



PERFECT MEDICAL

PERFECT MEDICAL HEALTH MANAGEMENT LIMITED

完美醫療健康管理有限公司

(Incorporated in the Cayman Islands with limited liability)

(於開曼群島註冊成立之有限公司)

(Stock Code: 1830)

(股份代號：1830)

NOTIFICATION LETTER 通知信函

2 December 2022

Dear Shareholder(s),

Notification of Publication of Corporate Communication on the Company's Website

We hereby notify you that the following corporate communication (the “**Current Corporate Communication**”) of Perfect Medical Health Management Limited (the “**Company**”), in both English and Chinese versions, are now available on the Company's website at www.perfectmedical.com and the website of Hong Kong Exchanges and Clearing Limited (the “**HKEXnews website**”) at www.hkexnews.hk:

- Interim Report 2022/2023

You may now access the Current Corporate Communication under “Investor Relations” section of the Company's website or the HKEXnews website. If you have elected to receive Corporate Communications[#] in printed form, the Current Corporate Communication in printed form are enclosed.

If you would like (i) to receive future Corporate Communications from the Company in printed form instead of in electronic form on the Company's website (or in electronic form on the Company's website instead of in printed form) and/or (ii) to change the language (or, as the case may be, to receive in both languages) in which you receive Corporate Communications in printed form, please complete the Change Request Form on the reverse side of this letter and sign and return it by post or by hand to the Company c/o the Company's branch share registrar in Hong Kong (the “**Hong Kong Share Registrar**”), Tricor Investor Services Limited, 17/F, Far East Finance Centre, 16 Harcourt Road, Hong Kong or by email to is-ecom@hk.tricorglobal.com. If you post your reply in Hong Kong, you may use the pre-paid mailing label in the Change Request Form and need not to affix a stamp on the envelope when returning your Change Request Form. Otherwise, please affix an appropriate stamp. The Change Request Form may also be downloaded from the Company's website at www.perfectmedical.com or the HKEXnews website.

If you have elected (or are deemed to have consented) to receive the Current Corporate Communication in electronic form on the Company's website and for any reason have difficulty in gaining access to Corporate Communications on the Company's website, the Company will upon request send the Current Corporate Communication to you in printed form free of charge.

You may at any time by reasonable prior notice in writing to the Company (sent to the above address of the office of the Hong Kong Share Registrar or by email to is-ecom@hk.tricorglobal.com) elect (i) to receive future Corporate Communications from the Company in printed form instead of in electronic form on the Company's website (or in electronic form on the Company's website instead of in printed form) and/or (ii) to change the language (or, as the case may be, in both languages) in which you receive Corporate Communications in printed form.

Should you have any questions in relation to this letter, please call the telephone hotline of the Hong Kong Share Registrar at (852) 2980 1333 during business hours from 9:00 a.m. to 6:00 p.m., Monday to Friday, excluding public holidays.

Perfect Medical Health Management Limited
So Hin Lung
Executive Director and Company Secretary

“Corporate Communications” are any documents issued or to be issued by the Company for the information or action of holders of any of its securities or investing public, and including but not limited to: (a) the directors' report, its annual accounts together with a copy of the auditors' report and, where applicable, its summary financial report; (b) the interim report and, where applicable, its summary interim report; (c) a notice of meeting; (d) a listing document; (e) a circular; (f) a proxy form.

各位股東：

於本公司網站刊登公司通訊之通知

謹此通知 閣下，完美醫療健康管理有限公司(「本公司」)之下述公司通訊(「本次公司通訊」)之英文及中文版本，現已於本公司網站www.perfectmedical.com及香港交易及結算所有限公司網站(「披露易網站」)www.hkexnews.hk登載：

- 中期報告2022/2023

請於本公司網站「投資者關係」一欄或披露易網站讀取本次公司通訊。如 閣下已選擇收取公司通訊[#]之印刷本，本次公司通訊隨本函附上。

如 閣下欲(i)收取本公司日後的公司通訊之印刷本，以代替於本公司網站登載之電子版本(或收取於本公司網站登載的公司通訊電子版本，以代替印刷本)及/或(ii)更改所收取的公司通訊印刷本的語言版本(或，視乎情況，同時收取兩種語言版本)，請 閣下填妥在本函背面的變更申請表格，並在變更申請表格上簽名，然後寄回或親自交回本公司之香港股份過戶登記處卓佳證券登記有限公司(「香港股份過戶登記處」)，地址為香港夏愨道16號遠東金融中心17樓或以電郵發送至is-ecom@hk.tricorglobal.com。倘若 閣下在香港投寄，可使用變更申請表格內已預付的郵寄標籤寄回，而毋須在信封上貼上郵票；否則，請貼上適當的郵票。變更申請表格可於本公司網站www.perfectmedical.com或披露易網站下載。

如 閣下已選擇(或被視為已同意)收取於本公司網站登載的本次公司通訊電子版本，惟因故於本公司網站查閱公司通訊上出現困難，本公司將於收到 閣下要求後，寄送本次公司通訊之印刷本予 閣下，費用全免。

閣下可以隨時預先以合理時間的書面通知(寄送至上述香港股份過戶登記處的辦公地址或透過電郵至is-ecom@hk.tricorglobal.com)通知本公司，選擇(i)收取本公司日後的公司通訊之印刷本，以代替於本公司網站登載的電子版本(或收取於本公司網站登載的公司通訊電子版本，以代替印刷本)及/或(ii)更改所收取的公司通訊印刷本的語言版本(或，視乎情況，同時收取兩種語言版本)。

閣下如有任何與本函內容有關的疑問，請致電香港股份過戶登記處電話熱線(852) 2980 1333，辦公時間為星期一至星期五(公眾假期除外)上午九時正至下午六時正。

完美醫療健康管理有限公司
執行董事及公司秘書
蘇顯龍

二零二二年十二月二日

「公司通訊」乃本公司發出或將予發出以供向其證券持有人或投資公眾參照或採取行動的任何文件，包括但不限於(a)董事會報告、其年度賬目連同核數師報告以及(如適用)財務摘要報告；(b)中期報告及(如適用)中期摘要報告；(c)會議通告；(d)上市文件；(e)通函；(f)代表委任表格。

Change Request Form 變更申請表格

To: Perfect Medical Health Management Limited (the "Company")
(Stock Code: 1830)
c/o Tricor Investor Services Limited
17/F, Far East Finance Centre,
16 Harcourt Road, Hong Kong

致: 完美醫療健康管理有限公司(「本公司」)
(股份代號: 1830)
經卓佳證券登記有限公司
香港夏慤道16號
遠東金融中心17樓

Part A I/We would like to receive the printed version of the Current Corporate Communications (as defined on the reverse side of this form):

甲部 本人/我們欲收取本次公司通訊(定義見本表格背面)之印刷本:

(Please mark "✓" in the appropriate box 請在適當空格內劃上「✓」號)

the Current Corporate Communications in printed form (in combined English and Chinese versions).
本次公司通訊之英文及中文合併印刷本。

Part B I/We would like to change the way in which I/we receive future Corporate Communications[#] from the Company in the manner indicated below:

乙部 本人/我們現欲變更以下列方式收取本公司日後的公司通訊[#]:

(Please mark "✓" in ONLY ONE of the following boxes 請從下列選擇中, 僅在其中一個空格內劃上「✓」號)

to receive in electronic form on the Company's website and by receiving notification by email to the address below when each Corporate Communication is made available on the Company's website; OR

收取於本公司網站登載的電子版本, 並在每次於本公司網站登載公司通訊時收取發送至以下電郵地址的電郵通知; 或

Email Address:

電郵地址:

(The Company will send to the email address provided above (if any) a notification of the availability of each Corporate Communication on the Company's website. If no email address is provided by a shareholder, a letter will be sent to the shareholder notifying the shareholder of the availability of each Corporate Communication on the Company's website. The email address will be used only for notification of release of Corporate Communications.)
(每次本公司網站登載公司通訊時, 本公司將發送電郵通知至以上提供的電郵地址(如有)。如股東未有提供電郵地址, 則將於每次本公司網站登載公司通訊時向該股東發出通知函件。以上電郵地址僅供用作通知公司通訊的發佈。)

to receive the printed English version ONLY; OR
僅收取英文印刷本; 或

to receive the printed Chinese version ONLY; OR
僅收取中文印刷本; 或

to receive both the printed English and Chinese versions.
同時收取英文及中文印刷本。

Name of Registered Shareholder:

註冊股東姓名:

Contact telephone number:

聯絡電話號碼:

Address:

地址:

Signature:

簽名:

Date:

日期:

Notes 附註:

- Please complete all the items. If no box, or more than one box, is marked "✓", or any signature or other information is incorrectly completed, the Company reserves its right to treat this Change Request Form as void.
請閣下填妥所有資料。倘未有任一個空格或超過一個空格劃上「✓」號, 或任何簽名及其他內容填寫錯誤, 本公司保留權利將本變更申請表格視為無效。
 - By electing to receive corporate communications in electronic form on the Company's website and have expressly waived the right to receive them in printed form, you have expressly agreed that they may be sent or supplied to you by being made available on the Company's website and have expressly waived the right to receive them in printed form.
在選擇透過本公司網站收取公司通訊電子本以代替收取印刷本後, 閣下已明示同意放棄收取公司通訊印刷本的權利。
 - If your shares are held in joint names, the shareholder whose name stands first on the register of members of the Company in respect of the joint holding should sign this Reply Form in order for it to be valid.
如屬聯名股東, 則本回條應由該聯名股東於本公司股東名冊上名列首位者簽署, 方為有效。
 - The above instruction will apply to all future corporate communications to be sent to you until you, by serving reasonable prior written notice, inform the Hong Kong Branch Share Registrar of the Company, Tricor Investor Services Limited, at 17/F, Far East Finance Centre, 16 Harcourt Road, Hong Kong by mail or by email to is-ecom@hk.tricorglobal.com.
上述指示適用於所有日後發送至閣下之公司通訊, 直至閣下以郵寄向香港股份過戶登記分處卓佳證券登記有限公司(地址為香港夏慤道16號遠東金融中心17樓)發出合理時間的預先書面通知, 或以電郵至 is-ecom@hk.tricorglobal.com。
 - You have the right at any time by serving reasonable prior written notice to the Hong Kong Branch Share Registrar by mail (the address stated in note 4 above) or by email to is-ecom@hk.tricorglobal.com to change the election of means of receipt and/or language(s) of all future corporate Communications.
閣下可於任何時間以郵寄向香港股份過戶登記分處(地址如上文附註4所述)發出合理時間的預先書面通知, 或以電郵至 is-ecom@hk.tricorglobal.com 以更改所有日後公司通訊之收取方式及/或語言版本之選擇。
 - For the avoidance of doubt, we do not accept any special instructions written on this Reply Form.
為免存疑, 任何在本回條上的額外書寫指示將不予處理。
- [#] Corporate communications are all documents issued by the Company to holders of its securities for their information or action and include (but are not limited to) full and summary annual and interim financial reports (and all reports and financial statements contained in them), notices of meetings, listing documents, circulars and forms of proxy.

PERSONAL INFORMATION COLLECTION STATEMENT 個人資料收集聲明

- (i) "Personal Data" in this statement has the same meaning as "personal data" in the Personal Data (Privacy) Ordinance, Chapter 486 of the Laws of Hong Kong (the "PDPO").
本聲明所指的「個人資料」具有香港法例第486章《個人資料(私隱)條例》(「私隱條例」)賦予「個人資料」之相同涵義。
- (ii) Your supply of Personal Data to the Company is on a voluntary basis. If you fail to provide sufficient information, the Company may not be able to process your appointment of proxy and other instructions.
閣下乃基於自願性質向本公司提供個人資料。倘閣下並未提供足夠資料, 本公司可能無法處理閣下之受委代表委任及其他指示。
- (iii) Your Personal Data may be disclosed or transferred by the Company to its subsidiaries, its share registrar and its branch share registrar in Hong Kong, and/or other companies or bodies for any of the stated purposes, and retained for such period as may be necessary for our verification and record purposes.
本公司可就任何指定用途將閣下之個人資料披露或轉移予其附屬公司、其股份過戶登記處及其香港股份過戶登記分處及/或其他公司或團體, 並將在必要期間內保留作核實及記錄用途。
- (iv) You have the right to request access to and/or correction of your Personal Data in accordance with the provisions of the PDPO. Any such request for access to and/or correction of your Personal Data should be in writing to the Personal Data Privacy Officer of Tricor Investor Services Limited (the address stated above).
閣下有權根據私隱條例之規定要求查閱及/或更正閣下之個人資料。任何查閱及/或更正閣下個人資料之要求均須透過書面方式向卓佳證券登記有限公司個人資料私隱主任提出(地址如上文所述)。

(Please cut along the dotted line 請沿虛線剪下)

Please cut the mailing label and stick this on an envelope to

return the Change Request Form to us.

No postage stamp is required for local mailing

當閣下寄回此變更申請表格時, 請將此郵寄標籤剪貼於信封上。
如在本港投寄, 閣下無需支付郵費或貼上郵票

Mailing Label 郵寄標籤

Tricor Investor Services Limited

卓佳證券登記有限公司

Freepost No. 簡便回郵號碼: 10 GPO

Hong Kong 香港