

To 2nd Year Undergraduate Students

Reminder for Annual Health Checkups for Students

Health checkups for 2nd year undergraduate students will be held on April 8(Thu), 9(Fri), 12(Mon). You are required to attend the checkup on the specified date and time (The number of people is limited due to the COVID-19).

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.

Caution

- Please come on your designated date and time.
*If you cannot take the checkup at the designated time, please take it in the morning or afternoon of the day.
- Complete the online questionnaire the day before your checkup (excluding Saturday and Sunday), by 5:00 p.m. 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.
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MUST be connected to the University Network (KUINS, KUINS-Air) to complete the online questionnaire.
Available from April 2 (Fri)!

「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)
- (3) Please wear light and plain underwear or T-shirt (Required for chest X-ray).

2. Checks to be done

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

*All 2nd year undergraduate students are required to have a chest X-ray taken. *Those who have had an X-ray exam since January 2021 with no abnormalities detected can forgo the X-ray by informing the medical professional at the interview.*

* Eyesight is not measured to prevent the spread of the COVID-19.

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) Those whose designated checkup day is during their menstruation should inform the urinalysis reception regardless of urine sample submission.
(Only women will have a submission date at a later date. Please receive the information at the urinalysis reception.)

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: **【Please be careful about your clothes to reduce waiting time】**
- You will only be allowed to wear a plain shirt (thin cotton with no pattern, embroidery, or buttons). (Bra top is not allowed.)
 - 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 the first day of the second month after your health checkup. For details, consult the Health Service website.

6. For those who are concerned about COVID-19 infection and do not want to take the health checkup.

- Please enter “web-questionnaire only” in the special note column of the web-questionnaire.
- Please note that we will not be able to issue Health checkup Results if you have only completed the web-questionnaire and have not taken the Annual Health Checkups.
- Currently, there are no alternatives to the Annual Health Checkups.

Kyoto University Health Service
For schedules : ☎ 075-753-2400
For reports and certificates : ☎ 075-753-2404