

FY 2017 Notes regarding the regular health checkup for students (Tokiwa 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) Please wear a light, plain T-shirt (long-sleeves or thermal clothing are also OK) or tank top (those with metal or plastic parts for adjusting shoulder straps are to be avoided).

(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 / related notes / venues

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| 1 | Fill out the interview sheet Receive the health checkup sheet (Applicable to: All years) | - Your tests will go more smoothly if you come with the interview sheet completed in advance. → Interview sheets (green) are available at the Student Section, Department Office, or Health Administration Center, Faculty of Engineering. - Be sure to write your student ID number (10-digit number) and your phone number (mobile phone) on the interview sheet. | Welfare Facility 1F (In front of Co-op) |
| 2 | Chest X-ray test (Applicable to: Students in their graduation year, other recipients*) | - Please take off your clothes and leave on only your light, plain T-shirt or tank top (take off any underclothes with wire or plastic parts), and as soon as you are ready, go to the X-ray reception with your interview sheet and health checkup sheet in hand. - 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. - You may put your top over your shoulders while waiting in line. * Do not take the numbered ticket you received at the reception with you to the other tests. | Welfare Facility 1F (Band Club House) |
| 3 | Urine (Applicable to: All years) | - 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. | Welfare Facility 3F (Please take the stairs when transferring floors) |
| 4 | Vision (Applicable to: Students in their graduation year, other recipients*) | - 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. | |
| 5 | Blood pressure (Applicable to: All years) | - If you are wearing a heavy top, please take it off before the test. - Relax, and your right arm will be measured. | |
| 6 | Height and weight (Applicable to: All years) | - 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. | |
| 7 | Hearing (Applicable to: Students in their graduation year, other recipients*) | - Please wait quietly, as any sound around the test lab affects the test. | |
| 8 | Medical examination (Applicable to: All years) | - The electrocardiogram test will be taken on a later date only by those instructed by the medical examination doctor. - Please note that for complicated consultations, we may ask you to come back another day if there are many people waiting. | Main Hall West 1F Seminar Room No. 2 |
| 9 | Confirmation of test results Retest notifications (Applicable to: All years) | - 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. | Main Hall West 1F Seminar Room No. 1 |
| 10 | Collection of the interview sheet and health checkup sheet (Applicable to: All years) | - Place your interview sheet and health checkup sheet together in the applicable basket. This is the end of your health checkup. | |

* "Other recipients" include people who are instructed to take the test every year and people who need a health certificate during FY2017.

Tests 8, 9, and 10 (■ color) will be conducted in the Main Hall 1F Seminar Room.

★ Retest notifications

If a retest is necessary, 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 and medical examination are planned to be given in order starting from early May. Retests will be carried out at the Health Administration Center, Faculty of Engineering, and you will be referred to a hospital if necessary, so please be sure to visit at the designated date and time.

<A request to all>

Please add the Health Administration Center, Faculty of Engineering phone number and e-mail address to your mobile phone contacts, so that you will know if you get a call.

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



Add to contacts from here ⇒



★ Electrocardiogram test

The **electrocardiogram test** will be taken on a later date only by those instructed at 8. Medical examination. Take the memo given by the medical examination doctor, and hand it in at 9. Confirmation of test results / Retest notifications. You will receive details on test dates/times etc.

★ 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 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 several thousand yen from a medical institution.

Health certificate issuance period: May 15 (Mon), 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: May 22 (Mon) to July 31 (Mon), 2017

