

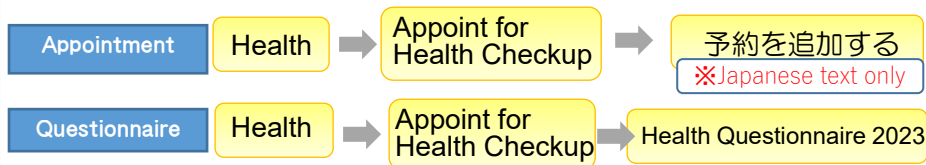
Notification of Annual Health Checkup in 2023

All students, except those expecting to graduate in March 2023, are requested to undergo the annual health checkup during February 2023. 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.

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 appointment, don't hesitate to visit the Health Administration Center.

Date	Operation Time	Gender
Feb. 6 th , MON	9:00~11:45 am	Men
	1:00~3:45 pm	Women
Feb. 7 th , TUE	9:00~11:45 am	Women
	1:00~3:45 pm	Men
Feb. 8 th , WED	9:00~11:45 am	Men
	1:00~3:45 pm	Women
Feb. 9 th , THU Dental Checkup	9:00~11:45 am	Women
	1:00~3:45 pm	Men
Feb. 10 th , FRI	9:00~11:45 am	Men
	1:00~3:45 pm	Women
Feb. 13 th , MON	9:00~11:45 am	Women
	1:00~3:45 pm	Men
Feb. 14 th , TUE	9:00~11:45 am	Men
	1:00~3:45 pm	Women
Feb. 15 th , WED	9:00~11:45 am	Women
	1:00~3:45 pm	Men
Feb. 16 th , THU Dental Checkup	9:00~11:45 am	Men
	1:00~3:45 pm	Women
Feb. 17 th , FRI	9:00~11:45 am	Women
	1:00~3:45 pm	Men

About health checkup



◎**Please bring:** appointment card (printout the appointment page using browser function), urine sample, plain T shirt, outerwear for cold weather, food questionnaire (new 2nd year students)

※wear mask.

◎**Location:** University Hall (DAIGAKU KAIKAN), 1st Floor.

◎**Checkup items :** 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 academic affairs section. 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.

Wear or bring a plain T shirt and outerwear.



Nutrition advice



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

Dental checkup



Dental checkup is available in Feb.9th and 16th, 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 to take it.

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.

◎You must measure your body temperature and take your physical condition check at the reception. Individuals who have cold symptoms or a fever of 37.5°C or above should go to the Health Administration Center counter. 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 starting the checkup. We have a changing room. 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