

Healthy Living

A medical guide for military community members visiting South Korea

November 2022



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HAVE MEDICAL CONCERNS?

U-MEDI can connect you with top-notch healthcare in South Korea

U-MEDI

For those of you living on Okinawa, 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

“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

most importantly, U-MEDI 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.

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 be here to help you with all your needs. Take a look at Page 4 for more about what we can do for you!

VIP medical tours!

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!



Busan Wellness Tour Program

U-MEDI OFFERING SPECIAL PACKAGE TO MILITARY COMMUNITY ON OKINAWA!

Meet the U-MEDI team and partners in November on base!

Learn about medical tourism opportunities in Korea!



About a package:

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



■ Mirae IFC physical exam

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

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



■ Kosin University Gospel Hospital

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



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WEBPAGE: www.u-medi.com



DISCOVER JEOLLANAMDO



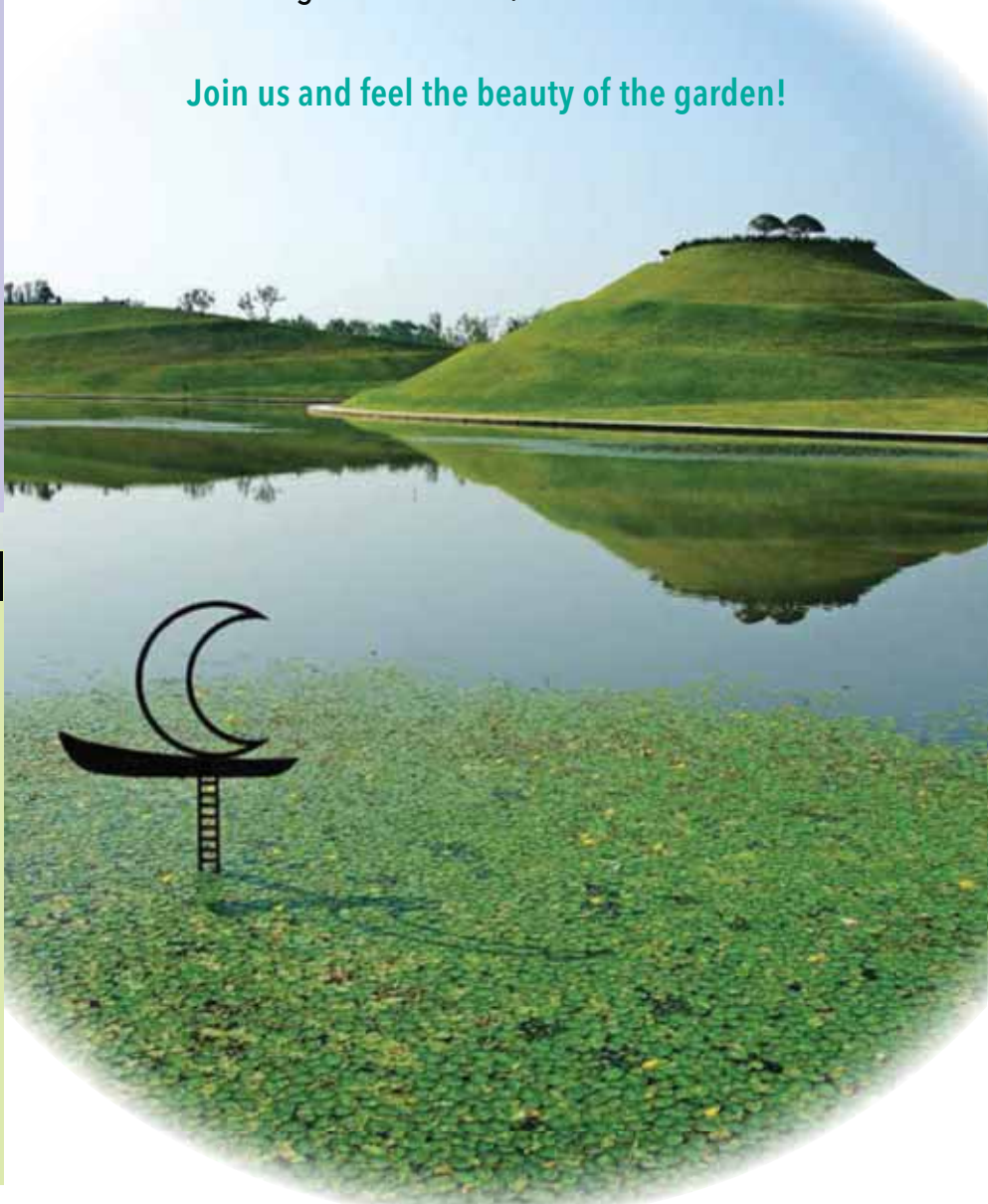
Visit Jeollanamdo Year
2022-2023

Suncheon Bay International Garden Expo

April 1- Oct. 31, 2023
Suncheon Bay National Garden

The International Garden Expo returns to Suncheon Bay for the first time in 10 years. This 6-month event focuses on green technology development such as solar energy, sustainable garden development and electronic transportation. It showcases green technologies, international garden exhibits, and wetland conservation.

Join us and feel the beauty of the garden!



TREAT



Chonnam National University Hwasun Hospital

World-renowned medical staff performs cancer diagnosis and treatment using state-of-the-art medical equipment. You're in good hands at Chonnam National University Hwasun Hospital.

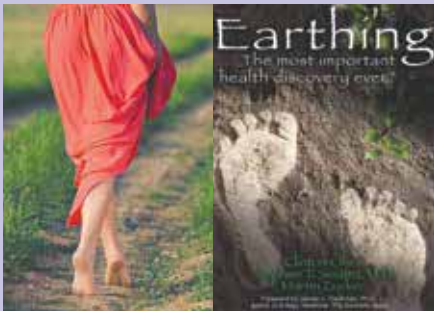
RELAX



Hwasun Unjusa Temple Stay

This program allows you to relax your tired body and mind through meditation and self-exploration in a peaceful setting.

ENJOY



Suncheon Bay National Garden

This beautiful oasis features a detention pond, three gardens and seven trails that allow you to be one with nature. Enjoy walking barefoot to feel the earth underneath you on our 3.8 kilometers of paths.

VIEW



Yeosu Night View

Throughout the city of Yeosu in the evenings, colorful lights illuminate sea. And feel the atmosphere of the night at the Odongdo Music Fountain.

WELLNESS



Oriental Experience Center

Located in the Suncheon Bay National Garden, the center features a carbonated foot bath, oriental flower tea sommelier, herbal tea tasting, free oriental medicine treatment and much more. This is a wonderful place to rejuvenate.

TASTY



Suncheon Han Set Meal

Enjoy all the flavors of the season in Suncheon. The area is known for its healthy and tasty agricultural and fishery products.



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Official Medical Tour Agency of JEOLLANAMDO TOURISM ORGANIZATION



SPECIAL MEDICAL TOURISM DEAL FOR MILITARY FAMILIES!

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

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

Where's the checkup?

Songdo General Surgery

Location

Incheon City, POSCO Tower Songdo
4th floor

Where do you stay?

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

Breakfast included!



Hotel website ▶



Nearby attractions

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



Contact U-MEDI via QR code below.

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



Checkup includes

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

Optional Checkup List (Additional costs)

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



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