

To Students (excluding new undergrad and new graduate students)

Reminder for the Annual Health Checkups for Students

Annual checkups for students will be held from April 8th to 16th (Uji 23th/ Katsura 25th). Health checkups are important for health management and detecting potential problems early. If you do not undergo an examination, you might not be able to take class exams this year. **Thus, you MUST undergo a health check.**

MUST be connected to the University Network (KUINS, KUINS-Air) to complete the online questionnaire.

Available from April 2rd (Tue)!

Caution

- Please come on your designated date and time.
- **Complete the online questionnaire the day before your checkup (excluding Saturday and Sunday), by 5pm.** (Example: If your checkup is on the 15th, then it must be completed by 5pm on the 14th.) Access it via the URL below.
- If you do not complete the questionnaire on time, you must fill it out on the on-site tablets before your check-up.

「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 /graduate course)
- (2) Student ID card (must be presented at the reception)

2. Checks to be done:

- Urine test
- Blood pressure
- Height and weight
- Eyesight (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 had an X-ray exam since January 2018 with no abnormalities detected can forgo the X-ray by informing the medical professional at the interview.

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) It is possible for urine results to be inaccurate during, or up to 3 days after, menstruation. Those whose designated checkup day is during their menstruation may change to another day within the health check period (by after April 18th). Those menstruating should inform the urinalysis reception regardless of urine sample submission.

4. Outfit at the checkup

(1) At blood pressure, 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:

- You will only be allowed to wear a plain shirt (thin cotton with no pattern, embroidery, or buttons).
- Those who have long hair should tie it up using rubber ties (or something similar), so that it does not touch your shoulders.
- 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” by a certificate-issuing machine. You can obtain your results on or after June 3. 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 medical professional at the interview.ee.

• 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

For reports and certificates : ☎ 075-753-2404