

## Group- I Students Medical Check-ups

### New Graduate Students and Research Fellows Enrolled in April, 2016

More information on the Medical check-up reservation can be found at <http://www.hc.u-tokyo.ac.jp/>  
Reservations open from 10am on April 6, 2016.

Log in to the reservation system using the following information:

ID: hoken16

PW: center28

Although this is not the personalized ID/PW set, do not share this with other persons

Medical checkups are required by law. Please make sure you attend the check-ups during the specified period

#### 1. The following students are required to take the Group-I Medical Check-ups:

Students admitted to the University of Tokyo in April, 2016 for example

- 1<sup>st</sup> year Master's program students, doctorate program students, and professional degree program students
- Research students and undergraduate transfer students enrolling for the first time in April, 2016
- Undergraduate students enrolling into the 3<sup>rd</sup> year (those who were not enrolled at UTokyo in AY2015).

#### 2. Venue and Date:

< Hongo Campus > Hongo Health Service Center (Administration Bureau Bldg. 2)

Please make a reservation through the following website. (<http://www.hc.u-tokyo.ac.jp/>)

Time Dates	AM	PM
	9:00 ~ 11:30	1:15 ~ 3:30
May 11 (Wed)	Women	Men
May 12 (Thu)	Men	Men
May 13 (Fri)	Women	Men
May 16 (Mon)	Men	Women
May 17 (Tue)	Men	Men
May 18 (Wed)	Men	Men
May 19 (Thu)	Men	Women

< Kashiwa Campus > 1<sup>st</sup> floor of Kashiwa Library

Please make a reservation through the following website. (<http://www.hc.u-tokyo.ac.jp/>)

Time Dates	AM		PM	
	9:30 ~ 10:30	10:30 ~ 11:30	1:15 ~ 2:30	2:30 ~ 3:30
May 24 (Tue)	Men		Men	Women
May 25 (Wed)	Women	Men	Men	

< Komaba Campus > Komaba Health Service Center

Please make a reservation through the following website. (<http://www.hc.u-tokyo.ac.jp/>)

Time Dates	AM	PM
	9:00 ~ 11:30	1:15 ~ 3:30
Jun 1 (Wed)	Women	Men
Jun 2 (Thu)	Men	Men

#### 3. Please bring following to the Health Check-up.

- 1) Student ID Card (If you do not have Student Card yet, please bring your Certificate of Enrollment.)
- 2) Urine sample
- 3) Reservation number

#### 4. Checks done during Group-1 Medical Checkup:

- ① Urinalysis ※ 1
- ② Taking history and medical questionnaires, blood pressure evaluation
- ③ Electrocardiography
- ④ Chest X-ray examination
- ⑤ Height and body weight measurement
- ⑥ Blood analyses
- ⑦ Mental Health Questionnaire (only for those specified)

※1 You will receive a urine sample container before the medical check-up. Please bring your urine sample taken first thing on the morning of the check-up. Students who do not receive a sample container from the administrative department should pick up a sample container from the Health Service Center.

※2 People who select to have the medical check-up on Kashiwa Campus will have a mental health check also.

#### ※3 Information concerning the blood tests

Analysis of the blood in the fasting state is ideal, and therefore those who have their check-up in the morning should come without having had breakfast and refrain from having drinks that contain calories. Those with check-ups in the afternoon should finish a light breakfast by 7:00am, and refrain from eating and only have drinks that do not have calories in them until after the check-up.

(Please make sure to keep hydrated by taking drinks without calories, such as water or straight tea.)

#### 5. Please note the following points on the Health Check-up:

- 1) Please make a reservation through the website. For details on the reservation, access (<http://www.hc.u-tokyo.ac.jp/>). ※Priority is given to students who have reservations. If you do not make a reservation, during busy periods you may have to wait a long time, or you may not be able to have the health check-up at that time.
- 2) Medical check-ups can be taken on any campus. However, please make sure to have the medical check-ups without fail during the specified period.
- 3) Schedule of the medical check-up may change without notice. Please check the website before turning up for your medical check-up.
- 4) Please bring your Student ID card. If you do not have a Student ID card, please obtain and bring your certificate of enrollment.
- 5) As chest X-rays will be taken, please wear light clothing. Women are requested to wear thin, plain-colored T-shirts without buttons or metal fittings, and please do not wear “bra-top” type clothing. Please bring something to tie your hair if you wear it long. Also, please make sure you are able to bare your ankles for the electrocardiography - therefore please refrain from wearing tights or stockings.
- 6) Health certificate can be issued from three weeks from the date of examination. The results of the first day result become available first.
- 7) Please call the relevant Health Service Center if you are unable to attend the check-up during the dates because of justifiable reasons, such as hospitalization and so on.
- 8) All students are required to have a health check-up. Without medical check-up documentations, you will not be able to obtain certificates required for enrolling in specialty courses, moving to another university and for making various applications. If you miss the health check-up on this occasion, the next available check-up will not be until the following year.
- 9) Those who need special assistance should contact us in advance, as we expect the period to be very crowded.
- 10) Valuable should be looked after individually during the health check-up. Please make sure that you do not lose or leave anything behind.

#### Contact:

Hongo Health Service Center      Phone: 03-5841-2580      (ext. 22579, 22580)  
E-mail: [hoken-kanri-hongo@ml.adm.u-tokyo.ac.jp](mailto:hoken-kanri-hongo@ml.adm.u-tokyo.ac.jp)

Kashiwa Health Service Center      Phone: 04-7136-3040      (ext. 63040)  
E-mail: [kashiwa@hc.u-tokyo.ac.jp](mailto:kashiwa@hc.u-tokyo.ac.jp)

Komaba Health Service Center      Phone: 03-5454-6180      (ext. 46180)  
E-mail: [komaba-kanri@hc.u-tokyo.ac.jp](mailto:komaba-kanri@hc.u-tokyo.ac.jp)