



**Jek Fong Jennifer  
Leung**

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27/03/2008 14:41

To <bestrong@fhb.gov.hk>

cc

bcc

Subject beStrong scheme - Jennifer Leung JF

Urgent     Return receipt     Sign     Encrypt

Dear Sir/ Madam from the Government,

Hello I am Jennifer and would like to express my points of view on the beStrong scheme.

1. i think it is important to tell the people that we should care about our own health. Teach us that we have plenty of time, please slow down, e.g. read/play/eat/listen/work one thing at a time.

2. Take enough rest.

3. Keep record of what has been done, to learn that we have in fact done a lot. Too busy.

4. Do not eat too much, if needed go on diet, consult proper doctors.

5. Do exercise.

6. I am a gal who has psychic illness, i strongly suggest that we should not turn away from it. Medicine do help to cure. Otherwise only few people would know the causes of illness, and they would have no clue to prevent it. Rigid healthy daily life-timetable is one of the main methods to prevent the sickness, if people lost control of the timetable, they will have high possibility of having the

illness.

7. If i have to pay hkd 600 a day in a public hospital, i would probably have no chance for cure.

I would be in danger, i suppose.

8. Therefore, i am for A) increasaing the medical tax and B) increase little of the medical payment.

See if these two methods help.

9. One more, i am a Christian, i believe having a healthy religious life is also one of the best ways

to prevent us from having disease. Somehow patients are patients, we need hospitals, doctors, nurses and

other health professionals; but not that do we pray then we will be cured, since this is life, this is

21st century.

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BR>

Thank you for reading.

God bless you, our Government and us !

Yours sincerely,

Jennifer Leung Jek Fong

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