

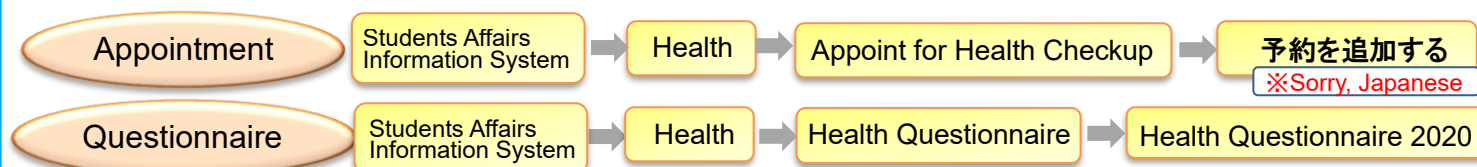
# Notification of Annual Health Checkup in 2020

All students, except those expecting to graduate in March 2020, are requested to undergo annual health checkup during February 2020. **An online appointment system** has been established to minimize congestion, reduce waiting, and allow everyone to choose a convenient time. **Appointments are mandatory for all.**

**Period for acceptance: December 16, 2019 to February 5, 2020**

**Make an appointment and complete a questionnaire**

**Students Affairs Information System:** <https://alss-portal.gifu-u.ac.jp>



※ **Printout the appointment page using browser function.**

※ **If you can not make appointments, don't hesitate to visit the Health Administration Center.**

The health check is conducted for early diagnosis of illness and allowing the university to offer prompt support to students with specific health support needs. Please ensure that you undergo the annual health checkup.

- **Please bring:** appointment card (printout the appointment page using browser function), urine sample
- **Location:** University Hall (DAIGAKU KAIKAN), 1<sup>st</sup> Floor
- **Content of health checkup :** height, weight, blood pressure, eye sights (with corrective lenses), chest X-ray, urine analysis (sugar, protein), physical examination
- **Urine analysis:**
  - Urine sample containers are available at the school office of your faculty. Please collect a morning urine sample, immediately after waking up, on the day of the health checkup and bring it with you. Please label the container with your name. If possible, collect urine from mid-flow not from the start or towards the end.
  - Women who are menstruating are also expected to collect a mid-flow sample.
- **Important notes:**
  - Please take off all accessories and ensure that your hair is tied up or pulled back, since these may obstruct chest X-rays and physical examination.
  - Students who normally wear contact lenses or glasses are requested to carry them along for the eye sights test. The main purpose of the eye sights test is to ensure that students do not face any vision-related problems in their university life.
  - A plain T-shirt can be worn for the chest X-ray. Refrain from wearing T-shirts with prints, embroidery, or buttons. Women will be requested to remove bras for the chest X-ray and physical examination; it is therefore recommended that a non-under wire tank top be worn.
  - Nutrition advice service is available for new 2nd year students. Please provide your food style information using questionnaire sheet and the nutritionists.

※Medical certificates are based on the results of annual checkup and cannot be issued to anyone who has not undergone the health check. (Certificates provided by medical facilities outside campus cost around ¥10,000.)

Date	Operation times	Gender
Feb. 6th (Thu.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Women
Feb. 7th (Fri.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Women
Feb. 10th (Mon.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Men
Feb. 12th (Wed.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Women
Feb. 13th (Thu.)	9:00 am — 11:30 am	Women
	1:00 pm — 3:30 pm	Men
Feb. 14th (Fri.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Women
Feb. 17th (Mon.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Men
Feb. 18th (Tue.)	9:00 am — 11:30 am	Women
	1:00 pm — 3:30 pm	Men
Feb. 19th (Wed.)	9:00 am — 11:30 am	Women
	1:00 pm — 3:30 pm	Men
Feb. 20th (Thu.)	9:00 am — 11:30 am	Men
	1:00 pm — 3:30 pm	Women

🕒 **Dental checkup available**

Questions ; Health Administration Center  
Tel : (058)293-2174  
E-mail : [hokencen@gifu-u.ac.jp](mailto:hokencen@gifu-u.ac.jp)