



賽馬會「e健樂」電子健康管理計劃
Jockey Club Community eHealth Care Project

Initiated and Funded by:



The Hong Kong Jockey Club Charities Trust

Project Partner:



香港基督教服務處
HONG KONG CHRISTIAN SERVICE

全人關心 卓越創新
care for all excel in all

Shun Lee Backgrounds

District Characteristics 地區特色：

- Old-Old Population 老齡化社區
- Lack of Modernized Health/Exercise Facilities
區內缺乏現代化運動設備

Our Beliefs 我們的信念：

- Self Management of Health 自我管理健康方向
- Long-term and Sustainable Change by Increasing Elders' Engagement
提升長者參與建立長遠改變



Health Digitalization 健康數據化

Data Assessments:

- Blood Pressure/BMI/
Blood Oxygen measurement
- Well-being survey
- Short Physical Performance
Battery (SPPB) test
- InBody test

數據評估：

- 血壓/血氧/身高體重指數量度
- 健康質數問卷
- 身體功能評估
- 體脂及肌肉量量度

Aware of **health issues**
through **data analysis**
and discussion with
project staff

透過職員分析及導向，
掌握自己身體的概況

Set up **specific &
achievable** health
goals

訂立**具體及可達成**
的健康目標



WeSoft Health Kiosk
智能健康站

Exercise Digitalization 運動數據化

Record workout frequency & intensity

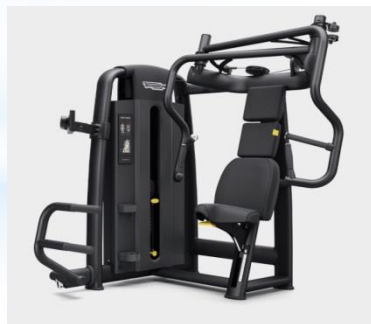
- 運動器械記錄運動的次數及強度

Efforts acknowledged through workout data observation

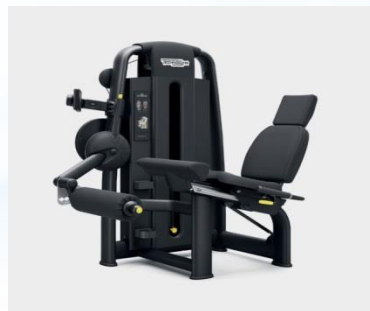
- 透過數據具體觀察到自己的努力及進步

Enhance elders' confidence on self-health management

- 增強對自我健康管理的信心



Chest Press Machine
坐姿推胸器械



Leg Extension Machine
雙腿伸屈器械



Record exercise data by mobile app
使用手機應用程式記錄運動數據

Targeted Exercise and Nourishing Groups

針對性的運動及營養班組

Regular exercises based on elder's ability

符合長者能力的
恒常運動



Healthy diets matche with elders' living patterns

配合長者生活模
式的飲食管理

Promote healthier lifestyles

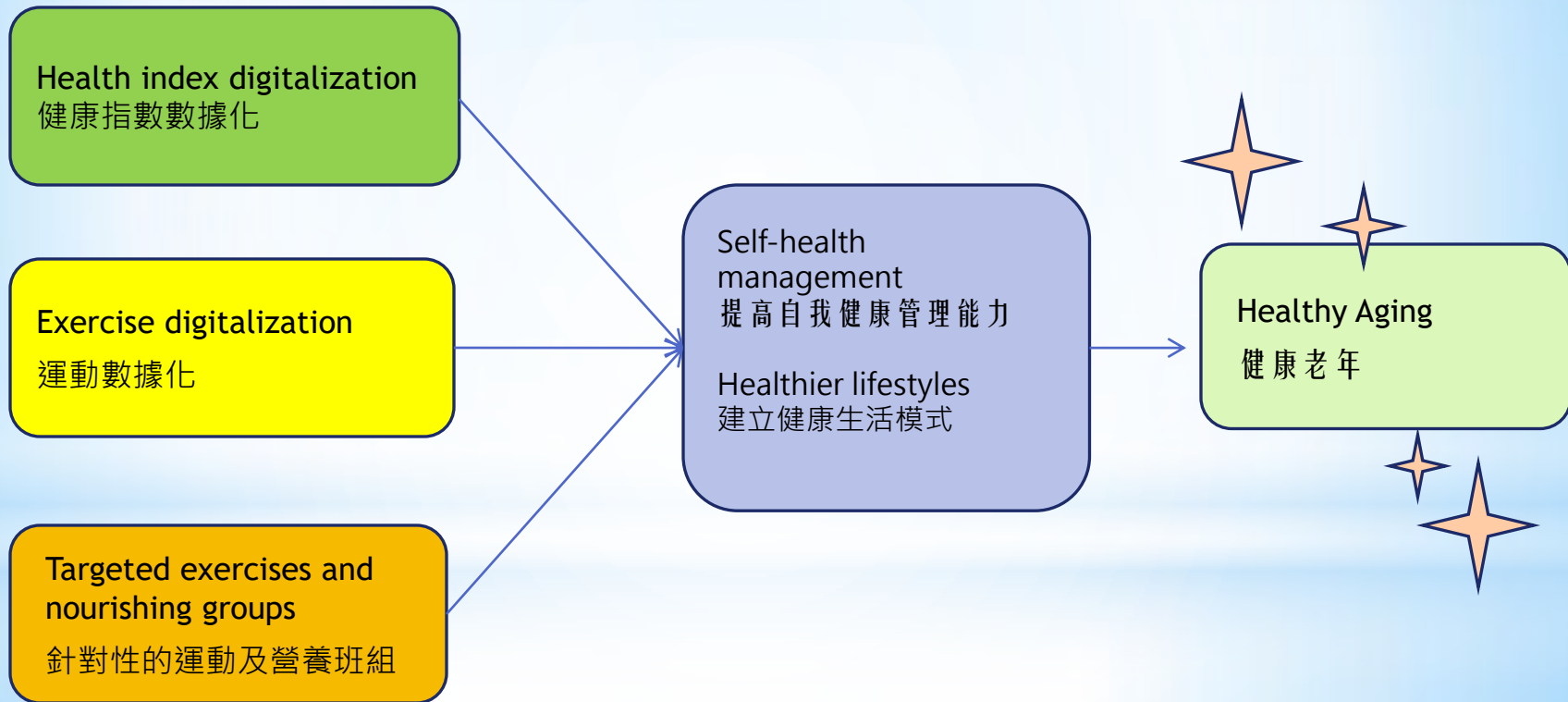
建立更健康的
生活模式

Gradually infiltrated healthy habits into elders' lives through regular groups and activities

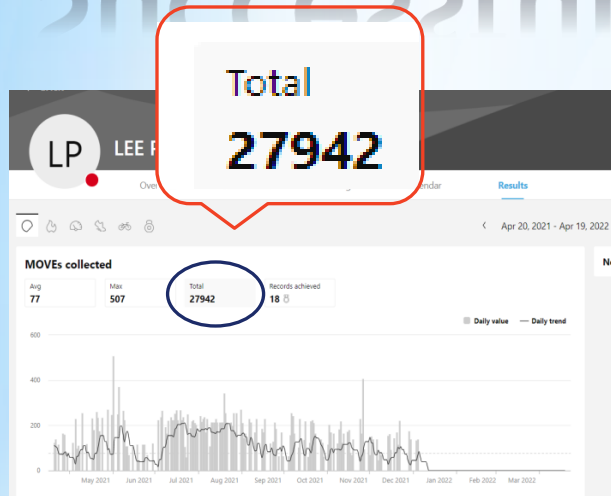
Cooking Group



Conclusion 總結



Successful case



Name: Mr Lee
Age :68yrs
Status: just retired
with Pre-hypertension

量度時間	上壓	下壓	脈搏
2021-03-13 14:56:39	139	67	81
2021-03-13 14:59:35	125	73	82
2021-03-13 15:25:43	129	65	82
2021-12-29 16:33:34	112	61	80
2021-12-30 15:22:20	117	58	79
2022-01-03 11:18:13	104	58	75

- Total **27942 calories** burned from Apr 2021 to Jan 2022.
- Blood pressure **improved significantly**, returning to normal (<120 systolic/<80 diastolic mmHg) after joining the project.