

STARS  STRIPES.

# Healthy Living

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

May 2022

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and mind in Busan  
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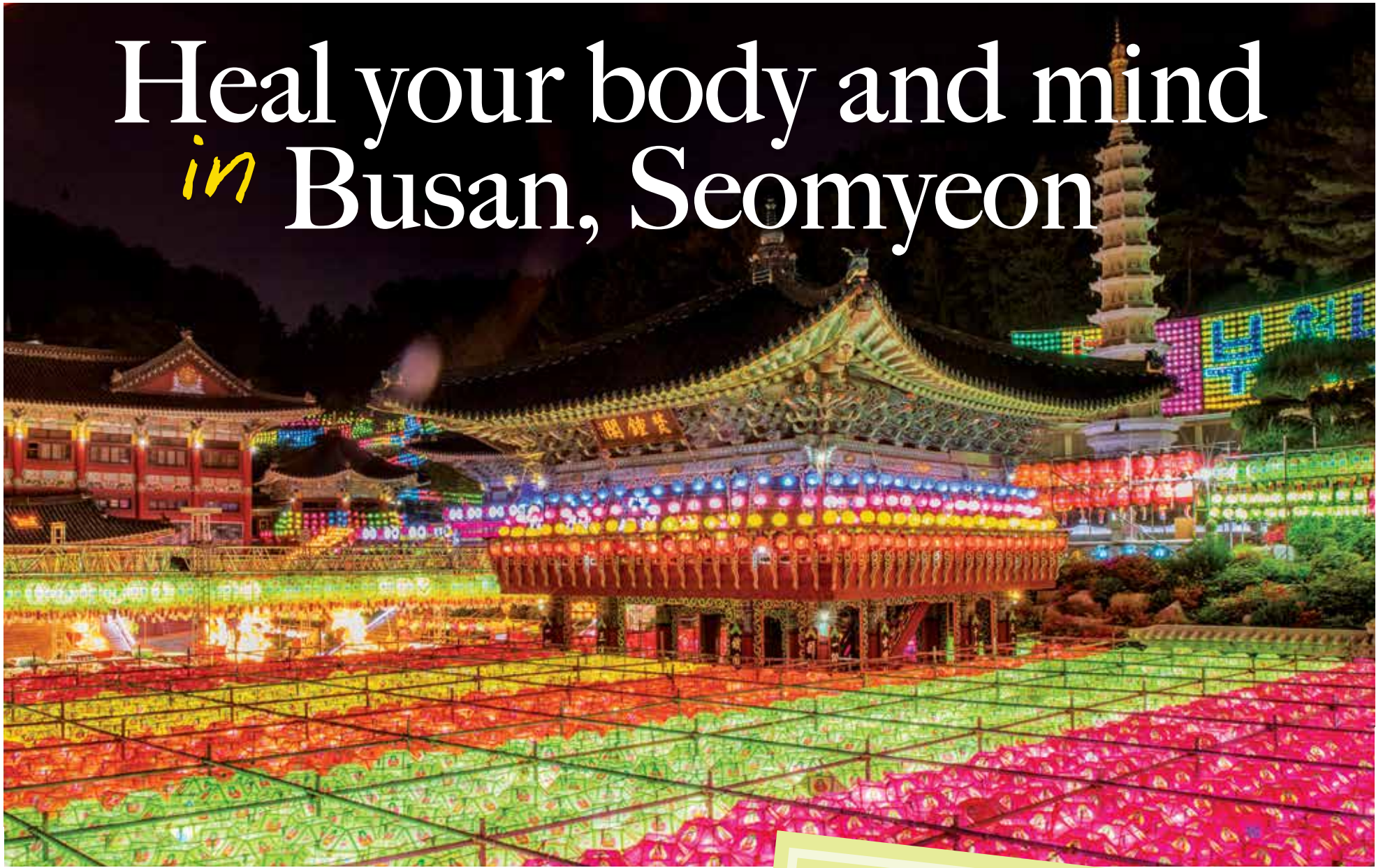


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# Heal your body and mind *in* Busan, Seomyeon



## Samgwangsa Temple

Samgwangsa Temple, located in Choeup-dong, Busanjin-gu, is the second temple of the Cheontae Order. From late April to early May, as many as 50,000 lanterns are hung to commemorate Buddha's birthday.

The Lotus Lantern Festival is a traditional Korean culture event that has been around for over 1300 years. It is a festival intended to light up the hearts of citizens that may have been darkened by greed and selfishness by lighting the lanterns on the day of the coming of Buddha, and to pray for harmony and prosperity in society in general.

On Buddha's birthday, you can experience not only the Lotus Lantern Festival, but also a temple stay where you can enjoy traditional Korean culture, make lotus flowers, and walk in the forest. Try taking a break from Busan while looking introspectively at yourself at Samgwangsa Temple in the heart of the city!

## Temple stay

You can try performing the traditional '108 bows', Zen meditation, walking in the forest, and making lotus flowers. Applications can be made via the website.

[www.templestay.com](http://www.templestay.com)

**Samgwangsa Temple :**  
77, Choeupcheon-ro 43beon-gil, Busanjin-gu, Busan  
**Seonamsa Temple:**  
138, Baekyangsan-ro, Busanjin-gu, Busan



## ⊕ List of Member Companies of the SMS Medical Tourism Council

### Cosmetic surgery & Skin

Nobless Plastic Surgery 	NEW LINW Plastic Surgery 	THE FACE Plastic Surgery 
RIO Plastic Surgery 	JEONG SUNG HOON Plastic Surgery 	I-know-u plastic Surgery 
FOUR SEASONS Plastic Surgery 	HANEUL Plastic Surgery 	ABC Plastic Surgery 
BS THE BODY Plastic Surgery Clinic 	GOWOONSESANG Kim Yang Che Skin Clinic 	SUNG JAE YOUNG Ease Skin Clinic 

### Dental clinics

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BARUN Dental Hospital 	PRETTY SMILE Dental Clinic 	

### Eye clinics

GOOD MORNING 102 Eye Clinic 	NUNEVIT Eye Center 	HIVUW Eye Clinic 
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### Health check-up & Obesity management

ISAM Hospital 	BUSAN HANGUN Hospital Bunchun Campus 	BUSAN 365mc Hospital 
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### Oriental Medicine & Thoracic Surgery

Detoxifying Blood Cleansing EUNBAEK Oriental Medical Clinic 	Bright Oriental Medical Clinic 	Kim Byoung joon LEDAS Varicose Vein Clinics 
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### Accommodation

Lotte Hotel Busan 	Solaria Nisitsutsu Hotel Busan 	tt Hotel 
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### Foreign patient attraction company

Goryeo Medical Tour Development Inc. 	Busan JMJ 	Smart Care Medical Busan 
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### Women's Clinic & Men's Clinic

Eroom Woman Clinic 	ZEUS Urology Clinic 
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### ETC

International Beauty Creation Association 	MS Education Academy 
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## Busan Citizens Park

Busan Citizens Park is the best place to engage in some healing in the city center. In fact, V and BTS have strolled the grounds here! The park consists of five themes: memory, culture, pleasure, nature, and participation.

The site, which was used as a racetrack during the Japanese colonial period, as a prisoner of war camp during the Korean War, and as a garrison for the U.S. Army after that, was reborn in 2014 as a large urban park with an area of 471,518m<sup>2</sup>.

It is an urban park loved by people of all ages, featuring forest trails with various themes, white sand beaches in the city, culture and arts village, and children's play facilities.

### Busan Citizens Park

73, Citizen Park-ro, Busanjin-gu, Busan



## Busan National Gugak Center

The Busan National Gugak Center, which was founded on the site of the former U.S. base known as Camp Hialeah, was built to inherit and develop the traditional performing arts of Busan and Yeongnam. Based on Busan's rich traditional cultural resources, distinctive and high-quality iconic works are developed and presented, and you can experience traditional art up close through regular performances held every week, as well as traditional music lectures, and youth traditional music experiences.

### Busan National Gugak Center

2, Gugak-ro, Busanjin-gu, Busan  
<http://busan.gugak.go.kr/>



## Tasty Healing Journey

In Busanjin-gu, you can partake in a 'delicious' healing trip where you can taste traditional teas with various benefits and flavors, as well as homemade sweet red bean jelly.

You can relax your body and mind by drinking tea in a quiet atmosphere and learn how to enjoy traditional Korean tea in your daily life through a tea ceremony experience.  
Instagram@chamadang



## Bujeon Market Town



Bujeon Market Town is the largest traditional market in Busan and one of the largest markets in the country. An expansive traditional market featuring 3,000 stores and 5,000 merchants, selling a range of products, from fruits, clothing, and sundries to electronic products. In addition, the special ginseng market, opened in 1989, is the largest ginseng market in Busan and Gyeongnam Province. It sells ginseng products such as red ginseng, fresh ginseng, and white ginseng as well as various health foods at a discount of 20% to 50% from the usual market price.

## Seomyeon Medical Street





# Why is it SO difficult to keep the weight off?

BY NICOLE TERWEY,  
NICOLETERWEY.COM

**L**osing weight is actually easy, whether you're in the military or not, but weight loss is more than just losing weight... it's about keeping the weight off.

And that's the real weight problem so many of us face today. We don't know how to prevent the pounds from coming back on.

If we're overweight, then it's only because we're overeating, meaning we're consuming more food than our body actually needs.

When our body receives more food than it needs, it stores the excess as fat.

Ideally, we want to eat in a way where our body is so efficient at using both the fuel (fat) already on our body and the food we feed it. Right now, if you're overweight, then you're just eating more than your body needs. If you're overeating, it does NOT mean you're a bad role model, a neglectful leader, or a lazy person.

## Losing weight is easy

**L**osing weight is easy because there are so many ways to lose weight. Just Google "weight loss" and you'll find the latest of everything in the fitness, health, and dieting industry. In case you were curious, all diets share the same secret but in their own different flavors: you lose weight because they put you in a caloric deficit.

That's how weight loss works in any diet.

### CALORIC DEFICIT PER FAD DIET

**Ketogenic** removed an entire food group (carbs).

**Paleo** removed an entire food group (processed food).

**Whole30** removed processed foods and more, including grains, legumes, sugar, dairy, and junk food (basically the same as Paleo but a little more restrictive).

**Weight Watchers** created smaller portions, which is a caloric deficit.

**Mediterranean Diet** low on red meats and processed food (steak and donuts pack more calories per volume than fish and grains do).

**Low Carb** lowered processed carbs. You still eat tons of carbs on this diet, but those carbs come in the form of spinach, carrots, apples, etc. (all vegetables and fruit are carbs).

The reasons these diets don't work is because:

- 1.) You can still gain weight or stall your weight loss if you eat too much of the food within that diet, and
- 2.) When the diet is over, if you go back to eating the way you were before, then you start getting back your former body.

Here's the thing...

It's not the food or the diet that is the reason for the weight regain. That's where the diet and fitness industries fall short and just keep filling our inboxes and Facebook feeds with the latest and newest supplements, Keto-friendly donut, Whole30-approved meal, etc.

If you're like the majority of people in this day and age, then when you start a diet with the intention of feeling better, slimmer, and healthier, you can barely remember the other half of the reason why you're starting the diet in the first place: you want to KEEP your results.

Otherwise, you're losing and gaining weight so often that you become so mentally, emotionally and physically exhausted from the yo-yoing that you give up.

But you're in the military, which means "giving up" isn't a term you easily accept as true. We have our reliable drill instructors to ensure "giving up" is never an option. It's one of the reasons why our military is so beloved.

Like a lot of smart people, you know there's more to living than constantly dieting. You want to keep your hard-earned results, but you don't know how to, exactly.

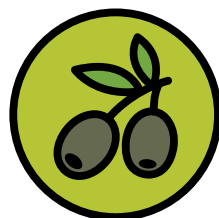
That's because that component of a successful weight loss plan isn't easily Google-able. It's not provided by the health and fitness industry because, honestly, they don't know how to do it themselves.



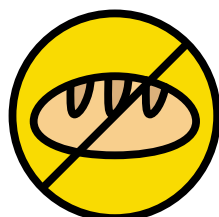
KETO



PALEO



MEDITERRANEAN



LOW CARB



## So, how do you keep your weight loss results?

**Y**ou learn to manage your mind. If you're overweight, then it's because you're overeating. It's as simple as that... but it's also not so simple.

Food doesn't get eaten just because it's there, sitting in front of you. Just like you don't go to the gym just because there's a gym – it's just a building with heavy stuff in it. So why do you eat the food you put in your mouth, and why do you lace up your shoes and go to the gym?

The reason you eat or drink the food that you do - the reason you do ANYTHING in life - is because of how you think it's going to make you feel.

Our feelings are the most powerful experiences in our body because they compel us to act. Feelings are what drive our actions. They are the fuel to our actions.

We eat the salad because we think we'll feel lighter, healthier, and happier. We go to the gym because we think we'll feel strong, skinny, and sexy. We don't feel that way after we arrive at the gym, we feel that way beforehand, on the way to, at the gym, and after our workout.

Think about it... why do you follow orders so well?

We follow orders because it was

"drilled" into us. What does that mean?

It means that on your first day of basic training (when you're sweating, confused and scared), and the drill instructor was yelling and spitting in your face telling you to follow his or her orders or else your shipmate on your first deployment could die... the feeling of horrendous guilt, fear, and shame inundated you. You may not remember this day or how it went down exactly but you'll never forget the feeling.

You immediately envision that terrible possibility of you being ignorant and not following orders and someone you know dying or getting maimed because of your inaction. The guilt and fear of that thought is so compelling, that your brain learns immediately that following orders is non-negotiable. Your brain shifts that thought into your subconscious so that it doesn't even have to think twice about following orders. That's why following orders sometimes feels necessary for your survival. That's how powerful our thoughts and emotions are.

So where do our feelings come from? And why aren't certain feelings like motivation, certainty, happiness, and pride with us all



the time?

The answer is because every single one of our feelings comes from our thoughts. We have a thought, and at the atomic level, the thought literally materializes itself in our body as a feeling. A thought begins in our brain, and the neural connections that are made cascade their way down our body signaling a feeling that corresponds best. So, when you think about how good you'll feel at the gym, you feel motivated, and you get in the car. You think about how successful you'll be at managing your weight by eating a salad, which might make you feel encouraged, so you eat the salad.

This is the most important thing to understand because it will help you begin to manage your thoughts so that you can start losing weight the permanent way:

There are circumstances in our life, things that happen outside of us, that we cannot control.

These circumstances include things like the weather, our past, other people, what other people say out loud (either about you, to you, or about themselves or others), the environment, death, etc. They are things that everyone in the world can agree on.

Where we make the mistake is that we think circumstances make us feel and act in certain ways. We blame what our supervisor said for making us feel ashamed and inadequate. We blame our kids for making us feel angry and upset. We blame our diet for making us feel deprived. We blame the gym for being so far away to justify how lazy, bored, or insecure we may be feeling.

The thing is, circumstances never make us feel or do anything.

It's our thoughts about the circumstances that make us feel the way we do. And, believe it or not, that's the good news... We don't have to control circumstances in order to feel better. We are always in control of what we think, how we feel, how we act, and over time, we're in control of the results in our life.

Our thoughts, which are opinions we have about things around us, are what we have control over 100% of the time. This is where your ability lies in feeling committed to staying on track with what you eat and when you exercise.

The thing is, just thinking about eating better and working out more is not enough. You must bring up that thought, that image that you visualize, as often as is needed so that you feel compelled, empowered, honest, and aware to show up for yourself. The more you show up, the closer you get to your desired results and the more they stick (read: last forever).

This is the kind of work that takes deliberate practice, like shining your boots every week, paying attention to your

surroundings when you're outdoors so that you know when to salute, and knowing when to say "sir" and "ma'am." Think back to your past when you were incorporating these new lifestyle changes into your life. It wasn't easy at first. You messed up a few times, you misspoke often, you called women "sir" and forgot to salute high ranking officers.

They were mistakes.

You learned from them.

You made more mistakes in different situations and learned from those moments, as well.

And now, saluting and greeting others feels natural to you.

That's the level you want to get to when it comes to eating only what your body needs for fuel and exercising so that it's something that is a part of you.

It takes cognitive effort at first, and that's where a lot of people give up. The results don't come as quickly as you want, so you think the process is not working.

But it is.

The more you think about the result you desire, the more your brain will learn to pay attention to it because it feels better than anything else.

Remember, we only do things because of how we think we'll feel when we do them or when we get them.

That is your internal, mental guide.

This is the way the world works and how weight loss becomes a permanent reality, not a temporary glimpse of what's truly possible.

Circumstances trigger our thoughts. Our thoughts always create our feelings, which fuel our actions. Over

time, our actions create our results.

You'll see this how this works the next time you're driving home or driving to your unit.

If someone on a motorcycle cuts you off as they cross into another lane, you might feel angry, your face may get heated, and you might say something under your breath, maybe even flick them off.

Then, you notice they cut someone else off in another lane, but that other driver doesn't react the same way you did.

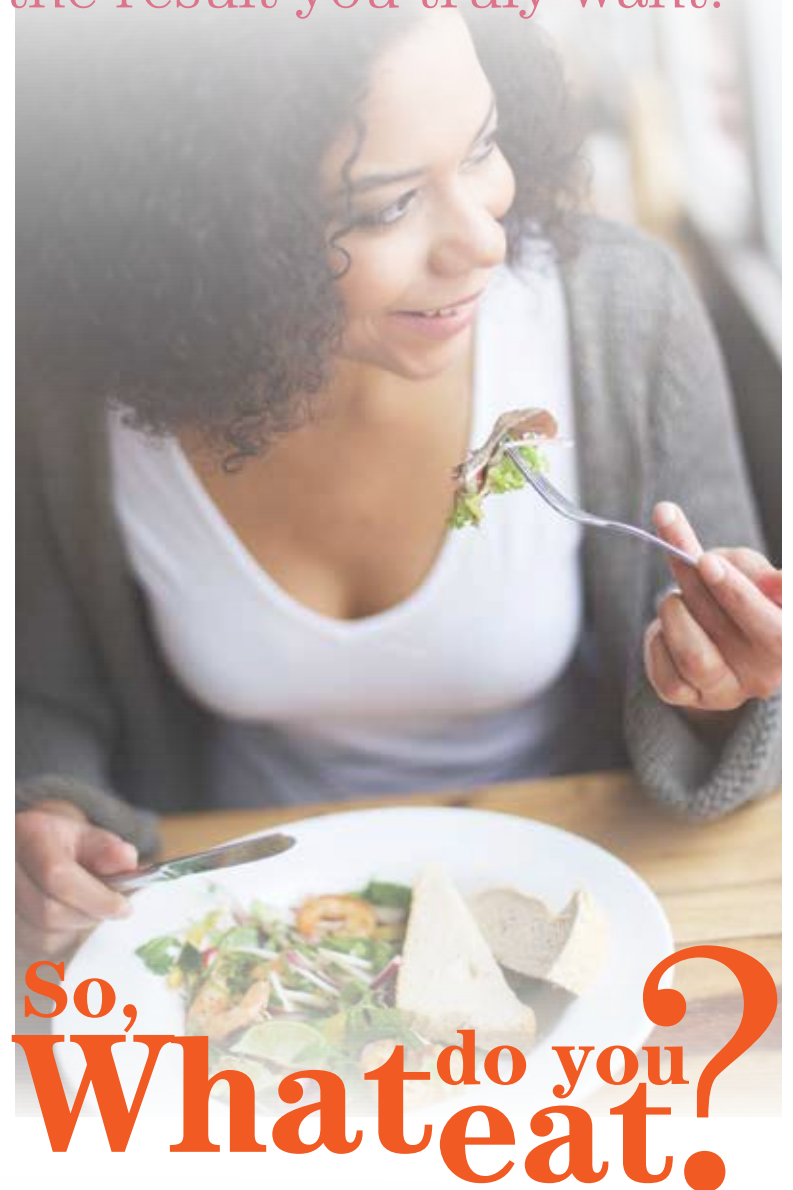
Why is that? You both had the exact same person cut you off, so it was the same circumstance.

The reason is because each of you had a completely different thought, so you felt completely differently about the same situation; therefore, you acted completely differently. And as a result, one driver ended up having a more enjoyable driving experience than the other. Can you guess who?

It all comes down to what you're thinking and what you choose to think. That's what the health and fitness industry don't know how to bottle up and sell. It's such a unique journey for every single person that it's impossible to sell its solution in mass.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.



**I**t's simple. Eat the way that you envision yourself eating for the rest of your life that gets you the results you truly want for yourself.

The way you eat (your actions) determine your results (your weight and the shape of your body).

What you are feeling is driving the actions of eating and working out, and you're only feeling compelled to do those things when you believe that you can.

That you can do it.

That it's possible for you (yes, even for you, even if you don't quite believe it just yet).

Your commitment and your willingness come from a decision.

It's the exact same process that you used when it came to sign the dotted line when you joined the military.

You felt proud.

You knew you were going to feel fulfilled.

You were certain.

The thing is, you can follow through on any feeling, good or bad. You can follow a diet feeling deprived. Or, you can follow a diet feeling fulfilled. But one way guarantees a more enjoyable experience, one that you will want to continue to experience.

That's the work you must do.

Losing weight for the last time, once and for all, is a mental strategy first and foremost.

Nicole Terwey is a Lieutenant and an intelligence officer in the Navy Reserves in Nashville, TN. She completed eight and a half years of active duty service in the Electronic Warfare community and earned her master's degree in Organizational Leadership before building the next chapter of her life as a certified life coach, weight coach, and fitness coach.

Terwey specializes in helping women in the military lose weight, especially if they are struggling with losing weight and keeping the weight off after being on a diet.

Terwey works with active duty servicemembers seeking to lose weight and maintain healthy lifestyles.

Follow Terwey at <https://nicoleterwey.com/>







# 9 potent anti-aging ingredients prevalent in Korean skincare

STORY AND PHOTO BY DONNA MAURER,  
HAPS KOREA MAGAZINE

**K**orean skincare is full of potent anti-aging ingredients that everyone should know about.

Instead of opting for harsh retinol-based products, Korean beauty brands create their products using gentle, hydrating ingredients, but they're still incredibly effective anti-aging tools, and that's what makes them so special.

However, navigating your way through the sometimes unusual and strange-sounding ingredients in K-beauty can sometimes be a little overwhelming! After all, why would you want to put snail mucin on your face? And, what is niacinamide...and what can it do for your skin?

If you want to try Korean anti-aging skincare, but aren't sure where to start, don't worry! This round-up of potent anti-aging ingredients will point you in the right direction!

## Snail Mucin

Snail mucin is one of the most potent anti-aging ingredients found in Korean skincare, and it's also one of the most unusual. Yes, it probably sounds a little gross to put snail slime on your face, but you're going to want to get past that because it could be a real game-changer in your anti-aging skincare routine.

First, snail mucin is loaded with natural peptides to help boost the natural production of collagen in the skin, which slows down significantly as you age. It also contains hyaluronic acid, which actually pulls more from the air and into your skin. And, last but not least, it also contains naturally occurring glycolic acid to gently exfoliate, making it useful for hyperpigmentation, scarring, and fine lines.

Snail mucin is a powerhouse ingredient that plumps and softens the skin immediately while providing additional anti-aging benefits over time. According to one trending K-beauty brand, all skin types can benefit from incorporating snail mucin into their skincare regimen.

## Niacinamide

Niacinamide, or vitamin B3, is very popular in anti-aging Korean skincare, and for good reason. One of its key benefits is supporting the skin's protective barrier so that it can retain moisture more effectively, but it doesn't stop there.

Niacinamide also evens out hyperpigmentation and brightens dull

complexions, much like retinol, but without the redness and irritation. It also boosts collagen production. It's the perfect, natural ingredient to use if you want to target those dark spots that can become a problem for mature skin.

## Ceramides

Ceramides are very useful for maintaining the moisture level in your skin, protecting it from irritation and dryness. These natural lipids occur naturally in the epidermis of the skin as part of its protective barrier.

This potent anti-aging ingredient helps the skin capture moisture and bind it, preventing dehydration. Unfortunately, natural ceramide production declines as we get older. Thankfully, using ceramide in your skincare can help make up for it.

## Peptides

Another powerhouse anti-aging ingredient that's prevalent in Korean skincare is peptides. Peptides are building blocks of proteins like elastin, keratin, and collagen. There are several different types of peptides used in skincare, with collagen peptides and copper peptides being the most popular.

Collagen peptides signal the cells in your skin to produce more collagen, which helps the skin look more youthful and reduces fine lines and wrinkles. Copper peptides are also useful in anti-aging skincare because they speed up the healing process and reduce redness and inflammation.

## Green Tea Extract

It turns out green tea isn't just for drinking! This anti-aging ingredient is popular in Korean skincare because it is rich in antioxidants, which fight free-radical damage as you age, slowing the loss of elasticity and the occurrence of wrinkles.

The polyphenols in green tea can also assist the skin in repairing itself. Green tea extract is incredibly soothing to the skin, with anti-inflammatory properties to calm redness. And, of course, green tea contains caffeine, which depuffs the skin quickly.

## Licorice Root Extract

Licorice root is well known for its ability to brighten the skin, and it's often included in Korean anti-aging skincare because it is so gentle and effective. If you're dealing with hyperpigmentation from acne, sun damage, or even

melasma, licorice root extract is the ingredient you're looking for.

Glabridin and liquiritin are the two naturally occurring chemicals in licorice root extract that brighten the skin. It also has antioxidant properties to assist with repairing the skin and fighting free radical damage from exposure to pollution and UV rays.

## Ginseng

Ginseng is another beloved Korean skincare ingredient with some significant medicinal properties for the skin. This nourishing ingredient is rich in B-vitamins, which provide amazing anti-aging benefits for the skin when applied topically.

First, ginseng is excellent for depuffing and brightening. It also helps to smooth away fine lines and wrinkles. Best of all, it's super gentle, which means most people can use it around the eyes for dark circles and puffiness.

## Alpha Hydroxy Acids

Alpha hydroxy acids, or AHAs, are a popular ingredient in Korean skincare because they're gentle enough to be used on a daily or weekly basis, depending on how the product is formulated. Glycolic acid, malic acid, and lactic acid are all naturally occurring AHAs that gently exfoliate the skin, making it brighter, smoother, and clearer over time.

## Vitamin C

Vitamin C is a useful anti-aging ingredient that's very prevalent in Korean skincare products. Its benefits include brightening the complexion and evening out skin tone. It's also a powerful antioxidant in its own right, which means it fights free radical damage. It can be used morning or night, but if you use it in the daytime along with your SPF, the benefits of both products will be boosted.

## The Takeaway

Now that you know which ingredients to look for, it's time to incorporate them into your routine, based on your individual needs and skin type. You do not need to use all of these ingredients every single day; however, antioxidants like Vitamin C and sunscreen are the most crucial for daily use.

Once you've got the basics covered, add in targeted ingredients such as AHAs for brightening and smoothing or ginseng for depuffing around the eye area. It will take some experimenting to find what works best for you, but that's part of the fun!

## FITNESS, NUTRITION AND ACTIVE LIVING: The essentials

**O**ptimal health begins with nutrition, fitness and active living. From guidelines on developing healthy eating habits and ideas on how to stay fit to strategies for giving your child a happy, healthy start, Military OneSource provides practical and fresh content as well as initiatives and programs that will motivate you to maintain healthy living and manage your health in creative ways.

Begin your path to healthy living with these steps:

### Practice good nutrition

Eating healthy requires developing new diet habits like limiting sugar, snacking on fruits and vegetables and choosing whole grains. Your local farmers market and military commissary are two great places to buy fresh produce for a reasonable price. Share your nutrition goals with your children through programs like the 5210 Healthy Military Children campaign. Turn to Military OneSource for other helpful strategies on eating right.

### Give your child a happy, healthy start

It's important to teach children as early as possible actions and choices that promote health and happiness. Start by encouraging good nutrition and feeding them a hearty breakfast every morning. Promote good sleep habits and teach them how to communicate and express their feelings. Encourage physical activity as much as possible to lessen their screen time.

### Improve family fitness

Make fitness and active living an important part of your family life. Swap your daily screen time for a stroll around the neighborhood with your kids. Your installation's Morale, Welfare and Recreation is a great resource to get the entire family moving – with fitness classes, sports teams, golf courses, outdoor recreation programs and more.

### Access nutrition and fitness resources

Don't be afraid to tap into the support you need to meet your nutrition and fitness goals. Military OneSource provides health and wellness coaching sessions to help you eat better, get in shape, manage stress, tackle transitions and more. We highlight a wide range of nutrition and fitness resources, tools, and programs that will motivate you on the path to healthy living.

– Military OneSource



# Why having a pet helps with anxiety

STORY AND PHOTO BY  
ELIZABETH JONES,  
STRIPES KOREA

**A**nxiety is something that I've struggled with for as long as I can remember. For anyone who battles with anxiety, you know the feeling of drowning in self-doubt, constant worry, and panic attacks. For me, it started at a young age and over the years I had to find ways to manage my anxiety before I let it take control of my life.

Although every person is different, I do believe having a pet is one of the best ways to calm the waves of anxiety. I personally own two dogs, however, cats are great anxiety relievers too! Sure, pets can't offer advice and they don't know what exactly we're anxious about, but they still do wonders to help put us at ease. Here are four reasons why having a pet helps control anxiety:

## Pets pull us away from the chaos

Anxiety develops a simple thought or feeling into a huge pit of anxiousness. During those times, I feel the need to ponder over what is or could go wrong. Instead, I force myself to get up by reminding myself that no matter what is going on in my world, my dogs need to be taken care of. Caring for a pet is a lot of work, but it's almost always enjoyable. Taking long walks in the early morning as the sun is rising, showing love and affection with lots of cuddles, teaching new tricks and playing with toys can pull us away from the real world.

## Pets reminds us we aren't alone

When I felt like nobody was on my side, I would come home, lie on my bed and wonder when the feeling of loneliness would seize. A few moments later, my dogs pounce on me, licking my face, and sometimes my tears. They nuzzle their way into my arms letting me know that they will always be there. Our four-legged loved ones will never let us feel alone because to them, we are their world. They would be silly to let us think they don't want to be a part of our world too.

## Pets leave no room for judgment

Some people use the words "dramatic" or "weird" to describe those struggling with anxiety. Some think it's something that can easily be turned off and on. While I wish that were the case, it isn't. Unlike some humans, pets will never judge the level of anxiety and fear we are experiencing. Even if we don't want to, anxiety can lead us to be overemotional, unmotivated, antisocial and rant about our long list of worries. When that happens, dogs and cats are there for us by simply being present with zero room for judgment.

## Pets remind us we will always be loved

Anxiety can push us into crippling self-doubt. It can cause us to compare ourselves to others and start questioning our self-worth. There are many people in my life that have reassured me and picked me up when I have felt low. However, my two precious pups never fail to make me feel loved every day. Constant, loyal companions that do the smallest of things to make me feel so loved.

Unfortunately, there is no quick fix to battling anxiety but luckily there are many solutions to help reduce its presence in our lives. Take a chance on a pet, whether it be a dog or cat. You never know the amount of love and joy they could bring into your life to help keep anxiety at bay.

Seomyeon Medical Street 



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# OUR STORY

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

U-MEDI

**F**or 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 health-care 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](http://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 provide 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.

- Website: [www.u-medi.com](http://www.u-medi.com)
- Facebook: @UMEDIkorea
- Instagram: @umediwellness
- Telephone: 010-5817-1005
- Health news: [www.u-medi.com/news](http://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

