

## Appendix: Information used in the health information platform

### ■ Profile

#### Profile

Name

Name (kana)

Date of birth

Age

Sex

Nickname

Blood type

Rh

Postal code

Address

Photo

Emergency information

#### Emergency contact (family structure)

Name

Name (katakana)

Postal code

Address

Phone number

Email address

Date of birth

Age

Relationship

#### Family doctor/pharmacist

Date of registration

Time of registration

Hospital/ Dispensing organization

Hospital department name

Doctor/pharmacist name

Phone number

Evacuation site

Date of registration

Time of registration

Regional evacuation site

Evacuation site

Family meeting place

Family/health insurance photos

Photo 1 date of registration

Photo 1 time of registration

Photo 1

Photo 2 date of registration

Photo 2 time of registration

Photo 2

Photo 3 date of registration

Photo 3 time of registration

Photo 3

Photo 4 date of registration

Photo 4 time of registration

Photo 4

Information requiring special attention

Date of registration

Time of registration

Presence of disability

Disability details

Dialysis

Home oxygen therapy

Pregnancy

Artificial teeth

Glasses/contact lenses

Non-fluent in Japanese

Asthma

Nursing care level

Support level

Nursing care level details

Care manager (company name)

Care manager (phone number)

Care manager (caregiver name)

Other important notes

Allergy information

Allergens

Symptoms

Type

Since When?

Date logged

Time logged

Note

Medication side effects

Side effects

Date logged

Time logged

Previous illnesses

Name of the illness

When

Presence of symptoms

Current symptoms

Date logged

Time logged

Note

Your information in case of emergency situations

Name

Name (kana)

Date of birth

Postal code

Sex

Blood type

Requiring advanced medical care

Bearing a chronic disease

Requiring special care

Allergies

Medication you are currently taking

Other special notes

Your body status

Height

Height

Date measured

Time measured

Height units

Weight/body fat percentage

Weight

Weight units

Body fat percentage

Body fat percentage units

Date measured

Time measured

BMI

BMI

Blood pressure

Systolic blood pressure

Diastolic blood pressure

Date measured

Time measured

Blood pressure units

Blood glucose level

Blood glucose level (usual)

Date measured

Time measured

Blood sugar level units

Body temperature

Body temperature

Date measured  
Time measured  
Temperature units

Heart rate

Heart rate  
Date measured  
Time measured  
Heart rate units

Pulse rate

Pulse rate  
Date measured  
Time measured  
Pulse rate units

ME-BYO Diary

Daily log  
Date logged  
Time logged

Medication records

Medication records  
Medication name  
Dosage  
Administration  
Dispensed date  
Time prescribed  
Dispensing organization  
Medical institution name  
Dosage form  
Prescription length  
Note

Prescription history

Medication name  
Dosage  
Administration  
Date prescribed

Days prescribed

Medical institution

Hospital department name

Doctor's name

Comments

Injection history

Medication name

Dosage

Dosing method

Date prescribed

Number of injections

Medical institution

Hospital department name

Doctor's name

Comments

Vaccination history

Vaccination history

Name of the vaccine

Period

No.

Date of vaccination

Manufacturer/lot

Vaccine dosage (ml)

Name of the facility

Doctor's name

Note

Date of Registration

Time of Registration

Vaccination side effects

Date of side effects

Vaccine that caused side effects

Side effect details

Date of Registration

Time of Registration

Daily activity level

Calories consumed

Date/time calories logged

Total calorie consumption

Active energy (calories consumed)

Calories consumed at rest (basal metabolic rate)

Calories consumed units

Steps

Steps

Date measured

Time measured

Steps units

Floors climbed

Floors climbed

Date measured

Time measured

Stairs climbed units

Walking/running

Walking/running

Date walking/running measured

Time walking/running measured

Walking/running units

Exercise

Exercise time (minutes)/medium intensity exercise time (time spent walking quickly)

Date exercise time/medium intensity exercise time measured

Time exercise time/medium intensity exercise time measured

Healthcare

Body composition

Date measured

Time measured

Body muscle percentage

Body muscle percentage units

Body water percentage

Body water percentage units

Bone mass

Bone mass units

Basal metabolic rate

Basal metabolic rate units

Nutrition

Date nutrient intake measured

Time nutrient intake measured

Biotin

Biotin units

Caffeine

Caffeine units

Calcium

Calcium units

Carbohydrates

Carbohydrate units

Chloride

Chloride units

Chromium

Chromium units

Copper

Copper units

Dietary energy

Energy intake units

Dietary cholesterol

Dietary cholesterol units

Dietary sugar

Dietary sugar units

Fiber

Dietary fiber units

Folate

Folic acid units

Iodine

Iodine units

Iron

Iron units

Magnesium



Magnesium units  
Manganese  
Manganese units  
Molybdenum  
Monounsaturated fat  
Monounsaturated fatty acids units  
Niacin  
Niacin units  
Pantothenic acid  
Pantothenic acid units  
Phosphorus  
Phosphorus units  
Polyunsaturated fat  
Polyunsaturated fatty acid units  
Potassium  
Potassium units  
Protein  
Protein units  
Riboflavin  
Vitamin B2 units  
Saturated fat  
Saturated fatty acid units  
Selenium  
Selenium units  
Sodium  
Sodium units  
Thiamine  
Thiamine units  
Total fat  
Total fat units  
Water  
Water units  
Vitamin A  
Vitamin A units  
Vitamin B12  
Vitamin B12 units

Vitamin B6

Vitamin B6 units

Vitamin C

Vitamin C units

Vitamin D

Vitamin D units

Vitamin E

Vitamin E units

Vitamin K

Vitamin K units

Zinc

Zinc units

Sleep

Date sleep analysis logged

Time sleep analysis logged

Sleep analysis

Inspection results

Date inspection results logged

Time inspection results logged

Respiratory rate

Respiratory rate units

Oxygen saturation (SpO2)

Oxygen saturation (SpO2) units

Number of falls

Number of falls units

Inhaler usage status

Blood alcohol level

Blood alcohol level units

Electrodermal activity

Electrodermal activity units

Microcirculation index

Microcirculation index units

Forced expiratory volume (1 second)

Forced expiratory volume (1 second) units

Forced vital capacity

Heart condition (fatigue/stress)

Fatigue/stress measurement results

Date of measurement

Time of measurement

LF (sympathetic nervous system)

LF (sympathetic nervous system) units

HF (parasympathetic nervous system)

HF (parasympathetic nervous system) units

LF/HF

CCV (TP)

Function age

Autonomic nervous function age units

Comprehensive judgement

Comments

Checkup history

Checkup results

Date of checkup

Time of checkup

Height

Height units

Weight

Weight units

Body fat percentage

Body fat percentage units

BMI

Abdominal circumference

Waist measurement units

Visceral fat rating

Visceral fat rating units

Smoke

Taking medication (blood pressure)

Taking medication (blood sugar)

Taking medication (lipids)

Systolic blood pressure (1st)  
Systolic blood pressure (1st) units  
Systolic blood pressure (2nd)  
Systolic blood pressure (2nd) units  
Systolic blood pressure (other)  
Systolic blood pressure (other) units  
Diastolic blood pressure (1st)  
Diastolic blood pressure (1st) units  
Diastolic blood pressure (2nd)  
Diastolic blood pressure (2nd) units  
Diastolic blood pressure (other)  
Diastolic blood pressure (other) units  
Lung capacity  
Lung capacity units  
Expiratory volume in 1 second  
Expiratory volume in 1 second units  
Expiratory volume % in 1 second  
Expiratory volume % in 1 second units  
Red blood cell count  
Red blood cell count units  
White blood cell count  
White blood cell count units  
Hemoglobin  
Hemoglobin concentration units  
Hematocrit  
Hematocrit units  
Blood platelet count  
Blood platelet count units  
MCV  
MCV units  
MCH  
MCH units  
MCHC  
MCHC units  
HbA1c  
HbA1c units

Fasting blood sugar  
Fasting blood sugar level units  
Urine sugar  
Triglyceride  
Neutral fat units  
Total cholesterol  
Total cholesterol units  
HDL cholesterol  
HDL cholesterol units  
LDL cholesterol  
LDL cholesterol units  
ALT (GPT)  
ALT (GPT) units  
AST (GOT)  
AST (GOT) units  
γ-GTP  
γ-GTP units  
Total protein  
Total protein units  
Serum albumin  
Serum albumin units  
Total bilirubin  
Total bilirubin units  
ALP  
ALP units  
Urinary protein  
Uric acid  
Uric acid units  
Urinary blood  
Urine pH  
Urine specific gravity  
Blood urea nitrogen  
Blood urea nitrogen units  
Serum creatinine  
Blood serum creatinine units  
eGFR

eGFR units

ECG guidance classification

ECG findings

PSA

PSA units

Health age

Health age units

Predicted medical expenses

Predicted medical expenses units

Maternity record history

Fetus/pregnancy information

Child's name

Fetus identification CD

Sex

Number of previous births

Number of C-sections

Single/multiple births

Number of multiple conceptions

C-section plans for this birth

Reason for C-section

Due date

Number of weeks pregnant

Pre-pregnancy weight

Pre-pregnancy weight units

Pre-pregnancy height

Pre-pregnancy height units

Fetus weight

Child name

Fetus identification CD

Date measured

Time measured

Weight

Weight units

Pregnant body weight

Date measured

Time measured

Weight

Weight units

Pregnancy checkup results

Date of checkup

Time of checkup

Weeks pregnant

Weeks pregnant units

Days pregnant

Days pregnant units

Uterine floor length

Uterine floor length units

Abdominal circumference

Waist measurement units

Pregnant weight

Pregnant weight units

Systolic blood pressure

Peak blood pressure units

Diastolic blood pressure

Lowest blood pressure units

Edema

Urinary protein

Urinary sugar

Estimated fetal weight

Estimated fetal weight (units)

Condition of mother

Condition of mother (other)

Facility or staff name

Other important notes

Maternal dental checkup results

Date of checkup

Time of checkup

Weeks pregnant

Weeks pregnant units

Current condition of teeth/missing teeth

Tartar (present/not present)

Inflamed gums

Special notes

Facility/staff name

Birth information

Date of delivery

Time of delivery

Method of birth

Method of birth (other)

Fetal weeks

Fetal weeks units

Fetal days

Fetal days units

Age of father

Age of father units

Age of mother

Age of mother units

Name of place of birth

Single/multiple births

Weight

Weight units

Height

Height units

Chest circumference

Chest measurement units

Head circumference

Head measurement units

Blood type

Presence of fetal distress

Degree of jaundice

Use of incubator

Days incubator used

Suckling strength

Other important notes

Progress from birth to discharge from hospital



Note

Infant checkup results

Date of checkup

Time of checkup

Checkup name

Checkup location

Height

Height units

Weight

Weight units

Chest circumference

Chest measurement units

Head circumference

Head measurement units

Kaup index

Primary\_urinary protein

Primary\_urinary sugar

Primary\_urinary blood

Primary\_urinary white blood cell

Number of teeth

Number of teeth units

Cavities (present/not present)

Number of cavities (baby teeth)

Number of cavities (baby teeth) units

Number of cavities (permanent teeth)

Number of cavities (permanent teeth) units

Attack pattern

Dental occlusion

Soft tissue

Fluoride treatment

Daytime guardian

Nutrition method

Times snacked

Times snacked units

Other

Treatment/dosing history

Medical facility

Medical department

Doctor in charge

Date of checkup

Date of end of checkup

Name of illness (illnesses related to vaccination)

Other reasons for checkup/other details (illness names, frequency, etc.)

Dosing

Period that dosing began

Period that dosing ended

Reason for prescription, dosing, or concern

Student health record history

Period checkup results

Date of checkup

Time of checkup

Height

Height units

Weight

Weight units

Visual acuity, right eye

Visual acuity, right eye (glasses/contacts)

Visual acuity, left eye

Visual acuity, left eye (glasses/contacts)

Hearing (right ear)

Hearing (left ear)

Nutritional status

Spine/chest/limbs

Skin condition

Heart condition

ECG test

Eye condition

ENT condition

Primary\_urinary protein  
Primary\_urinary blood  
Primary\_urinary sugar  
Secondary urine test  
Date of fluoroscopy  
Fluoroscopy film number  
Fluoroscopy results  
Fluoroscopy findings  
Date of x-ray  
Results  
X-ray  
Other inspections  
Tuberculosis  
Illnesses and irregularities  
Direction class  
Other conditions  
School doctor's findings  
Date of recording school doctor's findings  
Subsequent measures  
Notes  
School name

Visual acuity inspection  
Date measured  
Visual acuity, right eye  
Visual acuity, right eye (glasses/contacts)  
Visual acuity, left eye  
Visual acuity, left eye (glasses/contacts)

Dental inspection  
Date of inspection  
Teeth rows (dentition) and teeth alignment (meshing)  
Jaw joint (temporomandibular joint)  
Teeth stains (plaque)  
Gum (gingiva)  
Teeth conditions

Upper right 1

Upper right 2

Upper right 3

Upper right 4

Upper right 5

Upper right 6

Upper right 7

Upper right 8

Upper left 1

Upper left 2

Upper left 3

Upper left 4

Upper left 5

Upper left 6

Upper left 7

Upper left 8

Lower right 1

Lower right 2

Lower right 3

Lower right 4

Lower right 5

Lower right 6

Lower right 7

Lower right 8

Lower left 1

Lower left 2

Lower left 3

Lower left 4

Lower left 5

Lower left 6

Lower left 7

Lower left 8

Upper right A

Upper right B

Upper right C

Upper right D

Upper right E

Upper left A

Upper left B

Upper left C

Upper left D

Upper left E

Lower right A

Lower right B

Lower right C

Lower right D

Lower right E

Lower left A

Lower left B

Lower left C

Lower left D

Lower left E

Milk teeth: number of teeth

Milk teeth: number of untreated teeth

Milk teeth: number of treated teeth

Permanent teeth: number of teeth

Permanent teeth: number of untreated teeth

Permanent teeth: number of treated teeth

Permanent teeth: number of lost teeth

There is a baby tooth that requires special attention

You have tartar

School dentist's findings

Date of recording of school dentist's findings

Other

Subsequent measures

Oral illness, etc.

Number of untreated teeth

Number of treated teeth

Metabolic risk

Metabolic risk

Metabolic risk calculation date

Metabolic risk comments

Age at time of checkup  
Checkup date  
Height  
Weight  
BMI  
Abdominal circumference  
Waist measurement units  
Taking medication (blood pressure)  
Taking medication (blood sugar)  
Taking medication (lipids)  
Systolic blood pressure (1st)  
Systolic blood pressure (1st) units  
Systolic blood pressure (2nd)  
Systolic blood pressure (2nd) units  
Diastolic blood pressure (1st)  
Diastolic blood pressure (1st) units  
Diastolic blood pressure (2nd)  
Diastolic blood pressure (2nd) units  
Systolic blood pressure (average)  
Systolic blood pressure (average) units  
Diastolic blood pressure (average)  
Diastolic blood pressure (average) units  
Hemoglobin  
Hemoglobin content units  
HbA1c  
HbA1c units  
Fasting blood sugar  
Fasting blood sugar units  
Urine sugar  
Triglyceride  
Neutral fat units  
Total cholesterol  
Total cholesterol units  
HDL cholesterol  
HDL cholesterol units  
Non-HDL cholesterol

Non-HDL cholesterol units

LDL cholesterol

LDL cholesterol units

ALT (GPT)

ALT (GPT) units

AST (GOT)

AST (GOT) units

γ-GTP

γ-GTP units

Urinary protein

Urinary blood

Serum creatinine

Blood serum creatinine units

eGFR

eGFR units

Height – risk value

Weight – risk value

BMI – risk value

Waist measurement – risk value

Systolic blood pressure (1st) – risk value

Diastolic blood pressure (1st) – risk value

Systolic blood pressure (average) – risk value

Diastolic blood pressure (average) – risk value

Hemoglobin content – risk value

HbA1c – risk value

Fasting blood sugar – risk value

Urinary sugar – risk value

Neutral fat – risk value

Total cholesterol – risk value

HDL cholesterol – risk value

Non-HDL cholesterol – risk value

LDL cholesterol – risk value

ALT (GPT) – risk value

AST (GOT) – risk value

γ-GTP – risk value

Urinary protein – risk value

Urinary occult blood – risk value  
Blood serum creatinine – risk value  
eGFR – risk value  
BMI – comments – comments  
Waist measurement – comments  
Systolic blood pressure (average) – comments  
Diastolic blood pressure (average) – comments  
Hemoglobin content – comments  
HbA1c – comments  
Fasting blood sugar – comments  
Urinary sugar – comments  
Neutral fat – comments  
HDL cholesterol – comments  
Non-HDL cholesterol – comments  
LDL cholesterol – comments  
ALT (GPT) – comments  
AST (GOT) – comments  
γ-GTP – comments  
Urinary protein – comments  
Urinary occult blood – comments  
Blood serum creatinine – comments  
eGFR – comments

OME-BYO Index  
Mental activity  
Cognitive function(3-word test)  
Cognitive function(clock drawing test)  
Locomo 5  
Walking speed

OMood Check  
Mood Check  
Date of the measurement  
Mood on the date of the measurement  
Active  
Relax  
Heart rate



Physical fitness

Sympathetic nerve

Parasympathetic nerve

Sleep Information

Sleep information

Date of the sleep

Bedtime

Wake up time

Time asleep

Rate of deep sleep

Times awake

Beauty effect

Obesity prevention

Deep sleep

Light sleep