



養和醫療
HKSH MEDICAL GROUP



For Immediate Release

HKSH Medical Group First Launches “Health EX” Health Management Programme Collaboration with HSBC to Advance Health Capital Management Fostering Family Health and Wealth

(16 July 2025, Hong Kong) HKSH Medical Group (HKSH) has partnered with HSBC to promote health capital management and the development of healthy ageing in Hong Kong through HKSH’s newly launched Health EX Health Management Programme (Health EX). Designed for individuals aged 40 and above, Health EX offers a year-long holistic and personalised health enhancement experience, featuring all-rounded services including physical assessments, dietetic consultations, and physiotherapy sessions delivered by HKSH’s multidisciplinary healthcare team.

Through this partnership, HSBC Premier, Premier Elite, and Global Private Banking clients can enjoy exclusive privileges to enrol in the Health EX Health Management Programme*. With the shared belief of “Safeguarding health is safeguarding your family”, HKSH and HSBC combine their expertise in health capital and wealth management to encourage the public to prioritise health in life planning.

Building Health Capital Early to Achieve an Autonomous Healthy Life

Dr Joseph CHAN, Chief Medical Officer of HKSH Medical Group and Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital, said, “Health and wealth are intertwined pillars of a fulfilling life for individuals to pursue goals, advance careers, and care for their families. HKSH is launching the Health EX programme, as a response to help address the issues of rapidly ageing population in Hong Kong and increased prevalence of certain lifestyle-related diseases. The programme adopts a multidisciplinary approach to tailor personalised and comprehensive health management solutions for both working professionals and retirees, encouraging everyone to proactively build health capital. Through this collaboration with HSBC, we aim to help more individuals establish a solid foundation for healthier and more fulfilling lives and families.”

Advancing Family Wealth and Health in Tandem

Securing long-term health begins with early investment in health capital through consistent physical and mental health management. Robust health capital planning goes beyond personal wellness and also serves as the pillar sustaining family stability and happiness. Planning health investments early not only safeguards future livelihoods, it is also an enduring commitment to the entire family.

Through this partnership, HKSH and HSBC leverage their expertise in healthcare and wealth management to encourage individuals to build health capital and enhance family wellbeing. **Ms Regina YEUNG, Director, Head of Premier & Partnerships of HSBC**, said, “Many HSBC customers carry substantial family responsibilities, serving as the financial backbone for their loved ones. They not only need to care for themselves but also often support their family members. According to the ‘HSBC Premier 2024 Affluent Survey,’ 80% of affluent individuals choose private hospital services to protect their health and that of their families. In response, HSBC is proud to partner with HKSH Medical Group, a leading private medical provider, to offer high-quality, comprehensive healthcare support for our customers and their families. This partnership, alongside HSBC Premier’s global financial planning services, empowers families to enhance both their wealth and health, helping them achieve their diverse life goals.”

Dr Joseph CHAN said, “The World Health Organization (WHO) indicates that everyone should have the opportunity to live a long and healthy life. WHO defines ‘Healthy Ageing’ as the process of developing and maintaining the functional ability that enables wellbeing in older age and it is also the key focus of WHO’s work in coping with the ageing population. HKSH Family Medicine and Primary Care Centres span across Shau Kei Wan, Tai Koo, North Point, Happy Valley and Central, aiming for every individual and family to be cared for by

養和醫療集團有限公司
HKSH Medical Group Limited

香港跑馬地山村道2號
2 Village Road, Happy Valley, Hong Kong

電話 Tel : (852) 2572 0211
傳真 Fax : (852) 2835 8008
電郵 Email : medicalgroup@hksh.com



李樹芬醫學基金會
LI SHU FAN
MEDICAL
FOUNDATION

養和醫療集團成員 Members of HKSH Medical Group

養和醫院
Hong Kong Sanatorium & Hospital

養和醫健
HKSH Healthcare

養和東區醫療中心
HKSH Eastern Medical Centre

養和癌症中心
HKSH Cancer Centre

www.hksh.com



a family doctor. We also provide geriatric medicine and mental health outpatient services, dedicated to promoting healthy ageing with a comprehensive approach.”

Reaching 40s marks the golden stage entering the second half of life, where individuals shoulder pivotal roles in career and family. However, the decline of body functions due to ageing, combined with accumulated stress, irregular diets, lack of exercise and sleep, often lead to neglect of early health warning signs. If left unaddressed, these issues may progress into serious long-term health risks. Therefore, HKSH has launched Health EX, encouraging individuals to accumulate capital health early, laying a solid foundation for healthy ageing and fuelling a long and fulfilling life.

Three Elements of Health EX: Personalised Healthcare Solutions by Multidisciplinary Experts

Health EX is founded on three core elements, offering all-rounded health management for participants:

- **EXtension:** Embrace modern medical concept to enhance your physical endurance and overall wellbeing. Our goal is not only to increase lifespan but also to extend healthspan, empowering everyone to live a fulfilling and healthy life.
- **EXclusivity:** Personalised health management is the core of this programme. Through comprehensive physical assessments, bespoke health management strategies are tailored to individual’s unique needs, ensuring peace of mind and a healthier future.
- **EXpertise:** A multidisciplinary team of doctors, physiotherapist, and dietitians will collaborate to analyse health condition and provide professional, evidence-based recommendations. This collaborative approach strengthens overall wellbeing, empowering participants to reach higher targets and achieve a balanced body, mind, and spirit.

Health EX offers a year-long, expert-led journey to optimise health and well-being. The programme begins with an initial physical assessment, where doctors evaluate participants’ health based on their physical examination reports and provide targeted recommendations. Participants will enjoy personal physiotherapy training sessions tailored to their fitness goals, with a focus on improving muscle strength, joint mobility, and bone health. The programme also includes consultations with dietitians who will offer personalised nutritional guidance and comprehensive meal plans to facilitate sustainable healthy eating habits. At the end of the programme, a doctor will conduct a final assessment to review overall progress and offer further recommendations.

* Through this partnership, HSBC Premier, Premier Elite, and Global Private Banking clients enrolled in the Health EX programme can enjoy exclusive privileges. These include an introductory experience at a special rate and a full-year enrolment at an exclusive price for the Health EX programme. The above HSBC clients can also enjoy preferential rates on HKSH health assessment packages tailored for HSBC clients, further enhancing their health management journey. For details: www.hksh.com/healthex-HSBC

For inquiries and reservations regarding the “Health EX” programme, please call (852) 2835 3753 or visit www.hksh.com/healthex.

–END–





養和醫療
HKSH MEDICAL GROUP



For media enquiries, please contact:

HKSH

Carol KWOK Tel: 2917 5838
Joyce CHAN Tel: 2917 5835
Paley WONG Tel: 2917 5837

Email: media@cad.hksh.com

HSBC

Jessica Chan Tel : 2822 6427 Email: jessica.e.chan@hsbc.com.hk
Wilfred Lee Tel : 2288 1180 Email: wilfred.k.k.lee@hsbc.com.hk

About HKSH Medical Group

Officially launched in September 2017, HKSH Medical Group promotes public health and advanced medicine through a multi-faceted, coordinated approach across clinical services, medical education, scientific research and public health education. Members of the Group, including Hong Kong Sanatorium & Hospital, HKSH Healthcare, HKSH Eastern Medical Centre and HKSH Cancer Centre, are dedicated to offering top-quality holistic care to patients.

Established in 1922, Hong Kong Sanatorium & Hospital is one of the key members of HKSH Medical Group and a leading private hospital in Hong Kong. Living up to its motto of 'Quality in Service, Excellence in Care', the Hospital is committed to serving the public as well as promoting medical education and research.

For more information about HKSH Medical Group, please visit <http://www.hksh.com>.

About The Hongkong and Shanghai Banking Corporation Limited

The Hongkong and Shanghai Banking Corporation Limited is the founding member of the HSBC Group. HSBC serves customers worldwide from offices in 58 countries and territories. With assets of US\$3,054bn at 31 March 2025, HSBC is one of the world's largest banking and financial services organisations.

養和醫療集團有限公司
HKSH Medical Group Limited

香港跑馬地山村道2號
2 Village Road, Happy Valley, Hong Kong

電話 Tel : (852) 2572 0211
傳真 Fax : (852) 2835 8008
電郵 Email : medicalgroup@hksh.com



李樹芬醫學基金會
LI SHU FAN
MEDICAL
FOUNDATION

養和醫療集團成員 Members of HKSH Medical Group

養和醫院
Hong Kong Sanatorium & Hospital

養和醫健
HKSH Healthcare

養和東區醫療中心
HKSH Eastern Medical Centre

養和癌症中心
HKSH Cancer Centre

www.hksh.com



養和醫療
HKSH MEDICAL GROUP



Photo Caption:



Dr Joseph Chan, Chief Medical Officer of HKSH Medical Group and Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital (middle), Ms Regina Yeung, Director, Head of Premier & Partnerships of HSBC (left), and Ms Renee Yung, Head of Premier Elite and HNW Propositions of HSBC (right) believe that the Health EX Health Management Programme not only helps build substantial health capital but also serves as a cornerstone for family support, laying a solid foundation for healthy ageing.

養和醫療集團有限公司
HKSH Medical Group Limited

香港跑馬地山村道2號
2 Village Road, Happy Valley, Hong Kong

電話 Tel : (852) 2572 0211
傳真 Fax : (852) 2835 8008
電郵 Email : medicalgroup@hksh.com



養和醫療集團成員 Members of HKSH Medical Group

養和醫院
Hong Kong Sanatorium & Hospital

養和醫健
HKSH Healthcare

養和東區醫療中心
HKSH Eastern Medical Centre

養和癌症中心
HKSH Cancer Centre

www.hksh.com