

114學年度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)；

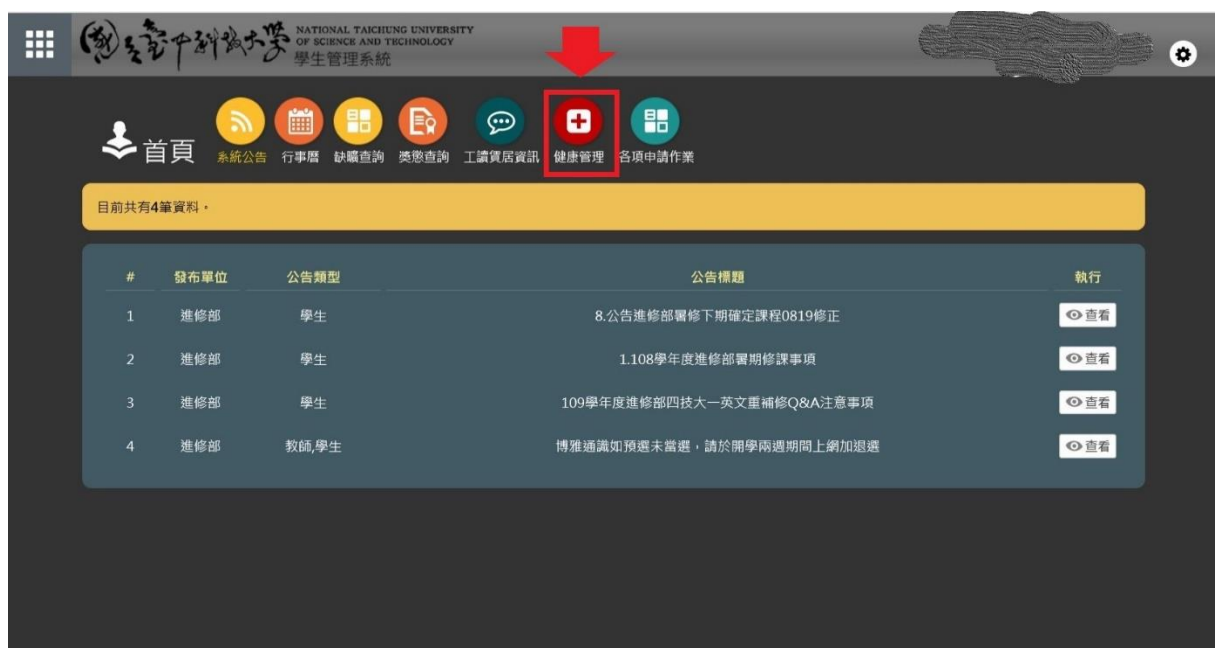
密碼為英文字母為大寫的身分證字號



Step 3: eportal 裡面到學生管理系統



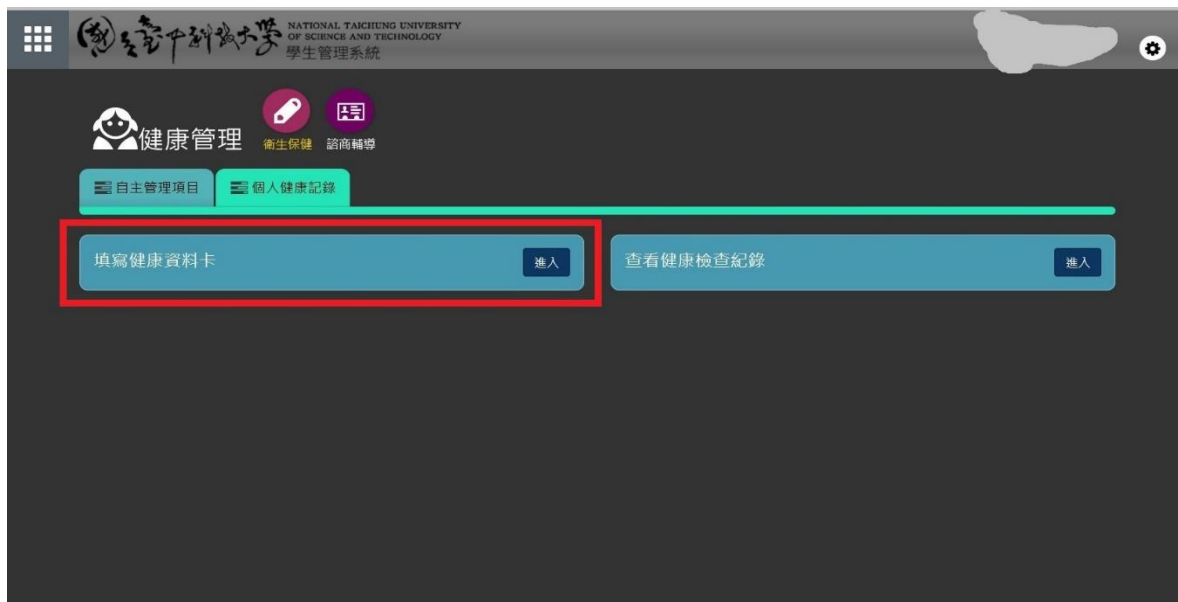
Step 4: 學生管理系統點選健康管理



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 'Return to Item List' (返回項目清單) button. The main section is titled 'Student Health Information Card Self-Fill Part' (學生健康資料卡自填部分). Under the sub-header 'I. Basic Health Information' (一、健康基本資料), there is a section for '1. Personal Medical History: Please check if you have ever had the following diseases' (1. 個人疾病史：請勾選本人曾患過的疾病). It lists various conditions with checkboxes: Tuberculosis (肺結核), Heart Disease (心臟病), Hepatitis (肝炎), Hiccups (氣隔), Kidney Disease (腎臟病), Epilepsy (癲癇), Reddish Scars (紅斑性狼瘡), Blood Diseases (血友病), Soybean Syndrome (蕁豆症), Arthritis (關節炎), Diabetes (糖尿病), Mental or Psychological Diseases (心理或精神疾病), Cancer (癌症), and Oceanic Anemia (海洋性貧血). There are also text boxes for 'Major Surgery Name' (重大手術名稱), 'Allergy Name' (過敏物質名稱), and 'Other Diseases' (患過其他疾病). Below this, there are sections for 'A. Treatment Status' (A. 治療狀況) with radio buttons for 'No treatment' (不需治療), 'Already treated' (已痊癒), 'Treating but not regular' (未痊癒但定期就醫), and 'Treating but currently no treatment' (未痊癒但目前不需治療). Section 'B. Hospital' (B. 就診醫院) is also present.

Step 8:資料全部填寫完後，請按送出

The screenshot shows the continuation of the health assessment form. At the top, there are radio buttons for 'No' (沒有), 'Slight' (輕微), and 'Severe' (嚴重). 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 'At least once a day' (每天至少一次), 'Two days' (兩天), 'Three days' (三天), and 'Four days or more' (四天以上). 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 spend on the internet for purposes other than classes and homework?). The options are 'Less than 1 hour' (每天少於1小時), 'About 1-2 hours' (每天約1-2小時), 'About 2-4 hours' (每天約2-4小時), 'About 4-5 hours' (每天約4-5小時), and '5 hours or more' (每天約5小時或以上). Section 'III. Self-Health Assessment' (三、自我健康評估) follows. Question 1 asks: '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?). The options are 'Excellent' (極好的), 'Very good' (很好), 'Good' (好), 'Average' (普通), and 'Poor' (不好). Question 2 asks: '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?). The options are the same as in Question 1. 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:). There is a large text box for the answer. At the bottom, there are two buttons: 'Submit' (送出) and 'Clear' (清除). The 'Submit' button is highlighted with a red box.

請各位新生於 **114 年 9 月 28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**