

健康由我做起!

115學年度教職員工健康檢查懶人包

專業團隊到校服務

光田綜合醫院
體檢部
蒞校辦理



參加方式

採自由參加



關心您的健康



眷屬最多2名



配偶・子女・父母・配偶父母

1 補助對象

- 全校教職員工
(編制內專任、教官、約聘人員
及專案約聘人員)



- 到職未滿6個月
不予補助健檢費用



- 眷屬(最多2名)
限配偶・子女・父母・配偶父母



2 檢查日期及時間

	8/24 (週一)	8/25 (週二)	8/26 (週三)	8/27 (週四)
上午 8:00~11:00	 第一梯:8:00 第二梯:9:30	 第一梯:8:00 第二梯:9:30	 第一梯:8:00 第二梯:9:30	 第一梯:8:00 第二梯:9:30
下午 13:00~15:00	—	—	—	 13:00~15:00 下午時段以 護理系實習指導 老師為主



上午最晚報到時間 10:45；下午場最晚報到時間 13:45。
請於最晚報到時間前完成報到，謝謝您的配合！

3 檢查地點



貼心提醒

檢查前請空腹 8 小時
(可少量飲水)



可少量飲水



檢查前請避免進食



如有疑問，請洽學務處衛保組，分機 1460~1466



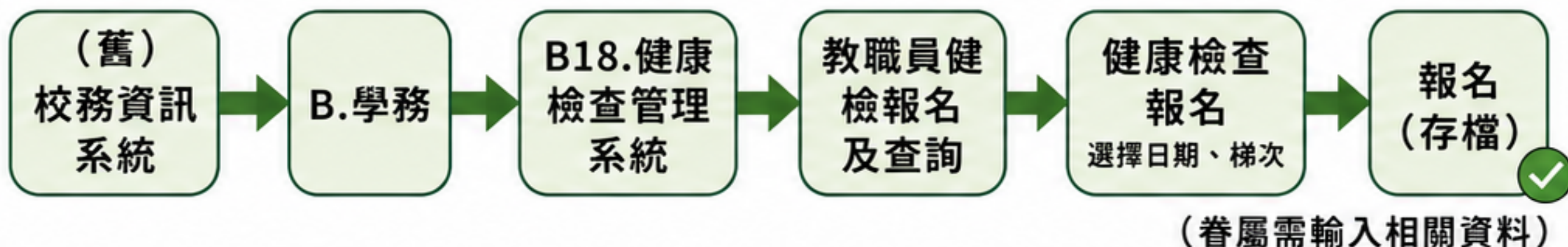
健康由我做起!

115學年度教職員工健康檢查：報名與注意事項

1 報名方式及時間

A  請務必網路預約報名。

 報名日期：
115年8月5日至8月19日。



2 注意事項

A  體檢當天攜帶身分證，以利名單查詢。

B  受檢前二日請勿熬夜、清淡飲食、空腹禁食8小時(可少量水)。

C  腹部超音波依號順序過號依序延後三位。

D  檢查時間約5-10分鐘耐心等候。

❤ 如有疑問，請洽學務處衛保組，分機1460~1466 ❤

3 勞工健康保護規則 (第十七條)

依職業安全衛生法

A  年滿65歲以上者
每年檢查一次

B  年滿40歲以上未滿65歲者
每三年檢查一次

C  未滿40歲者
每五年檢查一次

雇主定期實施一般健康檢查



貼心提醒

檢查前請空腹 8 小時
(可少量飲水)



可少量飲水



檢查前請避免進食

健康由我做起!

115學年度教職員工健康檢查：檢查項目與費用

1



A項 公費 (附件二)



1a



福委會規定補助對象

每人健檢費用1400元
由福委會**公費補助**。

1b



未符合補助規定教職員工

每人**自費**1400元，
於體檢現場繳費。



1c



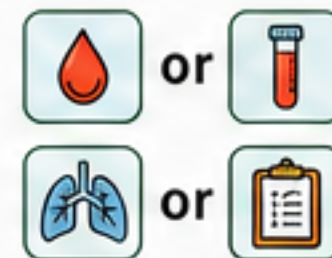
眷屬 (最多2名)

限配偶、子女、父母及配偶父母。
每人**1400元**，
於體檢現場繳費。

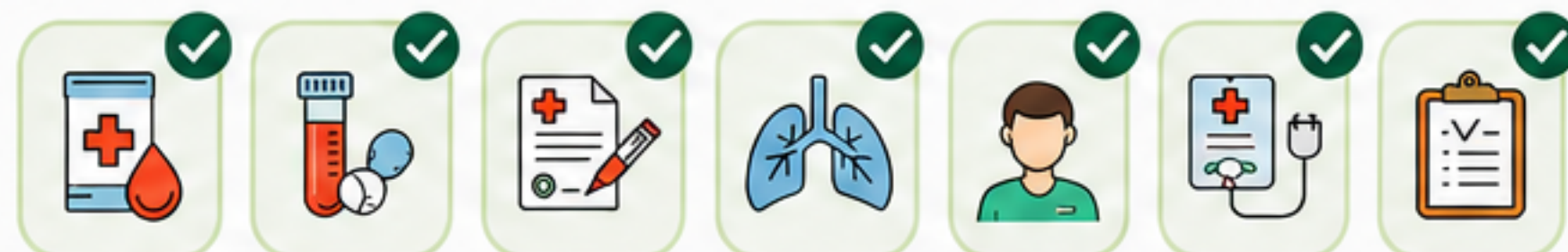
2



B項 自費加做 (附件三)



依選擇檢查項目於健檢現場繳費(可單選)



2b

需要事先調查
人數之項目



甲狀腺超音波
(時長3-5分鐘)



乳房超音波
(時長5-8分鐘)



麻疹、德國麻疹及水痘檢

請有需求的教職員工須
QR-CORD填 GOOGLE表單。

2c

掃描預約登記
(B項自費)



掃描預約登記
(B項自費)



如有疑問，請洽學務處衛保組，分機1460~1466



貼心提醒

檢查前請空腹 8 小時
(可少量飲水)



可少量飲水



檢查前請避免進食

健康由我做起!

115學年度教職員工健康檢查：補檢流程與報告領取



1 補檢方式及流程

A 補檢時間：115年8月28日至9月11日：



週一至週五
(08:30~11:30 ;
13:30~16:00)



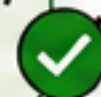
沙鹿光田醫院體檢部。

B 報名日期：
**115年8月24日至
115年8月27日：**

教職員健
檢報名
及查詢

健康檢查
報名
選擇日期、梯次

報名
(存檔)



C 衛保組



光田



預約排程



衛保組請光田專員個別聯繫，
以便安排檢查。
(需事先預約時段)

D 教職員補檢流程

抵達沙鹿光田體檢部

抽血+X光



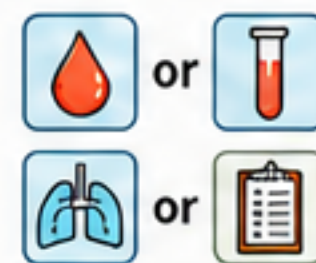
體檢部人員指引單



搭院內接駁車



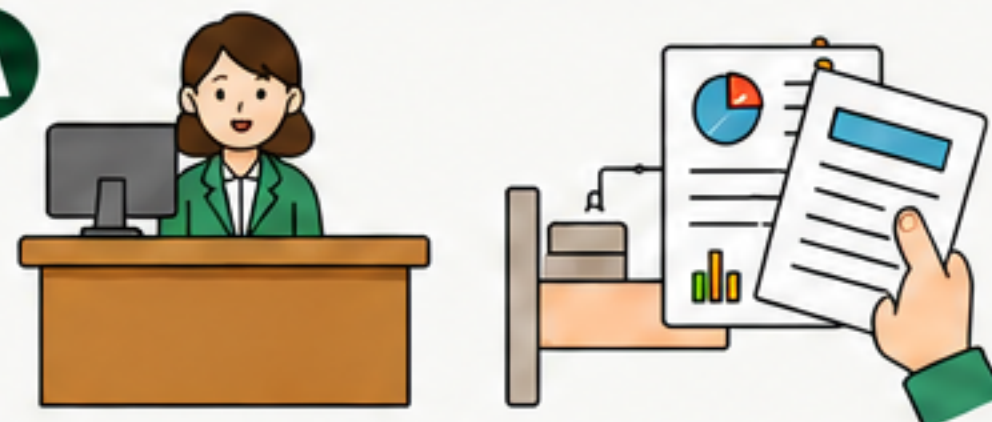
新光田(向上路)
腹部超音波



2 檢查報告領取

所屬單位代領發放

A



B



個人至衛保組
辦公室親領

C



異常結果說明



可利用健康中心
校醫門診時間。



家醫科醫師作說明



如有疑問，請洽學務處衛保組，分機1460~1466



貼心提醒

檢查前請空腹 8 小時
(可少量飲水)



可少量飲水



檢查前請避免進食

Take Charge
of Your Health!

2026 Academic Year Faculty & Staff Health Check – Quick Guide

On-Campus Professional Service

Kuang Tien General Hospital
Health Examination Center
On-Campus Service



Participation

Voluntary



Caring for Your Health



Up to 2 Family Members



Spouse • Children • Parents • Parents-in-Law

1 Eligible for Subsidy

● All Faculty & Staff

Full-time staff, military instructors,
contract staff, and project-based
contract staff



● Employees with less than 6 months of service are not eligible for the health-check subsidy.



● Family members (up to 2)

Spouse, children, parents,
and parents-in-law only



2 Dates & Times

	8/24 (Mon)	8/25 (Tue)	8/26 (Wed)	8/27 (Thu)
Morning 8:00–11:00	 Session 1: 8:00 Session 2: 9:30	 Session 1: 8:00 Session 2: 9:30	 Session 1: 8:00 Session 2: 9:30	 Session 1: 8:00 Session 2: 9:30
Afternoon 13:00–15:00	—	—	—	 13:00–15:00 Primarily for nursing practicum instructors



Latest check-in: 10:45 a.m. for morning sessions;
1:45 p.m. for the afternoon session. Please check in
before the final check-in time. Thank you for your cooperation!

3 Location



Questions? Contact the Office of Student Affairs,
Health Services Section, Ext. 1460–1466

Friendly Reminder

Fast for 8 hours before
the examination (small
amounts of water are allowed).



Small amounts
of water allowed



No food before
the examination

Take Charge
of Your Health!

2026

Faculty & Staff Health Check: Registration & Important Notes

1 Registration Method & Period



A

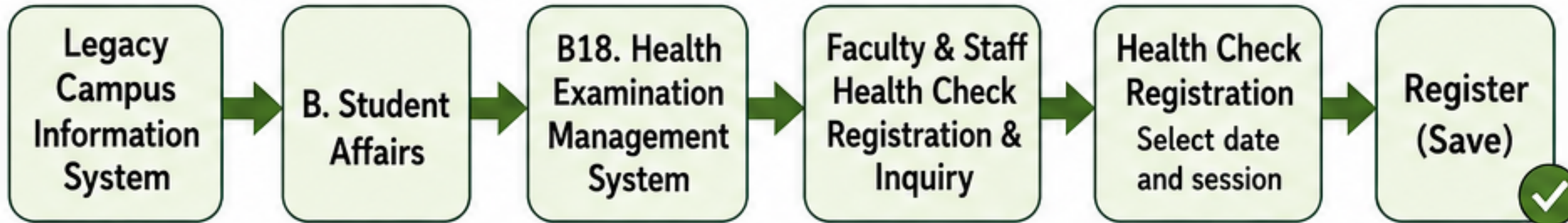


Online registration is required.



Registration period:

August 5–August 19, 2026



Family members must enter the required information.

2 Important Notes

A



Bring your ID on the examination day for roster verification.

C



Abdominal ultrasound queue numbers will be called in order, three numbers at a time.

B



For two days before the examination, avoid staying up late and eat a light diet. Fast for 8 hours before the examination (small amounts of water are allowed).

D



The examination takes approximately 5–10 minutes. Thank you for waiting patiently.

3 Occupational Health Protection Regulations (Article 17)

Under the Occupational Safety and Health Act

A



Age 65 or older

Once every year

B



Age 40 to under 65

Once every 3 years

C



Under age 40

Once every 5 years

Employers must provide regular general health examinations.



Questions? Contact the Office of Student Affairs,
Health Services Section, Ext. 1460–1466



Friendly Reminder

Fast for 8 hours before the examination (small amounts of water are allowed).



Small amounts of water allowed



No food before the examination

Take Charge
of Your Health!

2026 Faculty & Staff Health Check: Items & Fees

1



Section A – Subsidized (Appendix 2)



1a



Eligible under the Employee Welfare Committee Rules

Health-check fee: NT\$1,400 per person
Fully subsidized by the Employee
Welfare Committee.

1b



Faculty & Staff Not Eligible for the Subsidy

Self-paid fee: NT\$1,400 per person
Pay on-site at the health examination.



1c



Family Members (up to 2)

Spouse, children, parents, and
parents-in-law only.

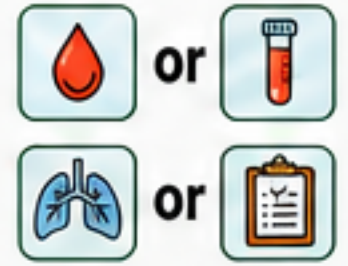
NT\$1,400 per person

Pay on-site at the health examination.

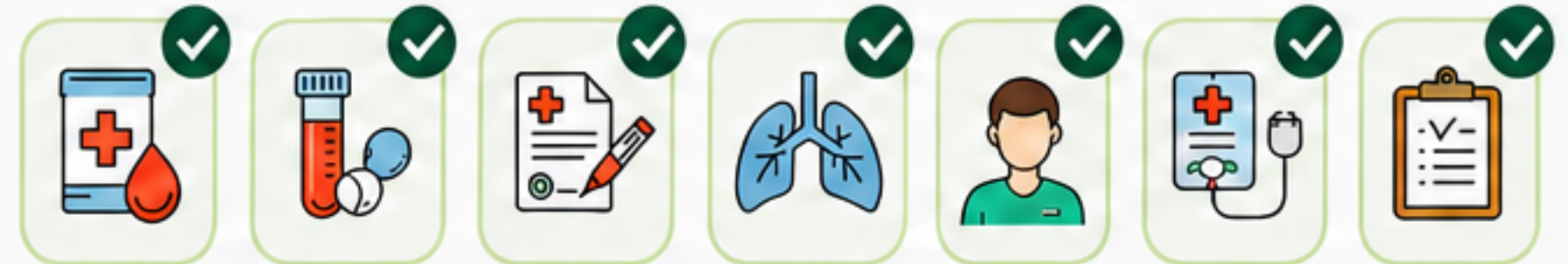
2



Section B – Optional Self-Paid Add-Ons (Appendix 3)



Select and pay for individual add-on tests on-site.



2b

Items Requiring an Advance Headcount Survey



Thyroid ultrasound (3–5 min)



Breast ultrasound (5–8 min)



Measles, German measles (rubella),
and chickenpox antibody tests

Faculty & staff who need these tests
must complete the **Google Form** via
the **QR code**.

2c

Scan to Pre-Register (Section B, self-paid)



Scan to Pre-Register
Section B · Self-Paid



Questions? Contact the Office of Student Affairs,
Health Services Section, Ext. 1460–1466



Friendly Reminder

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the examination
(small amounts of
water are allowed).



Small amounts
of water allowed



No food before
the examination

Take Charge
of Your Health!

2026 Faculty & Staff Health Check: Follow-Up Process & Report Collection

1 Follow-Up Examination Methods & Process

A Follow-up period : August 28–September 11, 2026



Monday–Friday
08:30–11:30
13:30–16:00



Kuang Tien General Hospital,
Shalu Division – Health
Examination Center



B Registration period:
August 24–27, 2026

Faculty & Staff
Health Check
Registration &
Inquiry

Health Check
Registration
Select date
and session

Register
(Save)



Use the same online registration path
described on Page 2.



Kuang Tien



Appointment
Scheduling



Hospital



The Health Services
Section will ask
Kuang Tien staff to
contact you
individually and
schedule the
examination.
Advance booking is
required.

D Faculty & Staff Follow-Up Process

Arrive at Kuang Tien
General Hospital,
Shalu Division –
Health Examination Center
Blood Test + Chest X-ray



Receive a staff
guidance form

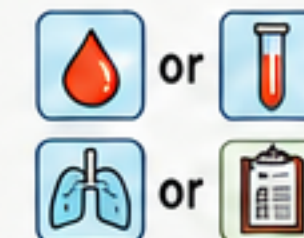


Take the hospital
shuttle



Abdominal Ultrasound
at Kuang Tien
General Hospital,
Xiangshang Division

2 Collecting Examination Reports



Distributed by Your Department

A



Your department
will collect and
distribute the
reports.

B



Pick up your report
in person at the
Health Services
Section office.

C



Explanation of
Abnormal Results



You may consult the
on-campus physician
during scheduled
consultation hours.



A family medicine physician
will explain the results.



Questions? Contact the Office of Student Affairs,
Health Services Section, Ext. 1460–1466



Friendly Reminder

Fast for 8 hours before
the examination
(small amounts of
water are allowed).



Small amounts
of water allowed



No food before
the examination