

I-SHOU UNIVERSITY

Notices about Annual Health Examination

I. Examination

Period: Monday, November 2, 2020 ~ Friday, February 26, 2021.

E-Da Hospital: A maximum of eight (8) appointments are accepted in the morning and afternoon, respectively, on Monday through Friday.

E-Da Dachang Hospital: A maximum of three (3) appointments are accepted in the morning on Monday through Friday.

II. Expected Arrival Time:

Please arrive at 7:30 a.m. ~ 8:00 a.m. if you have a morning appointment.

Please arrive at 1:00 p.m. ~ 1:30 p.m. if you have an afternoon appointment.

(Please arrive at the Health Examination Center on time to avoid any delay in taking the health examination.)

III. Location:

E-Da Hospital: Zone B of Health Examination Center on the 6th floor

E-Da Dachang Hospital: Health Examination Center on the 7th floor

IV. Examinees: Please refer to the attachment to the inter-unit notification for the examinee list.

V. Health Examination Costs:

1. Males: NT\$7,500 per person; Females: NT\$7,500 per person.
2. ISU will bear the full cost for full-time faculty and staff members (including military training instructors and project faculty members).
3. As for contract staff, ISU will bear part of the cost (NT\$3,000 per person), and the rest should be paid by contract staff themselves (NT\$4,500 for males and NT\$4,500 for females).
4. First-level administrative heads may add one of the twelve optional health examination items to the package. ISU will bear part of the cost (NT\$4,000 per person), and the rest should be paid by first-level administrative heads themselves. Please refer to the attachment for more details on optional health examination items.
5. If family members of faculty and staff members as well as of contract staff want to take a health examination in Academic Year 2020, they should pay the health examination cost in full as specified above. If they want to take any of the twelve optional health examination items, the cost should be subject to the preferential pricing set out by E-Da Hospital.
6. The difference in the cost after deducting the subsidies provided by ISU should be paid to E-Da Hospital by credit card or in cash on the day of examination.
7. The subsidies provided by ISU will be listed as personal income for the fiscal year of 2021.

VI. Notices:

1. Please have a bland diet for at least three days before the day of examination. Animals' internal organs, red meat (e.g. beef, pork, and duck), and food made

from animal blood (e.g. duck's blood jelly and pig's blood jelly) should be avoided.

2. If you have a morning appointment, please do not take in any food or fluids, or anything by mouth after midnight.
3. If you have an afternoon appointment, please do not take in any food or fluids, or anything by mouth after 7:30 a.m.
4. Please collect your stool sample (about the size of a peanut) one day prior to the examination. The sample should be stored in a place that is dry, cool, and dark, or in a refrigerator. Please remember to bring the sample to the Health Examination Center on the day of examination.
5. Female examinees are strongly advised to take the health examination three to seven days after the period.
6. If you have been taking medications for chronic diseases for a long time, please do not stop them, and remember to bring them to the Health Examination Center on the day of examination.
7. Please do not wear contact lenses on the day of examination to avoid any effects on the eye test results.
8. Please remember to bring (1) the stool sample container and (2) your national ID card on the day of examination.
9. Please park your car in the pay parking lot. You will enjoy free parking by having the machine-dispensed parking ticket validated by the Health Examination Center.
10. If you go to E-Da Hospital by motorcycle, please park in the underground pay parking lot of E-Da Cancer Hospital. You can get a refund by having the machine-dispensed parking ticket validated by the Health Examination Center.
11. Examinees may have one of the four optional health examination items free of charge if bringing an examination outfit previously given by the Health Examination Center (including a top and a trouser) on the day of examination. The optional health examination items will be announced on the day of examination and please select one.
12. If examinees having added optional items are required to spend an entire day on the examination, one day of official leave may be approved by the Office of Human Resources after the Office of Human Resources confirms with the Hospital.

VII. Options for Health Examination:

1. Health examination for faculty and staff members
2. Optional health examination items at your own expense at E-Da Hospital
3. Optional health examination items at your own expense at E-Da Dachang Hospital

VIII. Making an Appointment: Please make an appointment starting from Monday, October 12, 2020, 12 noon.

If you have any further questions or concerns, please feel free to contact: Ms. Tai-Yun Tsai (ext. 2049) of Office of Human Resources