

Healthy Living

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

August 2022



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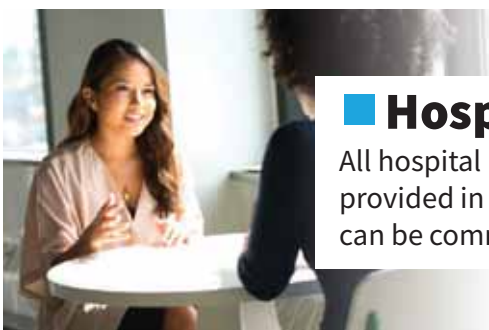
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U-MEDI: Your Health Partner in Korea



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 Interpretation

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



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.



TELEPHONE: 010-5817-1005
EMAIL: wellness@u-medi.com
HOMEPAGE: u-medi.com

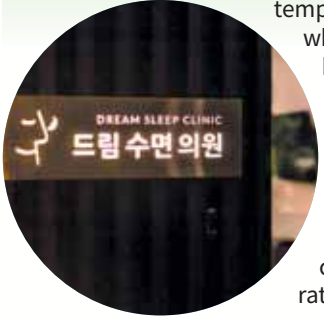


Direct billing network available for DOD civilians with private insurance

U-MEDI partnered with these hospitals in July. If you have global insurance as an expat, you can receive the cashless service at these institutions by going through us.

■ Dream Sleep Clinic (드림 수면의원)

You suspect sleep apnea if you snore while you sleep, temporarily stop breathing while breathing, or toss and turn while breathing shallowly. Because our body wakes up the brain to breathe and repeats breathing and then goes back to sleep, the quality of sleep decreases and we feel drowsy or tired during the day. If you leave sleep apnea untreated, it can lead to various complications. Psychiatrist Lee Ji-hyun, who worked with Christian Guillemainault, a founding member of the Association of Sleep Disorders Centers, runs Dream Sleep Clinic. The clinic provides personalized care and it maximizes success rate of sleep apnea treatment.



■ Yeon & Nature OBGYN Clinic (연앤 네이처)

This clinic is different from other medical offices, where over-examination, over-diagnosis, and over-treatment are rampant, as well as concerns about necessary check-up, accurate diagnosis, best treatment and prevention, and minimal medical intervention (naturalistic childbirth), which is an extension of this treatment philosophy. Yeon & Nature's treatment is concise but accurate, and satisfactory enough without being excessive.

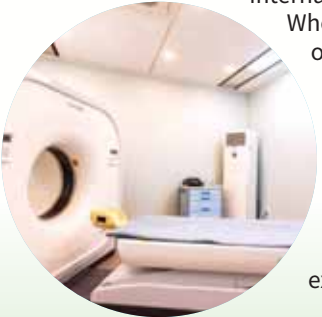
Yeon & Nature's House of Birth allows for home-style childbirth. A bathtub is installed in each room, an oxygen reclaiming device embedded in the wall for safety, and a king-size bed that your husband is used to at home is also in the room.



■ Songdo Surgery (송도외과 병원)

In order to protect your health, it is recommended that you schedule a health checkup every year. Songdo Surgery does not end with a simple check-up. Treatment is available when a disease is discovered (5 surgeons, 3 internal medicine specialists, 1 obstetrician-gynecologist are on staff). Female doctors provide treatment for obstetrics and gynecology, breast and thyroid surgery, and internal medicine.

When early cancer or polyps are found, complete excision can be performed to treat the disease in one place. The health checkup guide and consultation process are explained in detail by a professional nursing staff.



■ Balance Dental (밸런스 치과)

Balance Dental excels in three areas: braces, temporomandibular joint and implant braces. The dental staff, which has more than 2,000 cases of orthodontic treatment, directly provides orthodontic treatment. In particular, non-extraction orthodontic treatment is possible to improve protruding mouth, protruding jaws, square jaws, false teeth, and facial asymmetry.



■ GNG Hospital (지앤지병원)

About 50% of adult males and 27% of adult females suffer from snoring! As most people experience snoring, which is often dismissed as just a sound problem, it is important to realize that snoring is a disease that is not a mild disease and should be treated because it can signal the onset of sleep apnea, or that you already have severe sleep apnea.

Snoring is a breathing noise caused by vibrations in surrounding structures such as the drooping palate (uvula), tongue, roof of the mouth, and pharynx while the respiratory airflow passes through the narrowed airway due to various causes

during sleep. Sleep apnea is not only a narrowing, but also a complete blockage resulting in respiratory arrest. It can cause daytime sleepiness, heart disease, and stroke.

When deciding on a treatment method, it is important to consider many factors such as each patient's age, gender, occupation, personality, marital

status, and the degree of sleep apnea to achieve successful treatment.

GNG Hospital provides non-surgical treatment and surgical treatment, and provides all information about treatment. All snoring and sleep apnea patients can get the treatment they want.



U-MEDI expands medical services!

U-MEDI

Hospitals with insurance companies can sometimes limit patients' medical choices. Basically, international insurance companies contract with each hospital to provide Direct Billing Service, but not all hospitals. This is because most hospitals do not have international health care services.

Hospitals preferred by Koreans, appropriate medical costs, and guaranteed skills of medical staff may limit the search and selection of information for foreigners due to the lack of international services.

U-MEDI removes the difficulties faced by international insurance companies and many obstacles that foreigners may face in using Korean medical services.

Direct Billing Service Hospital Network Expansion

We provide hospital-oriented services rather than insurance companies-centered DBAs. We expand the network of hospitals that customers want to visit by communicating directly with customers. Hospitals focus on medical care, while U-MEDI focuses on customer insurance services and payment of insurance company costs, which is a win-win for each other.

Find a foreign customer-focused hospital

From a Korean perspective, We recommend which hospitals are good at treatment. Just because you're good at language doesn't mean you're a good doctor. Treatment may sometimes require you to focus on medical skills rather than language. The language is provided by U-MEDI.

Contact:

www.u-medi.com



Temporomandibular joint

When the jaw joint and temporomandibular disc, the foundation stone of the face, collapse, it causes imbalance in the whole body. Seven out of 10 people have potential temporomandibular joint disease. Temporomandibular joint disease refers to an abnormality of the temporomandibular joint that occurs because the maxillary and mandibular occlusion does not occur when opening or closing the mouth. This is because the disc space narrows and the muscles around the disc contract due to tension. Correcting the skull, temporal bone, and cervical spine together is the key to treatment.

Implants

Implants have 5 to 7 times stronger chewing power than dentures, so they are almost similar to natural teeth in terms of recovery of chewing function. You can feel the taste, temperature and texture of food much more accurately. In the existing implant treatment method, the prosthesis is made after restoration through the placement of the fixture. But in the case of the one-day implant provided by Balance Dental, the prosthesis is custom-made on the day of the procedure. It takes about 5 minutes on average to place one implant. Balance dental also provides pain-free sleep implants and sleep therapy.

The staff is composed of professionals who have performed more than 20,000 implant using the latest equipment. Balance Dental's

service ranks up there with the Seoul National University.

■ Shihwa Medical Center (시화병원)

The International Medical Department of Shihwa Medical Center provides continuous and comprehensive medical care for diseases that may occur to you and your family regardless of country, age, gender, or type of disease. In addition, by systematically managing chronic diseases and preventing diseases at an early stage through vaccination and health check-ups, the goal is to improve the health of patients and improve their quality of life.

Shihwa Medical Center is a general hospital that can diagnose and treat all diseases.





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Basic Checkup for women / men	Counseling with medical doctor and run over 10+ health screening tests, including blood test, urine test, ECG, ultrasound etc.

\$999 value for only \$650 (35% discount)

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, thyroid ultrasound, Gastroscopy or gastrointestinal angiography, nutritional evaluation Women: Cervical cancer, vaginitis

U-MEDI Health Checkup

010-5817-1005

wellness@u-medi.com



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"If you have global insurance as as expat, you can receive the cashless service."

Fun places in the area

Songdo Central Park

It is the first seawater park in Korea and a city park that takes advantage of Korea's topographical characteristics. The artificial waterway is equipped with leisure facilities offering water taxis, canoes and other things. Major facilities include Sunset Garden, Emotional Garden, Chojiwon, Walking Garden, and Terrace Garden.



Located at the western end of Central Park, Sunset Garden is a resting space with attractions such as the West Boat House, the waterfront stage, children's garden, and cube sculptures. The Emotional Garden is a landscape observation space with facilities such as the Face of the Global Village, which is a work made of masks representing 120 countries around the world, as well as an observation deck and support for tides. Chojiwon is a complex art

space where you can appreciate various sculptures and public art works, such as the Piss Dog statue, observation deck, Wetland Garden, and Firefly House. The Walking Garden is a traditional themed space where you can meet deer grazing leisurely. Songhwajeong, located high in the east of the promenade, provides a picturesque night view with the moonlight. The Terrace Garden, where UN Square, East Boat House, and Folklore Playground are located, is a cultural and artistic space where various events are held throughout the year.

Songdo Hanok Village

If you pass through the forest of buildings in Songdo International City, you will find the Hanok Village where you can see Korean traditional architecture. Hanok Village is a resting place in the city center and a tourist attraction in Incheon that informs foreigners about the beauty and excellence of hanok. Hanok Village offers various facilities and cultural experiences



such as hanok hotels, hanok restaurants, and cultural experiences. Some couples have a traditional wedding here, so you can see the old culture of Korea, and if you like quiet things, you can take a walk and see the beauty of hanok. At night, the lights of the buildings and the lights of the Hanok Village harmonize to create a more stylish Hanok Village.

NC Cube Canal Walk

The NC Cube Canal Walk consists of a total of 4 blocks: spring, summer, autumn, winter.

Like spring, the first step of the spring block of canal walk is made to feel like a refreshing walk in the forest. Summer block has a longer canal than spring block, allowing water to flow. There is a cool sky and a whale painting on the wall. The autumn block is built with brown bricks and the forest streets are well represented with more trees and grass than the previous block. The winter block is built with cold colored bricks and consists mainly of restaurants that are good for drinking.



Songdo Oakwood Hotel

Oakwood Hotel is a 5-star hotel with a good view and delicious food, as the rooms are on the 70th floor. As the tallest hotel in Incheon, the views are different during the day and at night. During the day, the river, street trees, and even the hanok complex in the park are lovely to see, and the night view of the skyscraper and the sea are great. The dessert cafe inside the hotel is rumored to be the place to come and eat. You can also get a health checkup while staying here.



Songdo Hyundai Outlet

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 Songdo Hyundai Outlet located next to Central Park Station.

Make **Gyeongnam** your next destination in **Korea**

U-MEDI

Gyeongsangnam-do is a region called the Patriotic and Loyalty Region, and has developed Korea through bloodshed in war. From the era of the Three Kingdoms, Gyeongsangnam-do has produced good kings to make Korea into one nation, and even now Gyeongsangnam-do has elected good presidents. The U.S. military paid a lot of blood to Korea to create a liberal democracy, so it is an area to visit.

Jinjuseong Fortress

Jinjuseong Fortress (area 1,760m, stone castle) is a sacred ground that integrates the history and culture of Jinju. Originally a mud castle, it was rebuilt with stones against frequent invasion of sea marauders in the 5th year of King Woo of Goryeo Dynasty (1379). During the Japanese invasion of Korea in 1592, General Gim, Si-min had a victory at this castle, which was one of three great victories in the war. In the next year (1593), in the second Jinjuseong Battle, about 70,000 militia corps and government troops resisted to the last meeting, a glorious death for their country.



This castle was used as the provincial office of Gyeongsangnam-do from 1895 to 1925. In 1969, the first Jinjuseong Restoration Project was started. Chokseongmun was completed in 1972, and fortress repair was finished in 1975. The second Restoration Project was started in 1979. Removal of 751 private houses was completed in 1984. In 1992, as the third project, the outer wall of the castle was improved.

Chokseongnu (pavilion, one of the top 3 picturesque pavilions in Korea) presents the wonder of perfect natural harmony among Namgang River, Uiam, and Jinjuseong Fortress. The night view of the 9 km-long Namgang area conjures up a charming and romantic mood. Jinjuseong Fortress was selected as one of the 100 Tourist Attractions in Korea by Korea Tourism Organization for the eighth consecutive year. Further, Chokseongnu was recommended as one of the 50 must-visit world famous tourism attractions in Korea by CNN GO.

There are many historical relics at this site such as Jinju National Museum, Jinjuseong Imjindaechep Gyesasunuidan Altar, Changnyeolsa Temple, and Hoguksa Temple.

Filming set

The filming set contains 25 wooden buildings displaying exquisite architectural styles as well as 3 ships and various props used during filming. It also offers a magnificent view of the beautiful coastline and splendid natural scenery. The marine drama set was initially used as one of the filming locations of the MBC drama, "Kim Su-ro, the Iron King," after which it became the filming location for the SBS drama, "Warrior Baek Dong-soo," KBS drama, "The Princess' Man," MBC drama, "Empress Q," tvN drama, "The Three Musketeers," and movie "The Huntresses." It's a place where you can check out the traditional customs and culture as well as an iron production site, dock and weapons from the Gaya period.



Dongpirang Wall Painting Village

Situated on a hill up from Gangguan Harbor, Dongpirang Village is characterized by colorful paintings on the walls throughout the residential quarters. The walls are re-painted every two years following a contest. The village, which is set against the blue sky and sea, is itself like a painting in an outdoor museum. In addition, the site is a great vantage point for viewing Gangguan Harbor and the sea off the coast of Tongyeong.



Ocean Breeze Yacht

Ocean Breeze Yacht is a center specializing in yacht experience, snorkeling and yacht rental. It is equipped with a 15M-class catamaran including 4 rooms, a shower, a salon, a kitchen, a karaoke system, and air conditioning. It's a large luxury yacht. The most popular program is "a tour of Hansando" which takes about 2 hours. It is a course that starts from Yeongunhang and includes Samchang-i Rock, Jukdo, and Hansando disembarkation.



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09.30 - 10.01
10.07 - 10.08

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09.30 - 10.01
10.07 - 10.08



Geoboong Baik Medical Center

Regular check-ups are important at every age. However, for many 20 and 30 year olds, doctor's appointments aren't typically at the top of the to-do list. In fact, a 2017 survey found that 33% of millennials don't even have a regular doctor. A Kaiser Family Foundation poll found similar results: 45% of 18 to 29 year olds and 28% of 30 to 49 year olds don't have a primary care provider. Regular check-ups now can be key to protecting your long-term health. The Geoboong Baik Medical Center is here to provide a wide range of health services with the latest equipment.



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- Press 'Like' event post
- Tag your friends
- share your Instagram story,

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