

## Wellness Weeks – Registration Guideline


Click the link below to view the programme schedule:


[http://aaintranet1.hkairport.com/hr/WIT/attachments/Wellness%20Weeks\\_Programme\\_Schedule.pdf](http://aaintranet1.hkairport.com/hr/WIT/attachments/Wellness%20Weeks_Programme_Schedule.pdf)



1. Mouse over the topic to view more details.



2a) Click “” to register for Health Lounge, Dietitian Consultation, Traditional Chinese Practitioner Consultation, Posture Analysis, Head to Shoulder Massage and On-site Vision Screening.

2b) Click “” to register for Wellness Talks and Exercise Classes/Wellness Workshops.

## 2a) Registration in External System - Doodle

1. Enter your STAFF NUMBER (not your name)  
2. Choose one time slot\*  
3. Click the Send button  
4. Receive the “Thank You for Participating” message, your registration is completed.









\*NOTE: If the slot you want is not available, choose any other slot available on table

Show less

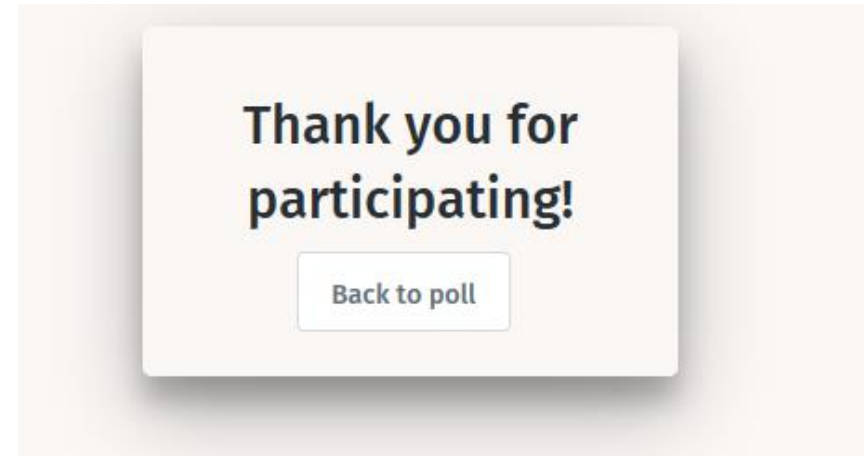
🕒 All times displayed in Asia/Shanghai

👁 Only you and AAHK can see your vote and comments.

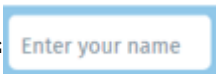
Table    Calendar


	Sep 13 THU	Sep 13 THU	Sep 13 THU	Sep 13 THU	Sep 13 THU	Sep 13 THU	Sep 13 THU	Sep 13 THU
	12:00 PM 12:10 PM	12:10 PM 12:20 PM	12:20 PM 12:30 PM	12:30 PM 12:40 PM	12:40 PM 12:50 PM	12:50 PM 1:00 PM	1:00 PM 1:10 PM	1:10 PM 1:20 PM
👤 Enter your name								

Send  
Enter your name first



1. Enter your FULL NAME identical to the name on the ID card in the field of

“”

2. Click “” to select ONE time slot. If the slot you want is not available, choose any other slot available on the table.

4. Receive the “Thank You for Participating” message, your registration is completed.

5. Mark the appointment on your schedule and be punctual, no reminder will be sent to you further.

3. Click the “Send” button.

## **2a) Registration in External System - Matilda International Hospital**



Matilda International Hospital will be running an onsite health screening (Airport Authority) on 2018-09-10.

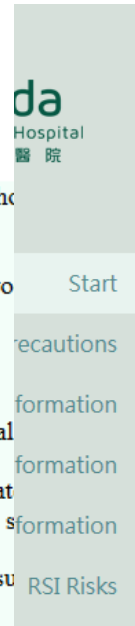
As part of the screening, we highly recommend that you pre-register to expedite the process.

### Pre-register method

1. Complete the online health questionnaire.
2. Print out the confirmation notification e-mail and present to the Matilda International Hospital.

On the day, Matilda's professional healthcare team will review the test results immediately. The screening will include tests of your blood pressure, body mass index (BMI), sleep status, etc.

The different tests will identify risk factors, if any, and enable one to take action to ensure health.



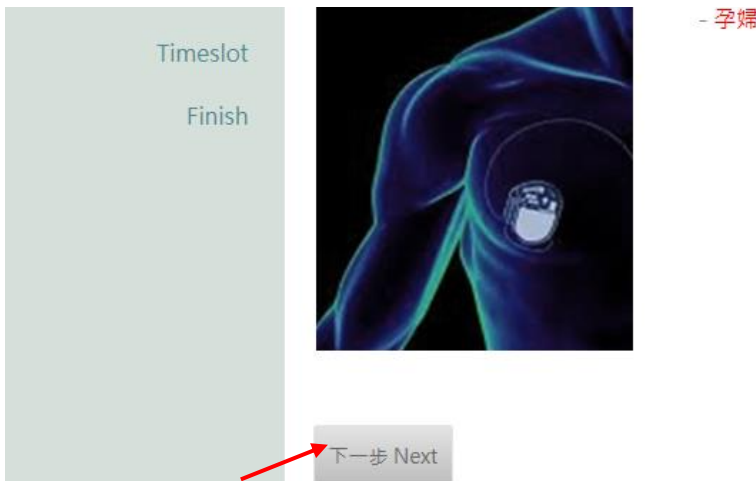
Matilda Registration

### Mini Health Check-Online Registration

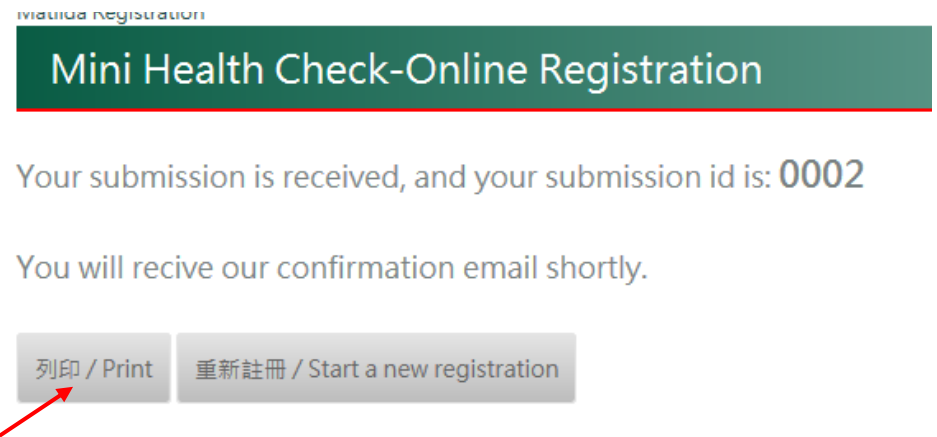


1. Click “online health questionnaire”.

2. Click “Start” to start your registration.



3. Click “Next” to proceed to different parts of the health questionnaire.

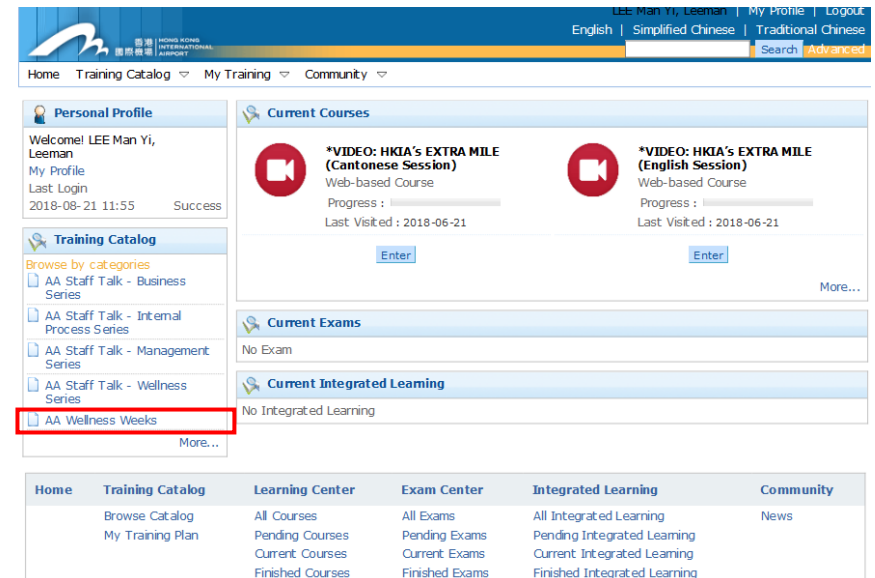


4. Submit your registration and print out the confirmation message, your registration is completed.

## 2b) Registration in Learning Management System (LMS)



1. Input your “User ID” and “Passwords”, and then click the “Login” button.



2. Select “AA Wellness Weeks” under “Training Catalog”.

LEE Man Yi, Leeman | My Profile | English | Simplified Chinese | Traditional Chinese | Search

Home Training Catalog ▾ My Training ▾ Community ▾

### Training Catalog

By Catalogs  
No Record [Back](#) | [See All](#)

**Narrow the search**

Keywords




☒ Title Search ☐ Full Text Search

Type  
Please Select...


Start Date  
Select a period...

[Search](#)

**By Catalogs**

	Title
	<b>[Wellness Talk] Know Your Health by Observing Tongue, Nails and Colour of Face &amp; Health Keeping 觀人於微知健康</b> Classroom Course Start Date: 2018-09-12 ((Live Broadcast) Know Your Health by Observing Tongue, Nails and Colour of Face & Health Keeping 觀人於微知健康), 2018-09-12 (Know Your Health by Observing Tongue, Nails and Colour of Face & Health Keeping 觀人於微知健康)
	<b>[Wellness Talk] Managing Stress with Your Mind 靜能量: 減壓體驗坊</b> Classroom Course Start Date: 2018-09-14 ((Live Broadcast) Managing Stress with Your Mind 靜能量: 減壓體驗坊), 2018-09-14 (Managing Stress with Your Mind 靜能量: 減壓體驗坊)
	<b>[Wellness Talk] Office Ergonomics and Stretching Exercise 工作關係展大法</b> Classroom Course

3. Click the activity title to view more details.

 **[Wellness Talk] Know Your Health by Observing Tongue, Nails and 觀人於微知健康**

**Details**

【Type】	Classroom Course
【Code】	WPWT3
【Training Center】	Head Training Center
【Approval Required】	No
【Remarks】	<p>【Content】</p> <p>中醫在臨床時必定通過四診，即「望、聞、問、切」去了解人的健康狀況，這是傳統中醫主要的診斷手段，是次講座內容就「望」診，對於一個健康狀況沒有大問題的人，僅中醫醫理的人的確可以透過觀察指甲、舌色、舌脈、尿液、糞便、痰涎去知道當下身體的大概狀況。面部望診要看神態、面色、表情，握手也可知人的正氣盛衰，看舌頭亦可知消化狀況，如果「識得睇」便對人的體質情況有大致認識了。</p> <p>【Speaker】</p> <p>許懿海註冊中醫師是柏林醫務中心創辦人，曾任職註冊護士及助產士近10年，其後在香港浸會大學修讀全日制中醫學位，畢業後一直行醫，至今已執業十多年，期間出版了十多本很暢銷的，有關婦科、美容、兒科、產前、產後及初生嬰兒的食療著作。許醫師在過去十年一直擔任專業機構的陪月班及高階陪月食療班的講師，學生遍佈全港。許醫師經常接受各大傳媒訪問及撰寫專欄，希望透過食療藥膳，在日常飲食中，運用醫食同源的概念，去維護身體健康，幫助解決各種身體問題，寓養生保健於美食當中。</p>

4. Scroll down and view the available sessions for registration.

**(Live Broadcast) Know Your Health by Observing Tongue, Nails and Colour of Face & Health Keeping 觀人於微知健康**

【Code】	Day3 - 12 Sep 2018B
【Training Center】	Head Training Center
【Class period】	From: 2018-09-12 To: 2018-09-12
【Schedule】	12:45PM - 1:45PM
【Enrollment period】	From: 2018-08-13 00:00 To: 2018-09-05 23:59
【Venue】	G/F, RPSO
【Fees】	Free
【Duration (Hours)】	1.00

Self-enroll

5. Click the “Self-enroll” button to register your preferred session.

**Status**

Your enrollment is successfully submitted. You will be notified for any progress.

OK

6. LMS displays your “Registration Status”. Click “OK” to return to the activity list.  
Receive confirmation email later upon your seat is confirmed.