

New Graduate Students and Research Fellows Enrolled in April, 2019

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

Reservations and answering of the Online Medical Questionnaires is required

More information on the Medical check-up reservation and Online Medical Questionnaires can be found at <http://www.hc.u-tokyo.ac.jp/checkups/>

● Medical Questionnaires open from 5pm on March 1, 2019. (Medical Questionnaires only.)

● Reservations open from 5pm on April 5, 2019.

Please check the bulletin boards of your faculty or graduate school for information, UTAS web on how to login.

*A high degree of access is expected on the reservation start date which may cause difficulty in connecting or slow connection. In that case please access it once more at a later time.

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

Students admitted to the University of Tokyo in April, 2019 for example

- 1st 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, 2019
- Undergraduate students enrolling into the 3rd year (those who were not enrolled at UTokyo in AY2018)
- Students admitted to the University of Tokyo in Autumn after 1st December 2018

2. Venue and Date:

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

	AM (9:00~11:30)	PM (13:15~15:30)
Apr 22 (Mon)	Men	Women
Apr 24 (Wed)	Women	Men
Apr 25 (Thu)	Men	Men
May 28 (Tue)	Women	Men
May 29 (Wed)	Men	Men
May 30 (Thu)	Men	Women
Jun 27 (Thu)	Men	Men

<Kashiwa Campus> 1st floor of Kashiwa Library

	AM	PM
	9:30~11:30	13:15~15:30
May 22 (Wed)	Men	Men
May 23 (Thu)	Women	Men

<Komaba Campus> Komaba Health Service Center

	AM(9:00~11:30)	PM(13:15~15:30)
Jun 5 (Wed)	Women	Men
Jun 6 (Thu)	Men	Men
Jun 7 (Fri)	Men	Women

Reservations and Online Medical
Questionnaires

<http://www.hc.u-tokyo.ac.jp/checkups/>



For details and Venue

<http://www.hc.u-tokyo.ac.jp/checkups/students/>



3. Please bring following to the Medical Check-up.

- 1) Student ID Card (If you do not have Student Card yet, please bring your Certificate of Enrollment.)
- 2) Print out of the three QR codes
(these will be displayed after the online questionnaires have been completed)
- 3) Bring to wear or wear plain-colored T-shirts (see section 5-4) below)
- 4) Urine sample
- 5) Reservation number
- 6) Special Care Required when Attending University (only for those specified) *1

* 1. If you need special care to learn at the university due to your health, please complete and bring the "Special Care Required when Attending University" form. The form "Special Care Required when Attending University" can be downloaded from the Health Service Center's home page. The form can be submitted at any of the Health Service Centers. Those who required special care, please complete the form before coming for their medical check-up.

4. Checks done during Group-I Medical Checkup:

- ① Urinalysis*², 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*³, ⑦ Mental Health Check (Kashiwa Campus only)

* 2 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.

Please do not collect a urine sample if you are in your menstrual period. Please contact a staff at reception.

* 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 check with your doctor about fasting for blood tests if you are taking medication daily.

(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 Medical Check-up:

- 1) Please make a reservation and answer the Online Medical Questionnaires through the website. For details on the reservation and Online Medical Questionnaires, 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 medical check-up at that time.
*Your answers cannot be registered unless the QR codes are available and unnecessary time will be wasted during the check-ups redoing the questionnaire.
Please make sure to complete the questionnaire beforehand and to bring the QR codes with you.
- 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) As chest X-rays will be taken, please wear light clothing. You 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.
- 5) Health certificate can be issued from three weeks from the date of examination. The results of the first day will become available first. If you urgently need a certificate, please make sure to take the medical check-up on the earlier dates.
*Excluding schedule of Hongo area in April. For details, see the Health Center website.
- 6) If you do not take a medical check-up at the university during the specified period, you cannot be issued with a health certificate until the medical check-up next year. Costs for medical check-up at other medical institutions and for preparing medical check-up documents will be borne by you.
- 7) If you wish use the result of a check-up at another clinic, please call the relevant Health Service Center beforehand.
- 8) 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, studying abroad, taking leave of absence or working at one of the distant research facilities, etc.
- 9) Those who need special assistance should contact us in advance, as we expect the period to be very crowded.
- 10) Valuables should be looked after individually during the medical check-up. Please make sure that you do not lose or leave anything behind.

Contact: * Replace # with @

Hongo Health Service Center Phone: 03-5841-2579
E-mail: hoken-kanri-hongo.adm#gs.mail.u-tokyo.ac.jp

Kashiwa Health Service Center Phone: 04-7136-3040
E-mail: kashiwa#hc.u-tokyo.ac.jp

Komaba Health Service Center Phone: 03-5454-6180
E-mail: komaba-kanri#hc.u-tokyo.ac.jp