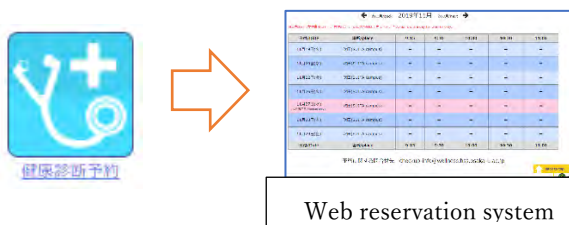


## Regular medical check -up for staff and faculties

## ■How to apply

## &lt;Reservation&gt;

You need to make a reservation yourself on the web. Log in “マイハンダイ <https://my.osaka-u.ac.jp/>” with your personal ID and PW. Click “健康診断予約”, then “Reservation” site will appear. Choose the date and time you wish to take check-up at least a day in advance.



## &lt;Cancellation&gt;

Go to the reservation site and click the date and time you booked. Cancel it and make a new reservation. You can cancel the booking only until 14:00 p.m. a day before your booking day. If you happened not to take medical check-up on schedule, you need to make a new reservation only after 14:00 p.m. due to the reservation system which cancels your first booking automatically.

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

## &lt;Preparing for the check-up&gt;

Papers and containers will be given to you by a person in charge of your department.

- Medical Questionnaire (Required)
- Agreement Form (Not required. Please bring with you if you signed.)
- Samples (For those who added optional menu. Read the details below.)

## &lt;Check-up menu&gt;

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

<Optional menu> \*Taking optional tests only is not allowed.

◇Fecal occult blood reaction test (colorectal cancer screening): For those 40 and over 40 years

For those who wish to take the optional test, please receive a "test container" from the section in charge of each department.

- If you wish to take the optional test, please receive the "test container" from the person in charge of each department.
- Read the instructions in the bag and collect the sample. It is acceptable to collect the sample 2 to 3 days before the checkup.
- **Write your name and the date of stool collection on both the container and the bag, and submit them at the reception desk on the day of health checkup. Please do not bring your container except your checkup day.**

※Sputum examination will not be conducted from FY2020.

■ Note

\*To avoid the spread of COVID-19, please read page 3 carefully and keep “4Ps” in mind. Thank you for your cooperation.

- 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 Make sure the year printed on “Medical Questionnaire” is correct.
- ④ Those who engaged in specified work should answer questions 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.
- ⑤ Bring “Pee-Pole”(the first urine in the morning of your checkup day). To avoid the crowds, do not use restroom at HaCC for taking urine.
- ⑥ **Clothing:** We won't rent T-shirts. Please wear clothing that you can remove quickly. For X-ray examination, only a plain T-shirt is allowed to wear. Do not wear one-piece dress, stockings, tights and boots. `Also, remove any jewels, accessories, metal fittings, elastic strings, collars, ties and any thick materials in advance.  
**READ more details in “FOR THOSE WHO TAKE CHECK UP”**
- ⑦ 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
- 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**

**✘ If you feel common cold symptoms, cancel your bookings.**

To avoid “Three C’s”, we need your cooperation. Please read “4 important rules”.

Avoid the “Three C’s” during the medical checkup!

1. Closed spaces with poor ventilation.
2. Crowded places with many people nearby.
3. Close-contact settings such as close-range conversations.

## 4 Ps to keep in mind

**1**



### Pnctual

Reservation is carefully controlled not to be crowded. Please come to HaCC on your appointment time.

**2**

### Prepare



Papers (1: Medical Questionnaire, 2: Agreement Form) will be given to you by a person in charge of your department. Please write them down before you come.

**3**



### Put on a mask

**4**

### Plain T-shirt only for X-ray

- ✓ Please wear a plain T-shirt for the chest X-ray or clothes easy to take off from your upper body.
- ✓ We won't rent T-shirts or hair clips.

#### More than just metal can interfere with the diagnosis

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



- ✓ We attach electrodes directly to your ankles with an EKG. Do not wear pantyhose/tights.
- ✓ You need to take off your shoes for body measurement. Avoid wearing boots/trekking shoes.

**OK!**

Tie up your hair not to be fallen over your shoulders.

Wear only 1 T-shirt.



**NG**



Any type of bras



Nurse's and Doctor's Scrubs



Necklaces



Pantyhose/tights



Long dress



T-shirt with some logos/patterns



Long boots/trekking shoes

