

預防於未病 活動小冊子

2026年7月-9月

健康
伴你行



About Us

The Neighbourhood Advice-Action Council (NAAC) was established in 1968 as a non-profit charitable organization in Hong Kong. It is based on the spirit of “Any Place In Need Of Our Service Is Our Neighbourhood”. We uphold a collective responsibility to stimulate the exertion of self-help, mutual support, promote equity and justice and share for excellence in professional service delivery for the development of caring, respect and sharing society.

The Neighbourhood Advice-Action Council (NAAC) strives to serve the underprivileged groups in the society, offering them the most appropriate services enhancing sense of competence for individual or family; bridging social resources to promote a caring community. Our targets include infant & child, adolescent & youth, elderly, disabled and low-income families. We also provide education, health care, social enterprise and mainland services. In 2025, NAAC operated 80 service units throughout the territory, serving more than 2.33 million person-times last year.

Since October 18,2021, the Health Bureau has awarded a service contract to the Neighbourhood Advice-Action Council (NAAC) to operate the Islands District Health Centre Express (IDHCE), providing community-based primary healthcare services to residents. To raise awareness of disease prevention and enhance citizen’s ability to manage their health, IDHCE promotes healthy lifestyles to prevent chronic diseases. We offer disease prevention services, including health promotion and education, disease prevention, health assessments, and consultations, aiming to reduce or prevent the occurrence of chronic diseases. Through Health Risk Factor Assessment or screening services, we assist individuals in managing chronic diseases early to prevent deterioration. We also support chronic disease patients in controlling their conditions (such as Hypertension, Diabetes, Low Back Pain and OA Knee etc) through the Patient Empowerment Program.

IDHCE also serves as a Community Resource Hub, networking of primary healthcare service providers in the community to establish a community-based healthcare network. This network facilitates citizens in addressing their health needs within the community and preventing chronic diseases.

Membership Eligibility (Free)

- Hong Kong residents aged 6 or above
- A holder of the Hong Kong Identity Card issued under the Registration of Persons Ordinance (Cap. 177, the Laws of Hong Kong) or the certificate of exemption, except those who obtained their Hong Kong Identity Cards by virtue of a previous permission to land or remain in Hong Kong granted to him and such permission has expired or ceased to be valid; or a child who is a Hong Kong resident and under 11 years of age
- Agrees to enroll in eHRSS

Member Benefits:

Free participation in activities, and eligible members can join government-subsidized screening programs



Service Flow



Join our member

Register as Islands DHC Express member (Free)



2

Undergo Health Risk Factor Assessment (Free)
Identify high-risk factors



Search Family Doctor



Family doctor pairing



Participate in the Islands DHCE activities for free

- Exercise classes and groups
- Different thematic health talks or activities
- Disease Management
- Patient Empowerment Programs

Personalized Life Course Preventive Care plan



Government-funded screening programs

- Chronic Disease Co-care Pilot Scheme: Hypertension, Diabetes Mellitus and blood lipid testing
- Women Wellness Satellite: Cervical / Breast Cancer Screening
- Colorectal Cancer Screening



Vaccination

- Covid-19
- Seasonal Flu
- Pneumococcal
- Human Papillomavirus (HPV)

*Vaccination eligibility and arrangements must follow the government's annual schedule

Dedicated Nurse Clinic

- Women's health assessment
- Chronic pain assessment
- Individualized disease management



4

Undergo Annual Health Risk Factor Assessments
Continuously monitor health status



Individual Health Consultation

Service	Co-payment fee(HKD)
Health Talks and Activities	Free of charge
Health Risk Factor Assessment (initial)	
Social Worker Consultation	
Nurse Clinic	\$80(per session)

Chronic Disease Co-care Pilot Scheme (Treatment Phase)

Service	Co-payment fee(HKD)
Health Talks and Activities	Free of charge
Health Risk Factor Assessment (initial)	
Social Worker Consultation	
Nurse Clinic	\$80(per session)
Physiotherapist Consultation (education)	\$150(per session)
Optometrist Consultation	\$150(per session)
Podiatrist Consultation	\$380(per session)
Dietitian Consultation	\$380(per session)

Treatment referred by Family Doctor

(Designated Chronic Disease Management and Community Rehabilitation Services)

Chronic Low Back Pain or Knee Osteoarthritis Management Programme

Service	Co-payment fee(HKD)
Health Talks and Activities	Free of charge
Health Risk Factor Assessment (initial)	
Social Worker Consultation	
Nurse Clinic	\$80(per session)
Physiotherapist Consultation (treatment and rehabilitation)	\$380(per session)
Podiatrist Consultation	\$380(per session)
Dietitian Consultation	\$380(per session)
Occupational Therapist Consultation	\$150(per session)
TCM Consultation	\$150(per session)

1. Charges are subject to the announcements made by the Health Bureau.
2. Medical fee waivers do not apply to the above-mentioned programs.
3. Elderly who are enrolled in the Elderly Health Care Voucher Scheme may use their health voucher to pay for services at the District Health Centre.
4. Each subsidized program has a limit on the number of subsidized service sessions. If the limit is exceeded, participants must pay the full cost for any additional services.
5. Eligibility and number of sessions for allied health services are determined based on the member's current treatment stage and diagnosis.
6. For more details, please feel free to contact our staff. Tel: 2556-5338.

Chronic Disease Co-care Scheme Scheme Screening Services

Hypertension, Diabetes Mellitus and Blood Lipid Test

Register
now

Welcome
gift



Eligibility :

- Aged 45 or above
- No known history of hypertension or diabetes mellitus
- Register as IDHCE member and enroll in eHRSS

Scheme Content and Co-payment

Screening Phase

Family doctor will

- assess and investigate for screening
- arrange blood test
- explain the test results and diagnosis
- formulate an appropriate health management plan
- One-off co-payment: Not more than \$120

醫療券
Health Care Voucher

Treatment Phase

Based on the diagnosis (Prediabetes/Dyslipidaemia/
Hypertension/Diabetes Mellitus)

- Family doctor consultation
- Receiving drugs under the list of specified drugs (if necessary)
- Laboratory investigation
- Nurse clinic and allied health services (referral from family doctor's clinical assessment)
- Co-payment: The government provides partial subsidies for each visit; and participant has to pay a co-payment amount determined by the family doctor for each visit



Introduction



Enrollment



Hepatitis B Co-Care Scheme Screening and Management

Eligibility

- Hong Kong residents born in or before 1988; and
- Whose family members (including parents, siblings and offspring) or sexual partners have chronic hepatitis B; and
- No known medical history of chronic hepatitis B nor related symptoms; and
- Have not received a complete course of hepatitis B vaccination
- Register as IDHCE member and enroll in eHRSS

Scheme Content & Co-payment

• Screening Phase

- Free HBsAg rapid diagnostic test (RDT)
- Individuals with positive result of RDT will be referred to Family Doctor for further investigations
- One-off Co-payment: Not more than \$180



醫療券

Health Care Voucher

• Treatment Phase

For individuals diagnosed with Hepatitis B

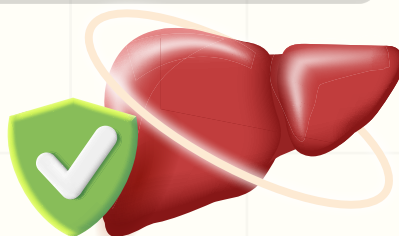
- Family doctor consultation
- Receiving drugs under the list of specified drugs (if necessary)
- Laboratory investigation
- Co-payment: The government provides partial subsidy for each subsidized consultation; the participant has to pay a co-payment fee determined by the family doctor upon enrollment to the scheme



Introduction



Enrollment



Women's Health Service



Eligibility:

- Women aged 18-64
- Register as IDHCE member and enroll in eHRSS

Content & Co-payment :

- 1.Initial Health Risk Factor Assessment (free)
- 2.Attend Women's Health Nurse Clinic (co-payment: \$80)
- 3.Refer eligible individuals to Women Wellness Satellites for doctor consultation and appropriate screening services (such as breast cancer or cervical cancer screening)



Women
Wellness
Satellites(WWS)

Vaccination



Influenza spreads easily through respiratory droplets, and elderly and individuals with chronic illnesses are at high risk of developing serious complications if infected. Receiving the vaccine early can help reduce the risk of infection, severe illness, and related complications, while also protecting family members and the community.

Free vaccination is available to:

- Hong Kong residents aged 50 or above
- Hong Kong residents aged 18 to 49 with specified chronic medical conditions
- Pregnant women

Content:

- 1.Register as IDHCE member and undergo initial Health Risk Factor Assessment (free)
- 2.Complete and submit the online reservation form for vaccination



Enrollment



Vaccination
Subsidy
Scheme(VSS)

Programme Rules

- Activities at the IDHCE are exclusively available to our registered members.
- Members aged below 16 must be accompanied by a parent or legal guardian in order to participate in our activities.
- Certain activities have specific eligibility requirements and are only open to designated service recipients. Please make sure you meet the eligibility requirements before enrolment. Priority for Non-Chinese members.



Join our member

Enrolment Procedure

1. First-come first-served Activities (P.47)

	Activities in July	Activities in August	Activities in September
Enrolment for first-come, first-served activities	15/6 2p.m.	6/7 2p.m.	3/8 2p.m.

- Members may come to our Core Centre or phone us to enroll first-come first-served activities.
- Each member may register for a maximum of three first-come first-served activities.
- There is no waiting list for first-come first-served activities.
- If unable to attend, successful applicants should phone us promptly, so that the vacancy may be offered to others.

2. Patient Empowerment Programmes

- **Patient Empowerment Programs: (1)Hypertension (2)Diabetes Mellitus (3)Pre-diabetes (4)Chronic Low Back Pain (5)Knee Osteoarthritis (6)Obesity (7)Sarcopenia (8)Insomnia**
- There are specific eligibility requirements for Patient Empowerment Programmes and they are only open to designated service recipients. Please make sure you meet the eligibility requirements before enrolment. You may contact us for inquiries.
- Eligible applicants may phone us for enrolment and the staff responsible will contact you.
- No registrations will be accepted once the first session of an activity has commenced.

Important Notes

1. Attend or absent policy

- Participants should arrive at the activity venue at least 10 minutes before the session starts.
- Individuals with a fever, symptoms of respiratory infection, or a sudden loss of taste and smell should avoid entering the center and seek medical attention immediately.
- If you feel unwell during an activity, please inform our staff immediately.
- We reserve the right to deny entry to participants who arrive late for more than 15 minutes. Participants are strongly advised to be punctual.
- Please phone us as early as possible if you are unable to attend the activity for any reason. WhatsApp notifications will not be accepted. This allows staff to make appropriate arrangements.
- Please phone our center if you feel unwell and are unable to attend.
- Participants who are absent more than once without notice will be suspended for the following two months.

2. Notes for joining exercise classes

- Before participating in any exercise class for the first time each year, participants must complete the “Physical Activity Readiness Questionnaire for You” (applicable to individuals aged 15 — 69) or the “Health Declaration” (applicable to individuals aged 70 and above).
- Participants should wear appropriate sportswear and shoes, jeans, leather shoes, slippers, and similar attire are not suitable for physical activities and should be avoided.
- Participants must follow the safety instructions provided by the instructor or coach and engage in physical activities according to their own abilities and health conditions. Participants should inform the staff or instructor immediately and stop exercising if feeling unwell.
- If the instructor observes that a participant is unwell or unfit to continue the activity, they have the authority to terminate the participant’s involvement to ensure safety.
- Participants are required to bring their own drinking water and personal hygiene items.

3. Cancellation Policy







- Activities may be cancelled under certain adverse weather. Please refer to the Adverse Weather Contingency Plan. (P.46)
- Islands DHC Express reserves the right to change or cancel activities.

4. Latest Activities Information

- Islands DHCE may occasionally launch first-come, first-served activities. Activities information will be shared via Facebook, IG, or our WhatsApp Announcement Group. Please follow our Facebook and Instagram pages and join our WhatsApp Announcement Group to stay updated and avoid missing out on the latest activities.

Weather Contingency Plan

To ensure the safety of our members and participants, if the Hong Kong Observatory forecasts or continues to hoist any of the following warning signals within two hours before the activity, the following arrangements will be made for our services and activities:

	Core Centre	Service Points	Indoor Activities	Outdoor Activities
 Thunderstorm Warning	✓	✓	✓	✗
 Amber Rainstorm Signal	✓	✓	✓	✗
 Red Rainstorm Signal	✓	✓	✓	✗
 Black Rainstorm Signal	✗	✗	✗	✗
 Standby Signal No.1	✓	✓	✓	✗
 Strong Wind Signal No.3	✓	✓	✓	✗
		Except Peng Chau, Cheung Chau, Mui Wo		
No.8 or above Gale or Storm Signal	✗	✗	✗	✗

- If the signal is cancelled at least two hours before the end of the operating hours of IDHCE, we will reopen in two hours.
- All arrangements under adverse weather conditions are subject to the announcements made on the day. IDHCE reserves the right of final decision.
- Please contact 2556-5338 for any inquiries.



海傍服務點 Waterfront Service Point

東涌社區服務綜合大樓
Tung Chung Community Services Complex

服務時間 Service hours:
每月第二及第四個星期一 上午 10:00 至下午 1:00
Every 2nd and 4th Monday of each month 10:00am-1:00pm



Phone 2556-5338 to enrol a class (Free) !
(Priority for non-Chinese members)

Resistance Band Exercise (intensity : ★★)

A variety of upper and lower body workouts to improve muscle strength and endurance. Suitable for all fitness levels.

Class	Date	Day	Time	Host	Mode
A	13/07/2026	Monday	11:00-12:00	fitness coach	live
B	10/08/2026				

Seated Stretch (intensity : ★)

A series of gentle stretching exercises for various muscle groups focuses on improving flexibility and relieving muscle tension. Suitable for all fitness levels.

Class	Date	Day	Time	Host	Mode
A	27/07/2026	Monday	11:00-12:00	fitness coach	live
B	14/09/2026				

Eat Smart: Food Label Reading

Join this hands-on workshop to decode the hidden numbers on food packaging! Learn how to make smart choices and safeguard your healthy eating habits.

Date	Day	Time	Host	Mode
24/08/2026	Monday	11:00-12:00	Dietitian	live

Mindful Jar

Learn to manage your emotions by making a mindful jar.

Date	Day	Time	Host	Mode
28/09/2026	Monday	11:00-12:00	Program worker	live



主中心

Core Center



東涌下嶺皮 2536 號 B 座地下
Block B, Lot 2536, Ha Ling Pei, Tung Chung

開放時間：

星期一至四 (上午 9:00- 下午 6:00)
星期五至六 (中午 12:00- 晚上 9:00)
星期日 (上午 9:00- 下午 1:00)
公眾假期休息 (除特別標註外)

Opening hours:

Monday-Thursday(9:00am-6:00pm)
Friday-Saturday(12:00nn-9:00pm)
Sunday(9:00am-1:00pm)
Closed on public holidays



主中心

**逸東服務點**Yat Tung
Service Point

鄰舍輔導會東涌綜合服務中心
The Neighbourhood Advice-Action Council
Tung Chung Integrated Services Centre

服務時間：

每月第一及第三個星期一
上午 10:00 至下午 1:00

Service hours:

Every 1st and 3rd Monday of each month
10:00am-1:00pm



逸東服務點

**愉景灣服務點**Discovery Bay
Service Point

鄰舍輔導會東涌綜合服務中心 (愉景灣分處)
NAAC Tung Chung Integrated Services
Centre (Discovery Bay Sub-office)

服務時間：

每月第一及第三個星期二
上午 10:00 至下午 1:00

Service hours:

Every 1st and 3rd Tuesday of each month
10:00am-1:00pm



愉景灣服務點





迎東服務點

Ying Tung
Service Point

香港聖公會東涌綜合服務 (迎東分址)
Hong Kong Sheng Kung Hui Tung Chung
Integrated Services (Ying Tung)

服務時間：

每月第一及第三個星期四
下午 2:00 至下午 5:00

Service hours：

Every 1st and 3rd Thursday of each month
2:00pm-5:00pm



迎東服務點



長洲服務點

Cheung Chau
Service Point

長洲鄉事委員會
Cheung Chau Rural Committee

服務時間：

每月第一及第三個星期五
上午 10:00 至下午 1:00

Service hours：

Every 1st and 3rd Friday of each month
10:00am-1:00pm



長洲服務點



坪洲服務點

Peng Chau
Service Point

香港傷健協會坪洲長者暨青少年鄰舍中心
Hong Kong PHAB Association Peng Chau
Neighbourhood Elderly cum Children/Youth
Centre

服務時間：

每月第二及第四個星期二
上午 10:00 至下午 1:00

Service hours：

Every 2nd and 4th Tuesday of each month
10:00am-1:00pm



坪洲服務點





梅窩服務點

Mui Wo
Service Point

博愛醫院陳士修紀念社會服務中心
Pok Oi Hospital Chan Shi Sau Memorial Social
Service Centre

服務時間：
每月第二及第四個星期三
上午 11:00 至下午 2:00

Service hours :
Every 2nd and 4th Wednesday of each month
11:00am-2:00pm



梅窩服務點



龍田服務點

Lung Tin
Service Point

鄰舍輔導會東涌綜合服務中心 (大澳分處)
NAAC Tung Chung Integrated Services Centre
(Lung Tin Sub-office)

服務時間：
每月第一及第三個星期三
上午 10:00 至下午 1:00

Service hours :
Every 1st and 3rd Wednesday of each month
10:00am-1:00pm



龍田服務點



大澳服務點

Tai O Service Point

大澳太平街 112 號永助聖母小堂
Our Lady of Perpetual Help Chapel
112, Tai Ping Street, Tai O

服務時間：
每月第一及第三個星期三
下午 2:00 至下午 5:00

Service hours :
Every 1st and 3rd Wednesday of each month
2:00pm-5:00pm



大澳服務點



海傍服務點

Waterfront
Service Point

東涌社區服務綜合大樓
Tung Chung Community Services Complex

服務時間：
每月第二及第四個星期一
上午 10:00 至下午 1:00

Service hours :
Every 2nd and 4th Monday of each month
10:00am-1:00pm



海傍服務點





中心網頁



公告社群



Website



Whatsapp
Announcement



Facebook



IG



☎ 2556 5338

📍 東涌下嶺皮 2536 號 B 座地下
Block B, Lot 2536, Ha Ling Pei, Tung Chung, Lantau.

交通資訊：

Transportation Guide



Tung Chung
MTR Station Exit B

轉乘
巴士

transferred
to a Bus

3M 11 23 — 大嶼山

下嶺皮巴士站落車

Get off at Ha Ling Pei Bus Stop

39M 37 37H
B6 E21A E21B

滿東邨巴士站落車

Get off at Mun Tung Estate
Bus Station



逸東邨
金牛廣場

經行人天橋步行前來

Walk from Yat Tung Estate Golden Bull Plaza
to core centre (through pedestrian bridge)