



BP HEALTHCARE GROUP

Leader in Health Check

HIBO

Healthy Inside Beauty Outside

Is My Health
more important than My Car?

WONG KOK KIN

Chief Nutritionist

BP Wellness Centre

27 March 2013



Do you have a Car?





Servicing & Maintenance?



Regular Health Screening?





Delay Health Screening?

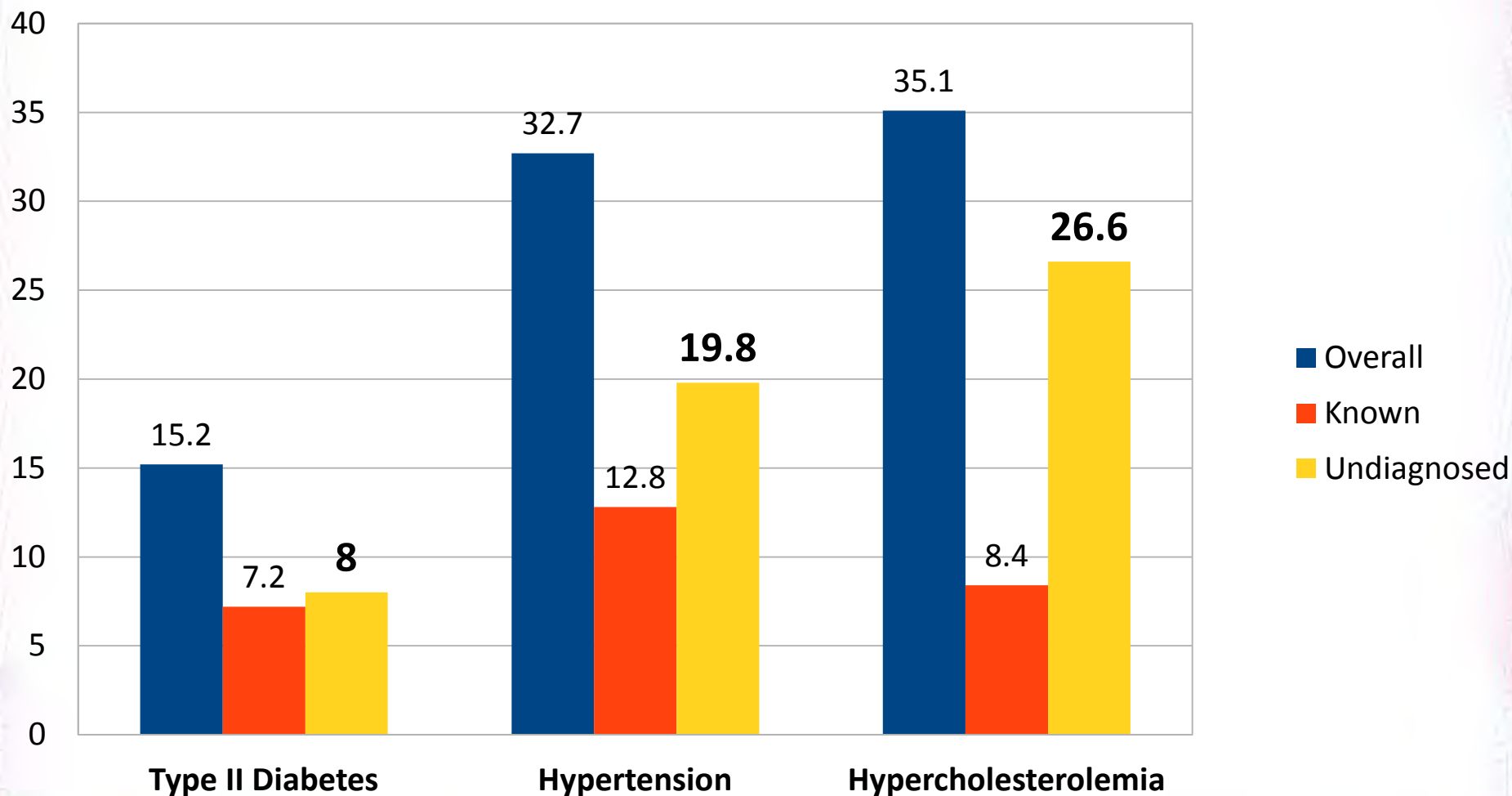




What will you do?



Prevalance of Diseases in Malaysian Adults



Source: NHMS IV (2011)

Our Services



Blood & Urine Examination



Stress Test



Hearing Aid



Mammogram



Medical Examination



Ultrasound Test



Wellness Coaching Program



Pap Smear



Body Composition Analysis



Radiology



Nutrition & Dietetics



Gastroscopy



Electrocardiogram (ECG)



Digital X-ray Services



Quit Smoking



Dental



Lung Function Test



DEXA



Dispensary



ENT



Bone Mineral Density Test



Hearing Test



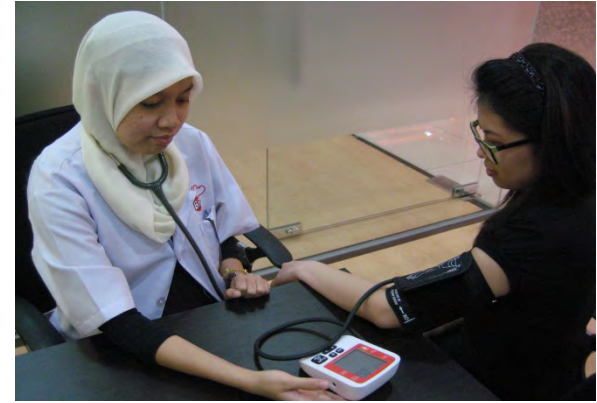
Vaccination



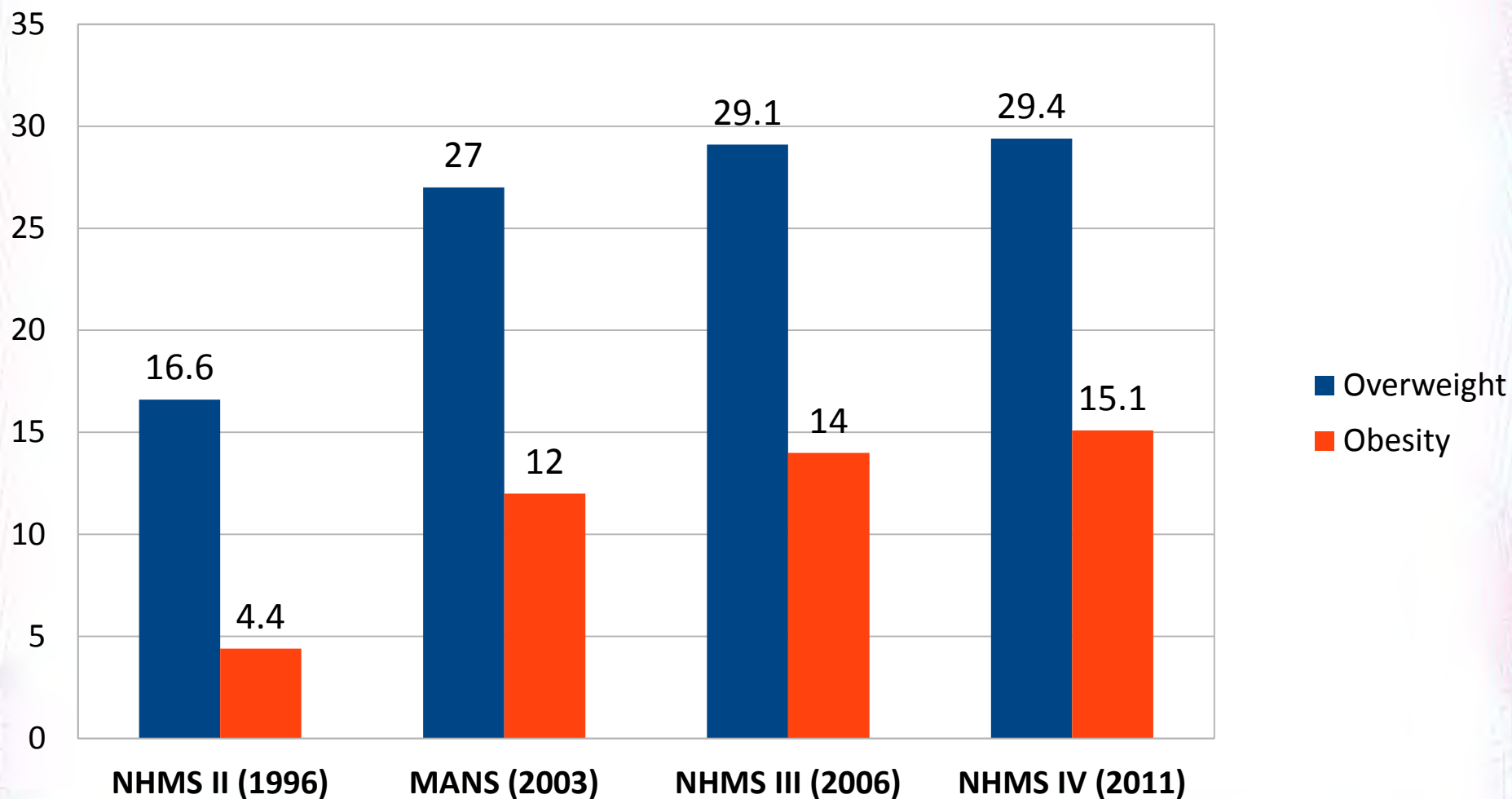
CT Scan



Our Healthcare Professionals

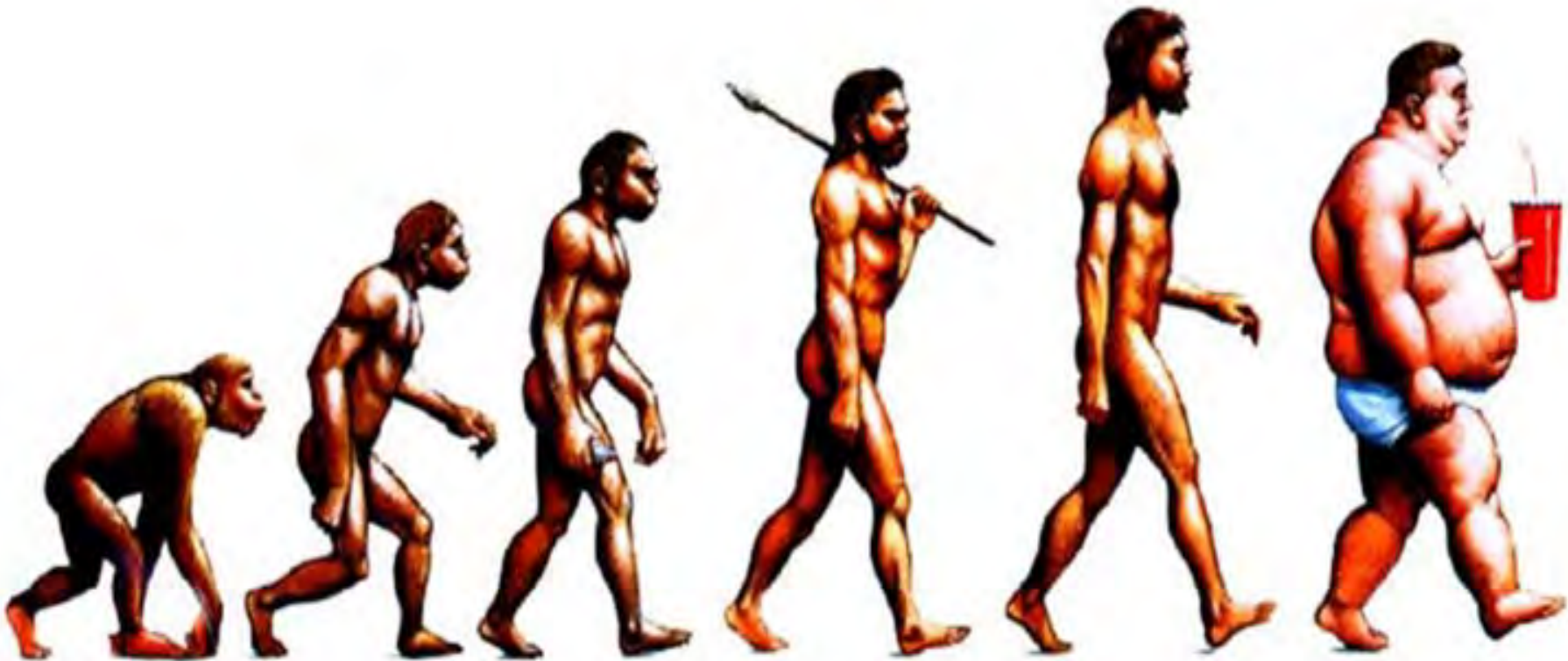


Prevalance of Overweight & Obesity in Malaysia





Evolution Obesity



Beauty Outside

BEFORE

AFTER



Beauty Outside

BEFORE

AFTER





Healthy Inside

Parameter	Date: 30/7/12	Date: 12/9/12	Healthy Range
Weight (kg)	101	92.5	lost 8.5kg
Blood Pressure (mmHg)	141/90	119/80	<120/80
SGPT / ALT (U/L)	47	29	5 – 44
Total Cholesterol (mg/dL)	157	145	<200
Triglyceride (mg/dL)	174	96	<150
HDL – Cholesterol (mg/dL)	46	45	>40
LDL – Cholesterol (mg/dL)	76	81	<100
Total Chol / HDL – Chol	3.4	3.2	<4.5
Fasting Blood Glucose	4.1	4.2	<5.6

Beauty Outside

BEFORE



AFTER





Healthy Inside

Parameter	Date: 22/12/12	Date: 21/3/13	Remarks
Weight (kg)	60.3	50.8	Lost 9.5kg
BMI	24.8	20.9	Lost 3.9
Body Fat (%)	38.6	32.1	Lost 6.5%
Waist to Hip Ratio	0.91	0.86	
Upper Arm (cm)	29.6	25.5	Lost 4.1cm
Thigh	50	39	Lost 11cm
Calf	38	33.5	Lost 4.5 cm
Lower Abdomen	100.7	84	Lost 10.5cm
Waist	96	71	Lost 25cm
Hip	104.5	89	Lost 15.5cm

Total Lost

96cm

Biochemical Tests	Date: 17/11/12	Date: 17/3/13	Healthy Range
Total Cholesterol (mmol/L)	6.1	5.4	<5.2
HDL – Cholesterol (mmol/L)	2.2	2.1	>1.0
LDL – Cholesterol (mmol/L)	3.5	2.8	<2.6
Total Chol / HDL – Chol	2.8	2.8	<4.5
Total Cholesterol (mmol/L)	6.1	5.4	<5.2

Garvy's Restaurant



Croissant

Chicken
Tuna
Egg
Turkey Ham & Cheese



Wrap

Chicken
Prawn & Egg



Granola bar



HIBO

Nutrition & Dietetics Services

- Diet & Nutritional Health Talk
- Total Wellness Programme (TWP)
- Public Health Screening / Road Show
- Nutritional Counseling
- Diet Therapy for Chronic Diseases
- Nutrition Workshops
- Health Risk Assessment
- Corporate Health Intervention Programme

Friendly Environment



Communication Tools




Communication Tools

Health communication programme by BP, Health Care Division, Nutrition and Dietetics Department

HOT Tips towards a Healthy Weight
健康体重的重要贴士



Small text at the bottom of the poster regarding the health communication programme.



OBESITY
肥胖症



YOU ARE AT RISK!
您正处于肥胖症的风险!





BP
Lifestyle Health Clinic

THE METABOLIC SYNDROME
- A LIFESTYLE CONCERN

代谢综合症
- 针对生活方式的关注

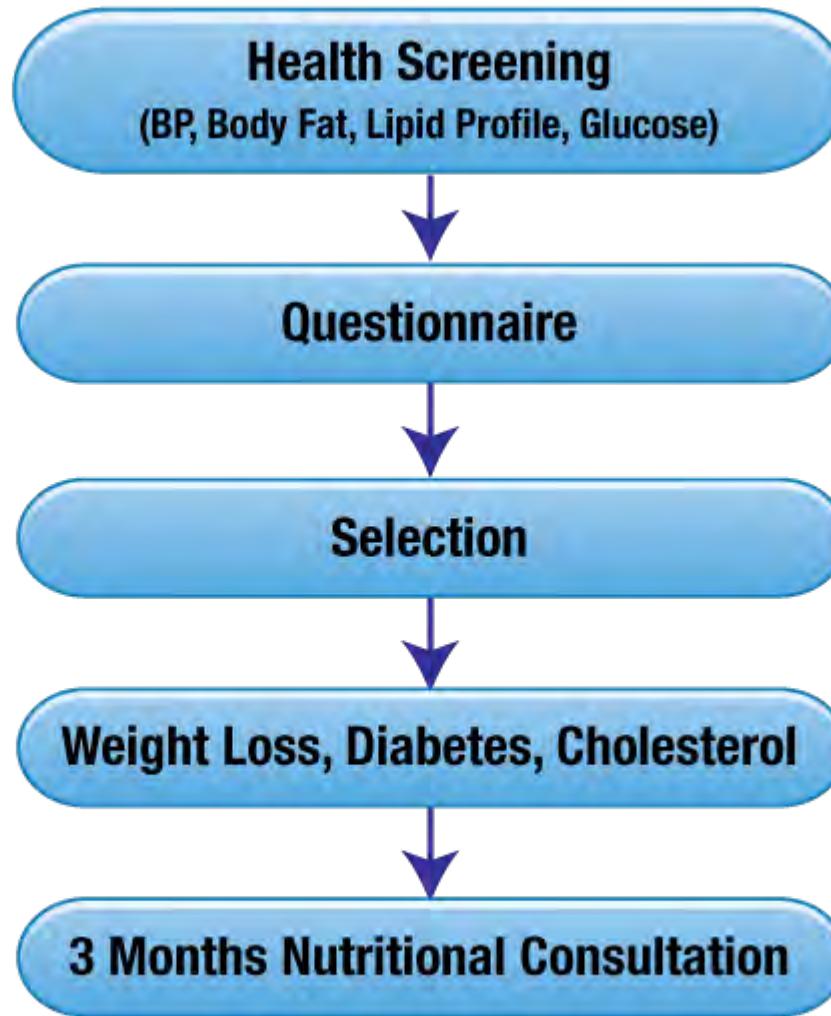


Health Intervention Programme





Health Intervention Programme



JB Health Forum





Young Malaysian Movement Health Campaign, KK



MOH Trip (Nutrition Division)



Continuous Nutrition Education





Continuous Nutrition Education



HIBO Event 2012



Health conference conducted by (from left) Emcee (Vicky Ong), Tan Sri Dato Dr M Jegathesan (Consultant Pathologist), Chua Yee See (Miss Malaysia) and Steve Yap (local celebrity)

HIBO Event 2012





CSR Project





Visit our Webpage

← → ↻ www.bphealthcare.com/BPWellnessCentre/index.html



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Launched HIBO Event

on 18th February 2012 by Malaysia's Minister of Transport - Dato Seri Kong Chor Ha



What BP can do for you?

- We are a Coordinated Healthcare Company
- Health Screening
- Quit Smoking
- Total Wellness Programme (TWP)



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BPHealthcare



BP TV
bphealthcaregroup



APP STORE
BP Healthcare



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TESTING
SAMM NO. 222
SAMM NO. 223
SAMM NO. 573
MS ISO 15189
MEDICAL TESTING
SAMM NO. 326



Malaysia Customer Value
Enhancement Award in Diagnostics

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