report descriptions, patient education and recommendations for subsequent managements or follow-ups.	●	●
Health examination suit			●	●
Exclusive meal			●	●
Package Price (Male) (NTD)			\$ 60,000	\$ 115,000
Package Price (Female) (NTD)			\$ 65,000	\$ 120,000

**Notes:**

- (1) All of the above health services will be conducted in either Gong-Yi Clinic, excluding imaging examinations in which will be conducted in Cooperative Medical Institution. 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) 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.
- (3) The contents of the health examination package cannot be exchanged or refunded. An additional fee of \$1,000 will be charged for an English version of the report.
- (4) Expiration Date:2024.01.01~2024.12.31