

# 健康管理室のご案内

さあ、今日から始めよう、あなたの健康増進。

## 1 定期健康診断の有所見率の現状

近年、生活習慣病にかかり、一生治療に専念しなければならない人が増加しています。

このような傾向は、基地従業員にも現れており、独立行政法人駐留軍等労働者労務管理機構（エルモ）佐世保支部管轄の皆様の定期健康診断における有所見率は受診者の約8割を占め、うち約3割が「要精密検査」及び「要治療」であり、危機的な状況となっています。

## 2 健康管理室の設置

皆様の健康増進を図るため、産業医及び保健師等の産業保健スタッフが連携し、継続的かつ計画的に保健指導等を行う拠点として、佐世保支部に健康管理室を設置しております。

健康管理室では、健康診断の有所見者だけでなく、成人病予防健康診断や人間ドックの健診結果など、御自身の健康が気になる方のために産業医や保健師が保健指導等を行い、また、健康相談に応じますので、是非御利用ください。

### 【場所】

長崎県佐世保市平瀬町3-1 独立行政法人駐留軍等労働者労務管理機構 佐世保支部

電話 0956-59-5366（健康管理室直通）

### 【利用時間等】

（産業医）月曜日～火曜日：9時00分～17時00分、水曜日：9時00分～14時00分（または15時00分）

（保健師）月曜日～金曜日：9時00分～14時00分

- ・日本の祝日及び12月29日から1月3日までは休みです。
- ・産業医、保健師の勤務予定は、月初めに各職場にお知らせするとともにLMOホームページに掲載します。
- ・相談を希望される方は、事前に予約を入れていただきますようお願いいたします。
- ・勤務時間中に利用される場合は、事前に監督者から年次休暇あるいは無給休暇の許可を受けてください。

### 【業務内容】

健康診断結果に対するアドバイス、健康の不安を抱えている方へのアドバイス、生活習慣に配慮した生活指導、その他健康に関する相談

### 【費用】

無料（医療行為は行いません。）

### 【スタッフ】

産業医1名、保健師1名、支部職員1名



労働安全衛生法第69条第2項では「労働者は事業者が講ずる措置を利用して、その健康の保持増進に努めるものとする」とあり、皆様の健康増進は御家族の安心でもあります。**まず従業員の皆様一人一人が自主的、自発的に健康増進に取り組むことが非常に重要**です。



お問い合わせ先

独立行政法人

駐留軍等労働者労務管理機構 佐世保支部

電話 0956-23-7191

# Notice to MLC/MC/IHA employees on establishment of Health Management Office

Start today, let's go forward for your health promotion.

## 1. Current Situation on the ratio of MLC/MC/IHA employees who received unfavorable comments at periodic medical examinations

In recent years, an increasing number of people are suffering from lifestyle related diseases and must undergo lifelong medical treatments. This trend is also true among MLC/MC/IHA employees. In the findings of the periodic medical examinations for MLC/MC/IHA employees serviced by LMO/IAA Sasebo Branch Office, more than 80% of the employees received unfavorable comments, and more than 30% of them needed to take “a thorough check up”. These ratios are higher than those of MLC/MC/IHA employees in other areas. This indicates a critical situation.

## 2. Installation of Health Management Office

For the purpose of improving your health and wellness, the Health Management Office has been installed in Sasebo Branch of LMO/IAA, where industrial health experts such as Industrial Physicians and Public Health Nurses can work together and provide health counseling, etc. in a planned and consistent manner.

Industrial Physicians and Public Health Nurses at the office will provide health guidance, counseling, etc. not only to those who received unfavorable comments at medical examinations but also to those who are concerned about their health. They will provide you with some practical advice based on the findings of Adult Disease Preventive Health Examination or Comprehensive Medical Examination. Please feel free to contact and visit the office.

### <Location>

Sasebo Branch, LMO/IAA, 3-1 Hirasecho, Sasebo-city, Nagasaki-ken  
Phone: **0956-59-5366(Direct line to Health Management Office)**

### <Service Hours>

**(Industrial Physician) Monday – Tuesday : 9:00 –17:00 , Wednesday : 9:00 –14:00(or 15:00)**

**(Public Health Nurse) Monday – Friday : 9:00 –14:00**

- Closed on Japanese national holidays and 29 Dec. – 3 Jan
- **The Work Schedules of Industrial Physician and Public Health Nurse will be announced to activities within CFAS at the beginning of the month and also be posted on LMO website.**
- When you wish to take the service, please make an appointment before your visiting.
- When you take the service during your working hours, please make sure of obtaining the approval of your supervisor for Annual Leave or Leave Without Pay.

### <Services to be provided>

Advice on results of health examination, advice to those who have any concern about their health, health guidance according to one's lifestyle, and counseling on other health issues

### <Service Fee>

Free of charge (**medical treatments are not provided**)

### <Office Staff>

1 x Industrial Physician, 1 x Public Health Nurse, 1 x Administrative staff of Sasebo Branch

Article 69 (2) of Industrial Safety and Health Act states that “Workers shall endeavor to maintain and promote their health by utilizing the services provided by the employer.” Your Health promotion is also for the well-being of your family. **It is very important that each one of you work on your health promotion initiatively and self-motivatedly.**

Point of Contact:

Sasebo Branch, LMO/IAA

Phone 0956-23-7191