

The Healthy Campus Project is on!



Better mental and physical health, better student life!



We made an app to protect your mental and physical health. Let's use it together!

健康管理の重要36項目を一括管理



広島大学発、総合健康アプリ

みらい健康手帳



ダウンロード



For further information, please contact the development team via the URL below.:

<https://miraikenko.jp/contact/>

Answer questions about mental health using the Mirai Kenko Techo, an app developed by Hiroshima University, and get a smartwatch and Toshipo!



Information for Students

Only a minority of people pay regular attention to their own health. It is difficult to notice changes in our physical as well as mental state. Often, it is only when we become unwell that we think, "I wish I had noticed My body's Message earlier". Hiroshima University has made the Healthy Campus Declaration with the aim of promoting the mental and physical health of its students. As part of this, we have planned to use the Mirai Kenko Techo (health app) to help students to observe their condition in their daily lives, notice it early, consult with us and deal with it. We encourage all students to use this app to improve their physical and mental health.

Yuri Okamoto, Director of the Health Service Center