

Announcement: 2025 Spring Health Checkup

Tokyo University of Foreign Studies
Health Care Center

The spring health checkup for 2025 will be conducted as follows. **All students are required to take this checkup.**
(If you do not take the medical examination, you will not be issued a health certificate during this academic year.)

Those who did not have a medical checkup in 2024 are required to undergo one.

Eligibility: All Undergraduate Students・Graduate Students・Research Students other than **NEWLY ENROLLED STUDENTS**

※Students on a leave of absence may also take the medical examination.

However, Non-degree Students are not eligible.

Place: Health Care Center, TUFS

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

- Things to Bring:**
- ① Collect an **early morning urine sample (first urine upon waking up and before eating)** in the urine sample container included the health checkup packet that you received in advance and **bring it with you on the day of the checkup.**
 - ② Health Checkup Form (Please fill in the required information in the bold areas in advance.)
 - ③ **If you wear glasses or contacts, be sure to wear or bring them with you. (If you wear glasses or contacts, only your corrected vision will be measured.)**
 - ④ Ballpoint pens (For infection prevention, we will not lend out pens)

- NOTES:**
- ① Health checkup packet (health checkup form and urine sample container) will be available from March 21 (Fri.) to April 4 (Fri.), so please come to the Health Care Center to pick one up. Urine samples must be collected on the morning of the checkup, **so please be sure to pick it up at least one day before the checkup.**
 - ② Chest X-rays are taken only at the time of admission to the university. It is not necessary to undergo another one during your enrollment unless under specific circumstances. However, students who did not have a physical examination at the time of admission are advised to have a chest x-ray. If there are comments in the findings section of the chest x-ray, a follow-up chest x-ray will need to be taken. No appointment is required. Chest X-rays will also be taken if needed for caregiver experience training, educational training, job hunting, study abroad, etc.
 - ③ Do not bring valuables (precious jewelry, expensive bags, etc., and please look after your own wallet, etc.).
* We cannot be held responsible for any loss or damage.
* Read the 『Measures for preventing infectious diseases』 on the back of this page carefully.
 - ④ Precautions for each test
<Urine test> You can take the test even during menstruation
<Chest X-ray>
Do not take this test if you are or might be pregnant.
No accessories or bras can be worn.
For those with long hair, please bring a hair elastic to tie it up.

DATE and TIME

DATE	RECEPTION HOURS				
	FEMALE		MALE		
April 3 (Thursday) 《NO CHEST X-RAY》	*** Those who will not take the chest X-ray, please come to take the annual health checkup on April 3 (Thu). ***				
	9:00~11:30	School of Language and Culture Studies 1st - 4th year students, School of International and Area Studies 1st-4th year students.			
			13:00~15:15	All undergraduate 1st-4th year students, Graduate students, Research students	
	15:30~ 16:30	School of Japan Studies 1st - 4th year students, Graduate students, Research students.			
April 4 (Friday) 《With CHEST X-RAY 》			9:00 ~9:45	School of Language and Culture Studies 3rd-4th year students	Graduate Students, Research Students
			9:45~10:30	School of International and Area Studies, School of Japan Studies 3rd-4th year students	
			10:30~11:00	School of Language and Culture Studies 1st-2nd year students	
			11:00~11:30	School of International and Area Studies, School of Japan Studies 1st- 2nd year students	
	13:00~14:15	School of Language and Culture Studies 3rd-4th year students	Graduate Students, Research Students		
	14:15~15:30	School of International and Area Studies, School of Japan Studies 3rd-4th year students			
	15:30~16:00	School of Language and Culture Studies 1st-2nd year students			
	16:00~16:30	School of International and Area Studies, School of Japan Studies 1st-2nd year students			

※2025 Newly enrolled first-year students and third-year transfer students are excluded.

- ◎Submit the health checkup form at the end of the health examination. Do not take it home.
- ◎The waiting time may be long, so be sure to arrive at the reception with plenty of time.
- ◎For the chest X-ray, wear or bring your own plain, thin undershirt, T-shirt, etc.
- ◎The Health Certificate, which is required in various situations, is issued only for those who have undergone the checkup, and is only valid for one year (within the academic year) after the checkup. Please make sure to have a regular medical checkup every year while you are a student.

**《IMPORTANT》 Please make sure to read the back page as well
Measures for preventing infectious diseases →**

Measures for preventing infectious diseases

Please read the following important information

We appreciate your cooperation during the health checkup.



1. Please note that if you have a temperature of 37.5°C or higher or are suffering from an infectious disease (coronavirus, influenza, etc.) on the day, you will not be able to undergo the health checkup.

2. Please be sure to measure your temperature at home before coming to the health checkup on the day.

We may check your physical condition (temperature, symptoms, etc.) at the reception of the TUFS Health Care Center. You may be asked to take your temperature at the Health Care Center.

3. We recommend that you bring your own mask (non-woven mask) and wear it during the health checkup.

4. Inside the TUFS Health Care Center, we ask for your cooperation in maintaining distance between patients.

- Please keep conversations to a minimum. Please do not speak loudly.

- The TUFS Health Care Center will be ventilated and the number of people will be limited, so you may have to wait outside for a long time. Please bring something warm to wear if it is cold outside.

5. If you are undergoing an X-ray examination, please bring or wear plain, thin undergarments or T-shirts.