

## Nam Can Tho University and Nam Can Tho University Hospital collaborate for annual health check-ups for the university's lecturers and staff

To ensure the well-being of our university's staff and lecturers and contribute to the development of our human resources, Nam Can Tho University has partnered with Nam Can Tho University Hospital to conduct regular health check-ups for our faculty and staff.



The annual health check-up program is organized for all staff members. This program includes a thorough examination in various medical specialties such as Internal Medicine, Surgery, Obstetrics (for female staff), Ophthalmology, ENT (Ear-Nose-Throat), Dentistry, and Dermatology. Additionally, paraclinical tests such as Hematology, Biochemistry, and Urinalysis are also conducted. A chest X-ray is also included in the check-up.



The organization of periodic health check-ups is a practical and meaningful activity that demonstrates Nam Can Tho University's concern for the health of its staff and lecturers. This is also an opportunity for the staff to early detect any diseases and take timely treatment measures, thereby enhancing their health, quality of life, and effectively fulfilling their assigned duties. Concurrently, Nam Can Tho University also offers preferential policies for the staff, lecturers, and their relatives within the university

ecosystem when receiving medical examination and treatment at the hospital, with discounts ranging from 10-50% of the costs.



In the future, Nam Can Tho University plans to collaborate with Nam Can Tho University Hospital to conduct regular health check-ups for leaders and lecturers in the following years. This initiative aims to promote the well-being of the staff and foster a conducive working environment for the university's growth.



Furthermore, we encourage our leaders and lecturers to regularly engage in physical exercise, maintain a healthy diet, and limit the use of stimulants to protect their physical and mental well-being. With the support of the university's leadership and close collaboration with Nam Can Tho University Hospital, we are confident that these measures will lead to a significant improvement in the health of our leaders and lecturers, ultimately contributing to the continued development of the university.

