

To New Students

Reminder for Annual Health Checkups for Students

Health checkups for undergraduate new students will be held at the places indicated in the enrolment guide. You are required to attend the checkup on the specified date. The medical questionnaire needs to be filled out online. Make sure to complete the questionnaire by **6:00 a.m. on Fri. March 31.** The link is below. Please note that **online entry will not be available after the due date.**

「Kyoto University Health Service」 Website

<http://www.hoken.kyoto-u.ac.jp/service/healthcheck/student/>

1. In order to receive the health checkup, you will need:

- (1) Urine sample of your first urination of the day collected in the specimen jar. (You can get a paper cup and a specimen jar at the academic department)
- (2) Student ID card (must be presented at the reception)

2. Checks to be done

Urine test, Blood pressure measurement, Height and weight measurement, Eyesight test (optional) , Interview with a medical professional, Doctor consultation (if applicable), Chest X-ray

3. How to take the urine sample

- (1) On the day of your checkup, collect a sample of your first urination of the day using the paper cup, and transfer it to the specimen jar. (There is a paper cup in a paper bag.)
- (2) Close the cap tightly and put it in the paper bag for the urine test.
- (3) Write your faculty affiliation and name on the bag.
- (4) Women during menstruation should tell it to the on-site reception clerk regardless of the submission of the urine sample.

* Please note that results of the urine test performed during or up to three days after menstruation would be inaccurate.

4. Outfit at the checkup

- (1) At blood pressures, height and weight measurement
Attend in easily removable clothing and footwear so the measurement goes smoothly.
Blood pressure must be measured over a bare arm or thin sweater or shirt, not below a rolled-up sleeve.
- (2) Chest X-ray
 - 1) For the X-ray, you will only be allowed to wear a plain shirt (thin cotton with no pattern, embroidery, or buttons).
 - 2) Those who have long hair should tie it up using rubber ties or similar so that it does not touch your shoulders.
 - 3) Please remove your metal goods, such as a necklace or accessories.

5. Omission of chest X-rays

All new students are required to have a chest X-ray taken. Those who have gone through an X-ray

exam since January 2017 with no abnormalities detected can forgo the X-ray by informing the doctor during consultation at the checkup.

6. Results of the checkup

The results of your checkup can be issued as a Health Checkup Results Certificate by certificate-issuing machine. You can obtain your results on or after June 1. For details, consult the Health Service website.

Kyoto University Health Service

For schedules : ☎ 075-753-2400/2420

For reports and certificates : ☎ 075-753-2404