

Regular medical check-up for staff and faculties

■How to apply

<Reservation>

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 “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.



<Cancellation>

Go to the system and click the date and time you reserved. Cancel it and make a new reservation. You can cancel your reservation only by 14:00 p.m. a day before your reservation date. If you couldn't take the check-up on schedule, you need to make a new reservation after 14:00 p.m. of your original reservation date.

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

<Your belongings> **Papers and containers will be given to you by a person in charge of your department.**

- Medical Questionnaire (Required/fill the mark sheet following the sample of English)
- Agreement Form (Not required. Please bring with you if you signed.)

<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 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 If you are on your period, tell the staff in the urinalysis section.
- ⑥ **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.
- 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
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.