

# Health Care Center

To maintain the physical and mental health of our faculty, staff and students, the Health Care Center provides health examinations as a "check" function, daily treatment as a "cure" function, and lifestyle guidance and health education as a "care" function.

The Center has an examination room, a chat and health counseling room, and a recovery room in a functional layout. A doctor of internal medicine and a nurse are on duty from Monday to Friday.



## Health Care Center Services

### ■ Examination and Treatment

The Center has basic examination equipment and can prescribe medicine if necessary. For illnesses and conditions that the Center cannot treat, you will be referred to specialist doctors and hospitals. All treatment is strictly confidential.

### ■ Health Counseling

A doctor and nurses are available to discuss mental health issues. A professional counselor is also available several times a month.

### ■ Health Examinations

The Center periodically conducts general health examinations in spring as well as special examinations (RI, X-ray, recombinant DNA, organic solvents, specific chemical substances).

### ■ Health Certificates

The Center can issue health certificates for job applications and enrollment in advanced academic programs, provided you have taken all of the tests in the periodic health examination. Certificates are issued by the automatic certificate issuing system at the Student Affairs Division, or at the Health Care Center.

### ■ HCC News

The annual Health Care Center News provides a variety of useful information.

### ■ Self-Check

Automatic scales to measure height and weight, a blood pressure meter and an optometer are available at the Center.



### ■ Chat / Health Counseling Room

Equipped with lounge tables, a television/video player, a stereo, and a body sonic chair, the room is ideal for relaxation, conversation and watching TV or videos.

### ■ Rest Room

The Rest Room is available if you are feeling unwell and need to rest.

### ■ Fitness Room

A variety of equipment, including treadmills, aerobic bicycles, weight training machines, dumbbells and electric massage machines, is available at the Guest House Sentan to enhance your health.

