

2021 Annual Student Health Checks

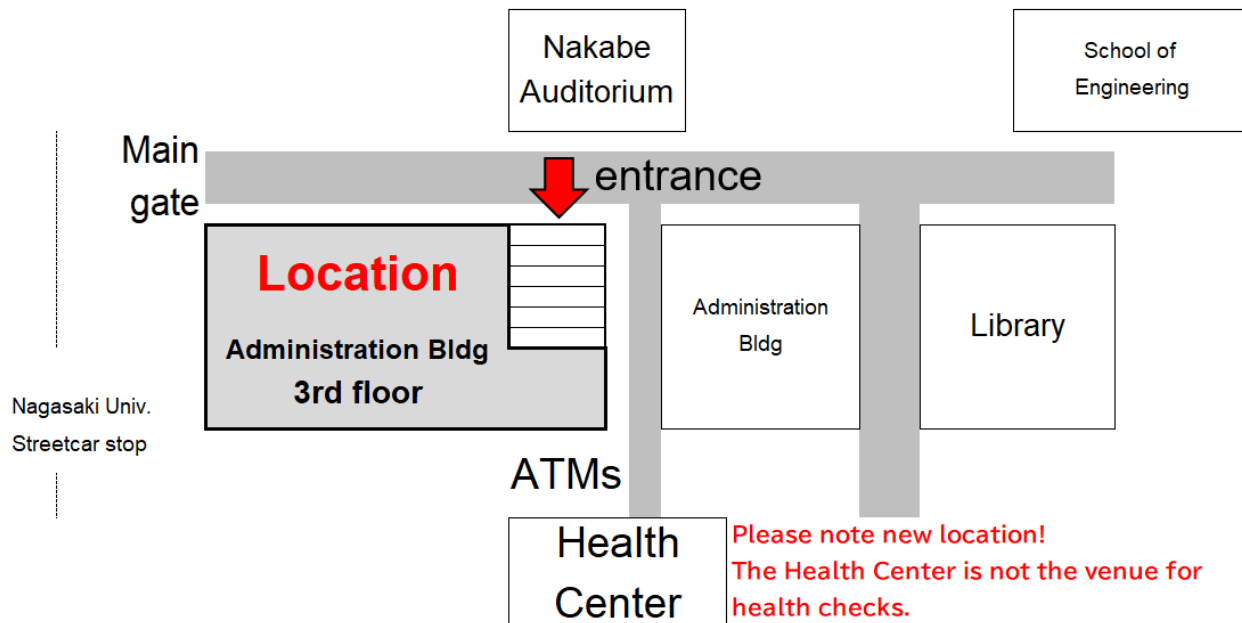
Health check results may be required for practical training, job applications, academic advancement, and scholarship applications. If you do not get a health check during one of the periods below, the university will not be able to issue your health certificate, and you will need to get a health check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

April 20 (Tue) ~ 30 (Fri)*

*Only designated students in April.

Note: No health checks Saturdays/Sundays/holidays.

May 18 (Tue) ~ 31 (Mon) , June 2 (Wed) ~ 11 (Fri)



1. You must make an appointment for your health check

Appointment system available: **12:00 noon April 9 (Fri.) – 12:00 noon June 11 (Fri.)**

Appointment system access: Use the QR code on the right. →
The **Appointment System User Guide** can be found on the university health center web site: <http://www.hc.nagasaki-u.ac.jp/>



- ✓ Each appointment time slot can only accommodate a limited number of people. Please make an appointment as soon as possible. **If you are an undergraduate student in the (1) 4th-6th year in the faculty of medicine, (2) 5th year in the faculty of dentistry, or (3) 3rd year in the faculty of pharmacy, you have an official class period designated for your health check.** Be sure to confirm this period in the syllabus and make an appointment as soon as the appointment period starts.
- ✓ The health check will take about 15-30 minutes. Please schedule your appointment accordingly.
- ✓ Different appointment times are 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.

After making your appointment, be sure to fill in the online medical history questionnaire before the day of your health check. If you do not, you may have to wait a long time.

2. Prepare the following necessary items

● **Urine specimen container:** Be sure to pick up an envelope with a container at the academic affairs office in your department. On the day of your health check, collect a sample of your urine immediately after waking up, and bring it with you. Please avoid excessive intake of vitamin C both the day before and the day of your health check, as it may affect urinalysis results. If you do not submit a urine sample on the day of your health check, please take your sample to the health check site during one of the health check periods noted above. If it is difficult to submit your sample during one of these periods, please take it to the health center in June.

● **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. 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.
***You should avoid wearing dresses, stockings, and tights.**

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 on one of the available dates, please contact the health center during the health check period.

✓ If any of the following applies, you will have your health check on a different day; please contact the health center by April 19 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.

✓ Items covered by health checks have changed. Checks for all students will include the following: Height, weight, BMI, blood pressure, pulse rate, basic physical examination, urinalysis, and chest X-ray.

If you are a 4th-year undergraduate student, your abdominal circumference and visceral fat area will be measured, and you will also have a blood test. There are no dietary restrictions related to these tests.

If you are a 1st-year undergraduate student, you will also have mental health and dental screenings.

✓ **If you are unable to get your health check during one of the designated periods:** 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, 2021, 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 entered Nagasaki University in the fall of 2020, and those 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. Results are scheduled to be available at the end of July. The date when certificates are available for printing will be posted on the health center web site. Please contact the health center if you want to get your results early (you must still wait until at least 1 month after your health check).

You can view your results on the Internet via this QR code. →
For more details, please refer to the health center web site,
which also explains how we handle and protect personal
information.



Note: If you have a preexisting condition, or if there are any concerns related to your health check results, the certificate machines cannot issue certificates. In this case, please visit the health center. Additionally, if your urine test is not completed, your certificate cannot be issued.

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

| |
|--|
| <p style="text-align: center;">Nagasaki University Health Center 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> |
|--|