| 序號 | 健康樂活方案 | | 健檢機構 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 健檢中心項目 | 內容 | 臺北醫學大學附設醫院 | 台北哈佛健診 | 台北振興醫院 | 新北耕莘醫院 | 桃園敏盛醫院 | 桃園聯新醫院 | 台中澄清醫院 | 台中日健健診 | 台中長春健診 | 嘉義基督教醫院 | 高雄市立聯合醫院 | 屏東安泰醫院 |
| 1 | 一般檢查 | 身高、體重、血壓、脈搏、腰圍、視力、辨色力、BMI | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 2 | 健康評估 | 疾病史、過敏史、家族病史、健康行為 | x | ● | x | x | x | x | ● | x | x | x | x | x |
| 3 | 體脂肪百分比 | 體脂肪檢查 | ● | ● | x | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 4 | 身體組成分析 | 基礎代謝量、除脂肪量、肌肉量、肥胖度、體水分比例、內臟脂肪指數、體脂肪率、電阻值、建議標準體重 | x | ● | x | x | x | x | x | x | x | x | x | x |
| 5 | 眼壓檢查 | 眼壓檢查(intraocular pressure) | ● | x | x | ● | ● | ● | ● | x | ● | ● | x | ● |
| 6 | 聽力檢查 | 聽力檢查(Hearing Test 500~4000Hz) | ● | ● | x | ● | ● | ● | ● | x | ● | ● | x | ● |
| 7 | 糞便檢查 | 糞便潛血免疫分析 | ● | ● | ● | ● | ● | ● | ● | x | ● | ● | ● | ● |
| 8 | 尿液常規檢查 | 尿糖、尿蛋白、酸鹼度、尿潛血、膽紅素、尿膽素原、尿比重、白血球酯酶、亞硝酸、酮體 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 9 | | 尿沈渣鏡檢(尿紅血球、尿白血球、上皮細胞、結晶體、尿圓柱 | ● | x | ● | x | ● | ● | ● | ● | ● | ● | ● | ● |
| 10 | 尿酸檢查 | 尿酸 Uric acid | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 11 | 血液檢查 | 紅血球、血色素、血球容積比、平均紅血球體積、平均紅血球血色素(重)量、平均紅血球血色素濃度、 白血球、血小板 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 12 | | 嗜中性球、嗜伊紅性球、嗜鹼性球、單核球、淋巴球 | ● | ● | ● | x | x | ● | x | ● | ● | ● | ● | ● |
| 13 | 白血球分類 | Lymph%淋巴球百分比、Mono%單核球百分比、Seg%嗜中性球百分比、Eos%嗜酸性球百分比、Baso%嗜鹼性球百分比 | x | ● | x | ● | x | x | x | x | x | x | x | x |
| 14 | 血糖測定 | 飯前血糖AC Sugar | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 15 | | 色素HbA1C | ● | x | x | x | x | x | ● | x | ● | x | x | x |
| 16 | 血脂肪檢查 | 膽固醇總量 Cholesterol | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 17 | | 三酸甘油酯 TG | ● | x | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 18 | | 高密度膽固醇（HDL-C） | x | x | x | x | ● | x | x | x | x | x | x | x |
| 19 | | 高密度脂蛋白HDL | ● | ● | ● | ● | x | ● | ● | ● | ● | ● | ● | ● |
| 20 | | 低密度脂蛋白LDL | ● | x | ● | ● | x | ● | ● | ● | ● | ● | ● | ● |
| 21 | | 總膽固醇/高密度脂蛋白 | ● | x | x | x | x | x | x | ● | ● | x | ● | x |
| 22 | | 低密度膽固醇（LDL-C） | x | ● | x | x | ● | x | x | x | x | x | x | x |
| 23 | | 高密度脂蛋白膽固醇比值（TC/HDL） | x | ● | x | x | x | x | x | x | x | x | x | x |
| 24 | | 心臟血管疾病危險因子（T-chol/HDL） | x | x | x | ● | ● | x | x | x | x | x | x | x |
| 25 | 組織炎症篩檢 | 高敏感C反應蛋白（HS-CRP） | x | ● | x | x | x | x | x | x | x | x | x | x |
| 26 | 肝功能檢查 | 麩丙酮酸轉胺酵素 SGPT | ● | ● | x | ● | x | ● | ● | ● | ● | ● | ● | ● |
| 27 | | 麩草酸轉胺酵素 SGOT | ● | ● | x | ● | x | ● | ● | ● | ● | ● | ● | ● |
| 28 | | 血清麩丙酮轉氨基胸GPT | x | x | x | x | ● | x | x | x | x | x | x | x |
| 29 | | 血清麩草酸轉氨基胸GOT | x | x | x | x | ● | x | x | x | x | x | x | x |
| 30 | | 總蛋白 T-P | ● | ● | x | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 31 | | 白蛋白 ALB | ● | ● | x | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 32 | | 球蛋白 GLOB | ● | x | x | x | x | ● | ● | ● | ● | ● | ● | ● |
| 33 | | 鹼性磷酸酵素(ALP) | ● | x | x | x | x | ● | x | ● | ● | ● | ● | x |
| 34 | | 鹼性磷酸酶（ALK-P） | x | ● | x | ● | ● | ● | ● | x | x | x | x | ● |
| 35 | | 珈瑪麩氨酸酵素(r-GT) | ● | ● | x | ● | x | x | ● | ● | ● | ● | ● | ● |
| 36 | | 白蛋白/球蛋白比率（A/G） | x | ● | x | ● | x | x | ● | x | x | x | x | x |
| 37 | 肝炎篩檢 | B型肝炎表面抗體Anti-HBs | ● | x | x | x | x | ● | ● | x | ● | ● | ● | ● |
| 38 | | B型肝炎表面抗原HbsAg | ● | x | x | x | x | ● | ● | x | ● | ● | ● | ● |
| 39 | | C型肝炎抗體(Anti-HCV) | ● | x | x | x | x | x | ● | x | x | x | x | x |
| 40 | 酒精性肝炎 | 珈瑪麩氨酸酵素(γ-GTP) | x | x | x | ● | x | x | x | x | x | x | x | x |
| 41 | 膽功能檢查 | 總膽紅素 T-BIL | ● | ● | x | ● | x | ● | ● | ● | ● | ● | ● | ● |
| 42 | | 直接膽紅素D-BIL | ● | ● | x | ● | x | ● | x | ● | ● | ● | ● | ● |
| 43 | 腎臟功能檢查 | 肌酸肝 Creatinine | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 44 | | 血中尿素氮 BUN | ● | ● | x | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 45 | | 腎絲球過濾率(eGFR) | ● | x | x | ● | ● | x | x | x | ● | x | x | x |
| 46 | 肝炎篩檢 | A型肝炎Igm | x | x | x | x | x | x | x | x | ● | x | x | x |
| 47 | 胰臟檢查 | 澱粉胸Amylase | ● | x | x | x | x | ● | x | ● | ● | ● | ● | ● |
| 48 | 風濕檢查 | 類風濕性關節炎RA | x | x | x | x | x | x | x | ● | ● | x | ● | x |
| 49 | 非特異性炎症 | CRP | ● | x | x | x | x | x | x | ● | ● | x | x | x |
| 50 | 防癌篩檢 | 甲型胎兒蛋白(AFP) | ● | ● | ● | ● | ● | x | x | ● | ● | ● | ● | ● |
| 51 | | 肌酸激酵素(CPK) | ● | x | x | x | x | x | x | x | ● | x | x | x |
| 52 | | 乳酸脫氫酵素(LDH) | ● | x | x | x | x | x | x | x | ● | x | x | x |
| 53 | | 癌胚胎抗原(CEA) | ● | ● | ● | ● | x | x | x | ● | ● | x | ● | x |
| 54 | | 癌胚胎抗原(CEA) -腸胃癌 | x | x | x | x | ● | x | x | x | x | x | x | x |
| 55 | | 胰臟癌CA199 | ● | x | ● | x | x | x | x | ● | x | x | x | x |
| 56 | | 鼻咽癌腫瘤標記篩檢(EBV-IgA) | x | x | x | x | x | x | x | x | ● | x | x | x |
| 57 | | 前列腺特異抗原(PSA)（男性） | ●男性 | ●男性 | ●男性 | ●男性 | ● | x | ●男性 | x | ●男性 | x | x | x |
| 58 | | CA125腫瘤標記(CA 125)（女性） | ●女性 | ●女性 | ●女性 | ●女性 | ● | x | ●男性 | x | ●女性 | x | x | x |
| 59 | | β-HCG絨毛性腺激素<br>(女性子宮內膜癌檢查,男性睪丸癌檢) | x | x | x | x | x | x | x | x | ● | x | x | x |
| 60 | 甲狀腺檢查 | 甲狀腺刺激素免疫分析(TSH) | ● | ● | x | x | x | x | ● | ● | ● | x | ● | x |
| 61 | | 游離甲狀腺素(Free T4) | ● | ● | x | x | x | x | ● | x | ● | x | x | x |
| 62 | | 三碘甲狀腺素(T3) | x | x | x | x | x | x | ● | x | ● | x | x | x |
| 63 | 骨質密度檢查 | 腰椎X光骨質密度測定 | x | x | x | ● | x | x | x | x | x | x | ● | x |
| 64 | | 全身型雙能量測定法 | x | x | x | x | x | x | x | ● | ● | x | x | x |
| 65 | | 超音波骨質密度測定 | x | x | x | x | x | x | x | x | x | ● | x | ● |
| 66 | 心血管及代謝系統 | 周邊動脈硬化評估(Assessment of Atherosclerosis) | x | x | x | x | x | x | x | x | ● | x | x | x |
| 67 | | 十年心血管疾病風險評估(10-year CVD Risk Score) | x | x | x | x | x | x | x | x | ● | x | x | x |
| 68 | | 同半胱胺酸 (Homocysteine) | ● | x | x | x | x | x | x | x | x | x | x | x |
| 69 | 靜態心電圖檢查 | 靜態心電圖檢查 | ● | ● | ● | ● | ● | x | ● | x | ● | ● | ● | x |
| 70 | 心臟功能檢查 | 乳酸脫氫酶(LDH) | x | x | x | ● | x | x | x | x | x | x | x | x |
| 71 | | 肌酸磷酸激酶(CPK) | x | x | ● | ● | x | x | x | x | x | x | x | x |
| 72 | 血管硬度檢測 | 標準模式動脈硬化篩檢（COLIN） | x | x | x | x | ● | x | x | x | x | x | x | x |
| 73 | 肺部檢查 | 胸部X光檢查 -正面 | ● | x | ● | x | x | x | ● | ● | ● | ● | ● | ● |
| 74 | | 胸部X光檢查 -側面 | x | x | ● | x | x | x | x | x | ● | x | x | x |
| 75 | | 肺功能檢查 | ● | x | x | x | x | x | x | x | ● | x | x | x |
| 76 | 肺功能檢查 | 肺容量（Lung Capacity） | x | x | x | x | ● | x | x | x | x | x | x | x |
| 77 | | 肺功能測試(PFT) | x | x | x | ● | x | x | x | x | x | x | x | x |
| 78 | 一般攝影 | 胸部X光（CXR）-1 view | x | x | x | ● | ● | x | x | x | x | x | x | x |
| 79 | 特殊攝影 | 雙能量X光骨質密度檢查（腰椎、左右髖關節） | x | x | x | | ● | x | x | x | x | x | x | x |
| 80 | 泌尿系統 | 泌尿科會診（男性） | x | x | x | x | ● | x | x | x | x | x | x | x |
| 81 | 上消化道 攝影檢查 | UGI上消化道X光攝影檢查 | x | x | x | x | x | x | x | x | 5擇2 | x | x | x |
| 82 | 超音波檢查 | 甲狀腺超音波 | x | ●女性3擇1 | x | x | x | x | x | ●男性 | | x | ● | x |
| 83 | | 乳房超音波（女性） | x | | x | ● | ● | x | x | ●女性 | | x | ●女性 | x |
| 84 | | 婦科超音波（女性） | ●女性 | | x | ● | ● | x | x | ●女性 | | x | x | x |
| 85 | | 攝護腺超音波（男性） | ●男性 | ● | x | ● | ● | x | x | ●男性 | | x | ●男性 | x |
| 86 | 超音波檢查 | 腹部超音波 | ● | ● | ● | ● | ● | x | ● | ● | ● | ● | ● | ● |
| 87 | | 頸動脈超音波 | x | x | x | x | x | x | x | 2擇1 | | x | x | x |
| 88 | 壓力荷爾蒙檢測 | 壓力荷爾蒙檢測 | x | x | x | x | x | x | x | | | x | x | x |
| 89 | Helicobacter pylori抗體檢查 | Helicobacter pylori抗體檢查 | x | x | x | x | x | x | x | x | ● | x | x | x |
| 90 | 理學檢查 | 頭頸部、呼吸系統、心臟血管系統、消化系統、神經系統、肌肉骨骼、皮膚 | x | ● | x | x | ● | ● | ● | x | x | ● | x | ● |
| 91 | 理學檢查 | 乳房觸診 | x | ●女性 | x | x | x | x | x | x | x | x | x | x |
| 92 | | 肛門指診 | x | ●男性 | x | x | x | x | x | x | x | x | x | x |
| 93 | 生理測量數據紀錄 | 血壓、血糖、體位、飲食、運動、就醫、眠品質、壓力紀錄 | x | ● | x | x | x | x | x | x | x | x | x | x |
| 94 | 試算健康DIY | BMI與腰臀比，每日需求熱量、飲食熱量換算、運動熱量換算、心血管疾病風險評估、女性安全期計算 | x | ● | x | x | x | x | x | x | x | x | x | x |
| 95 | 健康資訊提供 | 日常健康諮詢服務、衛教文章或健康新知瀏覽 | x | ● | x | x | x | x | x | x | x | x | x | x |
| 96 | 醫師總評 | 醫師總評 | ● | ● | ● | x | x | ● | ● | ● | ● | ● | ● | ● |
| 97 | 餐點 | 餐點 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |