

Stress Check Flow Chart



← Everything in this red box will not be disclosed to anyone besides you. ※Even if contacted by your workplace supervisor or university, without your consent this information is strictly confidential.



Stress Check Examination
Access the website and answer the questions.



The PC or Smartphone **must** be connected to the **University Network** (KUINS, KUINS-Air).

If your stress level is indicated to be very high..



Stress check complete

Please print and save the results.

Receive counseling

(Counseling application page)



The results of the stress check and counseling session will determine if an Interview with a Medical Officer is necessary.

Medical Officer Interview: Unnecessary
• Self-care and a follow-up recommendation
• **Stress check complete.**

Medical Officer Interview: Necessary
• Will contact you via email.

Your department director will contact the Chief Medical Officer to request an interview.

Contact your department's Health Affairs Management request a Medical Officer Interview.

Opt-out of Medical Officer Interview

Medical Officer Interview

Medical Officer Interview Results Notification
• **Stress Check Complete**



Stress check complete

Your department director will be sent a document with the interview results.