

Notification of Annual Health Checkup in 2021

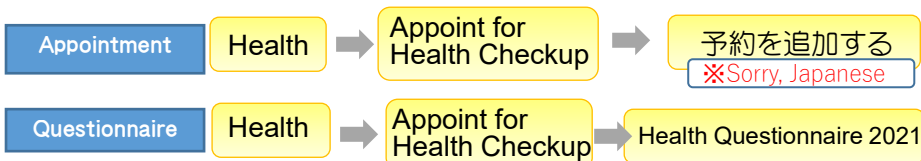
All students, except those expecting to graduate in March 2021, are requested to undergo annual health checkup during February 2021. An online appointment system has been established to minimize congestion, reduce waiting, and allow everyone to choose a convenient time. Appointments are mandatory for all.

| Date | Operation Time | Gender |
|---|----------------|--------|
| Feb. 4 th , THU Dental Checkup | 9:00~11:30 am | Women |
| | 1:00~3:30 pm | Men |
| Feb. 5 th , FRI | 9:00~11:30 am | Men |
| | 1:00~3:30 pm | Women |
| Feb. 8 th , MON | 9:00~11:30 am | Men |
| | 1:00~3:30 pm | Women |
| Feb. 9 th , TUE | 9:00~11:30 am | Women |
| | 1:00~3:30 pm | Men |
| Feb. 10 th , WEN | 9:00~11:30 am | Men |
| | 1:00~3:30 pm | Women |
| Feb. 12 th , FRI | 9:00~11:30 am | Women |
| | 1:00~3:30 pm | Men |
| Feb. 15 th , MON | 9:00~11:30 am | Women |
| | 1:00~3:30 pm | Men |
| Feb. 16 th , TUE | 9:00~11:30 am | Men |
| | 1:00~3:30 pm | Women |
| Feb. 17 th , WEN | 9:00~11:30 am | Women |
| | 1:00~3:30 pm | Men |
| Feb. 18 th , THU Dental Checkup | 9:00~11:30 am | Men |
| | 1:00~3:30 pm | Women |

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't make an appointments, don't hesitate to visit the Health Administration Center.

About health checkup



Wear or bring a plain T shirt.



- ◎**Please bring:** appointment card (printout the appointment page using browser function), urine sample, plain T shirt, food style information (new 2nd year students)
- ◎**Location:** University Hall (DAIGAKU KAIKAN), 1st Floor.
- ◎**Content of health checkup :** height, weight, blood pressure, eye sights (with corrective lenses), chest X-ray, urine analysis (sugar, protein), physical examination.
- ※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.

Nutrition advice



Nutrition advice service is available for new 2nd year students. Please provide your food style information using questionnaire sheet to the nutritionists.

Dental checkup



Dental checkup is available in Feb. 4th and Feb. 18th, Thursday. If you would like to take it, we recommend you to make an appointment on these two days. Those who take an annual health checkup in another days can also take a dental checkup. Visit venue directly, if you want.

Attention



- ◎ Appointment is required to minimize congestion. If you can't make appointments, don't hesitate to visit the Health Administration Center.
- ◎ Those who can't take an annual health checkup within this period should contact to Health Administration Center.
- ◎ Individuals who have symptoms or a temperature above 37.5°C should go to the Health Administration Center counter. Your physical condition will be checked, and your health checkup shall be scheduled at a later date.
- ◎ The chest x-ray can only be taken if you wear a T shirt without a pattern. Please wear or bring a plain T shirt, and change your clothes before reception. We have a changing room.
- ◎ Please remove accessories such as necklaces and bracelets. Individuals with long hair should tie their hair so that it does not reach their shoulders.
- ※**Medical certificates are issued 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) .**

Questions: Health Administration Center
 TEL : 058-293-2174
 e-mail : hokencen@gifu-u.ac.jp