

To Students:

Reminder for Annual Health Checkups for Students

Annual checkups for students will be held from June 15 to 22. 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 checkup.

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.

「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
- Interview with a medical professional
- Height and weight
- Doctor consultation (if applicable)

professional

* 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

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.

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.

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.

• 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

※ We do not take an x-ray who do not need.

Kyoto University Health Service

For schedules : ☎ 075-753-2400

For reports and certificates : ☎ 075-753-2404