



info@cits.com.cn



+86-10-65222991

Shanghai Highlights & Health Screening Tour - 4 Days

Experience professional health screening at a selected international medical facility in Shanghai while discovering the city's cultural highlights. This 4-day tour offers a choice of essential or comprehensive health screening packages, complemented by a Traditional Chinese Medicine (TCM) wellness experience or preventive dental care. Beyond healthcare, explore Shanghai's iconic attractions.

Tour highlights

Experience professional health screening: Receive personalized health assessments at a selected international medical facility in Shanghai, with multilingual assistance.

Choose your preferred health screening package: Select from essential preventive health assessments or comprehensive executive health screening options.

Discover traditional Chinese wellness: Complement your health screening with a TCM wellness experience or preventive dental care, according to your selected package.

Explore Shanghai's iconic landmarks: Visit Yu Garden, stroll through Shanghai Old Town, and admire the spectacular skyline from the Bund.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Arrival in Shanghai	 airport/railway station - hotel transfer in Shanghai  Upon arrival in Shanghai, you will be greeted by your local guide and transferred to your hotel. The rest of the day is free for you to relax or explore the city at your own pace.

2	Day 2 Shanghai Yu Garden, Shanghai Old Town & the Bund	 breakfast, lunch  Begin your day at Yu Garden, a beautifully preserved classical Chinese garden featuring traditional pavilions, ornamental ponds, and intricate rockeries. Continue through Shanghai Old Town, where historic streets, traditional architecture, and lively local shops offer a glimpse into the city's cultural heritage.. After lunch at a local restaurant, visit the Bund, Shanghai's iconic waterfront promenade, known for its historic architecture and spectacular views of the modern Pudong skyline. The rest of the afternoon is free for you to explore Shanghai at your own pace.   
3	Day 3 Shanghai Health Screening & Wellness Experience	 breakfast, lunch  Dedicate today to a personalized health and wellness experience at one of Shanghai's selected international medical facilities. Choose from health screening packages designed for different needs, from essential preventive health assessments to comprehensive executive evaluations. Depending on your selected package, examinations may include blood tests, cardiovascular assessments, ultrasound imaging, and other health checks. Professional medical staff will guide you through your scheduled examinations, with multilingual assistance arranged according to availability. Your selected health screening package also includes a choice of one TCM wellness experience or preventive dental care service, subject to medical suitability and advance arrangements.
4	Day 4 Shanghai Departure	 hotel - airport/railway station transfer  breakfast  Enjoy some free time before transferring to the airport or railway station for your onward journey. End of service.

Frequently asked questions

What is included in the Shanghai Highlights & Health Screening Tour?

This 4-day tour combines Shanghai sightseeing with a dedicated health screening experience. Highlights include Yu Garden,

Shanghai Old Town, the Bund, and a visit to a selected international medical facility. Exact medical services depend on the chosen screening package.

What health screening packages are available?

Travelers can choose between an essential health screening package and a more comprehensive executive wellness package. Depending on the option, examinations may include blood tests, cardiovascular assessments, ultrasound imaging and other preventive health checks. Specific tests are subject to the medical provider's arrangements.

Can international travelers receive health screening services in Shanghai?

Yes. Selected international medical facilities in Shanghai serve overseas visitors. Multilingual assistance and English-language reports may be arranged depending on the facility and package.

Does the tour include Traditional Chinese Medicine (TCM) experiences?

Depending on the selected package and medical suitability, travelers may choose a TCM wellness experience, potentially including pulse assessment, tuina massage or acupuncture, or choose preventive dental care instead.

Can I receive my health screening results before leaving Shanghai?

Some preliminary results may be available on the examination day, while complete reports can take longer. Where supported by the provider, final reports may be delivered securely after departure.

Do I need to prepare for the health screening in advance?

Yes. Some tests require fasting or other preparation. Instructions are provided ahead of the appointment based on the selected package. Travelers should disclose relevant medical conditions and medications to the provider.

Can I customize the itinerary or add optional activities?

Yes. CITS offers tailor-made travel services to suit your interests and preferences. Whether you wish to explore more attractions in Shanghai, add optional activities, extend your stay, or visit other destinations across China, we can help you create a personalized itinerary.

Tour Includes :

- Private transfers between the airport or railway station and hotel.
- Private air-conditioned transportation for scheduled sightseeing and medical appointments.
- English-speaking local guide for scheduled sightseeing activities.
- Entrance fees to attractions listed in the itinerary.
- 3 nights of hotel accommodation with daily breakfast.
- Lunch on Days 2–3, with Day 3 lunch arranged according to the health screening schedule.
- Health screening services at a selected medical facility according to the chosen package.
- One TCM wellness experience or preventive dental care service, included in the selected medical package.
- Medical appointment coordination and multilingual assistance during the health screening.

Tour Excludes :

- International and domestic flights, train tickets, and Chinese visa fees, if applicable.
- Meals not specified in the itinerary.
- Optional activities, including the Huangpu River cruise and Shanghai Tower Observation Deck.
- Additional medical examinations, treatments, medications, or services beyond the selected package.
- Personal expenses, including shopping, laundry, telephone charges, and tips for guides and drivers.
- Travel and medical insurance.

About Shopping or No-shopping Tours

Since October, 2013, CITS offers truly alternative prices of tours with or without shopping. Exceptionally, some tours only have one type price, such as seat-in-coach, hiking, self-driving and luxury tours, etc. [Click here know more details.](#)