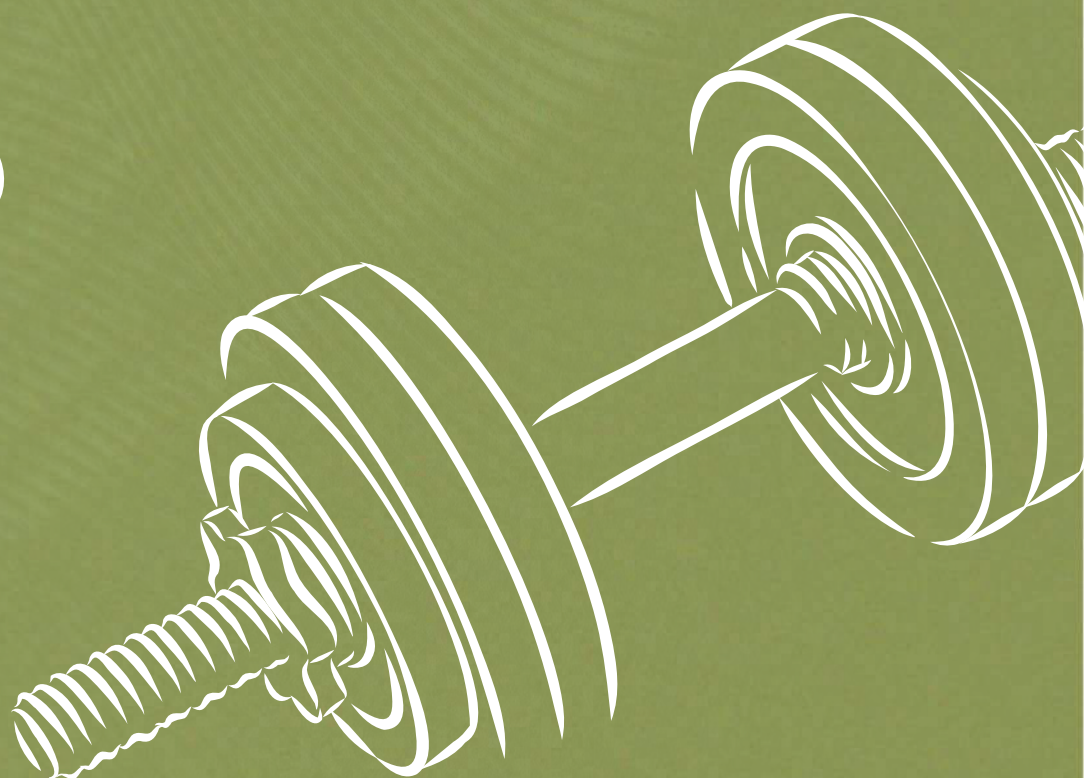


# Humansa

一站式健康纖體計劃

One-Stop Lifestyle Weight Loss Program



## Humansa如何幫助您管理體重問題？

How can Humansa assist you in weight management?

Humansa 利用其跨科專業健康管理團隊無縫合作的優勢，  
結合醫學保健、健康飲食以及健身訓練  
為關注體重管理的客戶進行360度全面評估，  
提供全方位、專業的綜合纖體計劃。

Humansa's multi-disciplinary team of specialists from various parties collaborate to provide you with a professional weight management plan that includes a comprehensive 360-degree assessment, which is the integration of medical care, dietitian consultation balanced and nutritious diet, and regular fitness training.

## 什麼人士適合參加Humansa纖體計劃

Who is suitable to participate in Humansa Weight Loss Program?



肥胖或有體重相關  
健康問題的人士

For people who are  
obese or overweight  
with weight-related  
complications



經醫生評估後  
符合條件的人士

Assessed by  
Doctor for eligibility



年齡在12歲或以上  
12 years old or above

## 如何判斷是否患上肥胖症？

How to diagnose obesity?

### 身體質量指數 Body Mass Index (BMI)

$$\text{身體質量指數 BMI} = \frac{\text{體重 Weight (公斤 kg)}}{\text{身高}^2 \text{ Height}^2 \text{ (米 m}^2\text{)}}$$

資料來源：世界衛生組織西太平洋區域辦事處

Source: WHO Western Pacific Regional Office

註：以上指數為世界衛生組織西太平洋區域辦事處頒佈給亞洲成年人的參考，不適用於18歲以下的兒童或懷孕期的婦女。

Note: The above BMI classification is promulgated by the WHO (Western Pacific Region Office) for reference by Asian adults and is not applicable to children under the age of 18 or pregnant women.

BMI ≥ 25

肥胖 Obese

BMI = 23-24.9

超重 Overweight

BMI = 18.5-22.9

標準 Normal

BMI < 18.5

過輕 Underweight

### 腰圍

#### Waist Circumference

對於一般亞洲成年人，其腰圍尺寸等於或超出以下水平，則被視為積聚過多肚內脂肪，形成**中央肥胖**。

In general, if the waist circumference of an Asian adult equals to or exceeds the below measurements, this indicates accumulation of fat around the abdominal area, which is also known as "**central obesity**".



男性 Male

≥ 90 厘米 cm  
(36 吋 Inches)



女性 Female

≥ 80 厘米 cm  
(32 吋 Inches)

## 什麼原因導致肥胖？

What factors can cause obesity?



熱量(卡路里)  
吸收過多  
Excess energy  
(calories) intake



熱量消耗不足，  
缺乏運動  
Lack of physical  
exercise



其他例如遺傳、某些疾病  
或藥物的影響等

Other factors such  
as genetics, side effects of  
drugs, and certain diseases

## 體重問題會導致哪些慢性疾病？

What are the common weight induced chronic diseases?

許多人都視**肥胖症**為影響外觀的大敵，但其實肥胖更是一個影響健康的病症。早在1996年，世界衛生組織和美國食品藥物管理局正式將肥胖列為「最大規模的慢性病」，並稱之為「21世紀的瘟疫」。世界衛生組織定義肥胖為對健康構成風險的脂肪異常或過度積累。肥胖症更是百病之源，與以下多種疾病息息相關：

**Obesity** may not only impact our physical appearance, but it also has significant effects on our health. As early as 1996, the World Health Organization (WHO) and the United States Food and Drug Administration (FDA) recognized obesity as a major chronic disease and referred to it as the "21st Century Pandemic".

The WHO defines obesity as the abnormal or excessive accumulation of body fat that poses a health risk. Obesity is a known risk factor for multiple chronic diseases including:

二型  
糖尿病  
Type 2 Diabetes

高血壓  
Hypertension

血脂紊亂  
Dyslipidemia

癌症  
Cancers

睡眠  
窒息症  
Sleep Apnoea

脂肪肝  
Fatty Liver  
Disease

慢性  
腎衰竭  
Chronic Renal  
Failure

痛風症  
Gout

腦血管  
疾病  
Cerebrovascular  
Disease

心血管  
疾病  
Cardiovascular  
Disease

膽囊疾病  
Gallbladder  
Disease

退化性  
膝關節炎  
Osteoarthritis  
of knee

## Humansa 健康纖體計劃

Humansa One-Stop Lifestyle Weight Loss Program

針對不同客戶需求而特設了兩種健康纖體計劃 - 「專屬健盈綜合纖體計劃」和「健康至上纖體計劃」，在減輕體重的同時改善身體機能，讓您保持健康狀態。

We offer “Lifestyle Weight Loss Optimum Program” and “Lifestyle Weight Loss Supreme Program”, which are designed to meet the unique needs of each client and help them achieve their health and weight goals, living a happier and healthier life.

### 專屬健盈綜合纖體計劃 Optimum

### 健康至上纖體計劃 Supreme

#### 服務內容 Services

360°醫學纖體方案  
360-Degree Integrated  
Weight Loss Plan

HK\$31,800

專業定制健身+膳食方案  
Professional Plan With Personalized  
Fitness Training + Meal Plans

HK\$13,800

醫生諮詢  
Doctor Consultation

3次  
3 Sessions

1次  
1 Session

營養師諮詢  
Dietitian Consultation

3次  
3 Sessions

2次  
2 Sessions

Saxenda® 減肥筆注射療程\*  
Medication Saxenda® (Liraglutide)\*

3個月(共10支)  
3 Months (Total of  
10 Saxenda® Weight-Loss Pens)

私人運動訓練  
Personal Training Session

12節(每節60分鐘)  
12 Sessions (60 Mins/ Session)

3節(每節60分鐘)  
3 Sessions (60 Mins/ Session)

物理治療或拉伸訓練  
Physiotherapy or  
Stretching Session

1次(30分鐘)  
1 Session (30 Mins)

1次(30分鐘)  
1 Session (30 Mins)

健身室使用  
Gym Access

3個月內無限次  
Unlimited (3 Months)

3個月內無限次  
Unlimited (3 Months)

Humansa Kitchen 膳食計劃  
Meal Plan by Humansa Kitchen

3週  
3 Weeks

3週  
3 Weeks

身體健康指數監測  
Body Composition Analysis



\*每一支Saxenda®普纖達減肥筆含量為18mg，10支含量為180mg。

Each Saxenda®Weight-Loss Pen is prefilled with 18mg. Total capacity of 10 Saxenda®Weight-Loss Pen's is 180mg.

\*以上價格截止至2023年12月31日。Humansa保留一切相關價格的調整權力，不會再做另行通知。

The above prices will be effective till 31 Dec 2023. Humansa reserves the right to adjust the prices without prior notice.

## 健康纖體旅程 Lifestyle Weight Loss Journey

Humansa 健康纖體計劃  
Humansa Lifestyle Weight Loss Program

○ Optimum

● Supreme

### 服務項目 Services

### 每週計劃 Weekly Plan

1 2 3 4 5 6 7 8 9 10 11 12 13

醫生諮詢  
Doctor Consultation

○  
●

○

○

營養師諮詢  
Dietitian Consultation

○  
●

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○

Saxenda® 善纖達  
減肥筆注射療程  
Medication Saxenda®  
(Liraglutide)

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私人運動訓練  
Personal Training  
Session

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物理治療或拉伸訓練  
Physiotherapy  
or Stretching Session

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健身中心自由訓練  
Gym Access

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Humansa Kitchen  
膳食計劃  
Meal Plan by  
Humansa Kitchen

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身體健康指數監測  
Body Composition  
Analysis

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○

部分服務項目可以根據你的需要進行更改  
Some of the sessions schedule can be changed according to your needs

1

## 我有膝關節退化，可如何運動？

I have Knee Osteoarthritis. What types of exercise are suitable for me?

部分肥胖人士可能有關節、肌肉或骨骼問題，選擇運動時要量力而為，建議在專業健身教練或物理治療師指導下進行訓練。

Individuals who are overweight or obese may experience knee pain, muscle pain or other skeletal problems. It is important for them to select exercises that are appropriate for their fitness level and physical abilities, and to exercise under the supervision of a certified fitness trainer or physiotherapist.

2

## 多久需要見一次醫生？

How often do I need to see the doctor?

Humansa 跨科專業健康管理團隊將會根據顧客不同的需求提供適合的評估及諮詢。根據「專屬健盈綜合纖體計劃」，顧客需要與醫生進行每月1次的全面諮詢(整個計劃將有3次諮詢)。醫生將根據您的減重情況給予有效的指導建議，緊密關注您的身體健康及體重管理過程。「健康至上纖體計劃」，僅需初次到訪時與我們的醫生進行評估及諮詢。

Humansa's multi-disciplinary team of specialists will provide appropriate evaluation and consultation according to the different needs of customers. Under Lifestyle Weight Loss Optimum Program, customers require a comprehensive consultation with the doctor once a month, totaling 3 consultations. The doctor will pay close attention to your physical health and body weight management process and provide effective guidance accordingly. Lifestyle Weight Loss Supreme Program requires only one assessment and consultation with our doctor at the initial visit. It is important to select exercises that are appropriate for your fitness level and physical abilities, and to exercise under the supervision of a certified fitness trainer or physiotherapist.

3

## 什麼是 Saxenda® 善纖達減肥筆？

What's Saxenda® (Liraglutide) Weight-Loss Pen?

Saxenda® 善纖達減肥筆是香港認證的一種體重管理藥物，採用預裝注射筆包裝，其中的成分可幫助超重的人士有效減肥並保持體重。Saxenda® 善纖達減肥筆含有利拉魯肽，利拉魯肽與人體自身調節食慾的胰高血糖素樣肽 (GLP-1) 成分相似。因此，Saxenda® 善纖達減肥筆可通過這個成分來調節大腦內控制食慾的部位來增加飽腹感，從而減少進食並逐步減輕體重。

Saxenda® (Liraglutide) Weight-Loss Pen is a prescription medicine in Hong Kong that comes in a prefilled injectable pen. It is formulated to assist overweight individuals in losing weight effectively and keeping it off.

Saxenda® (Liraglutide) Weight-Loss Pen contains Liraglutide. Liraglutide is a glucagon-like peptide-1 (GLP-1), a natural hormone in your body. Liraglutide works by controlling areas of your brain that control your appetite. As a result, Liraglutide makes you feel fuller, leading to eating less and gradually losing weight.

## 4

### 使用藥物減肥安全嗎？ Is weight loss medication safe?

引致嚴重副作用的減肥藥物已被禁用，至於目前獲批准的藥物，都經過臨床研究，而且須有醫生評估及處方才能使用，因此相當安全。其中，新型藥物GLP-1 RA類藥物利拉魯肽（Liraglutide）相信是目前較能幫助控制體重，而且副作用較少的藥物，透過改變體內賀爾蒙水平，可增加肥胖人士的飽肚感，減少飢餓感，從而達到控制飲食份量及長期減肥效果，如配合適度運動，更是事半功倍。

In clinical evaluation of weight loss medications for the treatment of obesity, drugs that had severe side-effects were prohibited for further development and distribution. All the currently approved medications have been fully evaluated in clinical trials to demonstrate effectiveness and an acceptable safety profile. Furthermore, these drugs are prescribed by a doctor and are deemed safe to use after a medical assessment. Recently, a new class of drug, Glucagon-like peptide 1 receptor agonists (GLP-1 RA) Liraglutide, has been approved for use in the treatment of obesity. This medication helps manage our body weight while having minimal side-effects. By altering the hormonal system, it increases the body's sense of fullness, reduces the sign of hunger, and helps control our food intake in longterm. If the individual also exercises regularly, the weight loss effect would be more substantial.

## 5

### Saxenda® 善纖達減肥筆的用途是什麼？ What is the use of Saxenda® (Liraglutide) Weight-Loss Pen?

Saxenda® 善纖達減肥筆可以幫助患有高血壓、糖尿病和高膽固醇等體重相關疾病的超重成年人減肥和控制體重。減肥有助於降低中風或心臟病等慢性疾病併發症的風險。

Saxenda® (Liraglutide) Weight-Loss Pen can help overweight individuals with weight-related medical conditions such as high blood pressure, diabetes, and high cholesterol to lose weight and keep the weight off. Losing weight can reduce the risk of complications from chronic diseases such as stroke or heart disease.

## 6

### 誰不適合使用 Saxenda® 善纖達減肥筆？ Who is not suitable for Saxenda® (Liraglutide) Weight-Loss Pen?

患有以下問題的人士 Client with:

- 嚴重的心臟衰竭  
Severe Heart Failure
- 嚴重的胃或腸道問題  
Severe stomach or gut problems
- 肝臟問題  
Liver problems
- 腎臟問題  
Kidney Problems
- 炎症性腸病  
Inflammatory bowel disease

## 7

### Saxenda® 善纖達減肥筆的常見副作用是什麼？ What are the common side effects of Saxenda® (Liraglutide) Weight-Loss Pen?

- 噁心  
Nausea
- 嘔吐  
Vomiting
- 腹瀉  
Diarrhea
- 便秘  
Constipation

如果出現上述任何副作用，通常數天後便會消失。若出現其他不太常見的症狀和副作用，請及時諮詢您的醫生。

If any of the above side effects occur, they will disappear after a few days or weeks. Other side effects may be less common or rare. Please consult your doctor to find out more.



# 常見問題

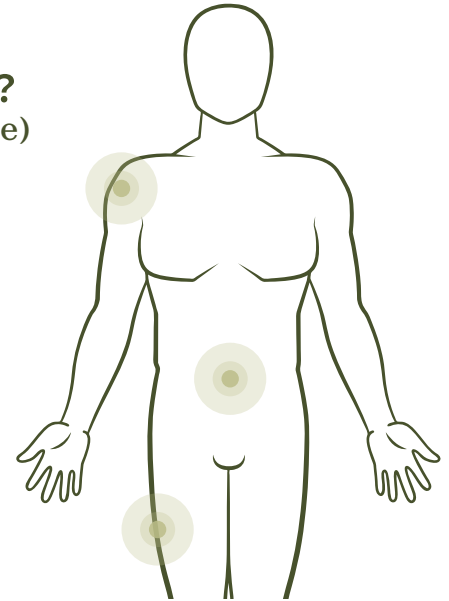
## FAQs

8

### 在身體的哪個位置注射Saxenda®善纖達減肥筆？ Where on my body do I inject Saxenda® (Liraglutide) Weight-Loss Pen?

按照醫囑指示，在您的腹部、大腿或上臂注射合適的劑量（皮下注射）。請不要注入靜脈或肌肉範圍。每次注射時，選擇同一區域但不同於前一次注射部位的地方進行注射，以降低形成皮下腫塊（皮膚澱粉樣變性）的風險。請注意不要每次在相同的部位進行注射。

You can inject your dose under the skin (this is called a subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm as instructed by your health care provider. Do not inject into a vein or muscle. Change (rotate) your injection site within the area you choose with each injection to reduce your risk of getting lumps under the skin (cutaneous amyloidosis). Do not use the same site for each injection.



9

### Saxenda®善纖達減肥筆藥量和療程是什麼？ What is the dosing schedule of Saxenda® (Liraglutide) Weight-Loss Pen?

起始劑量為每天 0.6 毫克，持續 1 週。您可以每週增加劑量，直至達到醫生規定的最大劑量 3 毫克。藥劑方案旨在最大程度地幫助減少胃腸道副作用。您需要醫生處方才能完成劑量遞增，如有需要，請諮詢醫生調整劑量。

The starting dosage is 0.6 mg per day for 1 week. You could increase the dose each week until the maximum dose of 3mg is reached under doctor's prescription. The dosing schedule is designed to help minimize gastrointestinal side effects. You need a prescription in order to complete the dose escalation and consult doctor for dosing adjustment if required.

第1週 Week 1	第2週 Week 2	第3週 Week 3	第4週 Week 4	第5週 Week 5
0.6 毫克mg	1.2 毫克mg	1.8 毫克mg	2.4 毫克mg	3.0 毫克mg

10

### 「專屬健盈綜合纖體計劃」中，我需要使用多久的Saxenda®善纖達減肥筆療程？

#### How long will I stay on Saxenda® (Liraglutide) Weight-Loss Pen under Lifestyle Weight Loss Optimum Program?

當顧客開始使用Saxenda®善纖達減肥筆，首支筆應持續大約 16 天，十支筆應持續大約十二週（三個月）使用。您應遵循 5 週的劑量遞增，以達到完全有效的 3 毫克劑量。

Once customers begin Saxenda® (Liraglutide) Weight-Loss Pen, the first pen should last around 16 days and ten pens should last around 12 weeks (3 months). You should follow a 5-week dose escalation to reach the fully effective 3mg dose.

# 專屬健盈綜合纖體計劃

# Humansa

## Lifestyle Weight-Loss Optimum Program

3個月綜合高階版減重計劃，提供醫生評估，配合Saxenda®善纖達減肥筆、營養師和私人教練的專業指導支持，助您有效保持輕盈身段。項目包括醫生諮詢、藥劑注射（Saxenda®善纖達減肥筆）、私人健身課程、物理治療、由Humansa Kitchen定製的亞洲風味膳食計劃和營養師諮詢。

A three-month comprehensive weight loss program with doctor and dietitian guidance, to help you lose weight healthily and effectively. Doctor and dietitian consultations, blood tests, medication Saxenda® (Liraglutide), personal training, physiotherapy, Asian meal plan by Humansa Kitchen and regular body composition analysis are included.

### 目標

#### Purpose

為初次到訪的客戶提供諮詢服務，制定專屬健盈綜合纖體計劃，協助客人在3個月內達到自己的理想體態和健康狀態。一般在3個月內可減重5Kg-8Kg，實際效果需根據個人情況而定  
An advanced weight loss program after initial assessment with medication, nutrition and fitness support. The aim is for clients to lose on average 5kg-8kg in 3 months

### 服務重點

#### Core Components

包含醫生諮詢及評估+遵照醫囑使用Saxenda®善纖達減肥筆注射+營養師諮詢+專業運動健身計劃+膳食計劃  
Doctor's assessment + Saxenda® (Liraglutide) injections based on doctor's recommendation + Dietitian guidance + Fitness training + Meal plan

### 所需時間

#### Duration

3個月  
3 Months

### 適合對象

#### Target Audience

對全面的綜合纖體計劃（包括醫生及營養師專業指導、藥劑使用、健身訓練、物理治療計劃）感興趣的人士  
Customers interested in advanced weight loss program with fitness, medication and doctor & dietitian guidance

專屬健盈綜合纖體計劃需要驗血，經醫生評估後，如果客戶沒有達到參加該計劃的資格，並/或在諮詢後不想繼續進行該計劃，則只收取該計劃的諮詢費用(HK\$1,500)  
Blood test is required at the time of consultation for Optimum Program and is not refundable. Consultation fee (HK\$1,500) will be charged if the customer does not qualify for program and/or does not want to proceed after consultation

### 服務 Services

### 內容 Details

### 注釋 Notes

服務 Services	內容 Details	注釋 Notes
套餐總費用 Package Total		<b>HK\$31,800</b>
醫生諮詢 Doctors Consultation	3次（每次30分鐘） 3 Sessions (30 Mins/Session)	初次到訪評估諮詢+每月一次覆診：評估體能水準及身體情況 Initial Consultation + once per month - To assess fitness level and monthly review
物理治療 Physiotherapy	1節（30分鐘） 1 Session (30 Mins)	初次到訪 Initial Visit
私人健身教練 Personal Trainer	共12次（每次60分鐘） 12 Sessions (60 Mins/Session)	每週訓練一次或兩次，以達到最佳效果 Once or twice per week for optimum results
健身室使用 Gym Access	健身室無限次使用 Unlimited Access to Gym	3個月 3 Months
Humansa Kitchen 膳食計劃 Meal Plan by Humansa Kitchen	3週膳食計劃 3 Weeks' Meal Plan	連續3週（每日兩餐，連續5天）（可選早餐/午餐或午餐/晚餐） 3 consecutive weeks (2 meals per day and 5 days per week) (choices incl. Breakfast / Lunch or Lunch / Dinner)
營養師諮詢 Dietitian Consultation	3次（每次20分鐘） 3 Sessions (20 Mins/Session)	初次到訪 + 每個月飲食計劃評估（2個月） Initial Visit + Monthly Review (2 months)
生命體徵測量 Vitals	血壓、脈搏、氧飽和度 BP, Pulse Rate, Oxygen Saturation	初次到訪 Initial Visit
腰臀比 Hip to Waist Ratio	專業測量及評估 Professional Assessment	初次到訪 Initial Visit
血液檢測 Blood Tests	肝功能檢測、腎功能檢測、糖化血色素、 空腹血糖、空腹血脂 LFT, RFT, HbA1c, Fasting Glucose, Fasting lipids	初次到訪 Initial Visit
藥劑 Medication	遵照醫生指示使用Saxenda®善纖達減肥筆注射 Saxenda® (Liraglutide) Weight-Loss Pen	3個月療程（10支Saxenda®善纖達減肥筆） 3 Months Supply (10 Saxenda® (Liraglutide) Weight-Loss Pens)
運動心電圖 Exercise Stress Test	1節（30分鐘） 1 Session (30 Mins)	第二次到訪 Second Visit
12導聯心電圖 12 Lead ECG	專業評估 Professional Assessment	第二次到訪 Second Visit
3D人體掃描圖 Body Topograph	3X	初次到訪 + 第二次到訪 + 計劃結束時（使用3D人體掃描圖評估進展） Initial Visit+ Second Visit + End of program (Measure progress with 3D body image)
身體成分分析 Body Composition Analysis	3X	初次到訪 + 第二次到訪 + 計劃結束時 Initial Visit + Second Visit + End of program

\*以上價格截止至2023年12月31日。Humansa保留一切相關價格的調整權力，不會再另行通知。

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# 健康至上纖體計劃

## Lifestyle Weight-Loss Supreme Program

# Humansa

為期3個月的減重計劃，重點是通過有效的健身訓練，飲食指導和由Humansa Kitchen定製的亞洲風味膳食計劃控制體重。該計劃由我們的跨科專家設計，包括醫生、私人教練、物理治療師和營養師，幫助客人獲得理想效果。

A weight-loss program with doctor and dietitian guidance, calorie restricted Asian meal plan by Humansa Kitchen and fitness program. The program is designed to achieve best results as a result of decreased calorie intake and increased physical activities.

### 目標 Purpose

包含醫生評估、專業健康訓練計劃和膳食計劃的方案，幫助客戶在3個月內減重 2kg-4kg，實際效果因人而異  
A weight loss plan with doctor's assessment, professional fitness training program and meal plans. The aim is for clients to lose on average 2kg-4kg within the given time period.

### 服務重點 Core Components

營養師諮詢+健身+膳食計劃  
Dietitian + exercise + meal plan

### 所需時間 Duration

3個月  
3 Months

### 適合對象 Target Audience

對全面的綜合纖體計劃（包括醫生及營養師專業指導、藥劑使用，健身訓練、物理治療計劃）感興趣的人士  
Customers who are interested in losing weight with healthy exercise routines, dietitian support and meal plans under doctor guidance

經醫生評估後，如果客戶沒有達到參加該計劃的資格，並/或在諮詢後不想繼續進行該計劃，則只收取該計劃的諮詢費用（HK\$1,500）  
Consultation fee (HK\$1,500) will be charged if the customer does not qualify for program and/or does not want to proceed after consultation

### 服務 Services

### 內容 Details

### 注釋 Notes

### 套餐總費用 Package Total

## HK\$13,800

### 醫生諮詢 Doctors Consultation

1次（20分鐘）  
1 Session (20 Mins)

1次醫生諮詢評估體能水平及身體情況  
To assess current fitness level and body composition

### 物理治療 Physiotherapy

1節（30分鐘）  
1 Session (30 Mins)

初次到訪  
Initial Visit

### 私人健身教練 Personal Trainer

共3節（每節60分鐘）  
3 Sessions (60 Mins/Session)

每週訓練一次，以達到最佳效果  
Once per week for optimum results

### 健身房使用 Gym Access

健身房無限次使用  
Unlimited Access to Gym

3個月  
3 Months

### Humansa Kitchen 膳食計劃 Meal Plan by Humansa Kitchen

3週膳食計劃  
3 Weeks' Meal Plan

連續3週（每日兩餐，連續5天）（可選早餐/午餐或午餐/晚餐）  
3 consecutive weeks (2 meals per day and 5 days per week)  
(choices incl. Breakfast / Lunch or Lunch/Dinner)

### 營養師諮詢 Dietitian Consultation

2次（每次20分鐘）  
2 Sessions (20 Mins/Session)

初次到訪20分鐘諮詢 + 次月回訪  
20 Mins consultation at Initial Visit +  
Review session in the 2nd month

### 生命體徵測量 Vitals

血壓、脈搏、氧飽和度  
BP, Pulse Rate, Oxygen saturation

### 腰臀比 Hip to Waist Ratio

專業測量及評估  
Professional Assessment

初次到訪  
Initial Visit

### 12導聯心電圖 12 Lead ECG

專業評估  
Professional Assessment

### 身體成分分析 Body Composition Analysis

2X

初次到訪 + 第一個月結束時  
Initial Visit + End of 1<sup>st</sup> month

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## Be the Best Version of Yourself 做最好的自己

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Mon to Fri: 08:30 - 17:30 | Sat: 08:30 - 13:00 | Sun & Public Holiday: Closed  
星期一至星期五: 08:30 - 17:30 | 星期六: 08:30 - 13:00 | 星期日及公眾假期: 休息

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