

# Healthy Living

A medical guide for military community members visiting South Korea

October 2022

## MEET U-MEDI TEAM

at Andersen and Naval Base Guam  
Oct. 23  
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## U-MEDI: Your Health Partner in Korea

Connecting you with top healthcare destinations in Land of the Morning Calm



### Find a Doctor

We will help you find the right family doctors, psychiatrists, OBGYNs, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine, and more.

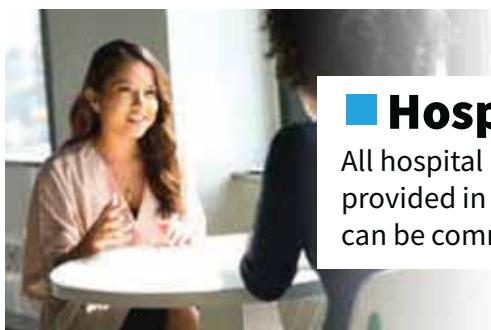
### Hospital Transportation

We provide a non-emergency door-to-door transportation service to individuals and groups who may need special support getting to and from their healthcare appointments.



### Medical Insurance Claim

If you need guarantee of payment and insurance claim after your payment, feel free to ask us.



### Hospital Interpretation

All hospital reservations and guidance are provided in English, and questions and concerns can be communicated in English as well.



WEBPAGE: [www.u-medi.com](http://www.u-medi.com)



SCAN ME



# Busan Wellness Tour Program

## U-MEDI OFFERING SPECIAL PACKAGE TO MILITARY COMMUNITY ON GUAM!

### Meet the U-MEDI team and partners Oct. 23 on base!

Learn about medical tourism opportunities in Korea!

**DATE:** Oct. 23 (Sunday)

**TIME:** 2 p.m. to 6 p.m.

**WHERE:** Andersen Air Force Base Commissary and Exchange, Naval Base Guam Commissary and Exchange



### About a package:

- ✓ Free transportation in Korea
- ✓ Complete medical checkup
- ✓ Interpretation service provided
- ✓ 60,000 won in chips for Seven Luck Casino



#### ■ Mirae IFC physical exam

#### One-day, one-stop medical check-up:

- ✓ Special Lady Zone Comprehensive exam for women
- ✓ Personalized post management program



#### ■ Kosin University Gospel Hospital

- ✓ Top-rated institution for cancer treatment
- ✓ Top-rated institution for health assessments





# Health and wellness spots in Korea



## “I am going to Jeollanam-do to relax”

- Yeongbyeokjeong, Hwasun



### Jangseong (장성)

- A healthy pleasure from the Cypress Forest Trail!
- Cypress bar stretch
- Hammock rest meditation
- Cypress Forest Yoga
- Cypress Oil Massage

### Hwasun Chonnam National University Hospital (화순 전남대병원)

- Specialized in cancer
- Brain tumor clinic
- Breast/endocrine tumor clinic
- urinary oncology clinic



### Suncheon (순천)

- Experience soothing, calm, and beautiful surroundings of Suncheon Bay National Garden!
- Oriental herbal foot bath, herbal flower tea sommelier, herbal tea tasting, free oriental medical treatment



### Shinan (신안)

- Satisfying the five senses through salt!
- Salt Cave Healing Center
- Salt Farm Experience
- Ocean Spa

### Shinan

### Mokpo

### Mokpo Mir Dental Clinic (목포 미르치과)

- One-day implant
- One-day crown
- Teeth whitening



### Hwasun

### Suncheon

### Yeosu Aeyang Hospital (여수 애양병원)

- Knee arthroplasty
- Hip arthroplasty
- Health check-up



### Boseong

### Yeosu

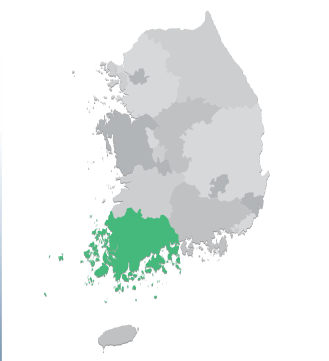
### Boseong (보성)

- Take a break, relax your weary mind and body!
- Natural dyeing class
- Eco Adventure
- Green tea foot bath
- Yoga



### Jangheung (장흥)

- A healthy eco-friendly area that utilizes nature as it is!
- loess mud house experience
- Relieve stress using phytoncide
- Atopic Healing Experience Center
- forest breathing video







# SPECIAL MEDICAL TOURISM DEAL FOR MILITARY FAMILIES!

Get full-body health checkup and night at luxurious hotel in Incheon, Korea!

**\$2,500 value for only \$650!**

### Where's the checkup?

Songdo General Surgery

### Location

Incheon City, POSCO Tower Songdo  
4th floor

### Where do you stay?

Oakwood Premier Hotel, a landmark of Songdo, Incheon International District, and located next to Songdo General Surgery.



*Breakfast included!*

Hotel website ▶



### Nearby attractions

Incheon Lotte Mart Store, Hyundai Premium Factory Outlet Mall, Gyeongwonjae Hanok Village and more  
(U-MEDI can provide tourist information)



### Contact U-MEDI via QR code below.

- We will walk you through the process.
- Translator provided during checkup.
- After checkup, medical staff will conduct consultation. Complete results emailed to you in 2 weeks.



## Checkup includes

Counseling, physical measurement, obesity, body composition analysis, blood pressure, electrocardiogram, ophthalmology (vision, intraocular pressure, fundus), hearing, lung function, chest radiography, general blood, blood type, anemia, hepatitis (type B, C) liver function, diabetes, hyperlipidemia, kidney function, gout, electrolytes, pancreatitis, thyroid, syphilis, AIDS, inflammation, rheumatoid factor, tumor markers (liver cancer, colorectal cancer, pancreatic cancer, ovarian cancer, prostate cancer), urine, Feces Abdominal ultrasound, Gastroscopy or gastrointestinal angiography, nutritional evaluation  
Women: Cervical cancer, vaginitis

### Optional Checkup List (Additional costs)

- Upper abdominal + Carotid Ultrasound
- Thyroid + Breast Ultrasound
- Upper Abdominal Ultrasound
- Breast Ultrasound      ■ Thyroid Ultrasound
- Carotid Ultrasound    ■ Echocardiography
- Prostate Ultrasound    ■ HPV test
- Genetic Analysis (8 Types)



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