

VERIFIED CHINA CARE

Executive Health Checkup in China 2026 Guide

What a full-body executive screening in China includes, how published package ranges compare with US prices — and what a checkup cannot do.

✓ Published package ranges

✓ Reports in English

✓ Escrowed payment

Prepared by Team VCC · verifiedchinacare.com

care@verifiedchinacare.com · +1 302 217 0438

Educational, not medical advice; a checkup is not a diagnosis — consult a licensed physician about your own case. All prices are indicative 2026 ranges, not quotations, and are confirmed in writing before booking.

THE BASICS

What an executive checkup is, and who it is for

An executive checkup is a structured, multi-system screening visit performed while you feel well. It is not a consultation for a symptom you already have, and it is not a treatment: the aim is a broad baseline of bloodwork, imaging, a heart tracing and a physician review, collected in one visit rather than a year of appointments.

The "executive" label is mostly about logistics: tests are bundled into one or two days, a coordinator handles scheduling, and you leave with a written report for your own doctor. Chinese teaching hospitals run these as standing programmes, so results are ready during the trip.

Who typically books one

- Adults over roughly 40 with no comprehensive assessment in several years
- People with risk factors or family history who want an organised baseline
- Executives whose schedule does not allow a multi-day workup at home, or who face high out-of-pocket costs locally

Who it is not for

- Anyone with active symptoms — chest pain, unexplained weight loss, a lump or bleeding — needs a diagnostic workup, not a screening package.
- Anyone looking for complete certainty. No package, in any country, provides that.

The honest framing

A checkup is a snapshot taken on one or two days. It can surface findings worth following up, and it can miss things. It works best as a starting point for a longer conversation with your own physician — not as a verdict.

THE NUMBERS

Package tiers: China vs the United States

Indicative all-in package ranges, China against typical US prices. "All-in" means the package as listed — the imaging, laboratory and physician components of that tier.

Package tier	Typical US price	China all-in	Savings vs US
Essential (labs, ultrasound, ECG, physician)	\$2,000–\$4,000	\$400–\$800	80%
Comprehensive (adds MRI/CT, tumour markers)	\$4,000–\$7,000	\$800–\$1,500	79–80%
Premium executive (full imaging + cardio + GI)	\$6,000–\$10,000	\$1,200–\$2,500	75–80%

Prices are indicative 2026 ranges, not quotations, and are confirmed in writing before booking. Savings bands compare like-for-like tiers and move with the depth of imaging and any sedation options a tier includes.

What the quoted ranges do *not* include

- **Treatment.** If screening finds something needing treatment — a procedure, surgery, medication or admission — that is priced separately, not covered by any figure here.
- **Travel and accommodation.** Flights, hotels, transport, meals and visa or entry costs are not included.
- **Add-on tests.** Optional procedures such as gastroscopy or colonoscopy under sedation, where not already part of your tier, sit outside the range.

WHAT YOU ARE BUYING

What is actually included at each tier

The tiers are cumulative: each adds imaging and specialist review on top of the previous package. Prices rise with scan time, contrast, sedation and the number of specialists who sign off the report.

Tier	What the package covers
Essential	Laboratory panel (blood and urine), abdominal or targeted ultrasound, ECG, and a physician review with a written summary.
Comprehensive	Everything in Essential, plus cross-sectional imaging (MRI and/or CT) and tumour marker bloodwork. The tier most people choose when they want imaging, not only laboratory data.
Premium executive	Full imaging (whole-body MRI or low-dose CT), carotid and abdominal ultrasound, cardiac workup (ECG, echocardiography, stress testing, coronary calcium scoring), tumour markers and an extended blood panel, GI assessment — optionally with gastroscopy or colonoscopy under sedation — dental and ophthalmology screening, plus a physician report in English.

The exact scan list varies by hospital and by the package sheet current when you book. Your quote names every scan, test and consultation included.

What the price covers beyond the tests

The price also covers coordination — scheduling, registration, interpretation support and one point of contact — the written report in English with imaging on disk or USB and a bilingual summary for your home physician, and escrow: funds held by an independent agent, released in stages against milestones, never wired to an individual.

HOW IT WORKS

From records to a written report

This is the standard pathway. The timings describe the process, not a clinical outcome.

Stage	What happens	Typical timing
1. Records & booking	You send your history, medication and recent results. A physician reviews eligibility and you receive a line-item, all-in quote. Payment is funded into escrow rather than paid up front.	Quote within 48 hours
2. Appointment	The hospital schedules your checkup around your travel dates. Premium packages with endoscopy need more notice.	2–4 weeks ahead
3. The screening visit	Registration, sampling and imaging in one organised block. Fasting and sedation instructions are sent in advance.	1–2 days (premium: 2–3)
4. Results & English report	Physician review, a written report in English, imaging on disk or USB, and a bilingual summary for your own doctor — delivered before you fly home.	Same visit
5. Referral if something is found	If a finding needs specialist attention, the coordinating team arranges a specialist appointment and hands over your file. Any treatment that follows is a separate pathway with its own costs.	On review

Two things to settle before you travel

- **Fasting and medication.** Confirm in writing whether to take your regular medication that morning, and whether any test requires stopping something first. Never change a prescription on your own.
- **Imaging handover.** Ask for the raw imaging, not only the report. Without the images, a second opinion at home is guesswork.

READ THIS ONE

What a screening checkup does not do

This section matters more than the price table. Checkups are often marketed as a way to "catch everything" — that is not what they are, in any country, at any price.

Screening is not diagnosis

A screening test looks for signs of disease in people who feel well. A diagnostic test answers a specific clinical question about a symptom or an abnormal finding. If your checkup turns up something abnormal, that is a signal to investigate, not a diagnosis.

A normal result does not rule out disease

Imaging has resolution limits and cannot show everything, and some conditions produce unremarkable results at the time you are tested. A broadly normal report means nothing alarming was seen in the tests run on those days. It does not mean you are free of disease.

It is not a substitute for your own doctor

A checkup is a one-off set of measurements taken by people who do not know your history. Your own physician does: your medication, family history, previous results and what changed since last year. The report is written to be interpreted against that history, not instead of it. If your own doctor advises a different test or interval, that advice comes first.

More testing is not automatically better

Broad packages can produce incidental findings — something visible that would never have caused a symptom — leading to further tests, anxiety and occasionally procedures you did not need. They also produce false positives: results that look abnormal but are not. When a finding is reported, the next step is a conversation with a clinician.

And it does not prevent anything

No scan, blood test or package prevents disease. Tests produce information; what you do with it, with your own doctor, over years, is what can change an outcome.

The one-line version

A checkup tells you what a defined set of tests showed on the day it was performed. It does not tell you that you are healthy, and it does not replace the clinician who knows you.

PRACTICALITIES

For international patients

The logistics below are general. Entry rules and hospital programmes change, so confirm the current position for your nationality before booking flights.

Question	What to expect
Do I need a visa?	It depends on your nationality, purpose of travel and current policy, and rules change. Check with the Chinese embassy or consulate for your country, or ask your coordinator. Some visitors combine a checkup with a trip to the Hainan Boao Lecheng Pilot Zone, which operates visa-free entry arrangements for eligible travellers. Invitation and appointment documents are normally provided once booking is confirmed.
How long does the trip take?	Most comprehensive programmes complete in 1–2 days; premium packages with endoscopy may take 2–3 days. Add travel days and any recovery time after sedation. Reports are delivered before you fly home, and premium packages are typically booked 2–4 weeks ahead.
Are results in English?	Yes — a written report in English, imaging on disk or USB, and a bilingual summary for your home physician. Ask for an interpretation session when booking if you want results explained, not only translated.
Can it lead to treatment?	It can lead to a referral. If a finding needs specialist attention, the coordinating team can arrange a specialist appointment and hand over your file. Any treatment that follows is a separate pathway with its own consent, timeline and costs — none included in the package ranges here.
Where are programmes run?	At China's JCI-accredited teaching hospitals, including PUMCH (Beijing), Ruijin (Shanghai), West China Hospital (Chengdu), Fudan Cancer (Shanghai), Fuwai (Beijing) and the Boao Lecheng Pilot Zone.

Comparing a China quote with a quote at home

Put both side by side and check they cover the same tests. A cheaper package with fewer scans is a different checkup, not a cheaper version of the same one.

NEXT STEP

How to book

Send your details and we will come back with a line-item quote naming every test in the package, so you can compare it against a quote at home. No obligation, no pressure.

What to send

- Your age, sex and country of residence
- Current medication and known conditions
- Recent results or imaging reports, if you have them
- Your approximate travel dates, and whether you want endoscopy under sedation

What happens after you send it

- A physician reviews your details and your eligibility for a screening programme
- You receive an all-in, line-item quote within 48 hours, with the package contents named
- You confirm the appointment, fund escrow rather than paying the hospital up front, and the hospital schedules the visit and sends preparation instructions

Four questions worth asking any provider

- Exactly which scans, tests and consultations are in this price — and which are not?
- Is sedation or endoscopy included, and if not, what does it add?
- Do I receive the raw imaging, or only a written summary?
- If a finding needs follow-up after I fly home, who handles the handover to my own doctor?

Verified China Care

Email: care@verifiedchinacare.com

Web: verifiedchinacare.com

WhatsApp / phone: [+1 302 217 0438](tel:+13022170438)

This guide summarises published pricing and general information and is educational, not medical advice. It makes no claim about the outcome of any test, and screening does not prevent disease. A normal result does not rule out disease and does not replace advice from your own physician. All prices are indicative 2026 ranges, not quotations, are confirmed in writing before booking, and exclude treatment costs, travel, accommodation and add-on tests.