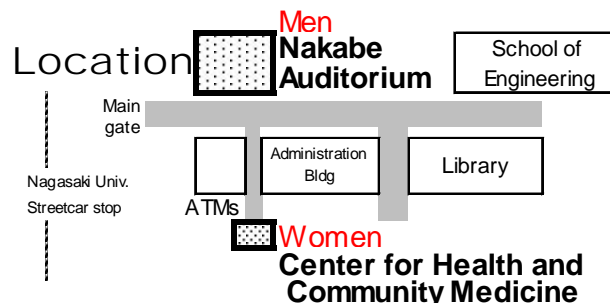


2020 Annual Student Health Checks

Health check results may be required for practical training, job applications, academic advancement, and scholarship applications. If you do not get a health check during one of the periods below, the university will not be able to issue your health certificate, and you will need to get a health check at your own expense at an external medical facility.

Sep. 28 (Mon) & 29 (Tue)
Oct. 2 (Fri), 5 (Mon) & 12 (Mon)
Oct. 19 (Mon) ~ 23 (Fri)
Oct. 28 (Wed) ~ 30 (Fri)
Nov. 16 (Mon), 17 (Tue) & 20 (Fri)
Nov. 24 (Tue) ~ 27 (Fri)



Health checks will consist of the following items only:

1. Chest X-ray 2. Submission of health check form

Note: If you have had a chest X-ray after April 1, 2020, please submit the results and your health check form. You do not need to have another X-ray.

If there is a chance you might be pregnant, it is only necessary to submit the health check form.

1. You must make an appointment for your health check

Appointment system available: **12:00 noon Sep. 17 (Thu.) – 12:00 noon Nov. 27 (Fri.)**

Appointment system URL: https://www.yoyaku.hc.nagasaki-u.ac.jp/comres_hc/u_start.php

The **Appointment System User Guide** can be found on the university health center web site.

- ✓ Each appointment time slot can only accommodate a limited number of people. Please make an appointment as soon as possible.
- ✓ The health check takes about 15-30 minutes. Please schedule your appointment accordingly.
- ✓ There are different appointment times set for men and women. If you desire a disability-related or other accommodation, or if you have gender-related questions about the health checks, please contact the health center before making your appointment.

2. Prepare the following necessary items

- **Health check form:** Please obtain the form at the academic affairs office in your faculty/department. You can also print out the form from the health center web site.

Note: Disregard the instructions on the health check form. ALL students are required to fill out the questionnaires regarding mental health (front) and medical history (back).

- **Supplemental document entitled “健康診断提出書類” (1st-year undergraduate students only):**

Please submit this form, which is included in the admission procedures guide.

- **T-shirts, etc. for chest X-ray (if you do not bring a t-shirt, you may not be able to get an X-ray):**

Please bring or wear a plain T-shirt without any decorations, such as buttons. Please take off your bra, bra top, wireless bra, and any camisole that contains plastic, etc. Please do not wear a dress. If you have long hair, tie it so that it does not cover your shoulders when you lift your chin. Make a bun at the top of your head, or put up your ponytail with a barrette.

3. Notes

- ✓ **Please cooperate with the university's efforts to prevent the spread of infectious diseases.**
 - ✓ Please postpone and reschedule your health check if any of the following applies:
 - You have a fever (underarm temperature of 37.0°C or 98.6°F) at some point during the 7 days prior to the day of your health check.
 - You have any of the following symptoms at some point during the 3 days prior to the day of your health check: Sore throat, congestion or runny nose, cough, shortness of breath or difficulty breathing, fatigue, abdominal pain, diarrhea, loss of appetite, change in sense of taste or smell
 - You have been outside of Nagasaki Prefecture sometime in the 2-week period prior to the day of your health check.

If you cannot reschedule for one of the available dates, please contact the health center in advance.
 - ✓ If any of the following applies, you will have your health check on a different day; please contact the health center by Sept. 27 to schedule your appointment.
 - You have diabetes, cardiac insufficiency, respiratory disease such as chronic obstructive pulmonary disease, etc.
 - You use medications such as immunosuppressants, steroids, anticancer drugs, etc.
 - You are on dialysis or are 65 or older.
 - ✓ Be sure to follow recommended hygiene practices (wash your hands with soap and water frequently, or use an alcohol-based hand sanitizer; "cover your cough," wear a face mask, etc.).
 - ✓ Please maintain an interval of 1-2 meters between yourself and others when you are in line.
- ✓ **If you are unable to get your health check during one of the periods above due to participation in a practicum or study abroad program approved for academic credit, contact the academic affairs department of your faculty by Sep. 27.** Only those students who give advance notice may get health checks on another day. You will not be eligible for rescheduling if you miss your health check during the regular period for personal reasons, such as job search activities. In this case, you will need to visit an external medical facility at your own expense, and submit a copy of the health check results to the university health center. **The external health check must cover the following items:** Height, weight, BMI, blood pressure, pulse rate, basic physical examination, urinalysis (protein, sugar, occult blood), and chest X-ray. **You will be responsible for the cost (around 5000 yen) of the external health check. Results do not have to be in any specific format.**
- ✓ **If you got, or plan to get, a health check at another medical facility in Japan after April 1, 2020, please submit a copy of the results to the health center.**
- ✓ If you are a student, but are also required to get a health check as a Nagasaki University employee, you are exempt from the student health check. In this case, please email your student number, name, and employee number to: <health_phn@ml.nagasaki-u.ac.jp>. MAs and TAs should take part in the student health checks.
- ✓ Students who are taking an academic leave of absence should also participate in this health check.

4. Be sure to review the results of your health check

You can print out your health check results from a university certificate machine. Please refer to the university website for the location of automated certificate machines. The date when certificates are available for printing will be posted on the health center web site.

If there are any abnormalities in your results, please be sure to get advanced testing at a hospital as soon as possible (if you have questions, feel free to talk to a nurse at the health center).

Note: If you have a preexisting condition, or if there are any concerns related to the health check results, the certificate machines cannot issue certificates. In this case, please visit the health center.

<p>Nagasaki University Center for Health and Community Medicine http://www.hc.nagasaki-u.ac.jp/ Telephone: 095-819-2213 Fax: 095-819-2215 E-mail: health_phn✕ml.nagasaki-u.ac.jp Note: Replace "✕" with "@"</p>
