

保柏非凡自願醫保
計劃
投保優惠

由即日起至 2026 年 3 月 31 日，新客戶成功投保保柏非凡自願醫保計劃，每位 18 歲或以上的受保人可於指定診所享用免費身體檢查乙次。

身體檢查詳情：

投保計劃	精選/倍精選	智選/倍智選	尊尚/倍尊尚
身體檢查計劃	計劃一	計劃二	計劃三
體格檢查			
詳細病歷調查	Y	Y	Y
體格檢查	Y	Y	Y
體重指標	Y	Y	Y
視力測試	Y	Y	Y
X 光			
胸部 X 光 (照肺)	Y	Y	Y
心電圖			
靜態心電圖	Y	Y	Y
心臟耐力測試 (跑步心電圖)			Y
超聲波			
上腹超聲波			Y
乳房造影圖(女性) * 或 乳房超聲波(女性)			Y
血液檢測			

血液檢驗			
血全像	Y	Y	
全血球計數			Y
腎功能			
尿液常規檢查	Y	Y	Y
肌酸酐	Y	Y	Y
血尿素	Y	Y	Y
肝功能			
谷丙轉氨酶	Y	Y	Y
谷草轉氨酶	Y	Y	Y
膽紅素	Y	Y	Y
鹼性磷酸酶	Y	Y	Y
丙種谷氨基轉移酶	Y	Y	
總蛋白質	Y	Y	
球蛋白 (包括白蛋白)	Y	Y	
直接膽紅素			Y
甲狀腺功能			
促甲狀腺荷爾蒙			Y
甲狀腺素			Y
痛風病檢驗			
尿酸	Y	Y	Y
糖尿病測試			
血糖(空腹)	Y	Y	Y
血脂肪			
總膽固醇	Y	Y	Y
高密度脂蛋白膽固醇	Y	Y	Y
低密度脂蛋白膽固醇, 直接	Y	Y	
總膽固醇/ 高密度脂蛋白膽固醇比率	Y	Y	
三酸甘油脂	Y	Y	Y
子宮頸檢查			
柏氏細胞抹片, 液態固定液			Y

腫瘤指數			
總前列腺特殊抗原			Y
驗身報告			
驗身報告	Y	Y	Y
醫生解釋報告	Y	Y	Y
自選項目			
柏氏細胞抹片, 液態 固定液及人類乳突病 毒		自選 (4 選 1)	
乳房超聲波			
肝臟超聲波			
心臟耐力測試 (跑步心電圖)			

Y=項目適用

*3D 乳房 X 光造影適合 40 歲或以上或患乳癌風險較一般人高的女士。根據醫生的評估結果或建議，3D 乳房 X 光造影可能會更改為乳房超聲波。

成功投保的新客戶將於保單生效後 4 個月內收到換領電郵，你可根據電郵上的指示預約到服務供應商的指定診所進接受上述行身體檢查。

優惠受條款及細則約束。詳情請[按此](#)參閱。

身體檢查服務由保柏指定的供應商提供，使用服務受供應商的條款及細則約束。

如對身體檢查內容有何查詢，請根據換領電郵上的資料，致電有關服務供應商查詢。

Enrolment offers for Bupa Hero VHIS Plan

From now until 31 March 2026, new customers who successfully enrolled in Bupa Hero VHIS Plan, every aged 18 or above insured person will receive a complimentary health check at designated clinic.

Details of the health check:

Plan Enrolled	Core/Core Pro	Advance/Advance Pro	Deluxe/Deluxe Pro
Check-up plan	Plan 1	Plan 2	Plan 3
Physical Examination			
Detailed Medical History	Y	Y	Y
Physical Examination	Y	Y	Y
BMI	Y	Y	Y
Visual Acuity	Y	Y	Y
X-Ray			
Chest X-ray	Y	Y	Y
ECG			
Resting ECG	Y	Y	Y
Treadmill Test (Exercise ECG)			Y
Ultrasound			
Ultrasound of Upper Abdomen			Y
Mammogram (Female)* or Ultrasound of Breasts (Female)			Y
Blood Tests			
Blood Analysis			
Complete Blood Picture	Y	Y	
Complete / Full Blood Count (CBC/FBC)			Y
Kidney Function			
Urine Routine	Y	Y	Y
Creatinine	Y	Y	Y
Serum Urea	Y	Y	Y
Liver Function			
S.G.P.T. (ALT)	Y	Y	Y
S.G.O.T. (AST)	Y	Y	Y
Bilirubin, Total	Y	Y	Y

Alkaline Phosphatase	Y	Y	Y
Gamma GT (GGT)	Y	Y	
Protein, Total	Y	Y	
Globulin, Including Albumin	Y	Y	
Bilirubin, Direct			Y
Thyroid Function			
Thyroid Stimulating Hormone (TSH)			Y
T4, Total			Y
Gout Screening			
Uric Acid	Y	Y	Y
Diabetes Screening			
Glucose, Fasting	Y	Y	Y
Blood Lipids			
Cholesterol, Total	Y	Y	Y
HDL-Cholesterol	Y	Y	Y
LDL-Cholesterol, Direct	Y	Y	
Cholesterol/ HDL-Cholesterol Ratio	Y	Y	
Triglycerides	Y	Y	Y
Cervical Screening			
Pap Smear, SurePath			Y
Tumor Markers			
Prostatic Specific Ag (PSA), Total			Y
Medical Report			
Medical Report	Y	Y	Y
Follow-up Consultation for Report Review	Y	Y	Y
Optional Item			
Pap Smear, SurePath & HPV Genotyping (HPV28 types)		Choose 1 out of 4	
Ultrasound of Breasts			
Ultrasound of Liver			
Treadmill Test (Exercise ECG)			

Y=item available

*The 3D breast examination is recommended for women aged 40 and above, as well as women with a higher-than-average risk of breast cancer. Based on the doctor's assessment and recommendation, the 3D breast examination may be substituted with a breast ultrasound.

Successfully enrolled new customers will receive the redemption email within 4 months after the policy is effective. New customers should follow the instructions provided in the redemption email to book and receive the above health check at any designated clinics of the service provider.

Subject to terms and conditions of the Promotion. Please click [here](#) for details.

Health check services are provided by Bupa's designated service provider. Use of the services may be subject to terms and conditions imposed by the service provider.

For any enquires on health check plan, please contact the service provider according to the information on the redemption letter.

[Extra Welcome gift for Bupa Hero VHIS Plan \(“Promotion Offer”\)](#)
Terms and conditions

1. The promotion is offered by Bupa (Asia) Limited (“Bupa”) and valid from 1 March 2026 to 31 March 2026 (both dates inclusive) (the “Promotion Period”).
2. Within the Promotion Period, one complimentary health check (the “Service”) will be offered by Bupa to the customers who enrolled as insured persons under Bupa Hero VHIS Plan (Flexi Plan) (the “Eligible Scheme”) and fulfil all Eligibility Criteria in clause 3 below (the “New Customers”).
3. To enjoy the Promotion Offer, a New Customer is required to meet all the following eligible criteria (the “Eligibility Criteria”):
 - Application for the Eligible Scheme must be submitted during the Promotion Period;
 - The New Customer must be aged 18 or above;
 - The Eligible Scheme must come into effect on 1 April 2026 with annual premium payment paid;
 - The New Customer must not cancel any individual medical insurance scheme underwritten by Bupa within 6 months prior to and after the date of submitting the application for the Eligible Scheme; and
 - The Promotion Offer is not applicable to any customers who transfer their existing individual scheme underwritten by Bupa to the Eligible Scheme.
4. The Service is provided by Bupa’s designated service provider (the “Service Provider”) available at designated clinic(s) selected by the Service Provider. The health check plan offered to the New Customers varies according to the plan they have enrolled. Please refer to www.bupa.com.hk/pdf/heroooffer.pdf for more details. The Service includes the items listed in the promotion leaflet. Any additional tests, reports, follow-up consultations, or other services requested will be subject to separate charges.
5. The redemption email of the Service (the “Redemption Email”) will be sent to the New Customer’s email address provided to us in the Application within 4 months after the Eligible Scheme is effective. The New Customer must follow the instructions in the Redemption Email and contact the Service Provider for an appointment. Please note the valid date stated in the Redemption Email. The New Customer must complete booking and receive the Service on or before the valid date. Bupa shall not be liable for any fee, cost or loss incurred as a result of the New Customer’s failure to follow the instructions set out in the Redemption Email (including, failing to make an appointment or receiving consultation services not in accordance with the scheduled appointment). Bupa makes no representation or guarantee regarding the availability of the Service Provider. Bupa shall not provide any special arrangement or accommodation in the event that the appointment offered, or the lack thereof, fails to meet expectation.
6. The New Customer must show the Redemption Email and their identification document when checking in for their appointment for the Service at the Service Provider’s designated location. If the New Customer fails to provide any of the above information, the Service Provider has the right to refuse providing the Service or to charge the New Customer a fee.
7. The New Customer’s policy of the Eligible Scheme must still be in force at the time of issuing the Redemption Email. In the event Bupa subsequently discovers that a New Customer’s policy has been cancelled for whatever reason, Bupa reserves the right to cancel the Redemption Email and the New Customer’s entitlement to the Service without notice and demand repayment of the value of the Service.
8. If any information provided to Bupa (including but not limited to email address) is untrue, incorrect, incomplete or invalid, the New Customer will lose the eligibility for receiving the Service. New Customer has the responsibility to ensure information provided to Bupa is correct and valid. Bupa shall not be responsible for any loss suffered by New Customer due to such invalid information, including but not limited to, unsuccessful delivery of the Redemption Email. In such an event, Bupa is not liable to reissue the Redemption Email and Promotion Offer.
9. The Promotional Offer cannot be used in conjunction with other offer(s).
10. Any additional cost incurred in connection with the Promotion Offer and the Service shall be borne by the New Customer.
11. This Promotion Offer and the Service are intended for the personal use of the New Customer only, and cannot be exchanged, transferred, replaced, sold at any price, gifted or resold to a third party, and shall not be exchanged for cash or other substitutes.
12. Bupa reserves the right to replace the Service offered in this Promotion Offer with a different offer and the value of any such replacement may be different from the value of the Service.
13. Except for the New Customer and Bupa, no other person shall have any rights to enforce or enjoy any provisions of these terms and conditions under the Contracts (Rights of Third Parties) Ordinance.
14. Bupa is not the provider of the Service offered in this Promotion offer, and we:
 - make no representations and warranties of any kind, either express or implied, by fact or in law in relation to the quality or suitability of the use of the Service and the related services provided by the Service Provider;
 - is not responsible for any acts and/or omissions of the Service Provider, their respective employees, agents, servants or representatives;
 - do not intervene or interfere any dispute regarding the use of the Service with the Service Provider; and
 - to the extent permitted by law, will accept no responsibility or liability under tort (including negligence), breach of



contract or otherwise, for death or personal injury, loss, damage, costs or expenses howsoever occasioned, sustained or suffered, as a result of or in connection with the use of the Service and the related services.

15. The use of the Service and other related services may be subject to terms and conditions imposed by the Service Provider.
16. By participating in this Promotion Offer, you hereby agree, understand, accept the terms and conditions of this Promotion Offer. Bupa reserves the right to cancel or terminate this Promotion Offer (in whole or in part) or amend these terms and conditions at any time without prior notice.
17. In case of any discrepancy between the promotional materials of this Promotion Offer and these terms and conditions, these terms and conditions shall prevail. In case of any dispute, the decision of Bupa shall be final and conclusive on all matters related to the Promotion Offer.
18. In the case of any discrepancy between the Chinese and English versions of these terms and conditions, the English version shall prevail.

投保保柏非凡自願醫保計劃的額外迎新禮遇 (「推廣優惠」)

條款及細則

1. 是次活動的推廣日期由 2026 年 3 月 1 日至 2026 年 3 月 31 日 (首尾兩日包括在內) (「推廣期」)，由保柏 (亞洲) 有限公司 (「保柏」) 提供。
2. 於推廣期內，客戶成功投保保柏非凡自願醫保計劃 (靈活計劃) (「合資格計劃」) 為受保人的新會員，並符合以下第三條列出的所有合資格條件 (「新客戶」)，即可獲贈免費身體檢查乙次 (「服務」)。
3. 如欲享推廣優惠，新客戶須符合以下所有合資格條件 (「合資格條件」)：
 - 投保合資格計劃的申請須於推廣期內遞交；
 - 新客戶的年齡須為 18 歲或以上；
 - 合資格計劃須於 2026 年 4 月 1 日生效並以年繳方式支付保費；
 - 新客戶在申請投保合資格計劃前後 6 個月內並無曾經取消任何保柏的個人醫療保障計劃；及
 - 推廣優惠不適用於新客戶轉移其現有由保柏承保的個人計劃至合資格計劃。
4. 服務由保柏指定的供應商提供 (「供應商」)，並只於供應商指定的診所提供。新客戶所享有的服務將根據所投保合資格計劃下之級別而定，詳情請瀏覽 www.bupa.com.hk/pdf/herooffer.pdf 之宣傳單張。服務僅包括宣傳單張所列之項目。任何額外要求的檢查、報告、覆診會診或其他服務，均須另行收費。
5. 保柏將於保單生效後 4 個月內透過電郵發出服務的換領信 (「換領電郵」) 至新客戶投保時提供的電郵地址。新客戶須遵照在換領電郵內的指示，聯絡指定的服務供應商預約接受服務。請留意換領電郵中所示的有效期，新客戶須於有效期當日或以前完成預約並享用服務。任何非根據換領電郵的指示而招致的費用、成本或損失 (如沒有預約，或在非預約的日期、時間或指定診所享用服務等)，保柏恕不負責。保柏不就供應商的預約情況作出任何承諾或保證，如所提供之預約 (或未能提供預約) 未能符合預期，保柏概不提供任何特別安排。
6. 於供應商的指定地點就享用服務前進行登記時，新客戶必須出示換領電郵及其身份證明文件。如未能出示上述所有資料，供應商有權拒絕為新客戶提供服務或就服務收取合理費用。
7. 於換領電郵發出時，新客戶的合資格計劃保單必須仍然生效。如保柏其後發現新客戶的合資格計劃的保單以任何原因取消，保柏保留在沒有任何通知的情況下取消已送達的換領電郵及獲取服務的資格，或要求償還已享用服務的相應費用的權利。
8. 如向保柏所提供的任何資料 (包括但不限於電子郵件地址) 不真實、不正確、不完整或無效，新客戶將會喪失獲取服務的資格。新客戶有責任確保提供予保柏的資料均為正確及有效。保柏不對此無效資料而導致的任何損失承擔責任，包括但不限於未能成功發送換領電郵。在此情況，保柏將毋須負上責任及不會補發換領電郵及推廣優惠。
9. 推廣優惠不可與其他推廣優惠同時使用。
10. 新客戶須自行承擔於參與本推廣優惠時所招致的任何額外成本。
11. 此推廣優惠及服務僅供新客戶個人使用，並且不得交換、轉讓、作價銷售、送贈或轉售予他人，亦不得兌換為現金或其他替代品。
12. 保柏保留以其他產品或服務替代是次推廣活動之服務的權利，且任何該等替代服務的價值可能與原來的的價值相異。
13. 除新客戶及保柏外，概無人士根據《合約 (第三者權利) 條例》將擁有任何權利執行或享有此等條款及細則任何條文的相關利益。
14. 保柏並非此推廣優惠之服務的供應商，且我們：
 - 概不就此使用服務及相關之服務的質素或合適性，以及所有服務供應者所提供的服務作出任何類型根據事實或法律 (不論明示或暗示) 的陳述及保證；

- 並不就任何服務供應商者以及其各自僱員、代理、服務員或代表的任何行為及 / 或遺漏負責；
 - 任何有關向服務供應商者使用此獎賞之爭議，概不介入或干涉；及
 - 在法律允許的範圍內，就使用此獎賞而引致或與之相關的死亡、人身傷害、損失、損害、成本或開支（無論發生、承受或遭受的方式為何），概不承擔侵權（包括疏忽）、違約或其他的義務或責任。
15. 享用服務及使用其相關服務或須受供應商的條款及細則約束。
 16. 新客戶參加此推廣優惠即代表其了解、接受及願意遵守此等條款及細則。保柏保留隨時取消或終止此推廣優惠（全部或部分）或修改此條款及細則的權利，恕不另行通知。
 17. 此推廣優惠之宣傳資料如與本條款及細則有任何歧義，以本條款及細則為準。如有任何爭議，保柏擁有與此推廣活動有關的所有事項之最終決定權。
 18. 此等條款及細則的中英文版如有任何歧義，以英文版為準。