

# 2023 Fall Periodic Health Checkup

【 For international students, please refer to the 『Health Checkup for International Students』 】

For those who did not take the spring regular health checkup, the fall regular health checkup will be held.  
 In order to receive a health certificate, which is required for **job hunting, continuing on to higher education, or studying abroad**, it is necessary to take a periodic health checkup. Please take advantage of this opportunity.  
 ( For those who do not take the health checkup, no health certificate will be issued during the academic year).

**ELIGIBILITY:** Undergraduate, graduate, and research students, **except international students**, who have not yet taken the 2023 Entrance Health Checkup and Spring Regular Health Checkup. Students on leave of absence are also eligible. However, credit-course (special register) students are not eligible.

**VENUE :** Health Care Center

**TESTS :** Self-perceived symptoms, height, weight, vision, hearing, urine (sugar and protein), and blood pressure (chest X-ray is also available if desired)

**WHAT TO BRING:**

- ① Collect early morning urine (first urine upon waking up and before eating) in a container that is included in the medical checkup kit you received in advance, and bring it with you on the day of the checkup.
- ② Health Examination Form (Please fill in the required information in the bold frame in advance)
- ③ If you wear glasses or contacts, please be sure to wear or bring them with you.  
 (For those who wear glasses or contacts, only corrected vision will be measured.)
- ④ Ballpoint pen

**NOTES:**

- ① Medical checkup packet (medical checkup sheet and urine sample container) will be distributed at the Health Care Center from Monday, September 25, 2023.  
 Since it is necessary to collect urine on the morning of the day of the checkup, please be sure to pick it up at least a day before the checkup date.
- ② Chest X-rays are only taken at the time of enrollment. Unless there is a special need, chest X-ray is not necessary to be conducted as part of the physical checkup during the student's period of study.  
 However, for those who have not yet undergone a health checkup at the time of enrollment, a chest X-ray should be taken. Also, chest X-ray can also be taken if necessary for caregiver experience training, educational training, job hunting, study abroad, etc.
- ③ Do not bring valuables (precious jewelries, expensive bags, etc., and keep your wallet with you all the time).  
 \*We cannot be held responsible for any loss or damage.  
 \*Please read carefully the 『7 Requests』 for prevention of COVID-19 infection on the back of this page.
- ④ Precautions for each test  
 <URINE TEST>  
 \*You can take the test even during menstruation.(Please inform the medical staff. )  
 <CHEST X-RAY>  
 \*Do not take this test if you are or might be pregnant.  
 \*Take off your accessories and bras.  
 \*For those with long hair, please bring hair elastic to tie it up.

**DATE and TIME**

DATE	MALE and FEMALE on alternative time schedule		Remarks
	FEMALE	MALE	
Wednesday October 11		10:00~11:00	
	11:00~12:00		
		13:15~14:15	
	14:15~16:00		

※Medical gowns are not provided for the X-ray examination.  
 Please be sure to wear or bring your own plain, thin undershirt, T-shirt, etc.  
 If you forget to bring your own, you will not be able to take the X-ray examination. (Please note that you will not be able to take an X-ray without a plain tee.)

※Please fill out the medical checkup form by yourself.  
 ( To prevent infection, we will not lend out pens and pencils.)

※Health certificates, which are required in various situations, will be issued only to those who have taken the examination and only within the current academic year (six months) after the examination.  
 Please be sure to have a regular health checkup every year while you are studying.

《IMPORTANT》 Please make sure to read the back page as well.



## 7 Requests for Prevention of COVID-19 Transmission

**IMPORTANT: Please read this carefully!**

Despite the easing of restrictions on activities related to the new coronavirus, we, as a responsible medical institution, will continue to take measures

to prevent infection and ensure a safe environment for everyone who visits our clinic.

Therefore, we ask for your continued cooperation in the measures listed below.

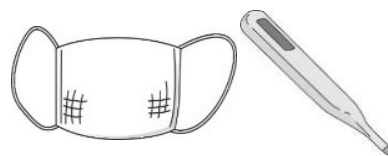
1. Those with underlying medical conditions are requested to consult with their attending physician regarding infection prevention measures to be taken during this health checkup.

(It has been reported that those with underlying medical conditions such as diabetes, heart failure, respiratory disease, etc., and those undergoing dialysis treatment are at higher risk of severe disease.)

2. Please note that you are not allowed to come to the venue if you have any of the following symptoms ① to ⑦ or any of the conditions listed in ⑧ below within 7 days from the day of the event.

【※Please notify the person in charge at your workplace if this applies to you】

- ① Cold symptoms (nasal discharge, nasal congestion, headache, joint or muscle pain) that persist
- ② Fever of 37.5°C or higher, or a body temperature higher than normal.
- ③ Cough or sore throat
- ④ Respiratory distress or difficulty in breathing
- ⑤ Fatigue
- ⑥ Abnormality of sense of taste or sense of smelling
- ⑦ Diarrhea, nausea, vomiting
- ⑧ Close contact with COVID-19 patient or person having suspicion of COVID-19



3. Please be sure to measure your body temperature at home before coming to the medical checkup site. 【We will check your physical condition (temperature, symptoms, etc.) at the reception desk. You may be asked to take your temperature on-site.】
4. Since the virus has not yet been completely eliminated and many people will be in one place for the medical checkup, we recommend that you bring and wear your own mask during the checkup.
5. Medical checkup tools are sterilized each time, but please disinfect your hands before you come to the reception desk. 【Washing hands with soap and running water for at least 30 seconds is also acceptable.】
6. At the medical checkup site
  - We will make sure that there is enough space between examinees, so please allow 1.5 to 2 meters between each other.
  - Minimize conversations and avoid talking too loudly.
  - The venue will be ventilated as much as possible, so please bring something to wear in case of cold weather.
7. Medical gowns are not provided for X-ray examinations. Please wear or bring your own plain, thin T-shirt, etc. If you forget to bring your own, you cannot take the X-ray examination.