

# Healthy Living

A medical guide for military community members visiting South Korea

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## U-MEDI'S HEALTHY APPROACH

Company connects you with top healthcare destinations in South Korea

U-MEDI

For those of you living on Guam, you know first-hand the island is a tropical paradise. We at U-MEDI want to introduce you to another piece of paradise, one where your medical needs are taken care of by some of the top doctors in the world while you also enjoy the sights, sounds and culture of beautiful South Korea.

U-MEDI is a medical tourism company that assists foreigners in accessing healthcare in South Korea. U-MEDI provides united medical services to foreigners who are sick or pursuing beauty and wellness care. U-MEDI will find a doctor specializing in a patient's health needs, support transportation to the hospital, and work with patients to ensure medical expenses are paid. But most

*"I've been here for three years but I've never felt so good about doing something for myself. I'm glad I came on a U-MEDI tour. Thank you so much for being an awesome host."*

- Bonita Hunter, U.S. DOD civilian

importantly, UMEDI is there to provide assistance and help educate patients on the health care process as needed.

It is important to know that U-MEDI is an official registered company approved by U.S. Forces Korea and provides assistance to those in the U.S. military community stationed in South Korea seeking medical services. U-MEDI also has a global program where military members and DOD civilians can receive Korean medical services while on vacation in Korea. U-MEDI has secured public

confidence through cooperation with local governments throughout the country, with a nationwide network of more than 1,000 hospitals and clinics.

U-MEDI regularly works with different levels of Korean government who want to show off their medical and tourism infrastructure to foreigners living, working or traveling in Korea. At no cost to you! Packages usually include transportation, hotel, dining, tourism/culture guides and, of course, complimentary medical care and checkups at some of

the nation's most prestigious medical institutions! Contact us today to become a free U-MEDI Friend!

At U-MEDI, it's all about getting you the best health care possible. Whether it's cancer related or you want to remove a tattoo or do some other type of cosmetic surgery, we'll here to help you with all your needs. Take a look at Page 4 for more about what we can do for you!

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DAEJEON TOURISM ORGANIZATION

In the heart of Korea, there is a particular city that is at the forefront of science and technology. Daejeon, meaning “broad field,” was the first city in Korea to hold the World Expo in 1993, signaling its emergence as a city of science.

The ‘93 Daejeon Expo’, which showcased the latest science and technology at the time, such as electric vehicles, solar cell vehicles, and artificial intelligence robots, attracted 14.5 million visitors. A bio company located in Daedeok Innopolis, a domestic birthplace of science and technology, has developed and exported COVID-19 diagnostic kits around the world. Various forms of research and new technologies are being developed for human health. In addition, Daejeon, home to over 2,000 medical institutions equipped with excellent medical staff and advanced equipment, is an ideal medical tourism destination with premium health checkups for foreign patients and wellness tourism resources.



Sun Healthcare International



Daejeon Night View

# Daejeon ideal medical



## Premium health checkup

Sun Hospital, which first set out to care for the health of patients and citizens with the utmost sincerity and upholding the mission of “providing the best care, without limits, at all times to everyone who visits us,” started as a 20-bed orthopedic surgery clinic in 1966. It has grown into a general hospital with 13 medical centers, 34 departments, and 200 professional medical staff members. The International Medical Examination Center of Sun Hospital was the first health examination center in the world to be certified by the International Medical Institution Evaluation Committee (JCI), which can only be obtained by passing all 1,200 evaluation items. After being selected as a leading hospital for overseas patient care by the Ministry of Health and Welfare, more than 5,000 foreign patients now visit Sun

Hospital every year.

The screening program of the International Examination Center is divided into three main aspects. Basic examination consisting of essential items for early detection of adult diseases and cancer, and 7 major cancers including brain, heart, digestive, lung, and gynecological cancer. In a ward dedicated to 5-star hotel-level examinations, one-on-one coordinators provide the highest level of check-up programs, including overnight check-ups.

Equipped with as many as 219 forms of advanced medical equipment, the Rhythmia Mapping System, a state-of-the-art atrial fibrillation treatment device, was officially introduced for the first time in Korea, allowing for more precise examinations at a rate of 25 times more than the previous system. Through collaborative treatment of specialists in each field, not only can an accurate diagnosis be made by assessing the result of the examination, but if there is any abnormality after the exam, it is possible to receive medical care immediately after consultation. The Cancer Center is located right next to the International Screening Center, providing a ‘one-stop’ service from diagnosis to treatment, as well as cooperation between screening and cancer centers.

## Special concierge service for foreigners

As a concierge service, a one-on-one dedicated service is provided by an international medical team (capable of speaking English, Chinese, Russian, Mongolian and more) composed of local coordinators to facilitate the communication and convenience of foreign patients. In addition, we

are operating a service that picks up medical tourists who have arrived at the hospital by using a limousine, and reserves hotel rooms near the hospital and a tour guide to Daejeon if you wish to have tour information during your stay.



## Expo media facade

The Hanbit Tower, a symbol tower of the 93 Daejeon Expo and an iconic landmark of Daejeon, is being newly illuminated as a media façade.”Media façade,” meaning “media” and the building’s “façade,” refers to the projection of content imagery onto the building. You can enjoy a beautiful night view every evening with colorful imagery and sounds on the 38.5-meter high outer wall of the Hanbit Pagoda with a floor width of 22.5 meters. Hanbit Plaza, built on 13,840 square meters in front of the Hanbit

# Gasan Digital Complex more than just a health center



U-MEDI



Nestled between Incheon and Seoul, you can find Gasan Digital Complex, a booming urban landscape that is blending venture and R&D companies with one of Seoul’s newest fashion meccas.

At the heart of all this activity is Sojunghan Health Promotion Center, known for its state-of-the-art medical examination system where both Koreans and expats can receive comprehensive consultations and full-body checkups, which can even include MRI, CT scans, endoscopy/colonoscopy and ultrasounds if necessary! The specializations don’t stop there, however, as they also have an on-site dental clinic skincare clinic and can even offer specialized examinations geared to cancer screening, spinal diseases, diabetes, thyroid, cardiovascular and even issues related to adolescent health and stress levels!



장진석  
CHANG JIN SEOK, CEO

As the health examinations at Sojunghan can vary according to need, you can often expect to spend anywhere from 2-4 hours going over everything. With that in mind, we recommend scheduling a morning or afternoon in the Gasan Digital area, and to make it worth your while, we’ve also picked out some great places to visit before or after your examination.



Healing spot for walking barefoot



Shinsegae NEXPERIUM

# cal tour destination

soil from their feet at a foot wash. It may feel awkward as there are not many opportunities to walk barefoot outdoors, but at this place where you can walk barefoot on the 14.5-kilometer long Hwangtoji Road, everyone, regardless of age or gender, willingly takes off their socks and places their feet on the loess beneath them. With every step, soft and moist ocher embraces your feet, and the soles of your feet can sense some stimulation, making you feel like you are receiving a foot massage. The trees that stretch high overhead release phytoncide, and the sound of leaves rustling whenever the wind blows, along with the sound of the chirping of birds, seems to help wash away the fatigue and stress of the city.



## Relaxation for mind and body

Daecheongho Lake, where you can enjoy the beautiful changes of the four seasons, is the third-largest lake in Korea. You can find 21 trekking courses around the lake, where you can walk while taking in the pleasant views from both sides. While doing so, you can enjoy viewing historical relics and partaking in various experiences, food, and seasonal festivals, allowing you to experience the healing of both mind and body while being with nature. Doume Village located next to Daecheong Lake, is a representative rural experience village that boasts beautiful scenery, including cherry blossoms forming a tunnel every April. You can experience the production process of wild plant enzymes made from 30 different ingredients, the harvesting of agricultural products, making of local food, and experiencing traditional culture. Haneulgang Atelier, run by a potter in Doume Village, is a place of healing where you can ease your mind while making pottery. You can experience the taste and style of Korea while drinking traditional tea and strolling around the cutely decorated village.

Tower, is a setting where you can marvel at the romance of the city with colorful lights and rhythmic music fountains every night.



## Daejeon Shinsegae Art & Science

Daejeon Shinsegae Art & Science, a cultural complex, is located on the site where the 1993 Daejeon Expo was held. Unlike existing department stores, where shopping is the main focus, this is a complex where you can experience art, culture and science altogether. On weekdays and weekends, citizens and tourists visit continuously.

Like Daejeon, the city of science, Daejeon Shinsegae Art & Science features a science center, NEXPERIUM, where you can experience various aspects of science. It is a space developed and produced by researchers at KAIST, which fosters scientific talents in Korea, and consists of

the themes of future science fields, such as robots, bio, and space. In the Science Museum, you can experience how robots are actually made, and you can also view exhibits about robots that will dramatically change human life, artificial intelligence technology that is based on them, and artificial satellites for observing extraterrestrial planets and exploring space. It is a space to stimulate interest in science among children. One way of achieving this is from wearing a device provided at the entrance. While viewing the exhibit, an artificial intelligence algorithm automatically analyzes the visitor's behavior and suggests a path suitable for their field of interest.

The Art Space 193, a gallery on the 42nd floor of the 193m high Expo Tower that symbolizes the 1993 Daejeon Expo, features an observatory offering a panoramic view of Daejeon and works by world-famous installation artist Olafur Eliasson. The aquarium on the first basement floor is adorned with media art that tells the story of Poseidon, the god of the sea according to Greek mythology. You can also see a 2,500-ton main tank and a digital image panorama on the ceiling. Through expansive media wall art and holograms, you can experience various forms of sealife.

## Healing spot for walking barefoot

A little distance from the city center is a serene and calm natural space. Gyejoksan Mountain, which was named as such because the shape of the mountain is "shaped similar to a chicken's foot," is located in Daejeon. When you get to the foot of the mountain, you can easily see people walking barefoot on the road and washing away the ocher

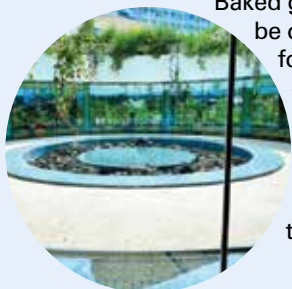
### Getting here

First, let's talk about getting to the area. Gasan Digital Complex Subway Station is on Seoul Subway Lines 1 and 7 and if coming directly out of Exit 3, you'll eventually find Daeryung Post Tower on the right side with Sojunghan located on the 3rd floor. But as we want to make sure you get there safely without any hassle, we strongly advise for you to contact us at U-MEDI before you go so we can guide you better and help plan your Gasan itinerary.

### Cafe visit

Whether you opt to go for coffee before or after your exam, if you are a cafe buff you'll love the relaxing space of Inc Coffee (127-20, Gasan Digital 2-ro, Geumcheon-gu, Seoul) and its rooftop space and indoor courtyard. Drinks include African drip coffee, lattes, cold brews and even affogatos. For non-coffee drinks, they also feature lemonade, tea lattes and chamomile variations.

Baked goods and ice cream can also be ordered. Inc Coffee can be found if coming out of Exit 6 of the area's subway station, making a sharp left to walk alongside the subway line and heading towards the river. You'll eventually see the entrance on the right.



### Korean Lunch/Dinner visit

One of our fave places to eat in the area for Korean food is Sillim Chuncheon House (신림춘천집, 17-23, Digital-ro 32na-gil, Guro-gu, Seoul). One of the best dakgalbi (spicy stir-fried chicken) experiences you can expect while in Korea! Be sure to order the cheese dakgalbi and drool at the river of cheese running through it! Sillim Chuncheon House is about a 15-minute walk east of Sojunghan, but definitely worth the taxi or drive. Or take the subway to Line 2's Guro Digital Complex Station and walk south of Exit 3 to find it. And within walking distance of E-mart's Guro branch, so you can fit in some grocery shopping if you want. If driving, leave the car parked in the parking lot and walk over to have lunch!



### International Lunch/Dinner visit

Not fussy with spicy food or looking for some international cuisine? Try Delhi Curry (7th floor, Hyundai City Outlet Gasan Branch, 9 Digital-ro 10-gil, Geumcheon-gu, Seoul) in the fashion backstreets behind Sojunghan! Its Apgujeong location was one of the first curry restaurants to open in Korea and since built its reputation to expand throughout Seoul.



### Shopping visit

Don't forget to pop into some of the area's famous shopping outlets before you head back home! Specifically, you can find loads of shopping discoveries at Lotte Outlet and Mario Outlet, located just down from Sojunghan's building!



And remember, be sure to contact U-MEDI before planning your medical tourism visit to the Gasan Digital Complex area to make sure everything goes according to plan and you make the most out of our experience! <http://u-medi.com>

## Sojunghan Medicare Center

**TEL.:** 02-6371-8000  
**FAX:** 02-6371-9000  
**WEBSITE:** [www.sojunghealth.com](http://www.sojunghealth.com)  
**ADDRESS:** 3rd Floor, Daerung Post-Tower 5, Digital-ro 9-gil 68, Geumchun-gu, Seoul



busanjin

# The wonders of Busanjin's Seomyeon Medical Street



BUSANJINGU

**S**eomyeon Medical Street, located in Busanjin-gu, the center of Busan Metropolitan City and iconic maritime capital of Korea.

Seomyeon Medical Street, which took form naturally as medical institutions began to gather around Seomyeon Rotary, is now located within a 500m radius of Seomyeon Subway Station, where as many as 370 various medical institutions such as dermatology, plastic surgery, dentistry, and ophthalmology

are concentrated. This concentration of medical technology is unlike anything else in the world. Thousands of foreign tourists visit Seomyeon Medical Street every year for medical services.

At Seomyeon Medical Street's medical institutions, staff with medical knowledge and experience accumulated through Korea's excellent medical schools and specialist courses, are waiting for you. If you come to Seomyeon Medical Street, you will receive first-class medical services at a reasonable



price (compared to other areas).  
The Seomyeon Medical Street

Festival, held every October, introduces the latest medical technology of exemplary medical institutions of SMS, and provides medical experience and professional consultation. It is the first medical tourism festival in Korea where you can enjoy wellness, beauty experiences, performances, and events. The 11th SMS Festival is scheduled to be held October 2022.

Start a beautiful and healthy trip on Seomyeon Medical Street, where you will receive the best medical services!



## U-MEDI CONSULTING FOR YOUR MEDICAL BENEFITS

*We provide insurance counseling and support to introduce you to state-of-the art hospitals.*

**Have a look at this medical benefit you can get through us!  
If you miss out, you could lose at least \$2,000 per year.  
Takes just a few seconds of your time!**

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100% in AFSPA(FSBP), CIGNA, and AETNA**



*Website*



*Facebook*

### U-MEDI's benefits include

- ① Discount for diagnostic screenings
- ② Free language translated in paper for claim
- ③ Free Medical Interpretation
- ④ Hotel Voucher (1 night stay)
- ⑤ Special giveaways (Discounted medical voucher)
- ⑥ Unlimited swelling management care if you get a plastic surgery

**Don't miss the chance to receive a 100% free medical checkup once a year!**

**If you have US private insurance, receive preventive care according to the list below.**

- Body measurement
- Ophthalmologic test
- Audiometry
- Pulmonary function test
- Digestive system screening
- Blood test
- Biochemistry test
- Immunology test
- Urinalysis
- Cancer blood test
- Gynaecologic test
- Amniocentesis
- Mammography
- X-rays
- Ultrasound
- Electrocardiogram (ECG)
- Diagnostic tests
- Travel immunizations