

Healthy Living

A medical guide for DOD civilians, contractors and their families in Korea

February 2022

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한국건강신문
The Korea Health News

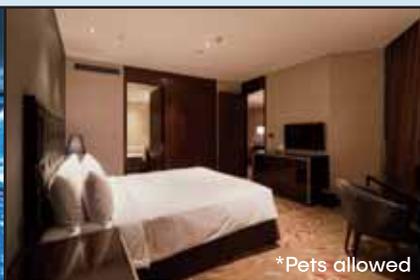
U-MEDI Health Check-up Special offer for USFK personnel

Personalized Health Checkup + Oakwood Hotel Package

Get a personalized comprehensive health checkup for you and your family at some of Korea's finest hospitals, overnight stay at five-star Oakwood Premier Incheon and explore the super-modern district of Songdo. And, did we say pets are allowed? Well, yes they are!



Comprehensive health check-up at one of Incheon's top hospitals



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Songdo Central Park



Songdo Hanok Village



Atlantis Kids Cafe and Theme Park

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- Free insurance claim

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OUR STORY

AT U-MEDI, IT'S ALL ABOUT YOU!

U-MEDI

For us, compassion towards those who are suffering from illness ranks high. We understand the drive in those who seek beauty and perfection in their daily lives. We strive for the wellness of others and firmly hold onto our belief that physical and mental wellness are both of equal and utmost importance.

In recognizing the potential language and cultural barriers, U-MEDI has turned its attention to healthcare needs of foreign nationals.

Inconsistent schedules and misunderstandings during the treatment process are some of the challenges patients face in Korean hospitals. These situations can make patients feel lonely in a setting

where doctors and nurses are handling multiple tasks and the care of others. We understand these situations and believe patients need someone who can guide and provide all the necessary information specific to their situation, including cost, diagnosis, procedures and other for better care. At U-MEDI, we are here to help our patients navigate their care in South Korea's state-of-the-art medical system.

We hold great value in trusted partnership by acknowledging cultural differences and providing services with compassion and trustworthiness.

We are for people who need a medical system specialized to their needs, especially foreigners in Korea.

Our Services

Find a doctor

Choosing a doctor isn't the same as finding a restaurant or nearby attraction. That's why U-MEDI provides a detailed profile and medical information of doctors, including their qualifications, clinical experience, hospital quality, patient reviews and more.

From family doctors to psychiatrists, OB/GYN, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine and more, U-medi can help you find a specialized doctor specific for your health needs.

Hospital Interpretation

For years, U-MEDI has faithfully delivered commendable interpretation and translation services to healthcare professionals, caregivers and patients at their critical moments of need. We are very proud to be the trusted language support provider to hundreds of healthcare institutions across the Republic of Korea.

Our service includes interpretation delivered by qualified interpreters, as well as on-site translation of all vital documents to ensure the safety and satisfaction of patients.

Hospital Transportation

U-medi provides a non-emergency door-to-door hospital transportation service to individuals and groups who may need special support getting to and from their healthcare appointments. Based on your need, we can suggest the most effective and efficient transportation options available.

We also offer online bookings, making reservations easy and straightforward. At the heart of our service is our commitment to the patient's comfort, customer service and quality.

When U sick

- Visit: www.u-medi.com
- Call: 010-5817-1005
- Follow: [FB.com/UMEDIkorea](https://www.facebook.com/UMEDIkorea)

And ask U-MEDI (FREE)



CEO's Welcome Address

I am Weonbum Ha, the CEO of U-MEDI.

Thank you for your support and interest in U-MEDI.

I started U-MEDI in 2014 with the goal of providing a service that reduces the challenges that foreigners face when they visit hospitals in South Korea. Particularly, we wanted to help find relevant medical information, insights, and medical gaps that are essential for foreigners seeking care.

U-MEDI services include:

1. **Find a doctor:** You can find a doctor personalized for your health or beauty needs (<http://u-medi.com/find-a-doctor>)
2. **Transportation:** We provided door-to-door transportation services to help you get to/from the hospital (<http://u-medi.com/transportation>)
3. **Interpretation:** We provide interpretation and translation of hospital documents to help easily access healthcare services (<http://u-medi.com/interpretation>)

We will continue to implement various services aimed at addressing issues with obtaining care to help ensure access to healthcare in South Korea.

Once again, thank you and If you have any questions or requests, please contact us below.

- **Homepage:** www.u-medi.com
- **Facebook:** @UMEDIkorea
- **Instagram:** @umediwellness
- **Telephone:** 010-5817-1005
- **Health news:** www.u-medi.com/news

Please look forward to more services and medical information from U-medi in the future.

Thank you.

CEO Wayne, Weonbum Ha



HAVE MEDICAL CONCERNS?

Foreigners can count on U-MEDI

BY JEONGHAN UHM,
DIRECTOR OF U-MEDI

It's unfortunate when you get sick in another country. People who have been sick while traveling abroad know how difficult and frustrating it can be. No matter how nice Hawaii is, if you break your wrist while surfing, you will start to feel unhappy. In many countries, including the US, not only is healthcare expensive, but it can also prove to be inconvenient in certain cases for foreigners. So, the perfect solution to that is not to get injured or sick in another country. But we all know how unrealistic that is.

In Korea, there are nearly 3 million foreigners living in the country. The more developed countries become, the more foreigners there will be, and the lower the birth rate, the more any government has no choice but to promote the inflow of foreigners to stimulate the economy. And the foreigners living in Korea get sick, spending more than 3 trillion won annually on medical expenses and claiming those expenses for Korean

About the author

In addition, patent attorney Umh Jeonghan was in charge of programming and business development at KOSDAQ companies after graduating from the Department of Chemical and Physical Engineering at Seoul National University College of Technology.

He has started three businesses since his early 20s and is currently serving as a representative patent attorney for the BLT Patent Law Office, which has more than 800 startup companies and technology startups as customers. Based on more than 20 angel investments, he has recently started "CompanyB," an official accelerator of the Ministry of SMEs and Startups, to help competent startups. So far, it has invested in more than 40 startups. He wrote a book titled "Manage as a Patent."



Jeonghan Uhm Director

health to their insurance companies.

Each year, the number of foreigners staying in Korea, whether it short or long term, continues to increase because people are happy with what the

country has to offer, including world-class plastic surgery and health care. However, clinics in Gangnam and Busan hospitals that attracted Russian customers, as well as other large hospitals that were frequently visited

by Middle Eastern patients are experiencing great difficulties because of COVID restricting travel. Because of this, they are developing medical services for foreigners already living in Korea.

U-MEDI provides united medical services to foreigners who are sick in Korea 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 importantly, UMEDI is there to provide assistance and help educate patients on the health care process as needed.

U-MEDI is an official registered company approved by USFK and provides assistance to those in the U.S. military community stationed in Korea seeking medical services. U-MEDI is also setting up a global program where military members can receive Korean medical services while on vacation in Korea. In addition to its partnership with Incheon Metropolitan City, U-MEDI has secured public confidence through cooperation with other local governments. Its nationwide hospital network of more than 800 can also be said to be U-MEDI's strength.



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02.6371.8404



What is Medical Tattoo?

VINCENT CLINIC

You might have heard or seen ads about tattoos multiple times. But have you heard about medical tattoos or know how different they are from regular decorative tattoos? Well, if you do not know, we've got you covered!

A medical tattoo is often misunderstood as only including drawing inscriptions and artwork, but it has a more profound meaning and significance beyond being decorative.

A medical tattoo is used to treat skin conditions such as vitiligo, hyperpigmentation, stretchmarks and others by evening out the skin tone. It is also done to cover scars, angioma, restore nipples for patients who have undergone breast surgery and anyone who wants to correct the appearance of their nipple, scalp micropigmentation, help patients with dementia, and remove tattoos, etc.

Why should you get a medical tattoo?

- 1** Patients with certain skin conditions find themselves discriminated against, treated or viewed differently due to ignorance, which can play a number on their confidence. Medical tattoos can be a way to correct skin conditions if it is negatively affecting your daily life and confidence.
- 2** Medical tattoos have been a great way to locate patients with dementia who get lost or remind them daily of the important things in their lives by marking their body.
- 3** Vitiligo cannot be treated with laser and thus dermatologists have difficulties in handling albinism cases. In situations like this, a medical tattoo is the right option for you.
- 4** Whether you want to get rid of your tattoo because you regret it or need to get a new job, medical tattoo removal should be considered.
- 5** Medical tattoos are useful for cosmetic purposes such as SMP for baldness and permanent tattoo for eyebrow, lips and eyeliner.

Why should you get a tattoo with a medical practitioner in Korea?

- 1** Getting a medical tattoo is classified as a medical service — which means that only medical professionals are allowed to perform the procedure. As the majority of tattoo artists in Korea do not hold medical licenses, they are technically working illegally.
- 2** Medical institutions are allowed to give injections and prescribe medication, so you can be given a shot to reduce the pain.
- 3** In some cases, surgery may be needed before the tattoo and thus, it is advisable to get it done by a certified doctor.
- 4** Allergic reactions are also taken into consideration when done by a medical practitioner and tests are taken to ensure a safe treatment.

SMP (Scalp Micro Pigmentation) case



Before

After



Dr. Cho Myung-shin, the plastic surgeon who turns people's scars into art.

Treatment Procedures at Vincent Clinic

At Vincent Clinic, tests are conducted first as some patients have sensitive skin, which can make the procedure traumatizing to them.

For albinism/vitiligo, hyperpigmentation, stretchmarks, and other coverage cases, the color is mixed and tested and treatment is done using a needle with different shades. Patient's ancestry is sometimes investigated to determine their skin tone for an accurate treatment.

Scar treatments are done with needles to create a tattoo or even out the skin tone. In cases where the scar is severe, surgery may be needed.

Laser treatment is used only for tattoo removal, but is adjusted depending on the situation of the patient.

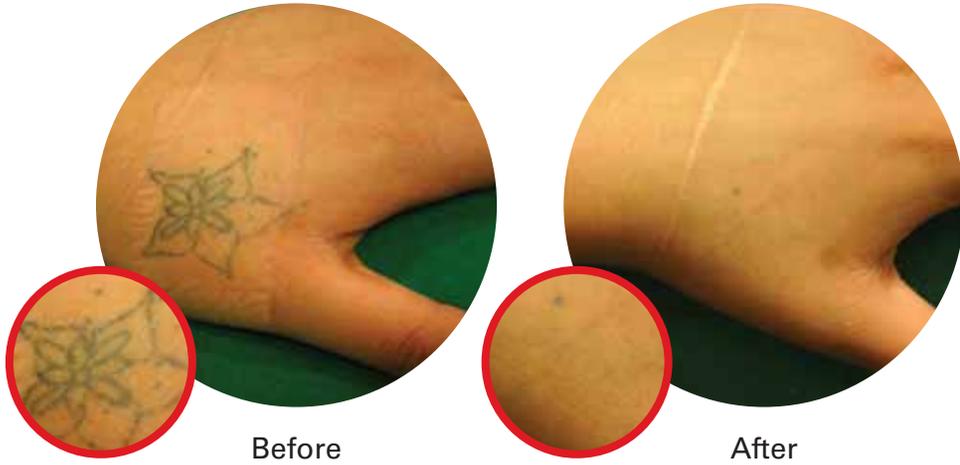
SMP (scalp micropigmentation) can be done for cancer patients, people with thin to no hair, etc. For permanent tattoo of the eyebrow and lips, patients can choose the style and color - black, dark brown, etc., and there is an eyebrow designer to assist in the procedure.

Depending on the patient's case, regular checkups are conducted.

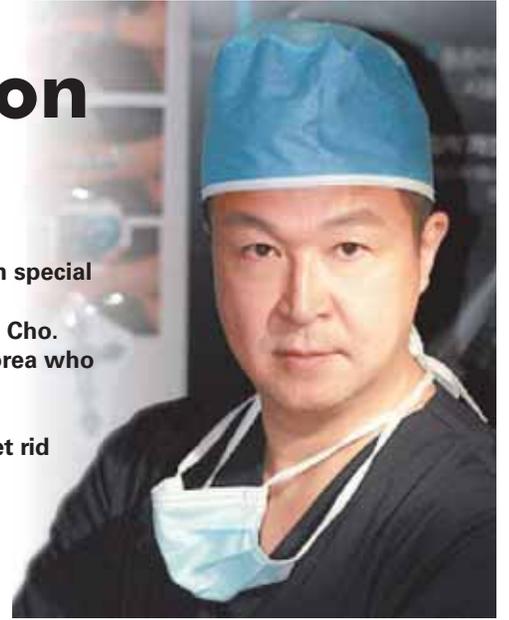
Why do you have to do Tattoo Removal at Vincent Clinic?

- Competitive Pricing. It is around 30% cheap than US.
- Tattoo removal in US insurance is classified as a medical tattoo, so you can get a reimbursement from your insurance. It is definitely an amazing benefit.

Tattoo removal case



Spotlight on Dr. Cho



- 22 Years Experience with his own special know-how.
- It's worth paying attention to Dr. Cho. Because he is the only one in Korea who is a Tattoist and Doctor (Ph.D).

So you can get tattoos and also get rid of them with Dr. Cho.

Since he does both, he has a strong sense of responsibility for patients. His achievements in this field are unequaled.



Free Quotation Service is possible through Facebook.

How long does it take?

Albinism/vitiligo, hyperpigmentation, stretchmarks, and other coverage cases take about 6 months, with treatment being done once a month for the first and second stage, and once every 2 months for the next stages.

Tattoo removal takes a maximum of 10 - 20 minutes. For a smaller tattoo removal, it can be done within 5 minutes.

Vincent Clinic

- WEBSITE: <https://vincent-tattoo.business.site>
- CONTACT NUMBER: 02-507-8000
- ADDRESS: 10F ,Samyoung bldg Toegye-ro 116-1, Jung-gu, Seoul, Republic of Korea

VINCENT CLINIC

TATTOO & RECONSTRUCTIVE SURGERY

Website: <https://vincent-tattoo.business.site/>
Contact Number: 02-507-8000

Address: 10F ,Samyoung bldg Toegye-ro 116-1, Jung-gu, Seoul, Republic of Korea

The First Premium Medical Examination Center in Busan



Why? Mirae IFC Check Up



1 Day One-Stop Medical Check Up

Health examination is conducted in the shortest time with a smooth and efficient traffic line prepared on two floors in a pleasant and large 6,600m² space.

The high-class premium health examination center equipped with one of the largest scale facilities in Busan, state-of-the-art medical devices and university hospital level medical staff is offering a special experience to each visitor by early discovery of problems to prevent occurrence of disease, systematic medical treatment, and comfortable and quick examination.

LADY ZONE

Comprehensive Medical Examination of Women specialized for women

The medical examination can be conducted in a comfortable and private environment. With a traffic line separated from that of the men's zone including women-only endoscope zone, women-only examination room, etc., female examinees can have a pleasant examination which will satisfy all the five senses.



Customer-centered comfortable examination

We are realizing 'Healing Examination with Art' by furnishing the works of art galleries and planterior (plant + interior) for harmonious coexistence with art which awakens our emotion.

Shooting for examination of breast cancer with AI

Diagnosing breast cancer in early stages with the medical equipment optimized for diagnosis of cancer in the mammography through computer-assisted diagnosis based on artificial intelligence (AI)



Early discovery of dementia with high precision brain MRI and AI

The high resolution imaging technology of 3.0T MRI is good for brain MRI and brain MRA examination used for early detection of brain disease and cerebrovascular disease. The equipment is much better than the existing 1.5T MRI in clear picture quality, fast examination speed, and noise reduction.



Digestive System Endoscope Clinic

Examination is conducted with the newest endoscope equipment which can discern a small and unclear tissue of an early cancer difficult to find out with the naked eye thanks to improvement in sensitivity and brightness increase in the number of light fibers as a result of increase in the number of light fibers with a new optical design.



Personalized 1:1 post management program unique to the Lifetime Health Examination Center

The Lifetime Health Examination Center improves customer satisfaction and realizes truly customized services by providing systematic and professional 1:1 customized medical examination and post management program.



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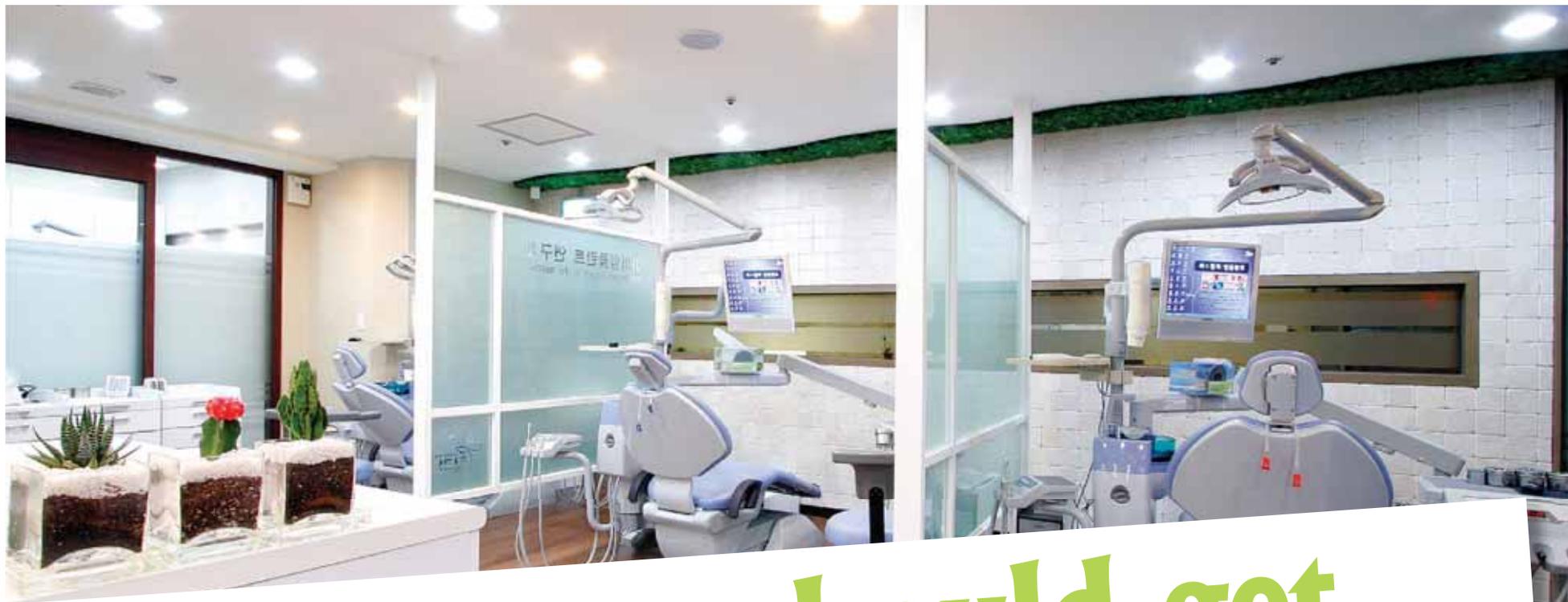
Tel. **+82-51-710-2000**

Consultation hours Weekdays 07:30 ~ 18:00
Saturday 07:30 ~ 13:00



Scanning a QR code





Why you should get Orthodontics Treatments

YEOKSAM LIME DENTAL CLINIC

When I was an elementary school student, I had crooked teeth so my father took me to the dentist to get braces. The main reason I got braces was because my parents wanted to hide what they termed “ugly teeth”.

My parents and I had no knowledge about braces until I started working at a dental clinic more than seven years ago. I realized then how important it is to get braces for not only the aesthetics, but for functional reasons as well.

Braces can improve the oral function such as chewing, improve speech and help protect teeth from damage or decay.

So, what kind of cases require braces for functional reasons? The answer is when you have malocclusion! If the jaw and teeth do not develop properly, malocclusion can result. The teeth will be crooked and misaligned, and the bottom and top sets of teeth may not line up.

Malocclusion includes protruding teeth, crowding, deep bite, overbite, reverse bite, vopen bite, cross bite, etc. Severe malocclusion may affect eating, speech, and can cause decay.

Of course, braces can not only improve malocclusion, but it can also adjust spacing in the teeth. And amazingly, an orthodontist can also help solve problems such as grinding or clenching of teeth and clicking or moving of the jaw.

Actually, after getting braces, my teeth became straight, but I found out that my bite was not properly fixed. Because of this, I ended up having an open bite, which led to my teeth wearing out. Usually, the top teeth have to moderately cover the bottom teeth. But there is a space between my top and bottom teeth, which means that when I eat I cannot use my front



Braces to correct deep bite



Before



After

teeth to bite so all the energy goes to my back molar and wears it down. Unfortunately, my molars have worn out quite a lot compared to my age.

Braces require a really delicate ability to fix malocclusion. You should check whether your chosen professional is qualified to perform orthodontic treatment before going ahead. In all, I want everybody to note that you need to find an experienced dentist who has dealt with various cases.

Yeoksam Lime Dental Clinic

- WEBSITE: <http://www.limedent.com>
- CONTACT NUMBER: 02-2052-2879
- ADDRESS: 203, Teheran-ro, Gangnam-gu, Seoul, Republic of Korea B1



Save your phone, Save your health

People who register will get a phone cleaning kit at ifix in mainmall camp humphrey - Only for first 300 people

IFix x U-Medi Collaboration Campaign!

“Keep your mobile clean for your health”

Because people always carry their cell phones almost everywhere, cell phones tend to get pretty gross. A recent study found more than 17,000 bacterial gene copies on the phones of high school students and scientists at the University of Arizona discovered that cell phones carry 10 times more bacteria than most toilet seats. (Source : Time magazine)

The poster features a blue background with stylized virus icons. At the top, it reads 'IFIX x U-MEDI CAMPAIGN'. Below that, the main headline is 'Save your phone, Save your health' in yellow and white. A blue banner below the headline contains the slogan 'Keep your mobile clean for your health'. In the center, two cartoon children, a girl in a yellow dress and a boy in a red vest, are holding smartphones. The girl's phone screen says 'KEEP YOUR PHONE CLEAN' and the boy's says 'FOR YOUR HEALTH'. At the bottom, there is a white box with a QR code and the text 'REGISTER HERE (QR CODE)'. Below the QR code are the logos for 'iFix' and 'U-MEDI'.

The 1st Project among many others which will be undertaken in the future is under the theme, “Keep your mobile clean for your health” .

Mobile phones are known to become very dirty which can affect our health. As mobile phones are related to our lives and daily routine, it is important to clean them frequently in order to stay healthy.

Thus, Ifix planned the project “Keep your mobile clean for your health” supported by U-Medi for the health and wellness of everyone. Particularly, this campaign is vital in creating awareness about staying healthy in this era of COVID-19. Anyone can support this campaign by registering but a FREE mobile cleaning kit will be made available from January 5, 2022 to residents of Camp Humphreys who register. You can claim your free mobile kit at IFIX, next to Starbucks in the main mall at Camp Humphreys.