

I-SHOU UNIVERSITY

Important Information about Annual Health Check-up in Academic Year 2025

◆Period◆ Monday, November 3, 2025 ~ Thursday, February 26, 2026

E-Da Hospital:

(1) November and December: Up to three (3) appointments will be accepted in the morning and three (3) in the afternoon, Monday through Friday.

(2) January and February: Up to ten (10) appointments will be accepted in the morning and three (3) in the afternoon, Monday through Friday.

E-Da Dachang Hospital: January and February: Up to four (4) appointments will be accepted in the morning, Monday through Friday.

◆Expected Arrival Time◆ For morning appointments, please arrive between 7:30 a.m. and 8:00 a.m.
For afternoon appointments, please arrive between 12:30 noon and 1:00 p.m.

(Please arrive at the Health Examination Center on time to avoid any delays in your health check-up.)

◆Locations◆ E-Da Hospital: Zone B of Health Examination Center on the 6th floor / E-Da Dachang Hospital: Health Examination Center on the 7th floor

◆Examinees◆ Please refer to the attachment in the inter-unit notification for the list of examinees.

◆Health Check-up Costs◆

1. Full-time faculty and staff members (including project faculty members):

(1) Package I: The cost is NT\$7,500 per person and will be fully covered by the University.

(2) Package II: The cost is NT\$11,500 per person. The University and the hospital will jointly cover NT\$8,500, and the remaining NT\$3,000 should be paid by the examinee.

2. Contract staff: The University will cover NT\$3,000 of the cost, and the remaining amount should be paid by the examinee.

(1) Package I: The cost is NT\$4,500 per person.

(2) Package II: The cost is NT\$8,000 per person.

3. First-level administrative heads:

(1) Package I: The cost will be fully covered by the University. Additionally, an extra subsidy of NT\$4,000 is provided for first-level administrative heads to add one additional item to their package. Please see the details below regarding the additional health check-up items.

(2) Package II: The cost will be fully covered by the University.

4. If your family members (**limited only to parents, spouse, and children**) wish to undergo a health check-up during this period, they should pay the full cost as specified above and undergo the same check-up package.

(1) Package I: The cost is NT\$7,500 per person.

(2) Package II: The cost is NT\$11,000 per person.

5. The remaining amount, after deducting the University's subsidy, should be paid by credit card or in cash to E-Da Hospital or E-Da Dachang Hospital on the day of the health check-up.
6. The subsidy provided by the University will be reported as personal income for the 2026 fiscal year.

◆Pre-Check-up Information◆

1. Please follow a bland diet for at least three days prior to your health check-up. 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, fluids, or anything by mouth after midnight.
3. If you have an afternoon appointment, please do not take in any food, 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 your health check-up. The container with the stool should be stored in a place that is dry, cool, and dark, or in a refrigerator. Please remember to bring the container with you to the Health Examination Center on the day of your health check-up.
5. Female examinees are strongly advised to take their health check-up three to seven days after the end of their menstrual period.
6. If you have been taking medication for chronic conditions, continue as usual and bring your medications with you to the Health Examination Center on the day of your health check-up.
7. Please do not wear contact lenses on the day of your health check-up to ensure accurate eye test results.
8. Please remember to bring (1) the container with your stool sample and (2) your national ID card on the day of your health check-up.
9. Please park your car in the paid parking lot. You can enjoy free parking by having your machine-dispensed ticket validated at the Health Examination Center.
10. If you arrive at E-Da Hospital by motorcycle, please park in the underground paid parking lot of E-Da Cancer Hospital. You can receive a refund by having your machine-dispensed ticket validated at the Health Examination Center.
11. If you bring the health check-up outfit (top and trousers) previously provided by the Health Examination Center on the day of your health check-up, you are eligible to choose one additional health check-up item free of charge. The available additional items will be announced on the day of your health check-up, and you may select one at that time.
12. If you choose Package II, please schedule your appointment in the morning.
13. For Package I or Package II, please apply online for a half-day of official leave. If you have added additional items and your health check-up will take the whole day, you may receive a full day of

official leave once the Office of Human Resources confirms with the hospital.

14. On the day of your health check-up, please fill out the Physical and Mental Health Questionnaire of the Family Medicine Department and a laborer questionnaire. The hospital will collect them and keep them on file for the University's reference.

◆Health Check-up Items◆

1. Package I and Package II
2. Additional health check-up items available at your own expense at E-Da Hospital
3. Additional health check-up items available at your own expense at E-Da Dachang Hospital

◆Making an Appointment◆ You can start making your appointment from 2:00 p.m. on Monday, October 13, 2025.

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

Make an Appointment / Inquire