

Regular medical check -up for staff and faculties

■How to make a reservation for a medical checkup and answer the web questionnaire

You need to make a reservation by yourself on the website. Log in “マイハンダイ <https://my.osaka-u.ac.jp/>” with your personal ID and PW. Click “職員健康診断”, then click “職員定期健康診断/Regular medical check-up for staff”. Choose the date and time you wish to take check-up at least a day in advance. After completing the reservation, please continue to complete the web questionnaire.

You can change or cancel the reservation yourself, but you cannot change it on the day of the event. In that case, please contact us by phone.

■Information (about an hour for your check-up.)

<Your belongings>

- ・ QR code (you will receive a completion email with a QR code after completing the web questionnaire)
- ・ T-shirt for X-ray examination, hair clip if necessary (see note ⑤)

<Check-up menu>

- ◎Interview (Medical history, Lifestyle) ◎Doctor’s consultation(subjective and objective symptoms)
- ◎Height, weight, waist measurements ◎Blood pressure ◎Vision test ◎Chest X-ray examination
- ◎Urine analyses ◎Blood test (anemia, liver function, lipid profile, glucose metabolism, kidney function, level of uric acid)
- ◎Electrocardiogram test(only for 35, 40 or over 40 years of age at the end of the fiscal year)
- ◎Audiometry(only for 35, 40 or over 40 years of age at the end of the fiscal year)

■Note

- ① **Please be punctual.** If you’re late, you may not take medical check-up unless you make a new reservation.
- ② **You cannot take breakfast, any food or drinks** except water and your daily medicine.
- ③ Those who engaged in specified work should answer for [For those Engaged in Specified Work] in the Medical Questionnaire without fail.
 - ※Existing/New staff handling radioisotopes/radiation also needs to answer this questions as the advance RI examination.
 - ※If you have any concerns as engaging in specified work, please tell us about it when you visit HaCC.
- ④ If you are on your period, tell the staff in the urinalysis section.
- ⑤ **Your clothes:** We won’t rent T-shirts during check-up. Please wear clothing that you can remove from your upper body for the chest X-ray examination, or you wear/bring only a plain T-shirt. Avoid wearing one-piece dress, stockings, tights and boots for the chest X-ray. `Also, remove any jewels, accessories, metal fittings, elastic strings, collars, ties and any thick materials in advance.
- ⑥ Parking lot is not available around Health and Counseling Center.

◇Information about additional medical checkup supported by NPO [PAID TESTS]

1. Prostate-Specific Antigen (PSA) Test [Fee: 2,000 yen] Recommended test for men 50yrs and over 50yrs
2. ABC Test (Stomach cancer risk) [Fee: 4,000 yen] Recommended test for 35yrs and over 35yrs
3. Fecal occult blood reaction test (colorectal cancer screening) [Fee:1,000 yen or 2,000 yen] Recommended test for 40yrs and over40 yrs.

If you wish to have any of the above tests, please ask at the reception desk on the day of your health checkup

with cash. For more information, please visit the website of the NPO SCCRE, the Society for Health Promotion and Research. (<https://healthcare-sccre.org/>) If you have any questions, please ask the staff on the day.

※Those who wish to take these tests, please request us for it directly when you come to take your check-up.

We only accept cash, please bring cash with you.

For those who take checkup

NOTICE

What to Wear

- ① We won't rent T-shirts or hair clips.
- ② You need to take off your shoes for body measurement.
Avoid wearing boots/trekking shoes.
- ③ We attach electrodes directly to your ankles with an ECG.
Do not wear pantyhose/tights.

Not for Rent



- ④ Please wear a plain T-shirt for the chest X-ray or clothes easy to take off from your upper body.
 - ✓ More than just metal can interfere with the diagnosis

No



Embroidered or printed items, buttons, adjusters, wires, hooks, plastics, bra cups, sports bras, thick fabrics

OK!



Only a plain T-shirt

Make a bun at the top of your head,



No



Scrubs



T-shirt with some logos/patterns



Long dress



Any type of bras



Necklaces

HaCC
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