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健康風險評估中心  
HEALTH RISK ASSESSMENT CENTRE

PHRM Professional Service Advanced Technology Holistic Solution

# HRA 101 COMPLETE ASSESSMENT SERVICES

(Including 9 Assessments )



✓ SAFE AND RELIABLE

✓ HIGH ACCURACY

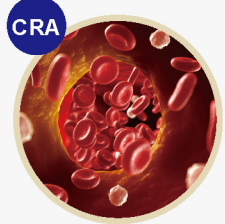
[www.hracentre.com](http://www.hracentre.com)

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## 1. CRA Cardiovascular Risk Assessment

Through the use of a finger probe, the CRA utilizes the pulse signal gathered from the finger tip to assess the following items in order to predict the health of the cardiovascular system:



- The balance of the autonomic nervous system
- Physical stress index, mental stress index and stress resistance
- Average heart beat, cardiac stability and abnormal heart rate
- Aging vascular health and blood circulation status
- Early prediction and evolution of atherosclerosis
- Overall assessment and recommendations for improvement

## 2. BCA Precision Body Composition Assessment

BCA provides you with a number of indicators with accuracy:

- Analysis of body composition and fatness
- Visceral fat area
- Waist to hip ratio and Body Mass Index (BMI)
- Edema index, such as body water level and body fluid balance etc
- Weight of skeletal muscle
- The normal range
- The body's Basal Metabolic Rate (BMR)



## 3. CHRA Comprehensive Health Risk Assessment

The Comprehensive Health Risk Analyzer scans through the human body organs and cells with the use of trigger sensors to transmit signals between the brain and the body. It can be used to detect the client's current health condition, past sufferings and potential future health risks. The CHRA is a non-traumatic and non-invasive assessment when comparing with phlebotomy, bone marrow or lymph aspiration etc. Also, it is not an electrical stimulator, which does not contact directly with the skin and is free from all radioactive substance. CHRA clients do not need to remove any clothing, prolong waiting and fasting. Clients will not feel any discomfort and will not have any side-effects. It is much safer and more reliable than other invasive health analysis.



RES

## 4. RES Rejuvenative Energy Support

The Comprehensive Health Risk Analyzer provided by the Health Risk Assessment Centre not only gives a thorough assessment on energy imbalance in our body, but also provides the Rejuvenative Energy Support based on the client's current health condition. It emits positive energy to neutralize the negative energy of the cells and helps adjusting any cell mutation circumstances to balance the health condition of the clients.



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## 5. Blood Pressure Index

Controlling blood pressure has always been a problem for people today and it can lead to other health issues when it is kept within an unhealthy range. If your blood pressure reading is 90/60 mmHg or below, it indicates you are having a low blood pressure; if your blood pressure reading is 140/90 mmHg or higher, it indicates you are having a high blood pressure. Individuals with blood pressure issue usually do not have any obvious symptoms in their daily life. Therefore, we need to take regular blood pressure test for a first line health management.



## 6. Body Mass Index



Overweight and obesity are very common in an affluent city like Hong Kong. It can lead to many health consequences such as hypertension, diabetes and gout etc. Therefore, it is extremely essential for one to have a regular body check up and maintain a healthy weight range. Body mass index is the most widely used measure in the world for testing one's height and body shape. This index is based on one's gender, height and weight to calculate the appropriate weight status.

## 7. Expiratory Flow Check

People nowadays are generally lacking movements and keep inhaling polluted air. These factors will easily affect their lung function and may easily trigger asthma problems. Based on the patient's height, age and gender, the Expiratory Flow Check could measure the lung's ability to push air out, which is closely correlated with the width of the airway. Also, it is a good device for measuring one's asthma status.



## 8. Blood-Oxygen level Check



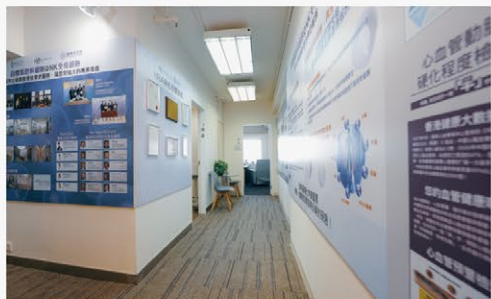
Low blood-oxygen level can be one of the reasons for people who always experience fatigue or having dark circles under eyes. You can get an accurate measure of blood-oxygen level and pulse rate by simply clipping your finger tip on the Oximeter sensor. A healthy adult with normal oxygen saturation of the body should have a reading between 95-99%.

## 9. Professional Report Interpretation and Personalized Solutions

Experts or certified nutritionists at the HRA Center provide report interpretation and personalized solutions.



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## RESERVATIONS AND INQUIRIES SERVICE HOURS:

Mon - Fri : 12:00p.m. - 6:00p.m. (Closed on Sat, Sun & Public Holiday)

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