

## Form IS-06 Health survey

Surname: \_\_\_\_\_ | Given(s): \_\_\_\_\_ | Home Country: \_\_\_\_\_

**Medical History:** Please circle YES or NO corresponding to the medical conditions listed below, YES if you have had the condition and NO if you have no history of the condition.

※For “Current Condition,” indicate “undergoing treatment,” “resolved (cured),” “aftereffects,” etc.

Condition	History	Period (ages)	Current	Condition	History	Period	Current
Heart disease	YES ▪ NO	~		Diabetes	YES ▪ NO	~	
Hypertension	YES ▪ NO	~		Ulcer	YES ▪ NO	~	
Hypotension	YES ▪ NO	~		Tuberculosis	YES ▪ NO	~	
Kidney disease	YES ▪ NO	~		Anemia	YES ▪ NO	~	
Liver disease	YES ▪ NO	~		PMS/Menstrual cramping	YES ▪ NO	~	
Epilepsy	YES ▪ NO	~		Mental illness	YES ▪ NO	~	
Hyperventilation	YES ▪ NO	~		Somatoform disorder	YES ▪ NO	~	
Asthma	YES ▪ NO	~		Other	YES ▪ NO	~	
Eczema	YES ▪ NO	~					

List all known allergies or sensitivities (Food, drug, animal, plant, etc.):

**Current State of Health :** Circle any current symptoms

1. Headache/migraine	7. Tire easily
2. Palpitations/Shortness of breath	8. Lack of appetite
3. Stiff shoulders	9. Anxiety/unease
4. Constipation	10. Easily melancholy
5. Lumbar pain	11. Trouble rising (AM)
6. Irregular Menstruation	12. Social anxieties

**Family medical history (List family illnesses/diseases below)**

Father	Mother
Brothers	Sisters
Grandfather	Grandmother

**About Lifestyle**

Number of meals per day	1~2	3	Other ( )	
Breakfast habits	Eat breakfast regularly	Sometimes eat breakfast		Do not eat breakfast
Smoking	Daily (_____ per day)	Sometimes(_____ average )		Non-smoker
Alcohol	Daily (Type: ) (Amount: )	Sometimes (Type: ) (Amount: )		Non-drinker
Sleep	Less than 4 hours nightly	4-6 hours	6-8 hours	More than 8 h ours
Living arrangement	1. Apartment (private)	2. Dormitory	3. Shared house	4. Other ( )

Share any health concerns or other anxieties you have upon beginning your study in Japan below (Free answer):

※The information you provide will remain confidential. Your answers assist us in protecting your health while in Japan.