

# Periodic Health Checkups (Free)

## Points to remember on the day of the health checkup

### ■ Before getting a health checkup:

- 1) Check your temperature on the day of your health checkup and write it on the Patient Interview Card.
- 2) Wear a mask during the health checkup regardless of whether you have any symptoms or not.

Do not go to the health checkup if you exhibit any of the following symptoms:

- \* Fever of 37.0 degrees Celsius or higher
- \* Persistent cough
- \* Cold-like symptoms such as sneezing, runny nose, etc.

Please contact the Health Clinic before you go to the health checkup center if you aren't feeling well and have symptoms such as fatigue, diarrhea, a headache, etc.



### ■ Purpose of the health checkups:

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).

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

**Having a good understanding of the state of your health and learning how to manage your health by cultivating a healthier lifestyle will allow you to lead a fuller university life.**

**Health checkups play an important role in preventing and controlling infection at APU.**

**APU will not issue medical certificates to students who do not complete the health checkup.**

\*It is likely that many students will continue to take online classes from their residence in their hometown in 2020 Fall Semester due to the coronavirus pandemic. Students who won't be in Oita Prefecture and therefore unable to have a health checkup in Beppu in 2020 Fall Semester are advised to pay close attention to their health. Please consult with a doctor if you have any health concerns.

Students taking one or more on-campus classes in 2020 Fall Semester are required to have a health checkup.

### ■ Location of the health checkups:

Health checkups will be provided at the Oitaken Kouseiren Kenko Kanri Center (health checkup center), not at APU.

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

- ❖ **You will not be allowed to get a health checkup if you arrive at the Center after the check-in time.**
- ❖ **Before you leave the facility, please be sure to get confirmation from the staff that the medical examination is complete.**

### ■ 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 Homepage→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. Please note that you will be required to submit a urine sample even if you are menstruating.**

**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 section "Purpose of the health checkups" above.

❖ 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 examination results. Login 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, require treatment, or require 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, so 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, hyperlipidaemia, 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 retesting, this may not be available. Please consult the Health Clinic for details.

APU Health Clinic hours: 10:00~17:00, Monday to Friday  
For inquiries regarding health checkups, please email the Health Clinic at [booking@apu.ac.jp](mailto:booking@apu.ac.jp)

