

Additional file 1. An example of the health examination item package

- Health examination item packages From First Affiliated Hospital of Zhejiang University School of Medicine [1]

Package	Physique Examination	Laboratory Examination	Instrument Examination	Price (¥)
Male Package (A)	General item (Blood pressure, pulse, waist circumference, hip circumference, height, weight)	Blood routine	Ordinary chest (lung) CT	2580
	Internal medicine (Auscultation of heart and lungs, palpation of liver, percussion of kidney area, palpation of dorsal foot artery)	Blood chemistry (32 items)	Electrocardiogram ECG (12 leads)	
	Surgery (Thyroid, superficial lymph node palpation, spine, limb joints, digital anus)	Blood tumor index screening (male) (9 items)	Abdominal ultrasound (Liver, gallbladder, pancreas, spleen, kidney)	
	Stomatology (Dental, periodontal, oral mucosa, tongue, temporomandibular joint, oral and maxillofacial, submandibular)	Thyroid function	Thyroid Ultrasound	
	Ophthalmology (Vision, fundus, intraocular pressure)	Helicobacter pylori detection		
	Otorhinolaryngology (External ear, nasal cavity, oropharynx)	Urine routine		
		Bowel routine		
	General item	Blood routine	Ordinary chest (lung) CT	

Male Package (B)	(Blood pressure, pulse, waist circumference, hip circumference, height, weight)			3790
	Internal medicine (Auscultation of heart and lungs, palpation of liver, percussion of kidney area, palpation of dorsal foot artery)	Blood chemistry (32 items)	Electrocardiogram ECG (12 leads)	
	Surgery (Thyroid, superficial lymph node palpation, spine, limb joints, digital anus)	Blood tumor index screening (male) (9 items)	Abdominal ultrasound (Liver, gallbladder, pancreas, spleen, kidney)	
	Stomatology (Dental, periodontal, oral mucosa, tongue, temporomandibular joint, oral and maxillofacial, submandibular)	Thyroid function	Thyroid Ultrasound	
	Ophthalmology (Vision, fundus, intraocular pressure)	Helicobacter pylori detection	Body composition analysis	
	Otorhinolaryngology (External ear, nasal cavity, oropharynx)	Urine routine	Bone density test	
		Bowel routine		
		Homocysteine		
		Lung cancer antibody detection (7 items)		
		Fasting insulin		
		25hydroxyvitamin D		
Male Package (C)	General item (Blood pressure, pulse, waist circumference, hip circumference, height, weight)	Blood routine	Ordinary chest (lung) CT	5630
	Internal medicine (Auscultation of heart and lungs, palpation of	Blood chemistry (32 items)	Electrocardiogram ECG (12 leads)	

	liver, percussion of kidney area, palpation of dorsal foot artery)			
	Surgery (Thyroid, superficial lymph node palpation, spine, limb joints, digital anus)	Blood tumor index screening (male) (12 items)	Abdominal ultrasound (Liver, gallbladder, pancreas, spleen, kidney)	
	Stomatology (Dental, periodontal, oral mucosa, tongue, temporomandibular joint, oral and maxillofacial, submandibular)	Thyroid function	Thyroid Ultrasound	
	Ophthalmology (Vision, fundus, intraocular pressure)	Helicobacter pylori detection	Body composition analysis	
	Otorhinolaryngology (External ear, nasal cavity, oropharynx)	Urine routine	Bone density test	
		Bowel routine	Early Screening for Diabetes and Risk of Complications	
		Homocysteine	Pulmonary function test (Conventional lung volume SVC, flow volume loop FVC, minute ventilation MVV)	
		Lung cancer antibody detection (7 items)		
		Fasting insulin		
		25hydroxyvitamin D		
		Apolipoprotein AI, B		
		Epstein-Barr virus antibody assay (IgG/IgM)		
		Pepsinogen I, II		

Male Package (D)	General item (Blood pressure, pulse, waist circumference, hip circumference, height, weight)	Blood routine	Ordinary chest (lung) CT	7020
	Internal medicine (Auscultation of heart and lungs, palpation of liver, percussion of kidney area, palpation of dorsal foot artery)	Blood chemistry (32 items)	Electrocardiogram ECG (12 leads)	
	Surgery (Thyroid, superficial lymph node palpation, spine, limb joints, digital anus)	Blood tumor index screening (male) (12 items)	Abdominal ultrasound (Liver, gallbladder, pancreas, spleen, kidney)	
	Stomatology (Dental, periodontal, oral mucosa, tongue, temporomandibular joint, oral and maxillofacial, submandibular)	Thyroid function	Thyroid Ultrasound	
	Ophthalmology (Vision, fundus, intraocular pressure)	Helicobacter pylori detection	Body composition analysis	
	Otorhinolaryngology (External ear, nasal cavity, oropharynx)	Urine routine	Bone density test	
		Bowel routine	Early Screening for Diabetes and Risk of Complications	
		Homocysteine	Pulmonary function test (Conventional lung volume SVC, flow volume loop FVC, minute ventilation MVV)	
		Lung cancer antibody detection (7 items)	Dual Energy X-ray Single Site Bone Densitometry	

		Fasting insulin	MRI plain scan of head, neck and waist (choose one from three)	
		25hydroxyvitamin D		
		Apolipoprotein AI, B		
		Epstein-Barr virus antibody assay (IgG/IgM)		
		Pepsinogen I, II		
		Antithyroglobulin antibody (TGAB)		
		Hepatitis series full set of detection		
		Rheumatism		
		ESR		

References

[1] Health Examination Packages, First Affil. Hosp. Zhejiang Univ. Sch. Med.

(n.d.). https://www.zy91.com/server/body_check.