Asia University
Student Health Examination Form (Self-written)

Date of Entry	/ (yy)/(mm)	Name				
ARC No.		Nationality				No need to attach photo
Birth Date	/ / (yy/mm/dd)	Sex	□M □F	Blood Type		
Department & Class		Student No.				
		Cell Phone No.				

Emergency Contact (Parents or guardian)	Relationship	Name	Phone(home)	Cell phone No.

Health Information

※Medical HistoryPlease tick any of the following ailments you have had (please add details for 13. to 18.)

□1. None
□2. Tuberculosis
□3. Heart disease
□4. Hepatitis
□5. Asthma
□6. Kidney disease
□7. Epilepsy
□8. SLE (Lupus)
□9. Hemophilia
□10. G6PD deficiency
□11. Arthritis
□12. Diabetes mellitus
□13. Psychological or mental illness: ____
□14. Cancer:_____
□15. Thalassemia: _____
□16. Major surgery: _____
□17. Allergy to: _____
□18. Other:_____

If you are being treated for or recovering from any of the above or some other disease, please inform the medical personnel and also provide your medical records for the healthcare professionals' references.

Lifestyle

※ Tick the box that best describes your lifestyle:

1. How much did you sleep during the past 7 days (*not including weekends, or days off*) ?:□①≧7 hours a day □②<7 hours a day □③ I suffer from insomnia
2. How many days did you eat breakfast during the past 7 days (*not including weekends, or days off*)?: □①Never□②Seldom:____days □③Every day at (time)?_____
3. During the past month (*not including weekends, days off, or winter or summer vacation*), have you exercised three times a week, for at least 30 minutes each time, and achieving a heartbeat rate of 130 bpm each time?: □①Yes □②No
4. During the past month, did you smoke?: □①No □②Often □③Every day:____ # cigarettes per day □④Quit
5. During the past month, did you drink alcohol? □①No □②Often □③Every day: ____ # glasses per day □④Quit (*Note for* ③: *please say how many glasses, 'one glass' means: beer 330 ml, wine 120 ml, liquor 45 ml*)
6. During the past month, did you chew betel quid? □①No □②Often □③Every day, ____ # quids per day □④Quit
7. Do you feel worried or depressed ? □①No □②Seldom □③Often
8. Do you regularly feel chest discomfort? □①No □②Seldom □③Often
9. Do you regularly feel stomach discomfort? □①No □②Seldom □③Often
10. Do you regularly have headaches? □①No □②Seldom □③Often
11. Menstrual history (*women only*):
    (1) Your age at first menstruation:□①Haven't begun menstruation yet □②Age at first period:_____
    (2) Length of menstrual cycle: □①≦20 days □②21-40 days □③≧41 days □④irregular (*differing in length by more than 7days*)
    (3) Do you have painful menstrual periods? □①No □② Light pain □③ Severe pain
12. Bowel habits: During the past 7 days, how often did you defecate? □①At least once every day □②Once in 2 days □③Once in 3 days □④Once in 4 or more days
13. Internet use: During the past seven days (*not including weekends, or days off*), how many hours did you use the internet every day, apart from when doing homework or in class? □①≦1 hour □②1-2 (less than)hours □③2-4 (less than) hours □④4-5 (less than) hours □⑤≧5 hours

Self-rated Health

1. In general, during the past month, would you say your health is □①Excellent □②Very good □③Good □④Fair □⑤Poor
2. In general, during the past month, would you say your mental health is □①Excellent □②Very good □③Good □④Fair□⑤Poor

Do you currently have any health concerns? Please give details:

Asia University
Health Examination Record Form(Written by health examination unit)

Health Examination Record	Date: Year/ Month/ Day	
Height：_____cm	**Weight:**_____kg	**Waistline:**_____cm
Blood Pressure：_____/_____mmHg	**Pulse rate：**_____/min	
Vision： Uncorrected: Left _____ Right _____	Corrected: Left _____ Right _____	
Eyes	☐Normal	☐Color blindness ☐Other:_____
ENT	☐Normal	Hearing abnormality: ☐Left ☐Right ☐Suspected otitis media (*further diagnosis required*), such as from a perforated ear drum ☐Swollen tonsils ☐Earwax embolism ☐Other:_____
Head & Neck	☐Normal	☐Wry neck (torticollis) ☐Abnormal mass ☐Other:_____
Chest	☐Normal	☐Cardiopulmonary disease ☐Abnormal thorax ☐Other:_____
Abdomen	☐Normal	☐Abnormally swollen ☐Other:_____
Spine &limbs	☐Normal	☐Scoliosis ☐Limb deformity ☐Bowlegged (Difficulty squatting) ☐Other:_____
Skin	☐Normal	☐Ringworm ☐Scabies ☐Wart ☐Atopic dermatitis ☐Eczema ☐Other:_____
Oral	☐Normal	☐Poor oral hygiene ☐Calculus ☐Gingivitis ☐Periodontitis ☐Dental malocclusion ☐Abnormal Oral Mucosa ☐Other:_____

Dentition status: C-cavity; X-missing; △- filled; ϕ - impacted tooth; Sp.- supernumerary tooth

Upper Right	18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28	Upper left
Lower Right	48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38	Lower Left

Laboratory Tests			**Result**	**Laboratory Tests**			**Result**
Blood Tests	Hb	(g/dl)		**Blood lipid**	Total Cholesterol	(mg/dl)	
	WBC	(10^3/μL)		**Renal Function**	BUN	(mg/dl)	
	RBC	(10^6/μL)			UA	(mg/dl)	
	Platelets	(10^3/μL)			Cr	(mg/dl)	
	MCV	(fl)					
Hepatitis B	HBsAg			**Liver Function**	SGOT	(U/L)	
	HBsAb				SGPT	(U/L)	
Urinalysis	Protein	(+)(−)		**Urinalysis**	Occult blood	(+)(−)	
	Glucose	(+)(−)			pH		

Chest X-ray	Result: ☐No obvious abnormality ☐R/O TB ☐TB-related Calcification ☐Abnormal thorax ☐Pleura cavity edema ☐Scoliosis ☐Cardiomegaly ☐Bronchiectasis ☐Other:_____		
Summary & Suggestion	☐Normal ☐Requires a consultation with a:_____ ☐Other:_____	**Physician's Signature**	**Stamp of hospital where examination was done**