

# Free Periodical Health Checkups for the 2024 Fall semester



## 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, more than one semester, must take it in the semester you return to APU, even if it is an even-numbered semester. (**Health checkup upon returning to APU**)

## Eligible Students; are who have received a Campus Terminal message regarding this Health Checkups.

The following information is for **students who are registered at APU in the 2024 Fall Semester**. This information is **not intended for students who will be graduating in September 2024, or taking or planning on taking a leave of absence in the 2024 Fall Semester**.

- **Students in an odd-numbered semester in 2024 Fall Semester**
- **Students who are reinstated or readmitted in 2024 Fall Semester, and students who finished a Student Exchange Program in 2024 spring.**
- **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 2024 Fall Semester and graduating in March 2025.**

### IMPORTANT

- All students who were in an **even-numbered semester in the 2024 Spring Semester** when being reinstated or readmitted, or returning from a study abroad program **must ALSO get a health checkup in the 2024 Fall Semester**.
- Not require for students who have completed a health checkup during periodical health checkup period.

## 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 **2025 Spring semester** will 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**

**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.



## 【Health Checkup Certificate】



Students can obtain a **health checkup certificate** from the automatic certificate dispenser **starting Tuesday of the week following your health checkup** if you **also completed your health questionnaire**.

Cases you are not able to obtain the health checkup certificate although you have completed your health checkup;

\*You are not able to obtain a health checkup certificate if you require additional examinations or detailed examination for the abnormalities on your health checkup result. You will be able to obtain a health checkup certificate after the result of re-test or detailed examination is submitted.

\*You are not able to obtain a health checkup certificate during the period of leave of absence.

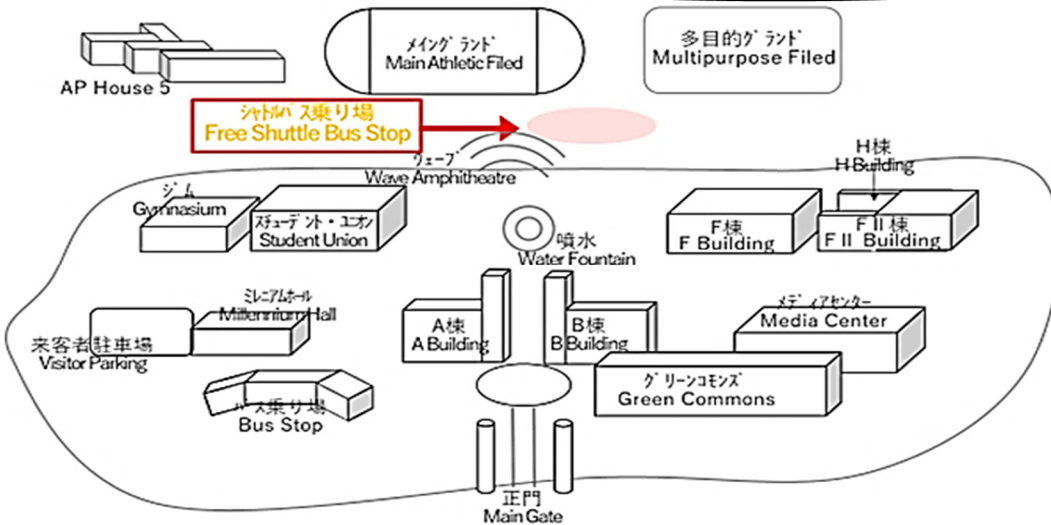
**Health Checkup Schedules:**

Periodic Health Checkup		
Schedule	Dates	Check-in Times
		Monday, September 30, Tuesday, October 1, Wednesday, October 2, Thursday, October 3, Friday, October 4
Appointment	Required. ※You still required to complete “the health questionnaire” before your health checkup.	 You are not able to have a health checkup <b>after</b> passing the reception
Place	<b>Oitaken Koseiren Kenko Kanri center;</b> <a href="https://www.ok-kenkou.com/access/index.html">https://www.ok-kenkou.com/access/index.html</a>	 <b>Graduating students</b> who are required to have a vision test should go to the health checkup <b>in the morning</b> if possible.
Free Shuttle Bus	<b>Available</b> (Details to be posted to Campus Terminal in mid-March)	

**【健康診断無料シャトルバスについて】**



The free shuttle bus runs from APU to Oitaken Kouseiren Kenko Kanri Center. It is not possible to make changes to the departure times and destination for personal reasons. You can get on the shuttle bus **at the area between the Wave Amphitheatre and the Main Athletic Field.**



**Bus Timetable**

Monday, Sep. 30, Tuesday, Oct. 1, Wednesday, Oct. 2, Thursday, Oct. 3, Friday, Oct. 4

しゅっぱつじかん APU : 出発時間 Departure		けんしん 健康センター : 到着時間 Health Checkup center Arrive
12:30	→	13:00
13:00	→	13:30
13:30	→	14:00

## 【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.

Please wear a mask during the health checkup regardless of whether you have any symptoms or not.



- **You must bring your urine sample with you to your health checkup!**

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**.

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

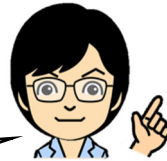
**Urine test kits** are available in a box outside the APU Health Clinic or at the Atrium of the F building.

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.

**Urine test kit**



Please bring **an early morning urine sample, the first pass urine of the day**.



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

- **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](mailto:booking@apu.ac.jp) for information about follow-up health checkups.

## 【 For your health checkup 】

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



- **Food:** No restrictions, but avoid overeating and sweet drinks before the health checkup.
- **Valuables:** Do not take any valuables with you.  
**Note:** The Center will not assume responsibility for any lost items.
- **What to bring:** **An early morning urine sample**
- **Clothing:** **Please avoid wearing clothing that is connected at the top and bottom, such as a dress.**

### Upper body:

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

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

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.



### Lower body:

Any type of clothing is acceptable.

**NOTE:**

- Please wear your hair up if you have shoulder length hair or longer.
- **No need** to change your shoes to slipper.



- Be sure to lock your locker.
- **During** the health checkup: **Follow the instructions of the staff** at the health checkup center.
- **After** the health checkup: Please be sure **to confirm with staff that your health checkup has finished BEFORE leaving the facility.**

**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 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.

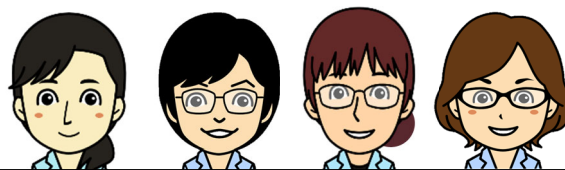
Be sure to check messages you received via the Campus Terminal often and follow the instructions if you receive a message regarding your health checkup result. Students who fail to complete a health checkup will have their scholarships suspended and will lose access to support services offered by the 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.)



Students who do not complete all tests in the checkup on the day of the checkup are also contacted through Campus Terminal or APU email. **Check your messages regularly!**



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](mailto:booking@apu.ac.jp)