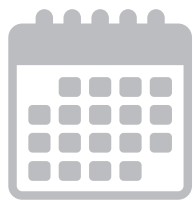




WHAT TO EXPECT WHEN YOU ARRIVE AT THE MEDICAL CENTER



1



CHECK IN & REGISTRATION

Check in at reception.
Provide your name and health care package.

For Expats:

If you would like to combine your checkup with a **work permit** exam, please inform the Care1 staff at the registration desk or email us before your samples are collected and provide the required



Three passport photos
(size 4 x 6, with a
white background)
and your passport



Your insurance card
to facilitate
the insurance
claim process

2



MEDICAL HISTORY FORM

You are required to fill out a medical history form.

For corporate clients, this form, and any other special form required by the company (if applicable), can be sent in advance and submitted on the sample collection date.

You can take your time to fill in the form during the checkup process.

Kindly take a seat inside the corridor/waiting area to fill out the medical history form.

3

CHANGING INTO THE GOWN



There is a specific dress code for the examination. You will be asked to change into a gown provided by the medical center. At certain stages you will be required to loosen your gown and expose certain parts of your body as part of the thorough medical checkup. This will facilitate the process in a timely manner without holding up clients by getting changed at each station.



Pick a gown (S, M, L or XL: upon request).
Bring along your glasses.

Keep your pants/skirt on
(women: remove your bra for chest X-ray, breast ultrasound, breast examination & mammography).

Keep your belongings in lockers and remove the wristband, or you may leave your backpack with us at reception.

After getting changed, please come back to reception.



CHECKUP PROCESS

YOUR CHECKUP WILL BE IN 3- 4 PARTS

Which will be scheduled across 2 or 3 appointments depending on your package.

The estimated time to complete each package varies from 1.5 hours to 6 or 8 hours, depending on the specific package. It's important to note that the estimated time is just an approximation and actual time may vary based on individual circumstances.

PART 1: SAMPLE COLLECTION



Sample of blood, urine (and stool) collected at Care1 medical center

ESTIMATED 10-15 MINS

PART 2: CHECKUP & ASSESSMENTS



Vital sign | Optometric
Audiometry | ECG
Radiology | Ultrasounds
Gynecological exam (for women)

ESTIMATED 90-120 MINS

PART 3: CONSULTATION



Consultation with doctor of internal medicine

ESTIMATED 15-20 MINS

PART 4: ADVANCED TESTS



Advanced tests: Please follow the specific instructions provided for advanced tests such as the Hydrogen breath test, H. Pylori Breath test, G.I PCR Panel, Hormone panel, CTA scan, or any other advanced tests you may undergo.

DURATION OF THE PROCEDURE DEPENDS ON INDIVIDUAL PACKAGE AND TEST

Our medical coordinator and nurses will call your name for the following tests:

- Blood sample (if not yet submitted).
- Height & weight measurements | Optometry | Audiometry | ECG | Radiology | Ultrasound | Gynecological examination
- Additional tests (if applied).

() Note: To ensure a full bladder, please do not urinate before the ultrasound exam.*

PHYSICAL EXAMINATION & CONSULTATION WITH DOCTOR (INTERNAL MEDICINE)
15-20 minutes (normally on the second appointment).

COMPLETION & MEDICAL REPORT

- Getting Changed: Once you have completed the checkup process, please proceed to the changing room to get changed.
- Sign Bill and Docs: Please come back to reception for setting up your next appointment/ making payment/signing your claim form & invoice.
- Medical Report: Your medical report will be delivered to the email address registered on your medical history form or by hard copy upon your request at reception.



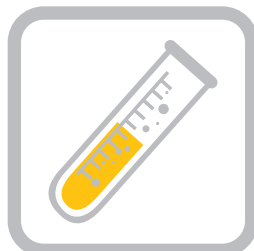


GUIDELINE FOR BLOOD, URINE and STOOL SAMPLE COLLECTION



BLOOD SAMPLING

You must fast for at least eight hours before your blood sample is taken. Do not eat or drink anything, only water is allowed.



URINE SAMPLING

Clean your genital area thoroughly before collecting urine. Begin sampling halfway during urination. Collect approximately half a sample jar of urine.



STOOL SAMPLING

You should pass the stool sample in a clean container (provided by Care1) preventing it from being contaminated by water and urine. Use the small red spoon to take a piece of stool and put it into the jar.

(*) Please note that lab processing generally takes a minimum of 1-2 working days. However, certain tests may require longer processing times, such as Pap smear and HPV tests which can take between 5-10 working days."

(*) Please submit your urine and stool samples either collected at your home (if containers have been provided in advance) or at our medical center. Please note that we will not accept samples collected more than 7 days after your physical examination at our medical center. This will allow our doctor to summarize your medical report in a timely manner without being delayed by pending test results.

(*) Women should submit their urine and stool samples 5-7 days after their menstrual period, as blood contamination may affect the interpretation of the results.





Health & Wellness Screening Center

A Member of FMP Group

IMPORTANT REMINDERS

Get at least 6-8 hours of sleep prior to the checkup. Lack of sleep may cause abnormal results in blood pressure, heart beat, and body temperature.

- 1 • Prepare for blood test: do not eat or drink for at least 8-10 hours prior to getting a blood test for blood sugar level (FBS), lipids (fat), cholesterol, HDL and LDL. Water however may be freely taken to avoid the effects of dehydration on your blood sugar and cholesterol levels in the tests. If you are not going to do a blood test as mentioned above, you can eat and drink as usual.
- 2 • Please do not drink alcohol for at least 24 hours prior to your appointment as drugs and alcohol may affect some tests. If you have consumed alcohol, please inform the doctor or nurse before the test.
- 3 • If you are taking medicine for hypertension, you can continue taking it as per your doctor's prescription. For any other medical conditions, please contact your doctor prior to the blood collection day.
- 4 • If you are pregnant, please inform the staff to cancel the X-ray.
- 5 • If you have a chronic illness or other health problems, please bring any test results or medical report with you to assist in diagnosis.
- 6 • Wear a comfortable two-piece outfit consisting of loose clothing.
- 7 • Please schedule your HPV/Pap smear test 5-7 days after your menstrual period. Please avoid intercourse, douching or using vaginal medicines, spermicidal foams, creams or jellies for 2 days before having these tests.
- 8 • For stool analysis—Please avoid red meat and iron supplement 3 days before the appointment. Collect your stool sample (2 scoops of the little spoon attached to the sample container lid) 1 day before or in the morning of your appointment. Put it into a small clean plastic container provided by Care 1 with your name labeled on the container. Please schedule your appointment about 5-7 days after your menstruation period.
- 9 • For urine analysis—Please schedule your appointment about 5-7 days after your menstrual period as blood contamination will affect the interpretation of your urine analysis.
- 10 • For ladies with digital mammograms—Do not wear any deodorant, perfume, powder or moisturiser under your armpits or breast as it may interfere with the quality of the mammogram. Avoid having the test during the menstrual period as the breasts are tense at that time. Please schedule your appointment about 5-7 days after your menstrual period. Tell your radiographer if you have breast implants/hormone replacement therapy or a cardiac device such as a pacemaker. You will be asked to remove your jewellery during the screening. A blouse with a skirt or slacks will be more convenient for you than a dress.
- 11 • For eye tests, those who use glasses should bring them for the scheduled vision test. If you use contact lenses, please remember to bring your own contact lens cases for temporary storage during the vision check.
- 12 • Before undergoing a pelvic ultrasound, you will be required to drink several glasses of water. Please avoid urinating for about 1 hour prior to the examination time. When the bladder is full, it forms a convenient path known as the acoustic window, for the ultrasonic waves.
- 13 • Please be aware that punctuality is required. We will try to adjust without compromising the next appointment.
- 14 • Please list all medications and supplements being taken as they may affect some of the test results.



PREPARATION INSTRUCTIONS FOR ADVANCED MEDICAL TESTS

Hormone tests: Hormone tests should be taken in the morning, and fasting is required for some hormones such as insulin and IGH-I. Women should indicate the timing of their menstrual cycle at the time of sampling (e.g., first day, last day), as this can affect hormone levels. Be sure to inform your medical staff of any medications or supplements you are taking, as they may affect hormone test results.

G.I PCR Panel (22 pathogens): A stool sample will be required for the test. Collect the sample following the instructions provided and submit it to the laboratory as soon as possible.

Urogenital pathogen PCR (14 pathogens): A urine sample or a swab sample from the genitals may be required for the test. Collect the sample following the instructions provided and submit it to the laboratory as soon as possible.

H Pylori Breath Test: please avoid taking any medication, including proton pump inhibitors, antacids, and antibiotics, for at least two weeks prior to the test. Additionally, do not use mouthwash before the test. One hour before the test, do not eat or drink anything, including water.

Hydrogen Breath Test:

- For at least 24 hours prior to the test, avoid foods that may produce gas such as beans, lentils, broccoli, cabbage, onions, and carbonated drinks.
- Do not smoke or chew gum for at least 2 hours prior to the test.
- Do not consume anything except water for at least 1 hour before the test.
- Do not take any medication for at least 6 hours prior to the test unless instructed otherwise by your physician.
- On the day of the test, arrive at the testing facility at the scheduled time and follow all instructions provided by the medical staff.

CTCA (Computed Tomography Coronary Angiography):

- Consult with your doctor to determine if CTCA is an appropriate test for you, and sign the consent form.
- Inform your doctor of any allergies, previous reactions to iodine or iodinated contrast agents, and any history of kidney disease.
- Eat a light meal or fast before the test, and avoid drinking coffee.
- During the test, you may be injected with a contrast dye to help enhance the images. Be prepared to lie still for the duration of the test and follow any breathing instructions provided by the medical staff.

Please list all medications and supplements being taken as they may affect some of the test results.





Care1 Health & Wellness Screening Center Trung Tâm Chăm Sóc Sức Khỏe Care1

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(84 28) 7300 8000 Ext 3201 & 3215
care1@vietnammedicalpractice.com | welcome@vietnammedicalpractice.com

OUR MEDICAL CENTERS IN VIETNAM

FAMILY MEDICAL PRACTICE (HCMC) DISTRICT 1

Diamond Plaza, 34 Le Duan, District 1, HCMC

For appointments:  (028) 3822 7848

E: hcmc@vietnammedicalpractice.com

FAMILY MEDICAL PRACTICE (HCMC) DISTRICT 2

95 Thao Dien Street, District 2, HCMC

For appointments:  (028) 3744 2000

E: d2.reception@vietnammedicalpractice.com

FAMILY MEDICAL PRACTICE (HCMC) DISTRICT 7

41 Dang Duc Thuat, District 7, HCMC


For appointments: (028) 5448 4544

E: d7.reception@vietnammedicalpractice.com

For Medical Emergencies in HCMC: Dial*9999

FAMILY MEDICAL PRACTICE (HANOI)

298 I Kim Ma, Van Phuc Diplomatic Compound, Ba Dinh, Hanoi

For emergencies and appointments:  (024) 3843 0748

E: hanoi@vietnammedicalpractice.com

FAMILY MEDICAL PRACTICE (DANANG)

96-98 Nguyen Van Linh, Nam Duong, Hai Chau, Danang

For appointments: (0236) 358 2699/700 | For emergencies:  0913 917 303

E: danang@vietnammedicalpractice.com