Notices before the Health Examination:

1. Avoid staying up late, drinking, stimulants, thick tea, thick coffee, raw meat and sea foods three days before the health examination.

2. Wear casual clothes without zippers, buttons and glitters. Remove the necklaces, decorative items, and metal accessories; do not put any objects in the chest pocket to affect X-ray examination.

3. Do not eat anything **six-eight hours prior to taking the examinations (water is allowed)**. You can have foods or beverages after blood drawing. Those who have examination in the morning shall go to bed before 12:00 a.m. the day before and shall not eat anything (water not allowed, either) after 12 a.m. Those who have the examination at 4 p.m. shall not have anything after 8 a.m. from the morning. Those taking chronic medicine can take the medicine as usual (except for medicine lowering the blood sugar).

4. **Pregnant or possibly pregnant** women shall inform the Report Desk and shall not have X-ray examination.

5. Women on **menstruation period** or less than a week shall inform the examiners.

6. Please relax and take a rest for 5 to 10 minutes before measuring the blood pressure. Those who have blood drawing first shall take a rest for 5 to 10 minutes before measuring the blood pressure.

7. Relax when having the blood drawing. Press tightly the blood drawing place for five minutes. Do not rub the place.

8. Check if the data are correct before the examination and complete the Health Examination Record card.

Visual Acuity Test:

In the following visual acuity test, you will be presented with the letter "E" facing different directions and displayed several times besides corresponding numbers. When the examiner calls out a number, please state which direction its corresponding "E" is facing (up, down, left, right).

For example:

| ⊔ (UP) | ⊓ (DOWN) | E (RIGHT) | ∃ (LEFT) |

If the examiner called out "8," in this illustration you would answer "up." If the examiner called out "9," you would answer "down" and so forth based on the direction of the "E" that will be displayed to you in the vision screener.