

# Free Periodic Health Checkups for Students Graduating in March 2021

## Eligible Students

The following information is for students who are registered at APU in the 2019 Fall Semester and are planning on registering at APU in the 2020 Spring Semester. This information is not intended for students who will be graduating in March 2020, or taking or planning on taking a leave of absence in the 2020 Spring Semester.



- ❖ Undergraduate students who are currently in semester 6 as of the current 2019 Fall Semester.
- ❖ Graduate students who are in semester 2 as of the current 2019 Fall Semester.
- ❖ Doctoral students who are in semester 4 as of the current 2019 Fall Semester.
- ❖ Undergraduate students enrolled in the Accelerated Graduation Program who are in their 4<sup>th</sup> or 6<sup>th</sup> semester as of the current 2019 Fall Semester and graduating in September 2020 or March 2021.

## IMPORTANT

All students who were in an **even-numbered semester** in the 2019 Fall Semester when being reinstated or readmitted, or returning from a study abroad program must **ALSO** get a health checkup in the 2020 Spring Semester.

## Before getting a health checkup:

If you have any of the symptoms below, please get examined at the nearest medical institution before your health checkup and follow the advice of the doctor. If you go to see a doctor, call in advance to inform the hospital about your symptoms, and wear a mask when you go to the hospital.

- ✓ **Fever**
- ✓ **Tiredness**
- ✓ **Nausea**
- ✓ **Diarrhea**

Do NOT go for your health checkup if you are diagnosed with influenza or any other infectious diseases designated by the government regulations. Please recover at home until you have fully recovered and have received approval from your doctor. If you are not able to receive a health checkup due to one of these diseases, please contact the Health Clinic at [booking@apu.ac.jp](mailto:booking@apu.ac.jp) for information about follow-up health checkups.

## Purpose of the health checkups:

The purpose of the health checkup is to help you understand and maintain your health and to help detect any health problems as early as possible. Getting regular checkups will help you stay healthy while at APU.

**Any student who does not complete their health checkup and all necessary follow-up examinations as required for the 2020 Spring Semester may have their scholarship SUSPENDED for the 2020 Fall Semester. Scholarships that will be suspended for not completing the health checkup include:**

- **APU Tuition Reduction Scholarship (100%, 80%, 65%, 50%, or 30% reduction)**
- **Domestic Students Academic Incentive Scholarship**
- **Domestic Students Academic Excellence Scholarship**

Ensuring that a student's health does not interfere with their studies is both a way to support students in their life at school and is also a prerequisite for receiving scholarships. This also helps individual students gain an understanding of the state of their health, helps them learn how to manage their health, and helps establish good health practices which can lead to a fuller, richer life at university.

Students who do not complete a health checkup will incur penalties from the Student Office such as not being able to apply for scholarships and live in AP House. **The University is unable to issue health certificates to students who do not complete their health checkup.**

**You are required to get a health checkup every year in your odd-numbered semesters (as well as in the semester you return to APU from a leave of absence, withdrawal, or study abroad program).**

### Location of the health checkups:

Health checkups will be provided at the [OitaKen Kouseiren Kenko Kanri Center](#) (health management center), not at APU.

Please refer to the Student Handbook or *Periodic Health Checkups* on the APU homepage for more information about health checkups.

### Health checkup schedules:

February Health Checkups	
Schedule	Monday, February 3 to Friday, February 7
Check-in time	Check in at the center between 08:30 and 10:00
Appointment	NOT Required
Free Shuttle Bus	NOT available

March Health Checkups		Check-in Times
Tuesday, March 3 to Friday, March 6		08:30 - 10:00
Periodic Health Checkup Schedule		
Scheduled Dates	Scheduled Checkups	Check-in Times
Wednesday, April 1	● Graduating undergraduate students ● Graduate and doctoral students	08:30 - 10:00
	● Reinstating or readmitting students (all semesters) ● Exchange students from Ritsumeikan University	13:00 - 14:00
Thursday, April 2	● 2nd year undergraduate students (3rd semester)	08:30 - 10:00
	● 3rd year undergraduate students (5th semester)	13:00 - 14:00
Wednesday, April 8, through Friday, April 10	● Students who missed their above-scheduled checkup. ➤ <b>Graduating students must take an eyesight test in the morning.</b>	08:30 - 10:00
		13:00 - 14:00
Appointment	No appointment required	
Free Shuttle Bus	Available (details to be posted to Campus Terminal in mid-March)	

### Other Information:

- ❖ **You will not be allowed to get a health checkup if you arrive at the Center after the check-in time.**
- ❖ Details of March Health Checkups will be on Campus Terminal in mid-February.
- ❖ The schedule for periodic health checkups may change. Updated information will be posted on Campus Terminal in mid-March. Please confirm the Center's schedule beforehand.
- ❖ Students who do not complete all tests in the checkup on the day of the checkup will be contacted through Campus Terminal after the checkup. Check your messages!

### ■ What to bring: Patient Interview Card

Please fill out the Patient Interview Card and take it with you on the day of your health checkup.

The Patient Interview Card can be downloaded by following the steps below:

[Campus Terminal](#) → Student Services → Student Office Website → Advisory → Healthcare Services/Periodic Health Checkup → Periodic Health Checkup → [Patient Interview Card](#)

## Points to remember on the day of the Health Checkup:

※ **You must follow the instructions of the staff at the Health Center.**

**Food:** No restrictions, but avoid overeating on the day of the health checkup.

**Urine test:** **You must provide a urine sample on the day of your health checkup, so try to avoid going to the bathroom right before the checkup. Your health checkup will not be complete until your urine test is done.**

**Students who are menstruating must indicate so on their Patient Interview Card, and they will also be required to submit a urine sample.**

**Valuables:** Do not take any valuables with you. The Center will not assume responsibility for any lost items.

**National Health Insurance Card:** Your health insurance card is not required for the checkup.

**Clothing:** You cannot wear any necklaces, body piercings, or other accessories on your upper body when taking a chest X-ray. If you are wearing any items such as these when you are getting your X-ray taken, you will be required to re-take the X-ray, so please be sure to remove any objects from your upper body.

**You must tie up your hair if you have shoulder length hair.**

◇ **Male Students: Will not be able to change clothes for the checkup.**

Upper body: Wear a plain shirt without buttons, ornaments, or decorations (long or short sleeves are both acceptable).

Lower body: Any clothing is acceptable.

❖ **Female Students: Will be asked to change clothes for the checkup.**

**Remove any undergarments or clothing with metal fixtures or fasteners** (e.g., metal hooks or underwire on a bra). Be sure to lock your locker.

❖ You must complete all tests for the checkup on the same day. Failing to do so will result in the same penalties as students who do not take their health checkup. See the above section, "Purpose of the health checkups."

❖ Notify the Health Clinic in advance if you cannot change clothes at the Center, are unable to provide a urine sample, or have any other special requirements.

## Health checkup results:

◇ Check Campusmate for your health checkup results. Log in to Campusmate with your user ID and password, then click on **Health Examination Results** under the **Health Management Menu**.

◇ The Health Clinic will contact you via personal message if you are required to receive a detailed follow-up examination, treatment, or continued treatment. Be sure to check your personal messages often and follow the instructions if you are contacted. The Health Clinic will also notify you via personal message if you need a re-examination. Please check your personal messages and get a re-examination if you are contacted. Students who fail to complete a health checkup will have their scholarships suspended and will lose access to support services offered by the Student Office, so be careful and be sure to complete your health checkup and any required examinations.

◇ Advice on healthy living for students based on their health checkup results are available on the APU Health Clinic homepage. Please read and use this resource.

Topics include obesity, low body weight, high blood pressure, abnormalities in the urine test results, hyperlipidemia, liver functional impairment, and anemia. (Please note that information may change.)

## Health certificate

Students can obtain a health certificate from the automatic issue machine starting **Tuesday** of the week following your exam. If you require a follow-up examination, this may not be available. For details, please consult with the Health Clinic.

APU Health Clinic office hours: 10:00 - 17:00  
For inquiries regarding health checkups, please email [booking@apu.ac.jp](mailto:booking@apu.ac.jp).

