

I-SHOU UNIVERSITY

Important Information about Annual Health Checkups in Academic Year 2026

◆ Checkup Period ◆ Monday, November 2, 2026–Friday, February 26, 2027

E-Da Hospital:

1. November and December: Up to three (3) appointments are available each morning and three (3) each afternoon, Monday through Friday.
2. January and February: Up to eight (8) appointments are available each morning and three (3) each afternoon, Monday through Friday.

E-Da Dachang Hospital: January and February: Up to four (4) appointments are available each morning, Monday through Friday.

To align with operational timelines and facilitate the staggered scheduling of health checkups for personnel, the applicable timeframes for each personnel category are as follows:

- a. Full-time faculty and staff (including project faculty): November 2026 to January 2027.
- b. Contract staff (including contract assistants and contract project assistants): January to February 2027.

◆ 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 p.m. and 1:00 p.m. (Please arrive at the Health Examination Center on time to avoid any delays in your health checkup.)

◆ 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

◆ Eligible Participants ◆ Please refer to the attachment in the inter-unit notification for the list of eligible participants for the health checkups in Academic Year 2026.

◆ Health Checkup Costs and Subsidies ◆

1. Full-time faculty and staff (including project faculty) and contract staff (including contract assistants and contract project assistants):
 - (1) Package I: NT\$7,500 per person, fully subsidized by the University (or project grants), and the subsidy will be included in the individual's 2027 taxable personal income (as health promotion incentive).
 - (2) Package II: NT\$11,500 per person; the University and the participating hospitals will subsidize NT\$8,500 per person, and the remaining NT\$3,000 per person will be paid by the participant.
2. First-level administrative heads:
 - (1) Package I: The University will bear the full cost and provide first-level administrative heads with an additional subsidy of NT\$4,000 per person to

cover one optional health checkup item. Please refer to the attachments below for details of the optional health checkup items.

(2) Package II: NT\$11,500 per person, fully subsidized by the University.

3. Family members who wish to undergo a health checkup during the designated period may do so at the following fees:

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

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

4. The remaining balance after the University's subsidy has been deducted should be paid directly to E-Da Hospital or E-Da Dachang Hospital by credit card or cash on the day of your health checkup.

◆ Pre-Checkup Information ◆

1. Please follow a bland diet for at least three days prior to your health checkup. 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 checkup. The container with the stool must 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 checkup.
5. Female participants are strongly advised to undergo their health checkup three to seven days after their menstrual period ends.
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 checkup.
7. Please do not wear contact lenses on the day of your health checkup 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 checkup.
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 a health checkup outfit previously provided by the Health Examination Center (including a top and trousers) on the day of your health checkup, you may choose one additional health checkup item free of charge. The available additional health checkup items will be announced on the day of the health checkup. Please select one item from the available options.

12. If you choose Package II, please schedule your appointment in the morning.
13. For both Package I and Package II, please apply online for half a day of official leave. If you have added one or more optional health checkup items and need to spend the entire day undergoing the health checkup, one full day of official leave may be granted after the Office confirms with the participating hospitals.
14. On the day of the health checkup, participants are required to complete the Physical and Mental Health Questionnaire provided by the Family Medicine Department and the Labor General Physical and Health Examination Record Form. These completed forms will be collected by the hospitals and retained by the University for reference.

◆ Health Checkup Items ◆ 1. Package I and Package II

2. Optional health checkup items available at your own expense at E-Da Hospital
3. Optional health checkup items available at your own expense at E-Da Dachang Hospital

◆ Making an Appointment ◆ You can make an appointment online starting at 2:00 p.m. on Monday, October 12, 2026.

** 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