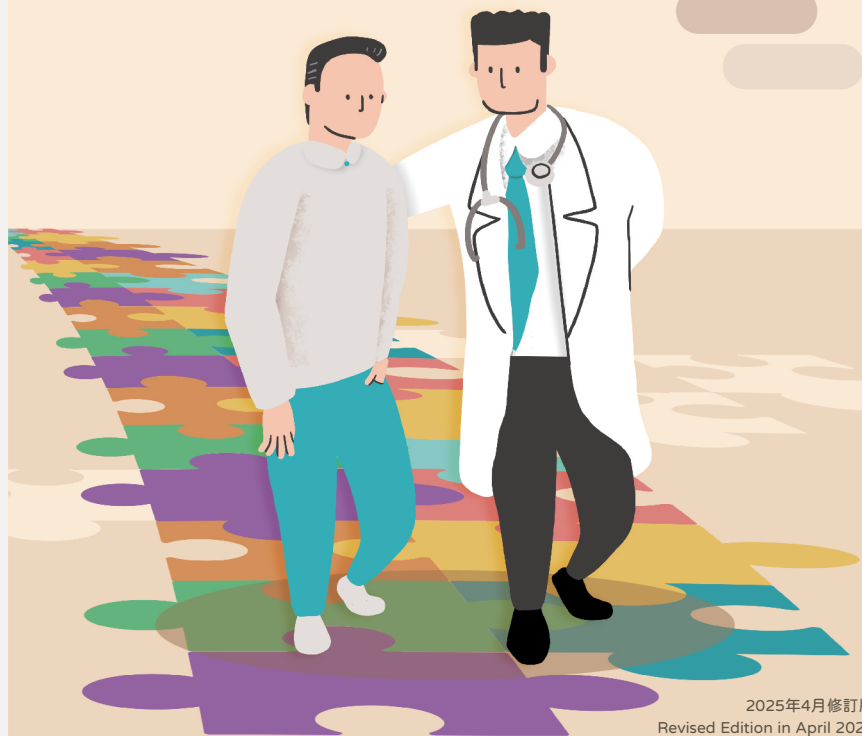


Partnering in the Health Journey

# 健道同行

## 慢性疾病共同治理先導計劃 Chronic Disease Co-Care Pilot Scheme

### 家庭醫生簡介 Family Doctor Pamphlet



2025年4月修訂版  
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中華人民共和國香港特別行政區政府  
醫務衛生局  
Health Bureau  
The Government of the Hong Kong Special Administrative Region  
of the People's Republic of China

## 構建基層醫療

### 預防四寶 家醫有責

- 《基層醫療健康藍圖》為強化本港的基層醫療健康系統制定發展方向及策略

- 實踐「健康人生計劃」，認識人生不同階段有不同健康需要

- 建立醫患互信關係，強化家庭醫生角色

加入基層醫療指南  
鼓勵市民一人一家庭醫生

使用「醫健通」  
協助市民保存完整病歷

與地區康健中心/站合作  
一站式協作團隊

提醒市民預防勝於治療  
協助市民建立健康人生

## 計劃目的

- 提供便捷的糖尿病及高血壓篩查服務，未來將擴展服務以涵蓋更多病種，包括乙型肝炎
- 為參加者度身訂造健康管理方案，控制慢性疾病風險因素
- 及早預防慢性疾病及減少其相關併發症
- 實踐「一人一家庭醫生」理念

## 家庭醫生參加辦法

- 家庭醫生須參與基層醫療指南及加入「醫健通」
- 透過「醫健通」一站式電子平台登記參加「慢性疾病共同治理先導計劃」(計劃)，於網上填妥所需資料，並提交有關證明文件，將由專人聯絡家庭醫生處理申請

## 全方位支援

### 全民推廣

- 政府會展開一系列的宣傳計劃，鼓勵合資格市民積極參與

### 主動招募市民參與

- 由地區康健中心/站協助市民登記及配對家庭醫生
- 家庭醫生亦可直接邀請合資格人士參加，並就每名成功登記加入計劃篩查階段的合資格人士收取政府一次性\$76的行政工作資助

### 自主定價

- 於治療階段的受資助診症，家庭醫生除收取政府的定額資助外，可於參加計劃時自行釐訂每次診症的共付額

### 政府資助

- 計劃中所有服務，包括家庭醫生診症、藥物、化驗、護士診所、專職醫療，均由政府提供部分資助，參加者只需承擔共付額

### 優惠價格訂購藥物

- 家庭醫生可直接向政府指定的供應商以優惠價格採購治療階段所需的藥物，簡易方便

### 化驗支援

- 政府已安排指定的醫務化驗所，備有多項資助的化驗及檢查項目，供家庭醫生按參加者需要作出轉介

### 專業團隊綜合護理

- 家庭醫生會獲得跨專業醫療團隊的支援，包括護士及專職醫療人員(視光師/足病診療師/營養師/物理治療師)，由地區康健中心/站統籌以上綜合護理服務

### 醫患合作達標獎勵

- 如參加者達到健康指標，將於下一個個人計劃年度獲得一次性扣減資助診症共付額最高\$150(政府建議的共付額)
- 家庭醫生在其照顧的參加者中，血糖及血壓達標人數能達到既定的百分比，然後便可按達標者的資助診症次數、政府診症資助額及建議共付額所合算的總額，以15%來計算獎勵金額

## 市民參加資格

- 45歲或以上香港居民\*
- 並無已被確診患有糖尿病/高血壓，或其相關病徵

## 計劃內容

### 篩查項目

- 由家庭醫生評估及安排篩查化驗
- 到政府指定醫務化驗所抽血
- 由家庭醫生解釋化驗報告及診斷結果，安排合適的健康管理方案

### 健康管理方案

- 家庭醫生為以下參加者提供受資助診症及所需藥物：

診斷患有	受資助診症次數
高血壓及/或糖尿病	每年最多六次
血糖偏高	每年最多四次
血脂異常	首個個人計劃年度最多四次，由第二個個人計劃年度起每年最多兩次
慢性乙型肝炎	適時公布

- 因應參加者的醫療需要，安排特定的化驗及檢查
- 由地區康健中心/站根據家庭醫生轉介及參加者情況，安排護士診所跟進及/或專職醫療服務

### 地區康健中心/站統籌支援



- 所有參加者均由地區康健中心/站跟進及統籌健康管理方案
- 根據家庭醫生建議，與參加者共同制定健康管理目標
- 提升參加者自我健康管理能力，推動參加者自強，及協助建立健康生活模式

\* (1) 持有根據《人事登記條例》(第177章)所簽發香港身份證的人士，但若該人士是憑藉其已獲入境或逗留准許而獲簽發香港身份證，而該准許已經逾期或不再有效則除外；或(2) 持有《入境條例》(第115章)所指明的《豁免登記證明書》

## 資助與共付

服務提供者	服務範圍	政府資助額	參加者共付額
家庭醫生	篩查診症	\$196 (一次性)	不多於\$120 (一次性) 共付額*由家庭醫生訂明
	診症治療	\$166 (每次資助診症)	家庭醫生於參加計劃時所訂明的每次資助診症的共付額* (政府建議的共付額為\$150)
	治療藥物	就每名於當季中獲提供特定藥物名單內的慢性疾病藥物之參加者，家庭醫生均可獲季度資助\$105	特定藥物名單內涵蓋的藥物，及/或最多三天偶發性藥物，毋須額外付費
醫務化驗所	篩查期間的化驗及檢查	全額資助	毋須額外付費
	治療期間的化驗及檢查	每項化驗均有部分資助	須每項支付共付額*
護士診所及專職醫療	地區康健網絡專屬護士診所	每次服務均有部分資助	\$80 (每次)
	地區康健網絡專屬專職醫療服務	每次服務均有部分資助	視光師/物理治療師：\$150 (每次) 營養師/足病診療師：\$380 (每次)
地區康健中心/站	健康管理小組活動	全額資助	毋須額外付費

註：家庭醫生如為計劃參加者提供計劃內容以外的服務，可與參加者協商額外收費



長者醫療券(包括獎賞先導計劃)適用於此計劃



醫療費用減免不適用於此計劃

\*有關共付額金額請參閱計劃網頁



## 查詢有關計劃詳情

Enquiries for further information

電話 Telephone : 2157 0500

傳真 Fax : 3427 9359

電郵 Email : cdccdoctor@healthbureau.gov.hk

網頁 Website : www.primaryhealthcare.gov.hk/cdcc



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## Building Primary Healthcare

- The “Primary Healthcare Blueprint” formulates the direction of development and strategies for strengthening the primary healthcare system in Hong Kong

- Practise “Life Course Preventive Care” and learn about the different health needs at different stages of life

- Build trust in doctor-patient relationship and strengthen the role of Family Doctor

### 4 Tips for Disease Prevention Active Participation by Family Doctor

Enrol in the  
Primary Care Directory  
Promote “Family Doctor for All”

Use eHRSS  
Help citizens keep a complete  
personal health record

Cooperate with District Health  
Centre (DHC)/ District Health  
Centre Express (DHCE)  
One-stop care from DHC/DHCE team

Remind Citizens that  
Prevention is Better Than Cure  
Help citizens build a healthy  
lifestyle



## Scheme Objectives

- Provide convenient screening services for diabetes mellitus (DM) and hypertension (HT), and extend to cover more disease areas in the future, including hepatitis B

- Provide tailored health management plan for participants to control chronic disease risk factors

- Prevent chronic diseases and reduce related complications

- Practise “Family Doctor for All”



## Family Doctor Enrolment

- Family Doctor needs to be listed in the Primary Care Directory and join eHRSS, a one-stop electronic platform, to enrol in the Chronic Disease Co-Care Pilot Scheme (the Scheme). Upon online submission of required information and relevant documents, a designated officer will contact the Family Doctor to process the application

## Comprehensive Support

**Community-wide Promotion** The Government will launch a series of promotion activities to encourage eligible citizens to participate

**Proactive Recruitment** DHC/DHCE will assist citizens in enrolling and pairing with a Family Doctor

Family Doctor can also directly invite eligible individuals to enrol and receive a one-off administration fee of \$76 for each successful enrolment of eligible individual to the Screening Phase of the Scheme

**Self-determined Co-payment Fee** Upon enrolment in the Scheme, in addition to receiving a fixed Government subsidy, Family Doctor can determine the co-payment fee for each subsidised consultation in the Treatment Phase

**Government Subsidy** All services of the Scheme, including medical consultations, medications, laboratory investigations, nurse clinic, allied health services, are partially subsidised by the Government. Participants are required to pay the co-payment fee only

**Purchasing Drugs at Discounted Price** Family Doctor can directly and conveniently procure drugs required during the Treatment Phase from designated suppliers of the Government at discounted prices

**Support from Medical Laboratories** The Government has arranged designated laboratories to provide various investigation and examination services referred by Family Doctor according to participants' needs

**Integrated Care by Professional Team** Family Doctor will be supported by a multidisciplinary team including nurses and allied health professionals (optometrists/ podiatrists/ dietitians/ physiotherapists). The above services will be coordinated by DHC/DHCE

Participants who achieve health incentive targets, will enjoy a one-off reduction in co-payment fee for a subsidised consultation in the following participant programme year with a maximum amount of \$150 (the Government recommended co-payment fee)

**Doctor-patient Partnership Incentive Mechanism** Family Doctor who has a certain percentage of participants under his/her care achieving health incentive targets in blood sugar and blood pressure levels, will also receive incentive payment. The incentive payment is based on 15% calculation of the number of subsidised consultation attended by target-achieving participants, Government subsidy per subsidised consultation and recommended co-payment fee



## Public Enrolment

- Hong Kong residents aged 45 or above\*
- No known medical history of DM/HT, nor related symptoms



## Scheme Content

### Screening Services

- Family Doctor to perform assessments and arrange investigation for screening
- Blood test(s) will be conducted at a designated medical laboratory
- Family Doctor to explain investigation report and diagnosis, and formulate appropriate health management plan



### Health Management Plan

- Family Doctor will provide subsidised consultation together with the necessary medications, to participant as follows:

Diagnosis	Number of Subsidised Consultation
HT and/or DM	Up to six annually
Prediabetes	Up to four annually
Dyslipidaemia	Up to four in the first participant programme year and two from the second participant programme year onwards
Chronic hepatitis B	To be announced

- Family Doctor will arrange necessary laboratory tests and examinations as required
- DHC/DHCE will arrange nurse clinic follow-up and/or allied health services according to Family Doctor's referral and condition of participants



### Coordination and Support from DHC/DHCE



- Following up and coordinating services based on health management plan by DHC/DHCE for all participants
- Setting health goals together with participants based on Family Doctor's suggestion
- Enhancing participants' self-health management, promoting participant empowerment and helping them build a healthy lifestyle



Elderly Health Care Voucher (including Pilot Reward Scheme) is applicable to the Scheme



Medical fee waiver is not applicable to the Scheme

\* Holding (1) a valid Hong Kong Identity Card within the meaning of the Registration of Persons Ordinance (Cap. 177), except those who obtained their Hong Kong Identity Card by virtue of a previous permission to land or remain in Hong Kong granted to them and such permission has expired or ceased to be valid, or (2) a valid Certificate of Exemption within the meaning of the Immigration Ordinance (Cap.115)



## Subsidy & Co-payment

Service Provider	Service Content	Government Subsidy	Participant Co-payment Fee
Family Doctor	Screening Consultation	\$196 (one-off)	\$120 or less* (one-off) as determined by Family Doctor
	Treatment Consultation	\$166 (per subsidised consultation)	Co-payment fee* per visit as determined by the Family Doctor upon enrolment in the Scheme (the Government recommended co-payment fee is \$150)
	Drug	For each participant who is provided with drugs for chronic diseases included in the list of Specified Drugs during the quarter, the Family Doctor can receive a quarterly subsidy of \$105 per participant	No additional co-payment fee for drugs under the list of Specified Drugs and/or up to 3 days of drugs for episodic illnesses
Medical Laboratory	Investigations in Screening Phase	Full subsidy	No additional co-payment fee
	Investigations in Treatment Phase	Partial subsidy per investigation item	Co-payment fee per item*
Nurse Clinic and Allied Health Services	Dedicated Nurse Clinic under District Health Network	Partial subsidy per subsidised visit	\$80 (per visit)
	Dedicated Allied Health Services under District Health Network	Partial subsidy per subsidised visit	Optometrist/ Physiotherapist : \$150 (per visit) Dietitian/Podiatrist : \$380 (per visit)
DHC/DHCE	Health management group activities	Full subsidy	No additional co-payment fee

Note: Subject to mutual agreement, Family Doctor may charge the Scheme participant for services outside the service scope of the Scheme

\*Please refer to the Scheme website for amount of co-payment fee