

# Health Care System



2022/03/07

NTHU Division of Health service

SOtAO MANAGEMENT CONSULTING CO., LTD.

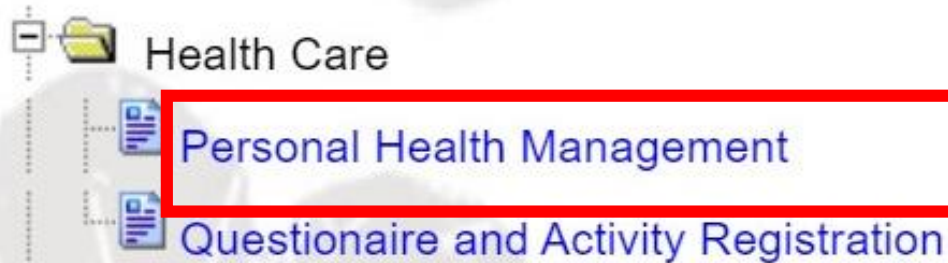


# 校務資訊系統

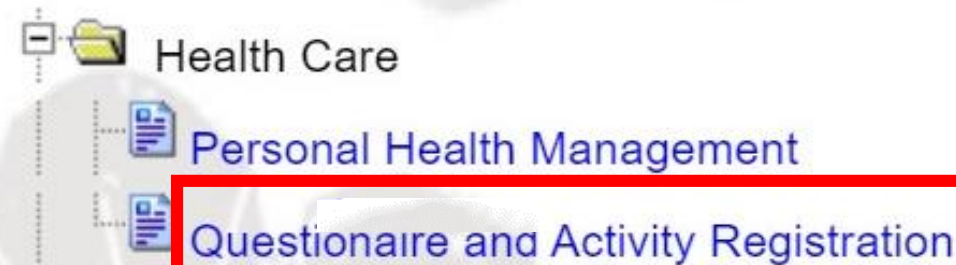
Academic  
Information  
Systems

<https://www.ccxp.nthu.edu.tw/ccxp/INQUIRE/>

Please login to the **Academic Information Systems** → **Health care**



limited to the  
campus domain



Unlimited  
domains

# 功能清單



Menu ▾

Survey on Epidemics |

Health Record |

Health Reservation |

Doctor Reservation |

Event Registration |

Questionnaire

HAVE LIGHT  
AND NATURAL DIET

食清淡重

Intranet

only Record  
in Extranet

Menu

Personal  
Health  
Information

Survey on  
Epi.

Health  
Record

Health  
Reservation

Doctor  
Reservation

Event  
Registration

Questionnaire

Personal  
Health  
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Health Sav.

Survey on  
Epi.

Workout  
Diary

Doctor  
Reservation

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Registration

PRO

Health  
Edu.

Health Trend

BP.

BS. Diary

Self Health  
Record

Body Temp.

Q. Record

Weight  
Weekly

Service  
Reservation

Drinking  
Diary

Health Cred.  
Hour

Body  
Weight  
Control  
Record

My points

GEL

# Personal Health Information-1.Health Saving

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## Personal Health Information

Health Saving /

Health Trend /

Self Health Record /

Questionnaire Record /

Service Reservation /

Health Credit Hour /

My Points

1.

BASIC INFORMATION

2.

PHYSICAL EXAMINATION DATA

### Personal Basic Information

Age and gender are important indicators. There is a need for an accurate personal data for a follow-up health evaluation and risk factors.

#### Basic Information

\*Account

\*Name

\*Gender  Male  Female

\*Date of Birth

Identity Card  
Number

Mobile

Phone

Email

Address

※Information above is imported from 「Academic Information Systems」. If any adjustment is needed, please log in: Faculty and staff members : [Academic Information Systems](#) →

「Employment Affairs Functions」 → 「Profile」 Students : [Academic Information Systems](#) → 「Personal Information」 → 「Personal Information」

# Personal Health Information-2.Health Trend

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## Personal Health Information

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My Points

### Health Trend







Screen shows recent three reports

Check Item	2019/12/25 Yee Zen General Hospital	2016/10/24 Land Seed Hospital	2015/10/20 Land Seed Hospital	Analysis
Smoke	從未吸菸			<a href="#">Analysis</a>
Diabetes	無			<a href="#">Analysis</a>
Medical History	過敏:冷空氣	無特殊異常個人病史	過敏史:無特殊過敏史;用藥史:無特殊用藥史;既往病歷:過敏性鼻炎病史;家族病史:無家族病史;過去一個月,平均每週工時為:40小時;過去6個月,平均每週工時為:40小時;	<a href="#">Analysis</a>

# Personal Health Information-3.Self Health Record

## Personal Health Information

Health Saving / Health Trend / Self Health Record / Questionnaire Record / Service Reservation / Health Credit Hour / My Points

 Blood Pressure	 Blood Sugar Diary	 Body Temperature	 Weight Weekly	 Drinking Diary	 Body Weight Control Record
---	--	---	--	---	---

### Do it Right, Peace of Mind

Blood pressure is a measure of the force of how much pressure your blood is exerting against your artery walls.

Systolic Blood Pressure: indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic Blood Pressure: indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Recorded Duration	Systolic Blood Pressure (mmHg)	Diastolic Blood Pressure (mmHg)	Pulse Rate (bpm)	Action
-------------------	--------------------------------	---------------------------------	------------------	--------

# Personal Health Information-4.Questionnaire Record

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## Personal Health Information

Health Saving

/ Health Trend

/ Self Health Record

/ Questionnaire Record

/ Service Reservation

/ Health Credit Hour

/ My Points

## Questionnaire Record

View all your completed questionnaires history


#	Questionnaire Name	Applied Times	Last Applied Time	Browse
1	一般健康檢查及列管實驗室問卷調查表 Employee Physical and Medical Check-up Questionnaire	1	2019/12/06 07:19	<a href="#">View Record</a>
2	勞工一般健康檢查及列管實驗室問卷調查表 (合併檔)Employee Physical and Medical Check-up Questionnaire-1061011	3	2017/08/18 17:02	<a href="#">View Record</a>
3	勞工一般健康檢查問卷調查表 (合併檔)Employee Physical and Medical Check-up Questionnaire-1	2	2016/10/04 14:16	<a href="#">View Record</a>


# Personal Health Information-5.Service Reservation

Menu ▾ | Survey on Epidemics | Health Record | Health Reservation | Doctor Reservation | Event Registration | Questionnaire

## Personal Health Information

Health Saving / Health Trend / Self Health Record / Questionnaire Record / Service Reservation / Health Credit Hour / My Points

 Activities

 Appointment Service

### Activities

Currently only available for appointment within one year

Registration number	Activities Name / Registration Session	Reminding	Status
---------------------	--	-----------	--------



# Personal Health Information-6.Health Credit Hour

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[Questionnaire](#)

## Personal Health Information

[Health Saving](#) /

[Health Trend](#) /

[Self Health Record](#) /

[Questionnaire Record](#) /

[Service Reservation](#) /

[Health Credit Hour](#) /

[My Points](#)

## Health Credit Hour

You can view service records for assisting in school health promotion activities while at school

#	Study Category	Study Date	Learning Content	Hours
---	----------------	------------	------------------	-------

# Personal Health Information-7.My Points

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## Personal Health Information

Health Saving

/ Health Trend

/ Self Health Record

/ Questionnaire Record

/ Service Reservation

/ Health Credit Hour

/ My Points

Current Points Total *0* point

➤ History

Query  
Points

Last 7 days ▾

#

Transaction Date

Points

Balance

Trading Method / Source

# Health Education

Menu ▾

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## Health Education

Absorb new knowledge, healthy new life

ALL (0)

# Survey on Epidemics

## 關懷問卷調查 NCTU Survey on Epidemics

◎ 最後更新日期：2022/02/21 13:34

### **[第1次填寫]國立清華大學衛保組校園傳染病防治調查 NTHU Division of Health Service Survey on Epidemics**

Dear All,

Those who are of intervention such as home isolation, home quarantine, should do self-health management for another 7 days after their quarantine period terminates. During the isolation or quarantine period, the individual is required not to go out. Furthermore, please measure and report body temperature every morning and evening to the survey, "NTHU Division of Health Service Survey on Epidemics" : <http://0rz.tw/kZFpt>.

Related details are the following:

1. After home isolation or home quarantine period terminates, students are required to do self-health management for another 7 days. Besides, students should measure and report body temperature every morning and evening to the survey, "NTHU Division of Health Service Survey on Epidemics" : <http://0rz.tw/kZFpt>. You are also required to report your physical status through Line: <https://lin.ee/oY1L00W>. before 12 A.M. during 14-day home quarantine period (weekends included).
2. Starting from October 4, 2021, the faculties, staffs and students who have foreign entry should follow two instructions regardless of symptoms.
  - (1) PCR test between the twelfth day and the fourteenth day of home isolation or home quarantine: city government will arrange the appointment for you. After finishing the test, please go back to the quarantine hotel. You will be informed of the result from the authority concerned or by logging in National Health Insurance APP to check on your own.
  - (2) Rapid test between the sixth day and the seventh day of self-health management: you will be reminded to take the rapid test through the message and Line: <https://lin.ee/oY1L00W>. Also, the instruction video will be enclosed in the messages. After finishing the test, please wrap all the used items and throw into the garbage bin.

# Health Record

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## Health Record



點數 +1

Workout Diary

Let's Get Moving



點數 +1

Blood Pressure

Do it Right, Peace of Mind



點數 +1

Blood Sugar Diary

Stay Away from Disease



點數 +1

Body Temperature

Always Good to Know



點數 +1

Weight Weekly

Measure Weekly, Stay Fit  
Always



點數 +1

Drinking Diary

Sufficient Water Intake  
Brings Health



點數 +1

Body Weight Control  
Record

Record Regularly to Keep on  
Track

# Health Record-1.Workout Diary

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## Workout Diary



2022/03/06



Start time 2022/02/06

End time 2022/03/06

Query

Export

Total Calories Burned Today

0 calories

Time 15:10

Current Weight  kg

Sports Type

Sports Time

Burnt Calories  kcal

Save



Tip: Click on the node to modify the data.

# Health Record-2.Blood Pressure

Menu ▾

Survey on Epidemics

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## Blood Pressure

Blood pressure is a measure of the force of how much pressure your blood is exerting against your artery walls.

Systolic Blood Pressure: indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic Blood Pressure: indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Date 2022/03/06 15:11

Starting time 2022/02/06

Ending time 2022/03/06

Systolic Blood Pressure  mmHg

Query

Export

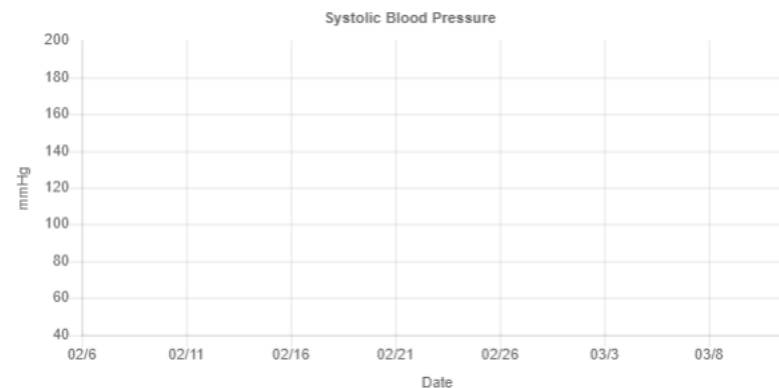
Diastolic Blood Pressure  mmHg

Pulse Rate  bpm

Save

Clear

Hint: You could click the button to make adjustment.



Stage	Systolic Blood Pressure ( mmHg ) Diastolic Blood Pressure ( mmHg )
Normal	< 120 and < 80
Elevated	120-139 or 80-89
Hypertension Stage 1	140-159 or 90-99
Hypertension Stage 2	≥160 or ≥100

# Health Record-3.Blood Sugar Diary

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## Blood Sugar Diary

Blood sugar, or glucose, is the main sugar found in your blood, dominating as main source of energy, and it comes from the food you eat.

Date

Starting time

Ending time

Glucose AC  ng/dl

Query

Export

Glucose PC  mg/dl

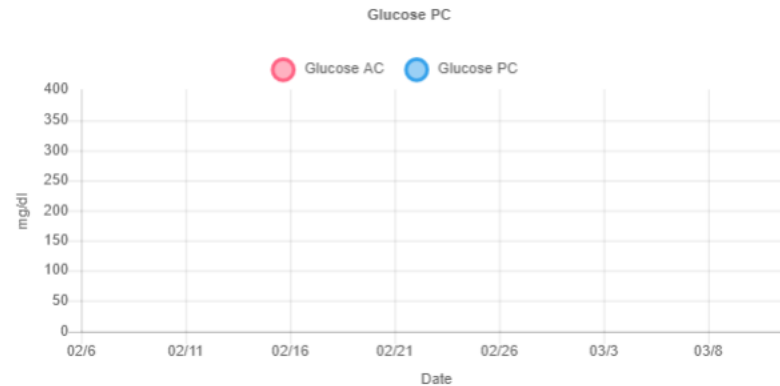
Save

Clear

Hint: You could click the button to make adjustment.

Reference

Type	FPG/AC (mg/dl)	PC (mg/dl)
Normal	<100	< 140
Impaired Fasting Glucose, IFG	$\geq 100$ 且 < 126	-
Diabetes Mellitus, DM	$\geq 126$	$\geq 200$





# Health Record-4.Body Temperature

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## Body Temperature

Date

Starting time

Ending time

Body Temperature  °C

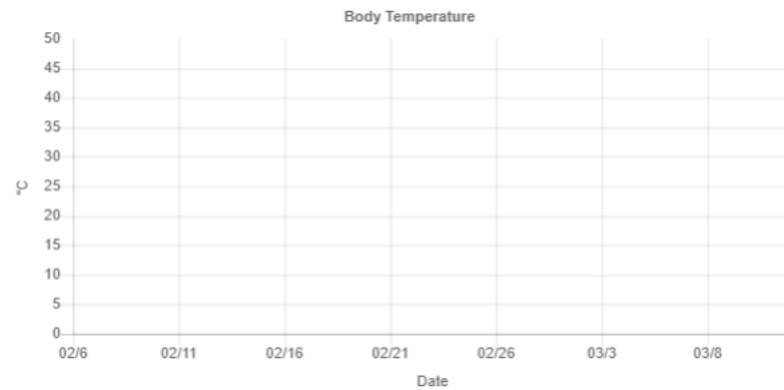
Query

Export

Save

Clear

Hint: You could click the button to make adjustment.



return

# Health Record-5.Weight Weekly

Menu ▾

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## Weight Weekly

Date

Height  cm

Weight  kg

Waist  cm

Save

Clear

Starting time

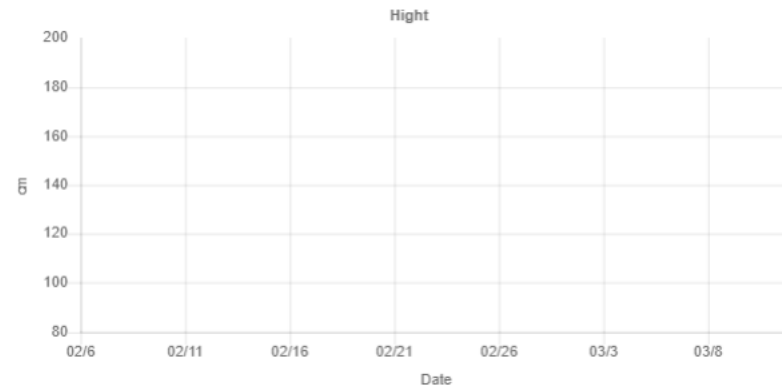
Ending time

Query

Export

Hint: You could click the button to make adjustment.

Obese Definition	Body Mass Index, BMI Weight( kg ) / Height(m) 2
Underweight	BMI < 18.5
Ideal	18.5 ≤ BMI < 24
Abnormal	Overweight : 24 ≤ BMI < 27 Class I : 27 ≤ BMI < 30 Class II : 30 ≤ BMI < 35 Class III : BMI ≥ 35
Note : Inapplicable for those who are pregnant and athletes	



# Health Record-6.Drinking Diary

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## Drinking Diary

The formula for the suggested amount of water intake everyday is 30ml per kg of a person's weight.

Date

Starting time

Ending time

Water  mL

Query

Export

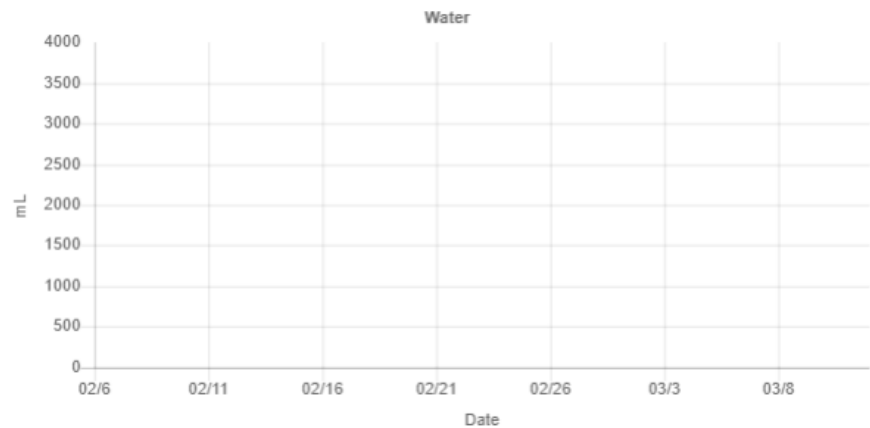
Save

Clear

We have to replenish water everyday: the minimum water intake for a person everyday is a person's weight based on the formula of 30ml per kg.

Your recent weight is 54.9 KG, everyday you need to replenish 1,647 ml water.

Hint: You could click the button to make adjustment.



# Health Record-7.Body Weight Control Record

Menu ▾

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## Body Weight Control Record

\*Date

Target of the Week

Bowel Movement Record  Time(s)

Water Consumption  cc

Sleep Record Bedtime Date & Time

Awake Date & Time

Deep Sleep  hours  minutes

Light Sleep  hours  minutes

Total Sleep  hours  minutes

Diet Record Diet Content (including time and items)

Consumption of Sugary Drink  Yes  No

Exercise Record Today' s exercise (e.g. swimming, jogging...)

1.  exercise  hours  minutes

2.  exercise  hours  minutes

3.  exercise  hours  minutes

Return

Send

# Health Reservation

衛生保健組  
Division of Health Service

清大附設診所 國立清華大學 學生會秘書 校務資訊系統 校務雜誌 鄰近醫療資源 新開學

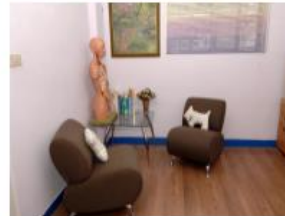
國立清華大學  
NATIONAL TUNG HSIA UNIVERSITY

認識我們 表單下載 相關法規 健康諮詢 健康照護系統 ENGLISH

Please fill in your information below, we will serve as soon as possible.

Notice :

- Medical Report Consultation: Please remember to bring your report to our office for consultation.
- Health Care and Medical Consultation: Please bring your own medical equipment to our office for consultation or demonstration.
- Registration for medical equipment demonstration prior to activities:
  1. Please call 03-5743000 or #43000 one month before to discuss and confirm demonstration time before filling the form.
  2. "ID", please fill in all participating members name and student number. Example: 101000000 Tony.
  3. Each session students are limited from 5 to 10 people ( at least 5). If more than that, please separate into two sessions, thank you.



*Department:	<input type="text"/>
*Name:	<input type="text"/>
*Phone Number:	<input type="text"/>
*E-mail:	<input type="text"/>
*Subject/Question:	<input type="radio"/> Medical Report <input type="radio"/> Specific Disease Care <input type="radio"/> Health Care & Medical Consultation <input type="radio"/> First Aid Kit Demonstration
*Appointment date:	<input type="text"/>
*Appointment time:	<input type="radio"/> 09:00-10:00 <input type="radio"/> 10:00-11:00 <input type="radio"/> 11:00-12:00 <input type="radio"/> 14:00-15:00 <input type="radio"/> 15:00-16:00 <input type="radio"/> 16:00-17:00
Notes:	<input type="text"/>
ID/Name:	<input type="text"/>
Verification Code	Code <input type="text" value="7613"/> <input type="text"/>

Submit

# Doctor Reservation

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## Doctor Reservation

ALL / HC / TC



Doctor Reservation

TC

# Doctor Reservation

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## Doctor Reservation



### Doctor Reservation

Register

INTRODUCTION

SPEC/FILE

NOTE

# Doctor Reservation

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1

CHOICE TIME

2

ORDER INFORMATION

3

RESERVE FINISH

➤ Choose an appointment date

2022 3月



星期一	星期二	星期三	星期四	星期五	星期六	星期日
	1	2	3	4	5	6
7 AVAILABLE	8 AVAILABLE	9 AVAILABLE	10 AVAILABLE	11 AVAILABLE	12	13
14 AVAILABLE	15 AVAILABLE	16 AVAILABLE	17 AVAILABLE	18 AVAILABLE	19	20
21 AVAILABLE	22 AVAILABLE	23 AVAILABLE	24 AVAILABLE	25 AVAILABLE	26	27
28 AVAILABLE	29 AVAILABLE	30 AVAILABLE	31 AVAILABLE			

Choose a date  
and time

➤ Select an appointment time / service staff

上午

下午

Cancel appointment



# Doctor Reservation

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Thank you!! Your appointment form has been sent!

Reservation number : [C22030600001](#) ,

Appointment notification has been sent to your email : [hsunyi@mx.nthu.edu.tw](mailto:hsunyi@mx.nthu.edu.tw)

## Reservation content

Reservation number	Clinic Name	Appointment date	Appointer Name	Reservation status
C22030600001	Doctor Reservation	2022/03/09 10 : 00-11 : 00	Emily	Applied

Registration information Lookup

# Event Registration

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## Event Registration



[Registration] 2021 GSK Seasonal  
Influenza Vaccines at Own Expens...

Event Registration

# Event Registration

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## Event Registration



### [Registration] 2021 GSK Seasonal Influenza Vaccines at Own Expense On Campus

Location : [Feng-Yun Building 3rd floor, International Students Activity Center.](#)

Time : [2021/11/16 13:00-15:00](#)

Place : [200](#)

Remaining places : [200](#)

Sign up

INTRODUCTION

SPEC/FILE

[Registration] 2021 GSK Seasonal Influenza Vaccines at Own Expense On Campus

Influenza, considered one of the most contagious diseases in Taiwan' s winter seasons, is at peak from November to March. The Division of Health Service has collaborated with YeeZen Hospital, which is responsible for NTHU New Students Physical Examination, providing the GHK seasonal influenza vaccines at own expense on NTHU campus. For those who have reserved or injected COVID-19 vaccines. please at least save 7-day intervals.

# Event Registration

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## Event Registration

1

ORDER INFORMATION

2

RESERVE FINISH

### Registration content

Event name [Registration] 2021 GSK Seasonal Influenza Vaccines at Own  
Expense On Campus

Registration status 未送出

Special needs

If you have any special needs, please fill in here

### Appointer information

\*Appointer Name

Emily

Please fill in the name of the appointment person

\*Email

Emily@gmail.com

Appointment notice will be sent to this email

\*\*Contact number

0900-000000

Please fill in the contactable mobile phone or home phone

Cancel appointment

Make an appointment

# Event Registration

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Thank you!! Your event list has been sent!

This registration number : [D22030600001](#) .

Registration notice has been sent to your email : [hsunyi@mx.nthu.edu.tw](mailto:hsunyi@mx.nthu.edu.tw)

## Registration content

Registration number	Event name	Registration status
D22030600001	[Registration] 2021 GSK Seasonal Influenza Vaccines at Own Expense On Campus	Applied

[Registration information Lookup](#)

# Questionnaire

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## Questionnaire

ALL / PRO / GEL



一般健康檢查及列管實驗室問卷調查表 (新進人員) Employee...

PRO



我的烹調方式健康嗎 Is my cooking healthy?

GEL

Gift Points : +2 point



我的進食方法健康嗎 Is my dining method healthy?

GEL

Gift Points : +2 point



我的飲食內容健康嗎 Is my dining habit healthy?

GEL

Gift Points : +2 point



我的外食選擇健康嗎 Is my eating out food choice...

GEL

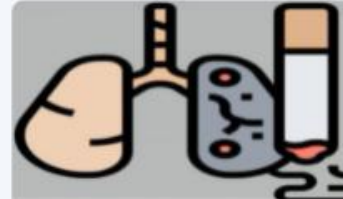
Gift Points : +2 point



我的體能 My physical ability

GEL

Gift Points : +2 point



享瘦-無菸健康生活(活動2)\_吸菸不該有, 健康我最優 Stop...

GEL

Gift Points : +2 point

# Questionnaire

Menu ▾

Survey on Epidemics

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## 我的烹調方式健康嗎 Is my cooking healthy?

01. 選用糙米、五穀雜糧烹調米飯 Choose brown rice, or whole grains when cooking rice

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

02. 每餐至少2種以上蔬菜 At least two types of vegetables every meal

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

03. 每餐純雞鴨魚肉的菜餚最多1種 Every meal, meat dishes is at most one dish only

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

04. 每周油炸食物不到3次 Every week deep fried food is less than 3 times

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

05. 煮菜前，先算好用餐人數及份量，避免因剩菜而吃過量 Before cooking, estimate how many people are eating and the portion to prevent leftovers and over consume

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

06. 以蒸、煮、川燙等少油方式為主要烹調法 Mainly use steaming, boiling, stewing and etc less oily cooking methods.

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

07. 少用糖醋、醋溜、油炸、油煎、爆炒的烹調方式 Use less sweet and sour, vinegar, deep fry, shallow fry and etc cooking methods.

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

08. 善用蔥、蒜、將等天然食材來增加美味 Use onion, garlic, ginger and etc natural ingredients to increase the flavour.

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

09. 烹調時少加糖、鹽、醬料，不要將食物煮的口味過重 When cooking, add less sugar, salt and sauces, do not cook until the flavour is too heavy

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

10. 爆炒、油炸菜色每餐不超過2種 Stir fry, deep fry dishes are not more than 2 for every meal.

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

11. 烹調時少用勾芡、油淋方式 When cooking, use less thickening, oil pouring method.

從不 Never  很少 Seldom  有時候 Sometimes  常常 Often  總是 Always

12. 減少炒蔬菜油量 Reduce amount of oil used when frying vegetables

return

send



**THANK YOU**