

Beyond the Healthcare Cost: Pat & Rocky Travel Tests a \$573 Executive Health Screening in Vietnam

The couple examines whether faster scheduling, immediate results, and streamlined testing make medical tourism worthwhile for Americans.



Ha noi, Hanoi Sep 12, 2026 ([Issuewire.com](https://www.issuewire.com)) - Pat & Rocky Travel, a travel and expat lifestyle channel with more than **1 million total YouTube views**, is giving viewers a firsthand look at medical tourism in Vietnam through a **\$573 comprehensive medical evaluation at VietLife Clinic in Hanoi**.

In the video, titled “**I Got a \$573 Executive Health Screening in Vietnam — Was Medical Tourism Worth It?**”, Pat & Rocky Travel documents the full patient experience and examines whether Americans should consider traveling to Vietnam or Thailand for routine preventive testing.

The evaluation included a broad range of tests designed to provide a comprehensive look at overall health.

Tests Completed at VietLife Clinic

The screening included:

- Electrocardiogram, or ECG
- Blood pressure testing
- Blood tests for lipid profile
- Blood tests for diabetes, kidney, and liver function
- Blood clotting tests

- Bone density testing, including DEXA scan
- Carotid Doppler ultrasound
- Abdominal ultrasound
- Thyroid ultrasound
- Breast ultrasound
- Lymph node ultrasound
- Tumor marker testing, including CEA, CA19-9, CA125, and AFP
- Thyroid function testing, including TSH, FT3, and FT4
- Urinalysis
- Stool testing
- HIV, HBsAg, and Anti-HCV testing

The total cost of the comprehensive executive health screening was approximately **\$573**.

“People often hear that medical care can be less expensive in Asia, but the bigger question is what the experience is actually like,” said Rocky of Pat & Rocky Travel. “We wanted to show the full process, what was included, how quickly the testing was completed, and whether the convenience and value made the experience worthwhile.”

A Major Difference in Time and Convenience

One of the biggest themes highlighted in the video is the speed of care.

In the United States, patients may need multiple appointments spread across several months in order to complete a similar set of routine tests. Scheduling the individual procedures can sometimes take **three to six months**, followed by additional waiting time before receiving a final consultation and complete review of the results.

By comparison, Pat & Rocky Travel found that comprehensive testing abroad could be completed in a much shorter period, with results available immediately or very quickly after the screening.

That difference raises an important question for Americans considering preventive healthcare:

Is it worth traveling to Vietnam or Thailand for routine testing if the process is faster, more streamlined, and potentially more affordable?

Medical Tourism Beyond Cost

The video does not focus only on price.

Pat & Rocky Travel also evaluates the overall patient experience, including:

- Ease of scheduling
- Time required to complete testing
- Organization of services
- Communication with medical staff
- Speed of receiving results
- Convenience of having multiple tests completed in one location
- Overall value for international patients

The couple believes that these factors are especially important for Americans who are considering retirement abroad, long-term travel, or living internationally.

“Cost matters, but time matters too,” Rocky said. “If someone can complete a broad range of preventive tests in one place and receive results immediately instead of waiting months between appointments, that can completely change how they view healthcare abroad.”

Part of a Larger Healthcare and Expat Story

Pat & Rocky Travel has increasingly expanded its coverage of healthcare in Asia as part of its broader focus on retirement, relocation, and expat life.

The channel documents personal experiences with healthcare systems in Thailand and Vietnam, along with cost-of-living comparisons, housing, travel, hotels, food, shopping, transportation, and everyday life overseas.

Their content is designed to help viewers better understand what life outside the United States can actually look like beyond the vacation experience.

Pat & Rocky Travel has generated more than **1 million total YouTube views**, with an audience interested in international travel, retirement abroad, medical tourism, and expat living.

Watch the Video

I Got a \$573 Executive Health Screening in Vietnam — Was Medical Tourism Worth It?

YouTube:

<https://www.youtube.com/watch?v=sPRotmuyjjE>

About Pat & Rocky Travel

Pat & Rocky Travel is a travel, retirement, healthcare, and expat lifestyle platform following a retired U.S. Army veteran and his wife as they live in Bangkok, Thailand, and travel throughout Asia and beyond.

The channel documents medical tourism, healthcare abroad, international relocation, cost of living, housing, hotels, food, shopping, travel, and the realities of everyday life overseas.

Pat & Rocky Travel has generated more than **1 million total YouTube views** and continues to build a community interested in travel, retirement abroad, healthcare overseas, and international living.

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Pat & Rocky Travel is an independent media and travel platform. The information presented reflects personal experiences and is not intended as medical, insurance, legal, or financial advice. Viewers should consult qualified healthcare professionals and verify current information directly with healthcare providers before making medical decisions.



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