



Dietitian consultation
註冊營養師諮詢



Cardiopulmonary exercise test
運動心肺功能測試



Cardiac rehabilitation exercise
心臟復康運動訓練



心臟復康 Cardiac Rehab

Program Features

Personalized
針對性的
個人化計劃

Heart-healthy
diet
個人化心臟
健康飲食

Multi-disciplinary
approach
跨專科綜合
管理模式

Medically-
supervised to
ensure safety
醫生監督
確保安全

Health consultant
as case manager
健康顧問負責
協調客戶與
醫療人員的
溝通與連繫

Program 1a

Post Cardiac Intervention 1a

運動心電圖由心臟專科醫生主理
Treadmill by Cardiologist
物理治療運動
Physiotherapy Session
康復專家
Rehabilitation Specialist
註冊營養師
Dietitian Consultation

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
✓							✓
✓	✓	✓	✓	✓	✓	✓	✓
✓							
✓							

費用 Fee HK\$24,000

詳情請聯絡尚至醫療健康顧問查詢 For more program details, please contact our Health Consultants



Program 1b

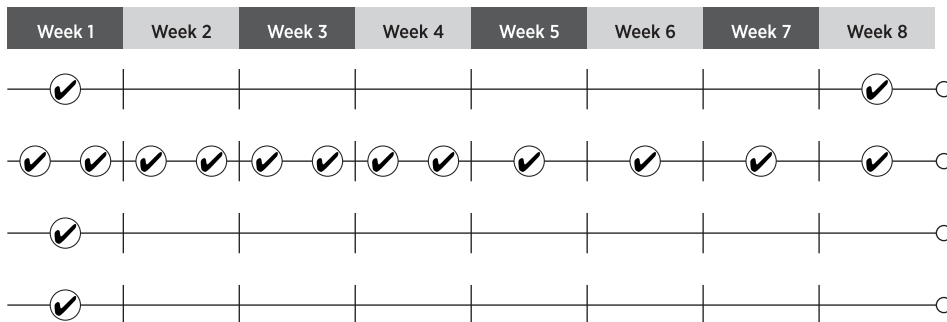
Cardiac Intervention 1b

心肺運動功能測試由心臟專科醫生主理
CPET by Cardiologist

物理治療運動
Physiotherapy Session

康復專家
Rehabilitation Specialist

註冊營養師
Dietitian Consultation



費用 Fee HK\$28,000

Program 2

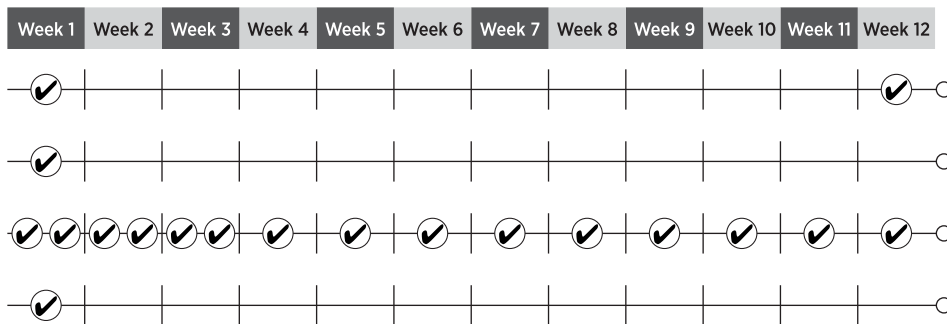
Heart Failure Rehabilitation

心肺運動功能測試由心臟專科醫生主理
CPET by Cardiologist

康復專家
Rehabilitation Specialist

物理治療運動
Physiotherapy Session

註冊營養師
Dietitian Consultation



費用 Fee HK\$31,000

Program 3

Master Sports Enhancement

心肺運動功能測試由心臟專科醫生主理
CPET by Cardiologist

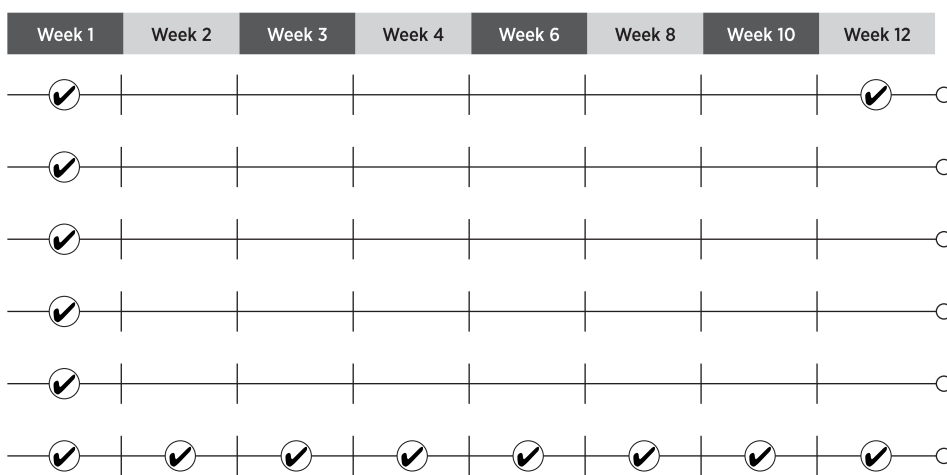
心電圖
ECG

心臟超聲波
Echocardiogram

電腦掃描冠心血管造影
CT Coronary Angiogram

7天動態心電圖
7-day Holter

私人教練
Personal Trainer



費用 Fee HK\$33,500

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