

FY 2017 Notes regarding the regular health checkup for students (Kogushi area)

★★ When you are having a health checkup ★★

We appreciate your understanding and cooperation in order to carry out the tests smoothly.

- (1) Please come dressed in clothing that can be put on and taken off quickly. (Female students should avoid wearing dresses, stockings, or tights)
- (2) In the chest X-ray test, a light, plain T-shirt (long-sleeves or thermal clothing are also OK) or a tank top (those with metal or plastic parts for adjusting shoulder straps are to be avoided) can be left on.
(In order to prevent them from showing in the X-ray photograph, dress in clothing with no buttons, decoration, print, fasteners, or embroidery.)
- (3) Please take off accessories such as necklaces and bracelets before you come. (As they need to be taken off for the test, they often get lost or left behind)
- (4) Don't bring in valuables. (There are no lockers in the health checkup venues)

★ Tests in testing order and related notes

1	Fill out the interview sheet Receive the health checkup sheet (Applicable to: All years)	<ul style="list-style-type: none"> - Your tests will go more smoothly if you come with the interview sheet completed in advance. - Be sure to write <u>your student ID number (10-digit number) and your phone number (mobile phone)</u> on the interview sheet.
2	Chest X-ray test (Applicable to: All years)	<ul style="list-style-type: none"> - Please receive a numbered ticket at the reception. - If you have long hair, please make sure to put your hair up before taking the test, so that it doesn't come down below your shoulders. - Please take off any accessories such as necklaces and bracelets. - Please take off any underclothes with wire or plastic parts, and as soon as you are dressed as described in (2) of ★★ When you are having a health checkup ★★ and are ready, take only the numbered ticket with you and go to the X-ray car as instructed (there will be two X-ray cars). - You may put your top over your shoulders while waiting to be tested. * Do not take the numbered ticket you received at the reception with you to the other tests.
3	Urine test (Applicable to: All years)	<ul style="list-style-type: none"> - If you are on your period, please inform the staff at the urine test reception. A container for testing on a later day will be provided.
4	Height and weight measurement (Applicable to: All years)	<ul style="list-style-type: none"> - At the same time, your body fat percentage will be measured, so please take your socks, stockings, or tights off and do the measurement with bare feet.
5	Blood pressure measurement (Applicable to: All years)	<ul style="list-style-type: none"> - If you are wearing a heavy top, please take it off before the test. - Relax, and your <u>right arm</u> will be measured.
6	Vision check (Applicable to: All years)	<ul style="list-style-type: none"> - If you usually wear glasses or contact lenses, only your corrected vision will be measured. Please inform the staff at the time of the test.
7	Hearing test (Applicable to: All years)	<ul style="list-style-type: none"> - Please wait <u>quietly</u>, as any sound around the test lab affects the test.
8	Confirmation of test results Retest notifications (Applicable to: All years)	<ul style="list-style-type: none"> - After taking all the necessary tests, get the results. - In addition to confirmation that the measurement results have been input, instructions for retests will be given to those who need to take them.
9	Medical examination (Applicable to: All years)	<ul style="list-style-type: none"> - The <u>electrocardiogram test</u> will only be taken by those instructed by the doctor.

★ Retest notifications

Retest notifications regarding urine, blood pressure, and hearing are planned to be given on the day of the test, while those regarding the chest X-ray, medical examination, and content of the medical interview are planned to be given by calling the applicable persons in within two weeks after the health checkup is finished. Retest notifications other than for urine, blood pressure, and hearing are given by phone or e-mail, so please make sure to write your contact information on the interview sheet. If you receive a notification, please visit the Health Administration Center, Faculty of Medicine and Health Science on the 2nd floor of Ishinkan for your retest at the designated date and time.

<A request to all>

Please add the Health Administration Center, Faculty of Medicine and Health Science phone number and e-mail address to your mobile phone contacts, so that you will know if you get a call (**Calls from the number 0836-22-2381 are also from the Health Administration Center, Faculty of Medicine and Health Science**).

Please understand in advance that, as it is important information, if we cannot contact you, we may notify your guardian or Academic Office with a request to recommend you visit the Health Administration Center for your retest.



Add to contacts from here ⇒



★ Health certificates

Unless you take all the tests, the Health Administration Center cannot issue your health certificate (for employment, proceeding to graduate school, scholarship applications, part-time jobs etc.) during FY2017. You will also not be able to have special health checkups provided by the Health Administration Center (checkups before club training camps or tournaments, the checkup for the President Cup Road Relay, or the checkup for practitioners of recombinant DNA experiments etc.). The same kind of certificate will cost five thousand yen or more from a medical institution.

Health certificate issuance period: May 23 (Tue), 2017 to March 30 (Fri), 2018

★ Checking your health checkup results on the website

You can view your health checkup results on the Health Administration Center website (**for a limited period**). In order to view the results, you need the login name and password on your "Yamaguchi University Educational Campuswide Computing System user registration card", which was distributed at the time of your admission. Since the results for some of the tests cannot be given on the day of the health checkup, please make sure to check.

* The health checkup results viewing page can only be accessed from within the campuses.

Health checkup results viewing period: June 5 (Mon) to July 31 (Mon), 2017

