

# More than 1,000 UPNVJ Employees Undergo Health Tests

Monday, 23 December 2024 15:14 WIB



**HumasUPNVJ** - As an effort to ensure the health of all teaching and education staff, the National Development University "Veteran" Jakarta (UPNVJ) held a health test for all UPNVJ employees.

Approximately 1006 employees are required to take the health test which is carried out in stages at the Merce Building, UPNVJ Limo Campus, which will take place from December 16 to January 3, 2025.

Based on the Rector's Circular, this health test refers to Presidential Regulation Number 12 of 2013 concerning Health Insurance with the aim of realizing a physically and mentally healthy work process.

In its implementation, there are several types of health examinations carried out, namely complete Hematology, Clinical Chemistry (Glucose, Lipid Profile, SGOT, SGPT, Vitamin D, Ferritin).

In addition, there are also Body Composition, MMPI, qEEG, HRV, TMS and p3000 examinations.

All employees undergo blood sampling to be examined according to various types of examinations.

Employees also have their body composition checked using a special tool, the results of which can be read directly by the participants, so that they can directly understand their growth conditions.

"With this check-up, we can find out the condition of our body from the inside, so we know in the future what needs to be done or what needs to be reduced in order to have a healthy and proportional body," said Fitri, one of the UPNVJ employees.

Export tanggal : Monday, 23 December 2024 Pukul 22:47:01 WIB.

Exported dari [ <https://upnvj.ac.id/en/berita/2024/12/more-than-1-000-upnvj-employees-take-health-test.html> ]