

新生填寫健康資料程序

Step 1: 至學校首頁找到 My Portal



Step 2: 輸入帳號(為小寫 s+學號)；

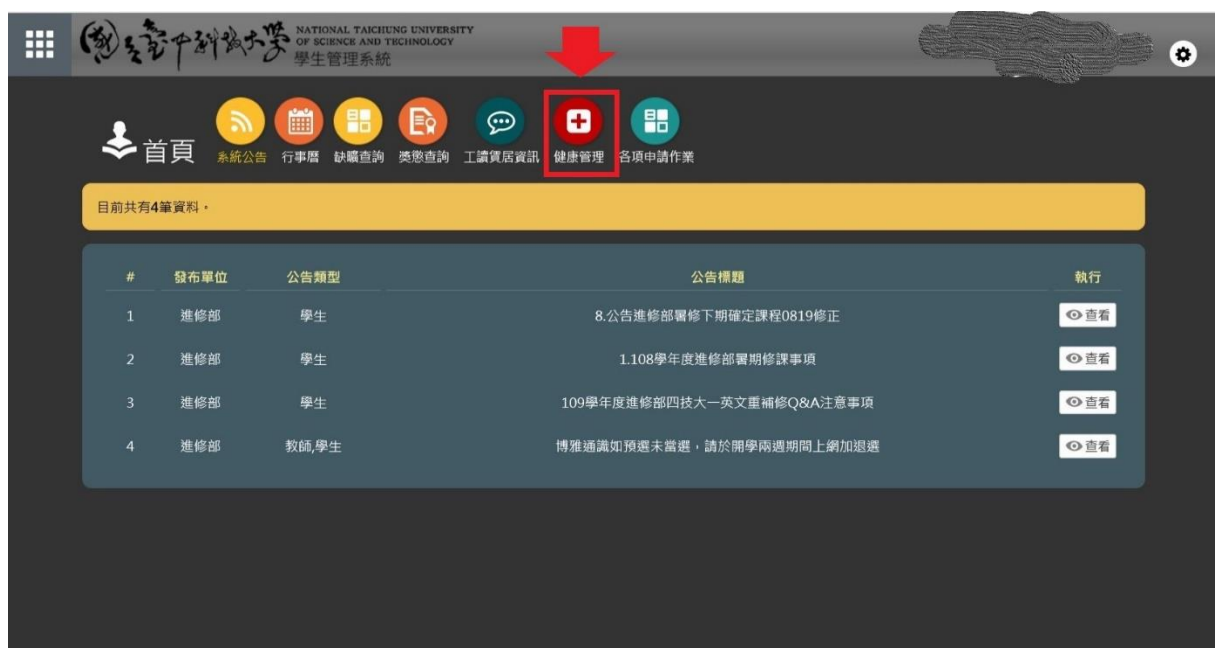
密碼為英文字母為大寫的身分證字號



Step 3: eportal 裡面到學生管理系統



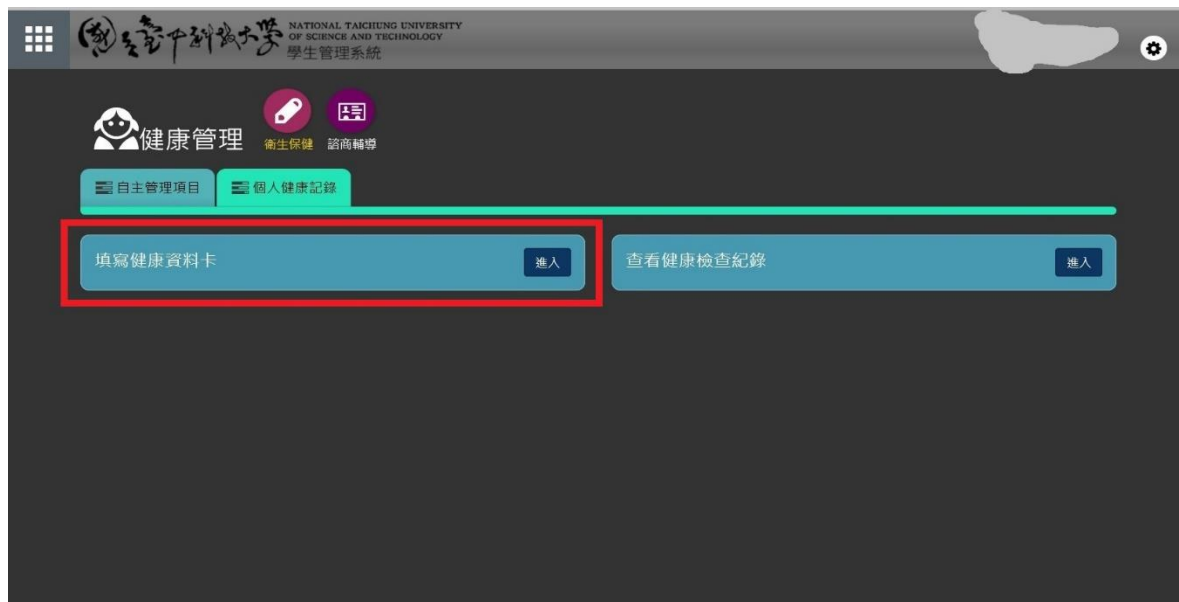
Step 4: 學生管理系統點選健康管理



Step 5:點選個人健康紀錄



Step 6:點選填寫健康資料卡



Step 7:填寫個人健康紀錄

The screenshot shows the 'Student Health Management System' (學生健康管理系統) interface. At the top, there's a navigation bar with the university logo and name. Below it, a yellow banner contains the instruction: '請完成所有「健康基本資料、健康型態與自我健康評估」後再點選送出，謝謝。' (Please complete all 'Basic Health Information, Health Status, and Self-Health Assessment' before clicking 'Submit', thank you.) and a '返回項目清單' (Return to Item List) button. The main content area is titled '學生健康資料卡自填部分' (Student Health Information Card Self-Fill Part). Under the sub-header '一、健康基本資料' (I. Basic Health Information), section '1. 個人疾病史：請勾選本人曾患過的疾病' (1. Personal Medical History: Please check the diseases you have ever suffered from) lists various conditions with checkboxes: 肺結核 (Tuberculosis), 心臟病 (Heart Disease), 肝炎 (Hepatitis), 氣喘 (Asthma), 腎臟病 (Kidney Disease), 癱瘓 (Paralysis), 紅斑性狼瘡 (Lupus), 血友病 (Hemophilia), 蕁麻疹 (Hives), 關節炎 (Arthritis), 糖尿病 (Diabetes), 心理或精神疾病, 請說明: (Psychological or Mental Disease, please specify:), 癌症, 請說明: (Cancer, please specify:), 海洋性貧血 (Mediterranean Anemia), 重大手術名稱, 請說明: (Major Surgery Name, please specify:), 過敏物質名稱, 請說明: (Allergen Name, please specify:), and 患過其他疾病, 請說明: (Suffered from other diseases, please specify:). Below this, section 'A. 治療狀況:' (A. Treatment Status:) includes radio buttons for: 不需治療 (No treatment needed), 已痊癒 (Recovered), 未痊癒治療中 (Not recovered, under treatment), 未痊癒但未定期就醫 (Not recovered but not seeing a doctor regularly), and 未痊癒但目前不需治療 (Not recovered but currently no treatment needed). Section 'B. 就診醫院:' (B. Hospital visited:) is also present.

Step 8:資料全部填寫完後，請按送出

This screenshot shows the continuation of the health assessment form. At the top, there are radio buttons for '沒有' (None), '輕微' (Mild), and '嚴重' (Severe). Question 15 asks: '15. 排便習慣：過去7天內，多久排便一次？' (15. Bowel habits: Within the past 7 days, how often do you have a bowel movement?). The options are: 每天至少一次 (At least once a day), 兩天 (Every two days), 三天 (Every three days), and 四天以上 (More than four days). Question 16 asks: '16. 網路使用習慣：過去7天內(不含假日)每日除了上課及作功課需要之外，累積網路使用的時間？' (16. Internet usage habits: Within the past 7 days (excluding holidays), how much time do you accumulate using the internet for purposes other than classes and homework?). The options are: 每天少於1小時 (Less than 1 hour a day), 每天約1-2小時 (About 1-2 hours a day), 每天約2-4小時 (About 2-4 hours a day), 每天約4-5小時 (About 4-5 hours a day), and 每天約5小時或以上 (About 5 hours or more a day). Section '三、自我健康評估' (III. Self-Health Assessment) contains two questions: '1. 過去一個月，一般來說，您認為您目前的健康狀況是？' (1. In the past month, generally speaking, how do you rate your current health status?) and '2. 過去一個月，一般來說，您認為您目前的心理健康是？' (2. In the past month, generally speaking, how do you rate your current mental health?). Both have radio button options: 極好的 (Excellent), 很好 (Very good), 好 (Good), 普通 (Average), and 不好 (Not good). Question 3 asks: '3. ※ 目前有哪些健康問題？請敘述:' (3. ※ What health problems do you currently have? Please describe:). Below this is a large text input area. At the bottom, there are two buttons: '送出' (Submit) and '清除' (Clear). The '送出' button is highlighted with a red rectangle.

請各位新生於 **115 年 9 月 27日**前填寫完畢

有問題請洽進修部平假日班學務組

電話 **04-22195935**