

## FY 2017 Notes regarding the regular health checkup for students (Yamaguchi 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)
- (5) With regard to bicycles, please park them in the bicycle parking area before coming. (The area around the health checkup venue is a no-parking area for bicycles)

### ★ 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"> <li>- Health checkup reception: In front of the Health Administration Center reception (Please enter using the stairs at the west side (car park side) of the Administration Bureau I Building)</li> <li>- The health checkup interview sheet will be filled out here.</li> <li>- Your tests will go more smoothly if you come with the interview sheet completed in advance. → <b>Interview sheets (green) are available at the Academic Office of each faculty or the Health Administration Center.</b></li> <li>- Be sure to write <b>your student ID number (10-digit number) and your phone number (mobile phone)</b> on the interview sheet.</li> </ul>
2	Urine test (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.
3	Blood pressure measurement (Applicable to: All years)	- If you are wearing a heavy top, please take it off before the test. - Relax, and your <b>right arm</b> will be measured.
4	Vision check (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	Hearing test (Applicable to: Students in their graduation year, other recipients*)	- Please wait quietly, as any sound around the test lab affects the test.
6*	Height and weight measurement (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. (With regard to stockings and tights, put them back on <u>after 8. Electrocardiogram test</u> )
7*	<u>Electrocardiogram test</u> (Applicable to: Students in their graduation year, other recipients*)	<ul style="list-style-type: none"> <li>- When you have finished taking the X-ray test, remain dressed as you are and go to the electrocardiogram test.</li> <li>- Electrodes will be attached to your wrists, ankles, and chest. Please wait with your pants rolled up.</li> <li>- Turn OFF your mobile phone and take it out of your pocket.</li> </ul>
8*	Chest X-ray test (Applicable to: Students in their graduation year, other recipients*)	<ul style="list-style-type: none"> <li>- 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.</li> <li>- Please take off any accessories such as necklaces and bracelets.</li> <li>- 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, go to the X-ray reception with your interview sheet and health checkup sheet in hand.</li> <li>- You may put your top over your shoulders while waiting in line.</li> <li>* <b>Do not take the numbered ticket you received at the reception with you to the other tests.</b></li> </ul>
9	Interview / retest notification (Applicable to: All years)	- In addition to a medical interview on the basis of the interview sheet, your measurement results will be checked and any retest instructions will be given.
10	Medical examination (Applicable to: Only those who are instructed)	

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

\* Tests 6, 7, and 8 will be held in the "Refresh Room" below the Health Administration Center.

## ★ 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, electrocardiogram, and content of the medical interview are planned to be given in order starting from early May. 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 for your retest at the designated date and time.

### <A request to all>

Please add the Health Administration Center 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 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 (except for 10. Medical examination), the Health Administration Center cannot issue your health certificate (for employment, proceeding to graduate school, scholarship applications, care practice, 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, checkups before participating in sports training (camping, swimming, cycle racing, skiing), 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 11 (Thu), 2017 to March 30 (Fri), 2018**

## ★ Having a health checkup at the Faculty of Engineering campus or at the Faculty of Medicine and Health Science campus

If it will be difficult for you to have your checkup at the Yoshida Campus and you would like to have it at the Faculty of Engineering campus, or at the Faculty of Medicine and Health Science campus instead, please consult the Health Administration Center in advance as prescribed procedures are required. Please note that you cannot have your checkup if you don't follow the prescribed procedures.

## ★ 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 15 (Mon) to July 31 (Mon), 2017**

