



安盛

Three Hypers

Getting healthy is more than keeping a running habit on your own. It's the balanced diet that fits your nutrition needs and lifestyle, targeted exercises that help you get the desired results and the sleeping quality at night that matter.

Change your lifestyle, change your life.

A healthy lifestyle is the key to good health. This simple, straightforward yet often overlooked approach could be a more effective way than medicine and treatment alone. To live a healthy life, it's time to get it started and reshape your health routine!

Three Hypers is a programme which combines human expertise and digital health tool into a 12-month train-up session. With our one-stop digital platform **Emma by AXA**, the programme offers personalised solutions on blood pressure, blood glucose and weight control that are tailored to your health conditions and needs. By enrolling in the programme, you can meet your very own expert team in healthcare, nutrition and physical fitness regularly, decide on your primary health goal and build up health routines that could last a lifetime.

We walk with you every step along your health journey.

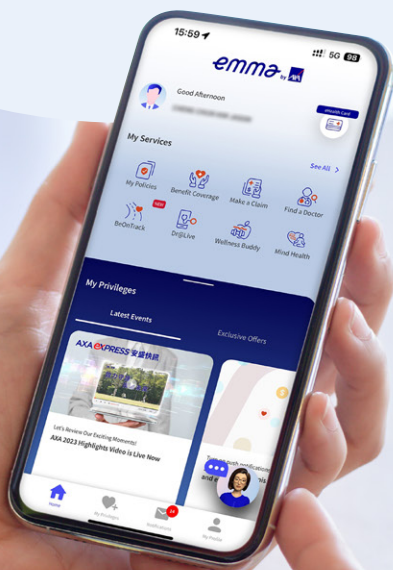


Highlights of the programme



Comprehensive guidance from our expert trio

Depending on your current health and goals, our expert trio comprising family doctor, dietitian and personal trainer will analyse your eating and exercising routines comprehensively. With a more in-depth understanding, the expert trio will regularly review your health plan and regenerate your routine from the ground up.



Digital health tools at your fingertips

One-stop digital platform **Emma by AXA** on your smart phone¹ and user-friendly self-monitoring device enable you to schedule in-person expert consultations, and measure and record your own health progress at the comfort of your home.








Personalised and proactive health monitoring service¹

To offer all-round support in helping you to manage your own health, the health professionals from EC Healthcare² will follow up with you via phone calls to keep track of your health metrics and remind you on your health targets.



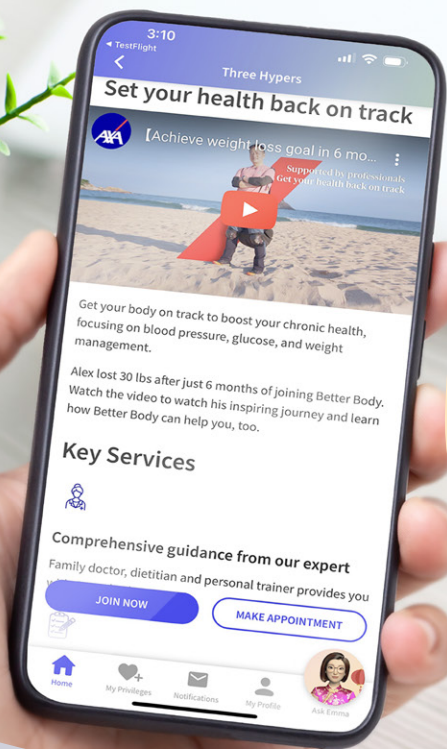
What does the programme provide?

Everyone trains for their own journey, and it matters that we decide on the right direction from day one. The programme includes the following three Plans ("Plan"):

Plan name ▶	Blood Pressure Reboot Plan	Blood Glucose Reboot Plan	Weight Reboot Plan
▼Plan details			
 Family doctor	4 consultations	4 consultations	2 consultations
 Dietitian	2 consultations	2 consultations	4 consultations
 Personal trainer	2 consultations	2 consultations	2 consultations
 Laboratory tests	4 sets: Fasting glucose Cholesterol profile Urine analysis	4 sets³: Fasting glucose Cholesterol-HDL ratio HbA1c	2 sets: Fasting glucose Cholesterol profile
 12-month subscription	HKD10 per day[^]	HKD10 per day[^]	HKD10 per day[^]

[^]Three Hypers will last for 12 months. Participants are required to pay for a lump-sum fee of HKD3,650 for one year and purchase the designated self-monitoring device separately along with the chosen plan. Please refer to remark item 4 for details.





Your device, your partner

Each Plan comes with a designated device⁴ that lets you track your own metrics at home. This device is at the core of the programme and is seamlessly connected with our platform through DrGo², our partner in medical-grade cloud monitoring.

Through your device, healthcare professionals at EC Healthcare will be kept informed of your latest progress. Keep an eye on your health with zero hassle with a single logon at **Emma by AXA**, and leave the rest to us.

Our partners in the programme²



Your life is a marathon.

Start new health routines and stick to them with the team that knows you best.

Let's make it happen together:

1



Download **Emma by AXA** and explore on Three Hypers programme page

2



Call AXA Customer Service Hotline at (852) 2802 2812 if you have any enquiries on Three Hypers

Remarks:

1. A smart phone with Bluetooth capabilities and compatibility to install the necessary applications is required for joining this programme and arranging for health monitoring service.
2. eSmartHealth Limited ("eSH") is the provider of DrGo ("DrGo") platform and the self-monitoring devices under the programme. Union (Group) Investment Limited ("EC Healthcare") is the provider of medical and healthcare services under the programme. Both eSH and EC Healthcare are independent third-party service providers and not AXA's agents. The services of the programme are only applicable in Hong Kong.
3. The Blood Glucose Reboot Plan includes 2 laboratory tests of cholesterol-HDL ratio and HbA1c, and 4 laboratory tests of fasting glucose. Checking of cholesterol-HDL ratio will be conducted in the first and third sessions of laboratory test, while checking of HbA1c will be conducted in the first and fourth sessions of laboratory test.
4. Designated self-monitoring device, which is purchased separately along with each Plan, must be used to monitor your health attributes for effective coaching and progress management. Accordingly, you must also purchase the corresponding self-monitoring device along with the relevant Plan, failing which you may not be able to enjoy any of the services under the programme. The details of the self-monitoring devices are as follows: (i) Blood Pressure Reboot Plan: FORA Blood Pressure Monitor P30Plus (HKD900) (ii) Blood Glucose Reboot Plan: Roche Accu-Chek Guide meter (50pcs test strips and lancets will be included) (HKD600) (iii) Weight Reboot Plan: FORA Body Composition Analyzer W600 (HKD650).

This leaflet contains general information only. It does not constitute any offer nor acceptance of the provision of services by AXA. The programme is subject to the relevant terms and conditions. For details, please refer to the full set of terms and conditions for the programme on AXA webpage: <https://www.axa.com.hk/en/be-on-track-three-hypers>.

"AXA" refers to AXA General Insurance Hong Kong Limited and/or AXA China Region Insurance Company Limited.

AXA is not the supplier of the self-monitoring devices, the medical or healthcare services and shall have no obligation or liability whatsoever in relation thereto, including but not limited to their quality or fitness, supply or service. Any disputes arising from these goods and services shall be resolved between customers and the relevant supplier directly.

(Only for use in Hong Kong Special Administrative Region and Macau Special Administrative Region)