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Medical Service in Shanghai



- n Chinese Medical System
- n Pre-departure Strategies
- n International Clinics List and Evaluations
- n Local Clinics List and Evaluations

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Executive summary

This article outlines everything you need to know about the medical system in Shanghai. It has detailed information on all areas of the medical system. It begins with an introduction about the medical system and reminds you of things you need to organise before you leave home - there will always be something you haven't thought of! It then explains the all important measures that need to be taken in the first few weeks of life in Shanghai. There is an extensive section on international and local clinics in Shanghai. This gives information about several recommended clinics in Shanghai including services, price and opening hours, and other hints to help you make an educated choice. There is also information about medication, specialists and vaccinations. There are several outlines of case studies.

First Edition

September, 2005 Shanghaiindex Consulting Co Ltd

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The Medical Service in Shanghai

Introduction

This article outlines pre-departure planning tactics and information you need to know for when you arrive and stay in Shanghai.

Dealing with the medical system in a country that's not your own can be a daunting thought at the best of times. This fear of the unknown is heightened in a country like China because of the language barriers, different systems etc.

The Chinese medical system introduction (specifically Shanghai)

Shanghai has an extensive range of clinics, hospitals and specialist clinics. Some hospitals cover all services and some just one area. Medical fees are more expensive for foreigners than Chinese, and you might perhaps pay more than you would for the same service at home. You also have the option of visiting local clinics which are cheaper but perhaps not the standard of your clinic at home.

Before you leave home

A) Insurance- what does it cover? How vigilant do I need to be?

You DO need to prepare your insurance before you leave home. China has some of the highest medical costs in the world. Therefore the insurance premiums are also high. Make sure that you check that your insurance policy covers you in China. Often they don't.

B) Pre-departure strategies to consider:

- n having sufficient prescriptions or names of prescriptions
- n having details of illnesses or special needs
- n having immunisations in due time
- n having a medical check if necessary



Immunizations necessary or recommended for China are:

- n Hepatitis A, Typhoid (for people who might eat out of major restaurants, for example at street stalls),
- n Hepatitis B (if you are going to have intimate contact with locals, especially for longer than six months).
- n Make sure your other vaccinations are up to date, including tetanus, polio, and rubella. Other vaccinations may be necessary if you plan to travel to other parts of

C) Remember that many companies require you to have a medical check either before you leave home or when you arrive in China. This includes tests for AIDS. If you are found to have AIDS you will be asked to leave the country. If there is any chance you might have AIDS, have the test before you leave – it will give you peace of mind and help you avoid difficulties. Make sure you know the requirements of the medical test to ensure you have everything done.

Arriving in Shanghai – things to do in the first couple of weeks.

D) If you are here with a company it is likely that they will organise your medical check for you. If they don't, ask them about it. You must have a medical check to have your visa approved. Medical checks usually take place at the Shanghai International Travel Healthcare Center. It is in the south-west of Shanghai. If you want to take a taxi, ask them to take you to "Hami Lu, Jing Bang Lu". I've experimented getting here by a combination of metro and taxi, take the metro line 1 to Xujiahui then a taxi to the above address.

The medical check is a series of short tests, including eye tests, x-rays, blood tests and hearing tests. A doctor will also interview you and ask you about your medical history. Staff are experienced with foreigners and speak English.

E) You should also check details of your local hospital and doctor, and familiarise yourself with emergency numbers.

International clinics vs. Local clinics: the pros and cons

The beauty of the medical system in Shanghai is that you are presented with a wide range of choice. You will find many local and international clinics and also a lot which cater for expatriates.



A list of recommended international clinics: (including price for consultation and immunizations)

World Link Medical Center

World Link has following separate faculties:



Shanghai Center Medical Center

Medical services, Health Screening Services

Phone: (8621) 6279 7688

Fax: (8621) 6279 7698

E-mail: services@worldlink-shanghai.com



Shanghai Centre Dental Center

Dental servicesAddress:

Phone: (8621) 6279 8318

Fax: (8621) 6279 8343

E-mail: services@worldlink-shanghai.com

Address: Shanghai Centre, Suite 203 West Retail Plaza1376

Nanjing Xi Lu Shanghai, China 200040

Shanghai Centre opening hours

Mon – Fri 9am – 7pm

Sat 9am-4pm

Sun 9am – 3pm

There is a 24 hour emergency service but it's only available to members of the hospital





Hong Qiao Medical and Dental Center

Medical and dental services

Phone: (8621) 6405 5788

Fax: (8621) 6405 3587

E-mail: services@worldlink-shanghai.com

Address: Mandarin City, Unit 30, 788 Hong Xu Lu

Shanghai, China 201103



Specialty and Inpatient Center

Medical specialties, inpatient services,
birthing center

Phone: (8621) 6385 9889

Fax: (8621) 6385 9890

E-mail: services@worldlink-shanghai.com

Address: 170 Danshui Lu, 3rd Floor

(Near the corner of Danshui Lu and Xinye Lu, near Xintiandi)



Hong Qiao Medical Center

Address: 2258 Hong Qiao Lu

Phone: (86 21) 6242 0909

Fax: (86 21) 6242 8678

E-mail: services@worldlink-shanghai.com

Remark: Hong Qiao Medical and Dental Center Open 7 days a week.





Jin Qiao Medical and Dental Center

Medical and Dental Services

Phone: (86 21) 5032 8288

Fax: (86 21) 5032 5826

E-mail: services@worldlink-shanghai.com

Address: 51 Hongfeng Lu , Jin Qiao, Pudong

Language skills:

All of the doctors speak English; most of them also speak another language including German, Japanese and Cantonese.

Doctors come from America, Canada, UK and Singapore.

Services provided including:

Physiotherapy, acupuncture, counseling, pediatrics, a birthing center, gastroenterology Chinese massage.

Fees:

No registration fee is required. For a general consultation, the fee is between RMB 600 and 900. A short consultation (about 15 minutes) will cost you around RMB 600. A longer one or something requiring more attention will cost you closer to RMB 900.

A follow up consultation will cost you between RMB 400 and 600.

You must make an appointment one or two days in advance (adult) and one week in advance (children – regular check up)

There is little waiting time unless you are a walk-in patient, in which case you may wait for a long time

They are professional and the receptionist's English is very good.



Shanghai East International Medical Center



551 South Pudong Rd (86 21) 5879-9999

Opening hours

Mon – Fri 9am – 8pm

Sat 9 am – 2pm

Sun 9am – 1pm

There is a 24 hour emergency service – call 5879 9999 and a doctor will be on call

Has a team of expatriate doctors who all speak English. Many foreigners recommend this medical centre, however, it is very expensive.

Areas of specialisation include:

obstetrics/gynaecology, pediatrics, Traditional Chinese Medicine, cardio-thoracic surgery
chiropractics, radiology.

There is no registration fee. The consultation fee is RMB 500 and the follow up fee is RMB 250.

You should make an appointment at least one day in advance.

Sometimes the waiting room is busy, you may have to wait a long time.

They are professional and the receptionists English is good.

It is located in Pudong which makes it convenient for many foreigners living in this area.

Doctor Anderson & Partners

Room 1001, 10/F, Block D, New Century Plaza (near Westin Tai Ping Yang Hotel, 48 Xingyi Road, Hongqiao

Phone 6270 3263



New Pioneer International Medical Center

2/F, Geru Building, 910 Hengshan Lu, Xujiahui

Phone 6407 0434

This centre has doctors and dentists trained in Western countries.

A list of recommended local clinics: (including price for consultation and immunisations)

Jing An District Central Hospital (the 5th hospital of Shanghai)

259 Xikang Lu nr Xinzha Lu:

Registration RMB 50, examination, blood test and drugs, less than RMB 50

The hospital is cheap and is recommended by some foreign insurance policies. However, be warned: the standards are not as high as those of an international hospital.

Ruijin Hospital

197 Ruijin Er Lu

phone 6466 4483

Opening hours

Mon – Sat 8am – 11am, 1.30pm – 5pm

Closed on Sunday

There is no emergency section.

A clean clinic with reasonable prices. Has a separate foreigners section. Registration fee including consultation is RMB 300. Follow up fee is the same. All doctors are Chinese and some speak English. When you book an appointment please ask for an English speaking doctor. (THIS IS IMPORTANT!)

You should make an appointment at least one day in advance.

The clinic is busy, you may have to wait if you haven't made an appointment.

Receptionist's English is good.



Many expatriates feel more comfortable dealing with an international clinic because of practitioner expertise and language. However, many people have had positive and negative experiences with both. International clinics come at a hefty fee – compare the prices above. An immunisation that cost me around RMB 20 cost my friend around RMB 2000. Also, don't assume that because a clinic is local, staff won't speak English. Most Chinese people trained in the medical field (especially in Shanghai) are required to study English as part of their qualification.

Case studies:

Billy is a 12 year old boy. He is living in Shanghai because his parents relocated from Australia. They are from an upper income family. He needs to see a doctor because he is having trouble concentrating at school. It is recommended that he go to Shanghai East Medical Centre. His parents don't want to pay too much for what is probably a simple problem. There is a doctor from Australia so he will feel comfortable. If there is a need, he can be easily referred to a specialist.

Sally is a woman from America in her mid-twenties. She is on a monthly salary of about RMB 10, 000. She wants to see a doctor because she needs a prescription for sleeping tablets. It is recommended that she go to any local clinic in her area. The fee will be low and for such a simple consultation it is not worth visiting an international clinic.

Jenny is a young woman who wants to see a physiotherapist. She has had back problems in the past. She doesn't like the idea of spending a lot on a physio, but also realises that it is important to see someone who can give her a thorough treatment. She decides to see the physiotherapist at Sino United. Because she has a comprehensive insurance plan, she can claim some of the money back.

When things go wrong: emergency numbers and services

International SOS Assistance – Room C, 11/F, Guangdong Development Bank Building, No. 555, Xujiahui
Phone 6295 9951

This is a telephone hotline. You can find out medical and travel information.

Specialty clinics/services

Shanghai has a wide range of expatriate specialists including speech therapists, physiotherapists, dentists and acupuncturists.



Speech therapy:

there are currently two English speaking speech therapists in Shanghai, both at the Shanghai United Family Hospital, Xian Xiq Lu. There is a growing need for speech therapists in the expatriate community but they are hard to find because they are not advertised in the English language magazines.

Dr. Jessica Cypher (USA) is a speech therapist at Shanghai United.

Physiotherapy:

there are several English speaking physiotherapists in Shanghai.

Sino United Health, Nanjing Lu.

Phone 6279 8920

Currently they have one English speaking physiotherapist, from the UK. They will soon employ a second one. Sino United has a very user friendly phone answering system. Registration is US \$150. Consultation is US \$100. These fees may be covered by your insurance policy, depending on the provider.

World Link Medical Centre,

Nanjing Xi Lu/ Hongqiao Lu/ Danshui Lu

Phone 62797688.

Specialty centre (including physiotherapist)phone 6385 9889

Consultation RMB 1,200 (approximately)

Dentist:

Arrail Dental

204 Lippo Plaza, 222 Huai Hai Zhong Lu

Opening hours

Mon – Thurs 9.30 am – 8pm

Fri – Sun 9.30am – 6.30 pm

Phone 5396 6538

First consultation – RMB 60

Filling – RMB 200 –400

Porcelain crown RMB 2,600

You should make an appointment one day in advance. Receptionist's English is average. The waiting room is busy.



Case example: 500 RMB or less including extraction, anaesthetic and two follow up consultations.

Dentists speak English. Recommended by foreigners.

Acupuncture



Dr Li's Chinese Medicine Clinic

Rm C, 5/F, No 28, Lane 18 hongquiao Lu

Phone 3424 1989

You must make an appointment.

Registration fee is RMB 120 and a consultation costs RMB 150 (for about 20 minutes).

Dr Li speaks English. A comprehensive website in English and Chinese is found at:
<http://www.rhwx.com/zhyl/lj.htm>

Vaccinations and medication

You may arrive in Shanghai having already had several vaccinations, but with South-East Asia right at your doorstep, you'll probably find yourself needing more for holidays. Recommended is the Shanghai International Travel Healthcare Center, as mentioned above. They do vaccinations Monday through Friday in the afternoon, at a very reasonable price. Japanese Encephalitis is RMB 20 per shot (3 shots) and Rabies is less than RMB 500 for a course of 3 injections. Take your passport and record of vaccinations. This healthcare centre also sells travel medication, such as malaria tablets, RMB 30 for a one month course.

Medication is readily available in the many pharmacies in Shanghai but you may have difficulty trying to express what you want. Fortunately, most pharmacies have a medication guide with Chinese/English, so even if you don't have the name written in Chinese you can probably find it in the book with the help of the staff. Try any of the pharmacies along Huai Hui Rd, some staff in the Parkson supermarket pharmacy (cnr Huai Hui and Shanxi Lu, nearest metro Shanxi Lu) speak English.

Support groups

Shanghai has a few support groups. These include:

Cancer support group

Offers encouragement and information. Anonymous.

Elisha Feller 6268 6005



A group for breastfeeding mothers and mothers-to-be. International Mother's Support Group :

Pippa Warndorff: imgshanghai@hotmail.com

La Leche League Shanghai:

Erica : phone 13818057044 email eurikagene@yahoo.com

Holds monthly meetings and gives support and information for breastfeeding mothers.

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The advertisement features a man and a woman in a tanning bed, a photo of the Sunpoint Tanning store, and a map of the location in Shanghai.

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