

To Health Checkups for Students

You are required to attend the checkup on the specified date and time.

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 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)

**Requirements. Those who have had an X-ray exam since January 2022 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
- (2) Write your faculty affiliation and name on the seal.
- (3) Those whose designated checkup day is during their menstruation 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: [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.
 - Chest X-ray radiographers are male only.

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 January 8, 2024. For details, consult the Occupational Welfare Division/Health care office website.

Kyoto University Occupational Welfare Division/Health care office

For schedules : ☎ 075-753-2420 • 2331

For reports : ☎ 075-753-2418 • 2419