

First-Time Use / Activate Online Booking Account (Student Health Service)

「Activation Code」：

Please refer to the "Personal Health Assessment Findings and Recommendations" distributed on the day of your annual health assessment for your Activation Code.

(Please keep your Activation Code in a safe place for future use when resetting your password.)

First Time Use / Activate Online Booking Account

Booking System Registration Number [Ⓞ]*

Student's Date of Birth*

Activation Code*

New Password*

- × Within 10-32 characters
- × At least 1 uppercase
- × At least 1 lowercase
- × At least 6 alphanumeric characters
- × At least 2 numbers (0-9)

Re-enter Password*

Email*

This email address will be used solely for communication by service units of the Department of Health. Please make sure the email address that you have provided is correct.

Communication Language*
 English 中文
Apart from receiving reminder emails on health assessment appointments of Student Health Service, I would like to receive the following through emails:
1. Information on changes in service arrangement of the Student Health Service*
 Yes No
2. Information on disease prevention or healthy lifestyle*
 Yes No
3. Multi-media materials/tools on health promotion*
 Yes No

衛生署 學生健康服務 個人健康檢查結果及建議

姓名: 陳大大
中心: 藍田學生健康服務中心及評估中心
檢查日期: 06-02-2026

Activation Code

啟動網上賬戶程序
請瀏覽網址
<https://www.studenthealth.gov.hk/wsstudenthealth>
登入時，需以「預約系統登記號碼」(BSRN)作為戶口名稱，請參閱兒童健康紀錄冊上的相關標籤
如果你未曾啟動網上賬戶，請於05-03-2026或以前用以下帳戶啟動碼啟動
你的帳戶啟動碼: aV5BjPPjAY

你今天在本中心接受健康評估的結果及我們的一些建議如下：

- #### 體重超出標準範圍
- 注意均衡飲食，按照「健康飲食金字塔」的分量比例來選擇食物
 - 避免進食過多煎炸及甜的食物，例如肥肉、燒味皮、家禽皮、即食麵、肉腸、午餐肉、糖果、中西糕點、汽水、雪糕、蜜餞等
 - 選擇熱量較低的食物，例如蔬菜、水果、菇類、豆腐、脫脂奶、魚、瘦肉等
 - 採用蒸、白灼代替煎炸的烹調方法；肉類去肥肉，家禽類去皮及皮下脂肪
 - 每天應合共做不少於一小時的中等強度至劇烈強度的體能活動。中等強度的體能活動：例如游泳或踏單車等。劇烈強度的體能活動：例如打籃球或踢足球等。
 - 除非按醫生指示，否則切勿使用減肥藥物