

Periodic Health Checkups (Free)

※The center conducting the health checkups stipulates that people who have left Oita Prefecture must wait a full two weeks before getting a health checkup. If you must leave Oita for some reason, try to come back as soon as possible in order to give yourself time to self-isolate upon your return. Be sure to carefully monitor your physical condition and any changes in your health during the self-isolation period.

※ Please read “Points to remember on the day of the health checkup, “ (page 3), fill out the APU Student Health Exam Interview Card, take your temperature, and be sure to have a mask with you before you go for the health checkup.

■ This notification is for students who have received a Campus Terminal message regarding 2021 Fall Health Checkups.

Students enrolled at APU in 2021 Fall Semester who meet the following conditions can have a health checkup in 2021 Fall Semester.

*Students who have graduated, students who will be taking a leave of absence or studying abroad in 2021 Fall Semester are exempt from this health checkup.

- Students in an even-numbered semester in 2021 Fall Semester who did not have a health checkup in 2021 Spring Semester.
- Students in an odd-numbered semester in 2021 Fall Semester

★Students taking one or more on-campus classes are required to have a health checkup.

■ 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.

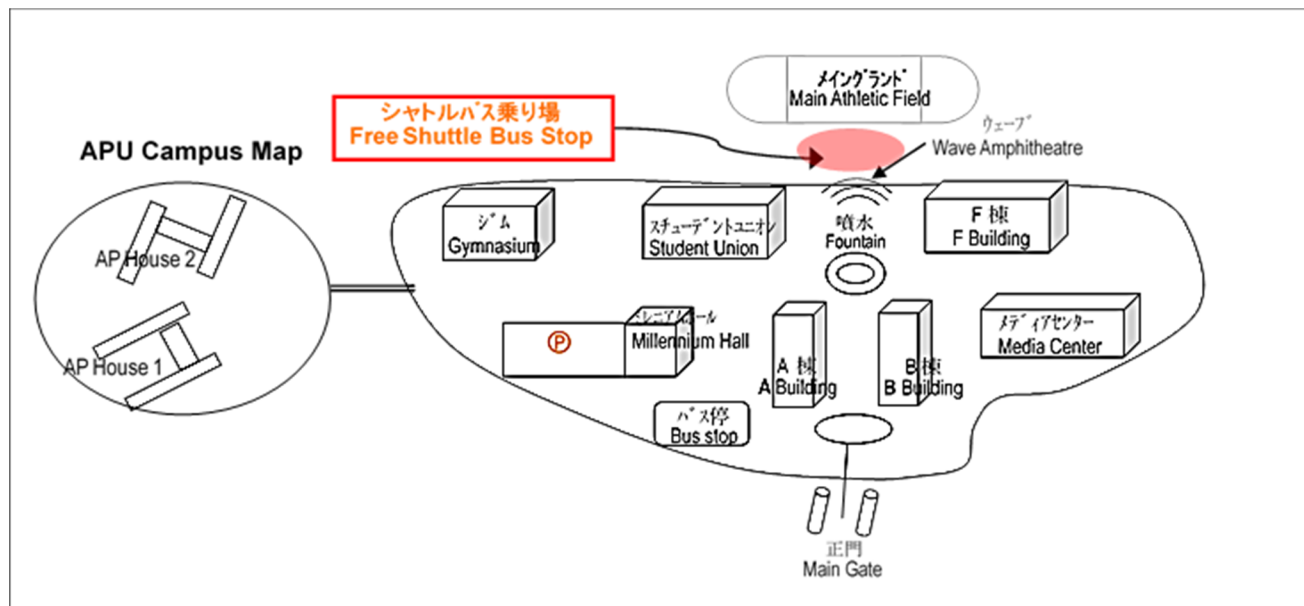
APU will not issue medical certificates to students who do not complete the health checkup.

■ Health Checkup Schedules:

		Periodic Health Checkup Schedule	Check-in Time
Dates	①	Tuesday, September 28, Wednesday, September 29, Thursday, September 30	1:30PM – 2:30PM
	②	Friday, October 1	9:30AM – 11:30AM
		※Undergraduate students in their 4th year and higher and graduate students in their 2nd year and higher are unable to make a reservation for a afternoon checkup on this day.	1:00PM – 3:00PM
	③	Wednesday, October 6, Wednesday, October 13	3:00PM – 4:00PM
④	Monday, October 4, Tuesday, October 5, Thursday, October 7, Friday, October 8, Tuesday, October 12, Thursday, October 14, Friday, October 15	3:00PM – 3:30PM	
Reservation	Reservation Required ※Make a reservation from the survey link in the Campus Terminal message you received.		
Free Shuttle Bus	Available *Refer to “Information regarding the free shuttle bus for the health checkup” below.		

Information regarding the free shuttle bus for the health checkup

During the health checkup period, there is a free shuttle bus that runs from APU to the Oitaken Koseiren Kenko Kanri Center where you will have your health checkup and back. Students can get on the shuttle bus at the area between the Wave Amphitheatre and the Main Athletic Field. ※There is a sign in front of the shuttle bus stop.



Bus Timetables

Bus timetable for schedule ①

Tuesday, September 28, Wednesday, September 29, Thursday, September 30

APU : 出発時間 Departure		健診センター : 到着時間 Health Checkup center Arrive
13:00	→	13:30
13:30	→	14:00
14:00	→	14:30

Bus timetable for schedule ③

Wednesday, October 6, Wednesday, October 13

APU : 出発時間 Departure		健診センター : 到着時間 Health Checkup center Arrive
14:30	→	15:00
15:00	→	15:30
15:30	→	16:00

Bus timetable for schedule ④

Monday, October 4, Tuesday, October 5, Thursday, October 7, Friday, October 8, Tuesday, October 12;

APU : 出発時間 Departure		健診センター : 到着時間 Health Checkup center Arrive
14:30	→	15:00

Bus timetable for schedule ② Friday, October 1

APU : 出発時間 Departure		健診センター : 到着時間 Health Checkup center Arrive
9:00	→	9:30
9:30	→	10:00
10:00	→	10:30
10:30	→	11:00
11:00	→	11:30
12:30	→	13:00
13:00	→	13:30
13:30	→	14:00
14:00	→	14:30
14:30	→	15:00

※ The free shuttle bus is provided to bring students to their health checkup. It is not possible to make changes to the departure times and destination for personal reasons. Please find your own transportation home if you miss the bus for personal reasons (shopping in the area around the center, etc.) or if you want to go somewhere other than APU after the checkup ends.

■ Points to remember on the day of the health checkup

- Check your temperature on the day of your health checkup.
 - Wear a mask during the health checkup regardless of whether you have any cold 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 APU 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.
- You will not be allowed to get a health checkup if you arrive at the Center after the check-in time.
 - Have your reservation confirmation email ready to show staff when you check-in.
 - Please be sure to confirm with staff that your medical examination has finished before leaving the facility.

■ Points to remember on the day of the health checkup

※Follow the instructions of Health Center staff.

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 you have submitted your urine sample.**

Students who have their period should make a note of that on the APU Student Health Exam Interview Card. Please note that you will be required to submit a urine sample even if you have your period.

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 have to re-take the X-ray. Please be sure to **remove any objects from your upper body.**

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

◇ **Male Students: Will not be able 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.**

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 checkup tests on the same day. Failing to do so will result in the same penalties for students who do not take their health checkup.
- ❖ 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. 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, 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 certificate dispenser starting **Tuesday of the week following your exam**. You may not be able to obtain a health certificate if you require additional testing. Please contact the Health Clinic for details.



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