

活腦健康檢查計劃 Brain Vitality Programme

活腦健康檢查計劃（「本計劃」）是由本院臨床神經科學中心專為腦健康評估而設的項目，由腦神經科專科醫生設計及主理，並以循證研究為基礎，兼備科學基礎與臨床實務經驗。

本計劃採用「思瞳腦健康」(i-Cog Brain Health)，此系統為全球首個人工智能驅動視網膜影像分析算法*，協助識別較高腦健康風險的人士，支援及早管理腦健康。

相關研究顯示，人工智能腦健康評估有助於腦退化症出現前約15年識別相關風險訊號*；配合適切跟進及介入，或有助改善腦健康及降低腦退化症相關風險接近 45%*。

除了思瞳腦健康 (i-Cog Brain Health) 檢測，本計劃亦結合腦健康指標評估、認知功能評估及腦神經科或相關專科醫生會診，協助參加者全面掌握自身腦健康狀況，並評估患上阿茲海默症及認知障礙的相關風險。

本計劃亦設有定期跟進安排，相關專科醫生會按個別情況提供適切的跟進建議，支援參加者持續管理腦健康，實現早期檢測、及時介入的目標。

The Brain Vitality Programme ("Programme") is an **evidence-based** and **research-proven initiative** designed and led by neurologists from our Clinical Neuroscience Centre.

The Programme combines **i-Cog Brain Health, the world first AI-powered retinal image analytic algorithm***, with specialist clinical assessment to help identify individuals with at-risk brain health and support early brain health management.

Relevant research suggests that AI-powered brain health assessment may help identify risk signals up to 15 years before dementia develops*; with appropriate follow-up and intervention, it may also support brain health and help reduce dementia-related risk by almost 45%*.

Alongside i-Cog Brain Health, the assessment pathway of the Programme also includes Brain Health Score assessment, cognitive function evaluation, and a specialist consultation, that enables participants to gain a comprehensive understanding of their own brain health status and evaluates the associated risks of developing Alzheimer's disease and cognitive impairment in the participants.

A structured follow-up pathway is available following the completion of the Programme. Participants can continue monitoring their brain health status and receive advice and support from our healthcare team, where appropriate.

有關本計劃的完整內容，以及相關技術的參考資料，請參閱中大醫院相關服務網頁。
For full details of this Programme and reference materials related to the relevant technology, please refer to the service webpage of CUHK Medical Centre.

有關參與「神經認知資料庫」 Participation in the Neurocognitive Registry

本院、香港中文大學與高錕慈善基金合作成立「神經認知資料庫」，收集臨床數據作科研之用，期望將來在治療神經認知疾病方面有突破進展，歡迎參加「活腦健康檢查計劃」的人士參與該資料庫的臨床數據收集，為神經認知疾病的醫學研究出一分力。

We have joined hands with The Chinese University of Hong Kong ("CUHK") and the Charles K. Kao Foundation for Alzheimer's Disease to establish the "Neurocognitive Registry" with the aim to collect clinical data for research purposes, in the hope of achieving breakthroughs in neurocognitive disorder treatment. Participants of the Brain Vitality Programme are welcome to take part in this registry and contribute to the medical research on neurocognitive disorder.



臨床神經科學中心 Clinical Neuroscience Centre

臨床神經科學中心以病人為中心，為病人提供在中大醫院內一站式、全面和專注的腦神經科、神經外科門診和住院服務。

The Clinical Neuroscience Centre is established to provide one-stop, comprehensive and dedicated neurology and neurosurgery care by consolidating patient-centric outpatient and inpatient service at CUHKMC.

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CUHK Medical Centre



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9 Chak Cheung Street, Shatin, New Territories, Hong Kong

大學站 (東鐵綫) (B出口)

University Station (East Rail Line) (Exit B)

服務時間 Service Hours :

星期一至五: 09:00 - 17:00	Monday to Friday: 9:00AM - 5:00PM
星期六: 09:00 - 13:00	Saturday: 9:00AM - 1:00PM
星期日及公眾假期休息	Closed on Sunday and Public Holidays

查詢及預約 Booking and Enquiries :

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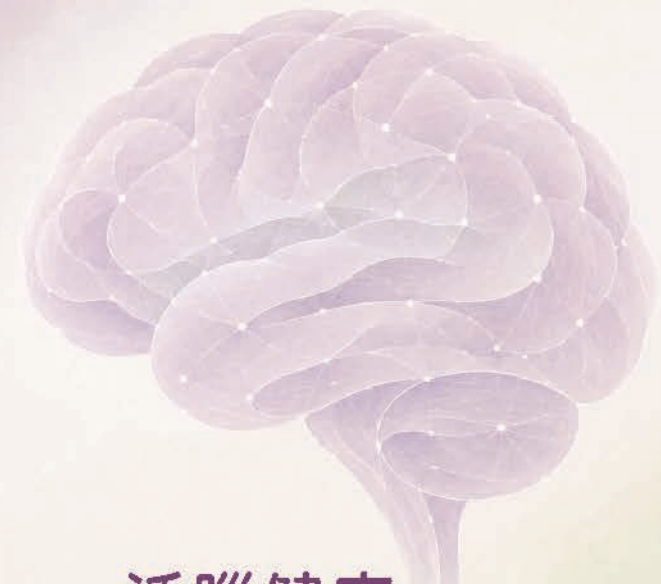
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CUHKMC/IBRAIN-VITALITY/INTRO/2026/07_2



活腦健康檢查計劃 Brain Vitality Programme

- 由腦神經科專科醫生設計及主理
Designed and led by neurologists
- 採用全球首個人工智能驅動視網膜影像分析算法
i-Cog Brain Health (思瞳腦健康)
Backed by i-Cog Brain Health, the world's first
AI-powered retinal image analytic algorithm
- 偵測早期阿茲海默症及其他認知障礙疾病
Detects early-stage Alzheimer's Disease and other
neurodegenerative cognitive disorders

i-Cog Brain Health「思瞳腦健康」 i-Cog Brain Health



i-Cog Brain Health「思瞳腦健康」為全球首創、運用人工智能分析視網膜眼底相片的創新技術，旨在評估阿茲海默症及認知障礙相關風險*。檢查過程無創且快速，透過高解析度眼底鏡影像，人工智能可精準辨識視網膜血管與神經纖維的細微變化，從中發掘與腦健康及神經退化相關的早期指標*。藉及早發現與介入，此技術旨在協助高風險人士守護腦部健康，進而降低日後罹患認知障礙症的風險。

i-Cog Brain Health is the world's pioneering technology that uses artificial intelligence (AI) to analyse retinal fundus photographs for assessing risks associated with Alzheimer's disease and cognitive impairment*. The non-invasive, rapid screening process leverages high-resolution fundus images to detect subtle changes in retinal blood vessels and nerve that are associated with Alzheimer's disease, and to identify early indicators linked to brain health and neurodegeneration*. By enabling timely intervention, i-Cog Brain Health empowers high-risk individuals to safeguard their brain health and reduce the likelihood of developing cognitive disorders.

根據臨床表現，i-Cog「思瞳腦健康」的準確率可達 **80% 至 92%***
i-Cog Brain Health demonstrates a clinical accuracy rate of **80% to 92%***

該AI模型使用來自648名阿茲海默症患者和3,240名認知正常受試者的近13,000張眼底照片進行開發和驗證。
The AI model is developed and validated using nearly 13,000 fundus photographs from 648 Alzheimer's patients and 3,240 cognitively normal subjects.

技術特點 Key Features

- 全球首個人工智能驅動的視網膜影像分析算法
The world's first AI-powered retinal image analytic algorithm
- 相關研究顯示，可於腦退化症出現前約15年識別相關風險訊號
Research suggests it may help identify risk signals up to 15 years before dementia develops
- 配合適切跟進及介入，及早識別和管理，或有助降低腦退化症相關風險接近45%
With appropriate follow-up and intervention, early identification and management, it may help reduce dementia-related risk by almost 45%

*有關此技術的參考資料，請參閱中大醫院相關服務網頁。
For more information on the references related to this technology, please refer to the relevant service webpage of CUHK Medical Centre.

計劃合適對象 Suitable Individuals

本計劃專為 **40歲或以上**，
並符合以下任何一項的人士而設
This Programme is tailored for individuals
aged 40 or above who meet any of the following:

- 開始出現疑似腦退化症或其他認知障礙疾病症狀的人士
With symptoms of potential dementia or other neurodegenerative cognitive disorders
- 或
Or
- 家族有腦退化症或其他認知障礙疾病病史的人士
With a family history of dementia or other neurodegenerative cognitive disorders
- 或
Or
- 關注腦部健康的人士
Anyone concerned about their brain health

利興慈善基金 活腦健康檢查資助計劃
Lee Heng Charity Foundation Brain Vitality Programme Subsidy Scheme

承蒙「利興慈善基金」的慷慨捐款，本計劃另設資助計劃，為合資格人士提供資助支援。詳情請參閱隨附資料頁。

With the generous donation from the Lee Heng Charity Foundation, a subsidy scheme is available to provide support for eligible individuals. Please refer to the enclosed insert for details.

申請資格 Eligibility

資助計劃 Subsidy Scheme

後續支援 Follow-up Support

資助計劃詳情 Subsidy Scheme Details

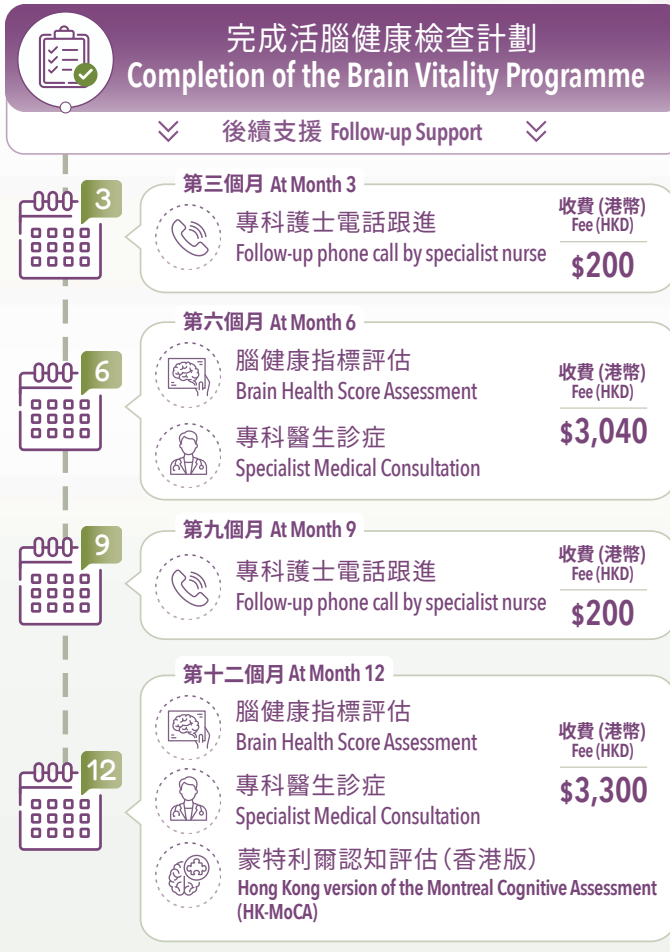
活腦健康檢查計劃 - 內容和收費 Brain Vitality Programme - Details and Fee

檢查項目 Investigation Items		
專科臨床評估 Clinical assessment by specialist	專科醫生診症及報告解讀 Consultation and report evaluation by specialist	✓
蒙特利爾認知評估 (香港版) Hong Kong version of the Montreal Cognitive Assessment (HK-MoCA)	問答測試涵蓋不同範疇的認知功能，能快速且有效地篩查早期認知障礙症 Assessment covers various aspects of cognitive ability for quick and effective assessment of early neurodegenerative cognitive disorder	✓
i-Cog Brain Health (思瞳腦健康) i-Cog Brain Health	全球首個人工智能驅動視網膜影像分析算法，透過分析視網膜眼底相片來預測阿茲海默症與腦認知障礙風險 i-Cog Brain Health is the world's first AI-powered retinal image analytic algorithm that assesses the risk of Alzheimer's disease and cognitive impairment through retinal imaging	✓
腦健康指標評估 Brain Health Score Assessment	透過腦部健康指標及相關風險因素評估，協助了解參加者的腦健康狀況，並作為後續健康管理及跟進建議的參考 Assessment of brain health indicators and related risk factors to help understand the participant's brain health status and support subsequent health management and follow-up recommendations	✓
收費 (港幣) Fee (HKD)		\$4,200

腦健康後續跟進支援 Brain Health Follow-up Support

計劃可按參加者的需要，提供分階段跟進安排，支援持續腦健康管理。

A structured follow-up pathway is available following the completion of the Programme. Participants can continue monitoring their brain health status and receive advice and support from our healthcare team, where appropriate.



上述跟進時間由完成腦健康檢查計劃後計算。

The above follow-up support timeline follows the completion of the Brain Vitality Programme.

後續跟進支援將按參加者的臨床需要，由本院醫生建議或安排，參加者未必需要進行全部月份的跟進項目。

Follow-up arrangements will be recommended by the case doctor according to participants' clinical needs; participants may not be required to undergo all of the listed follow-up items at different months.