

## Reminder for Annual Health Checkups for Students

Health checkups for new graduate students will be held at the places indicated in the enrollment guide. You are required to attend the checkup on the specified date. The medical questionnaire needs to be filled out in “new students’ site.” Make sure to complete the questionnaire by **5:00 p.m. on Mon. March 30**. Please note that online entry will not be available after the due date. If you do not complete the questionnaire on time, you must fill it out on the on-site tablets before your check-up.

### 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\*

\* All new students are required to have a chest X-ray taken. *Those who have had an X-ray exam since January 2020 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 8<sup>th</sup>). 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 the first Monday of June (the next day if it is a holiday). For details, consult the Health Service website.

Kyoto University Health Service

For schedules : ☎ 075-753-2400

For reports and certificates : ☎ 075-753-2404