

To Current Students

Reminder for Annual Health Checkups for Students

Health checkups for current students will be held at the places indicated. You are required to attend the checkup on the specified date. Checkups are important for your health management and can also help detect potential problems early. Make sure you attend the checkup otherwise you might not be allowed to take exams throughout the academic year.

The medical questionnaire needs to be filled out online by 5:00 p.m. on the weekday before the checkup date by KUINS or KUINS-Air. (available on April 3rd). The link is below.

If you cannot successfully access the site or answer the questionnaire, you can use the on-site PC to answer the questionnaire just before the checkup. On that case, you may have to wait for some time due to the limited number of the PCs.

「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

※See the List of Those Required to Take Chest X-Rays, and be sure to take the X-ray if necessary.

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.

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. 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. If you wish, a Health Checkup Report which is issued at the Health Clinic with charge, and a Certificate of Health Checkup which is issued by certificate-issuing machine without charge are available. If additional exams are needed for items in your Health Checkup Report, an additional exam fee besides the issuing fee will be required. For details, consult the Health Service website.

Notice

List of Those Required to Take a Chest X-Ray

Kyoto University Health Service, in accordance with the School Health and Safety Act and Infectious Diseases Control Law, and for the prevention of infectious diseases, requires those listed below to have a chest X-ray taken.

Anyone on the list who wishes to avoid an X-ray must inform the doctor during consultation.

• Undergraduate freshmen
• First-year students in the master's course, the professional course, and the doctoral course
• First-year and third-year students in 5-year term doctoral program of the Graduate School of Asian and African Area Studies
• First-year students in the Graduate School of Government
• First-year students in the Graduate School of Management
• First-year students in the Law School
• Students in the Faculty of Medicine (including the School of Health Sciences) and the Graduate School of Medicine/Public Health who are in their first year and are scheduled to be engaged in clinical works.
• Research students, credited auditors, and auditors
• Students who are scheduled to participate in teacher training
• Students aged 40 years or more
• Students who had abnormal findings in the past chest X-rays or are directed to take annual check.
• Transfer students in their first year

Kyoto University Health Service

For schedules : ☎ 075-753-2400/2420

For reports and certificates : ☎ 075-753-2404