

2023 Fall



Periodic Health Checkups: Special Period



【When APU students have a health checkup?】

You are required to get a health checkup every year in your **odd-numbered semesters**.

Students who are reinstated or readmitted and students who have completed their exchange program must take it in the semester you return to APU, even if it is an even-numbered semester. (**Health checkup upon returning to APU**)

【Students required to have a health check up in the 2023 fall semester】

◎ **Students receiving the 2023 fall health checkup information message are required to have a health checkup this semester and students who have not completed their health checkup yet in those students can have a health checkup during the special period.**

➤ Students who enrolled at APU and in an odd-numbered semester in 2023 Fall Semester.

Note: All students who were in an **even-numbered semester** in 2023 Spring Semester when being reinstated or readmitted, or returning from a study abroad program must **ALSO** get a health checkup in 2023 Fall Semester.

➤ Students who are reinstated or readmitted in 2023 Fall Semester, and students who finished a Student Exchange Program in 2023 Fall.

【If you do not complete the health checkup during the designated period】

Note: The health checkup also includes **all necessary follow-up examinations**.



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

➤ Scholarships for the **2024 Spring semester** may be **SUSPENDED**.

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 Excellence Scholarship**
- **Domestic Students Academic Incentive Scholarship**

【Health Checkup, Additional Period Schedules】

	Periodic Health Checkup Schedule	Check-in Times
Scheduled Dates	Monday, November 27, Tuesday, November 28, Wednesday, November 29, Thursday, November 30, Friday, December 1	8:30AM~ 10:00AM
Appointment	REQUIRED ※ Please make a reservation by completing the health questionnaire.	
Place	Oitaken Koseiren Kenko Kanri center; https://www.ok-kenkou.com/access/index.html	
Free Shuttle Bus	NOT Available	

【Points to remember on the day of the health checkup】

- Complete **the health questionnaire survey** (Forms), before the health checkup.
- Wear a **mask** in the facility.
Note: Please wear a mask during the health checkup regardless of whether you have any symptoms or not.
- Using a **urine test kit**, collect a sample of your urine **when you urinate for the first time after you wake up in the morning** and bring it with you to your health checkup.

Note: About the **urine test kit**;

Urine test kits are available in a box outside the APU Health Clinic. Please take one urine test kit from the box and bring it home with you so that you are able to collect a urine sample on the day of your checkup.


If you are unable to come to the APU Health Clinic to pick up the urine test kit ahead of time, you will receive the kit at your health checkup. You will be first asked to collect a urine sample before beginning the other tests.

Students who **have their period** should make a note of that on **the reception slip** and submit a urine sample.



Urine test kit



-  If you have any of the symptoms below,

• Fever • Tiredness / Fatigue • Nausea • Diarrhea

1) Get examined at the nearest medical institution before your health checkup and follow the advice of the doctor.

Note: When you go to see a doctor, call the clinic in advance to inform them, and wear a mask when you go to the medical institution.

2) If you are diagnosed with **COVID-19, influenza, or any other infectious diseases designated by government regulations**, DO NOT go for your health checkup and stay at home until you have fully recovered and have received approval from your doctor.

Note: If you are not able to receive a health checkup during the periodical health checkup period due to one of these diseases, please contact the Health Clinic at booking@apu.ac.jp for information about follow-up health checkups.

- Must arrive at the reception **during the reception hours**.
- **Follow the instructions of the staff** at the health checkup center.
- Please be sure **to confirm with staff that your health checkup has finished BEFORE leaving the facility**.

You are not able to have a health checkup **after passing the reception hours**.

If there is even one item that has not been done, including a urine test, it will be considered that the health checkup has not been completed.

It will be the same situation as students who did not have a health checkup, such as suspension of scholarships or other supports from the Student Office.



【Health Checkup】

- **Food:** No restrictions, but avoid overeating on the day of the health checkup.
- **Valuables:** Do not take any valuables with you.
Note: The Center will not assume responsibility for any lost items.
- **National Health Insurance Card:** Not required.
- **Clothing:**

Male Students: **No need to change clothes for the checkup.**

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

Lower body: Any type of clothing is acceptable.



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

Upper body: Be sure to remove any undergarments with metal fixtures or fasteners in the locker room. (e.g., metal hooks or underwire bras).



Note:

* Remove any necklaces, body piercings, or other accessories on your upper body.

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.

* Please wear your hair up if you have shoulder length hair or longer.

* Be sure to lock your locker.



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】

- Your **examination result** is available on Campusmate from **Tuesday of the week following your exam** if you completed your health questionnaire.

Log in to Campusmate with your user ID and password, then click on Health Examination Results under the Health Management Menu.

- If you are required to receive a **detailed follow-up examination**, require **treatment**, or require **continued treatment**;

* The APU Health Clinic will contact you via **the Campus Terminal** about your result.

* Be sure to check messages you received via the Campus Terminal often and follow the instructions if you receive a message regarding your health checkup result.

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.

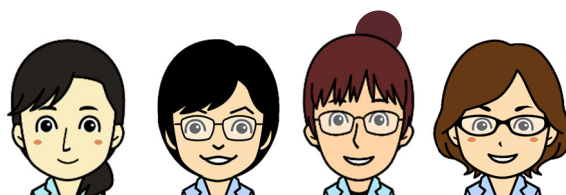
- Advice on healthy living for students based on their health checkup results is available on the APU Health Clinic Homepage. Please read and use this resource.

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 certificate dispenser **starting Tuesday of the week following your exam** if you completed your health questionnaire.

However, you are not able to obtain a health certificate if you require additional testing.



For inquiries regarding the Health Checkup, please contact the APU Health Clinic!

Opening hours: 10:00am~5:00pm, Monday to Friday

Email : booking@apu.ac.jp