

## Medical Check-ups for Autumn 2018 Entry Students and Researchers

Health check-ups are carried out following the “学校保健安全法/School Health and Safety Act”.

Please make sure to take the health check-up during the specified period.

Answering the Online Medical Questionnaire is now required

The Medical Questionnaire will be available from 10 am on September 4.

\*Reservations must be made by those intending to take the Medical Check-up on Hongo Campus.

Reservations are open for Men from 5 pm on October 23.

Reservations are open for Women from 5 pm on October 24.

(Reservations are not necessary for Komaba Campus · Kashiwa Campus.)

Information for medical check-up can be found on <http://www.hc.u-tokyo.ac.jp/en/> .

Log in to the reservation and online medical questionnaire system using the login information:

Upper Box : **hoken18**

Lower Box : **center30**

\*Although this is not a personalized login information combination, do not share this with other persons.

### 1. Venue and Date:

#### <Komaba> Komaba Health Service Center

September 19 (Wed)	Pre-registration required. Please ask a staff in your faculty if you can take the Medical Check-up on Komaba Campus or not. If you can, the staff will provide you with details of times, etc..
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#### <Kashiwa> 1st floor of Kashiwa Library

Reservations are not necessary for Kashiwa Campus.

Please come directly to the Kashiwa Library during the reception time.

Time	PM
Dates	15:15~15:30
October 10 (Wed)	Men
October 11 (Thu)	Men
October 12 (Fri)	Women

#### <Hongo> Hongo Health Service Center (2nd floor, Administration Bureau Bldg. 2)

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

Time	AM	PM
Dates	9:00~11:30	13:15~15:30
November 6 (Tue)	Men	Women
November 7 (Wed)	Women	Men
December 3 (Mon)	Men	Women

### 2. For the following:

Students admitted to the University of Tokyo in Autumn 2018.

- 1st year Master's program students
- 1st year Professional degree program students
- Auditing Students
- Specially registered students
- Research Students
- Graduate research students
- 1st year doctorate program students
- Undergraduate transfer students (3rd year)
- Special auditing students
- Specially registered graduate students
- Special research students
- Graduate foreign research Students

### 3. Preparations:

- 1) Student ID Card (if you do not have Student Card yet, please bring your Certificate of Enrollment)
- 2) Three printed QR codes (which will be displayed after the online questionnaires have been completed)
- 3) Urine sample
- 4) Reservation number (only for Hongo)
- 5) bring to wear plain-colored T-shirts (see note 5-3) below)
- 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 health check-up.

#### 4. The checkup includes:

- ①Urinalysis\*<sup>2</sup>, ②Taking history and medical questionnaires, blood pressure evaluation, ③Electrocardiography, ④Chest X-ray examination(you will be permitted to skip this examination if you are pregnant or think you may be pregnant), ⑤Height and body weight measurement, abdominal circumference, ⑥Blood tests\*<sup>3</sup>

\*<sup>2</sup> 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 their 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.

\*<sup>3</sup> **Information concerning the blood test**

Tests 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 answer the Online Medical Questionnaires through the website. For details on the Online Medical Questionnaires, access (<http://www.hc.u-tokyo.ac.jp/en/>).  
\*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) If you wish to take your medical check-up on Hongo Campus, please make a reservation through the website. 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. For details on making the reservation, please access (<http://www.hc.u-tokyo.ac.jp/en/>).
- 3) As chest X-rays will be taken, please wear light clothing. You are requested to wear thin, plain-colored T-shirt 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.
- 4) Please do not exercise severely the day before the check-up so that accurate examinations results can be obtained.
- 5) If you are taking medication daily, please ask your doctor about the correct methods of when and how to take the medicines.
- 6) 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 some specialty courses, moving to another university as well as making various applications.
- 7) The next medical check-up is not until the one in the next academic year, between April and June, 2019. Please note that you will not be able to take one next autumn.
- 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) Health certificate can be issued from three weeks from the date of examination.
- 10) Please inform the relevant Health Service Center, if you wish to substitute the results from medical examinations you received at the Health Service Center or another clinic within the last three months instead.
- 11) Those who need special assistance should contact us in advance, as we expect the period to be very crowded.
- 12) Valuable should be looked after individually during the health check-up. Please make sure that you do not lose or leave anything behind.

#### Contact:

Komaba Health Service Center Phone: 03-5454-6180 (Internal: 46180)

E-mail: *komaba-kanri#hc.u-tokyo.ac.jp*

Kashiwa Health Service Center Phone: 04-7136-3040 (Internal: 63040)

E-mail: *kashiwa#hc.u-tokyo.ac.jp*

Hongo Health Service Center Phone: 03-5841-2579 (Internal: 22579)

E-mail: *hoken-kanri-hongo.adm#gs.mail.u-tokyo.ac.jp*

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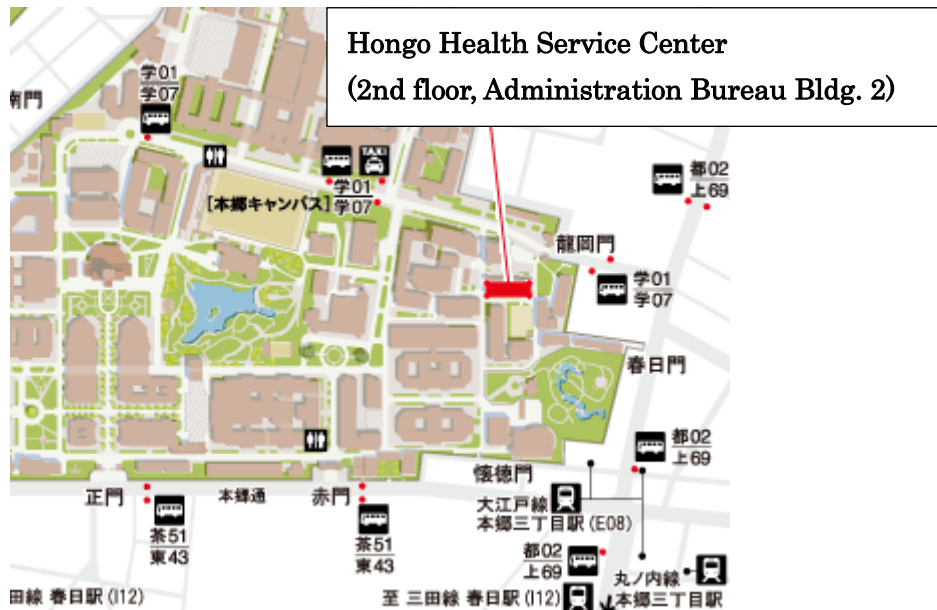
Komaba : Komaba Health Service Center



Kashiwa : 1st floor of Kashiwa Library



Hongo : Hongo Health Service Center



# 《Medical Questionnaire Guide》

## 《Information》

You are required to answer the Medical Questionnaires from the web site.

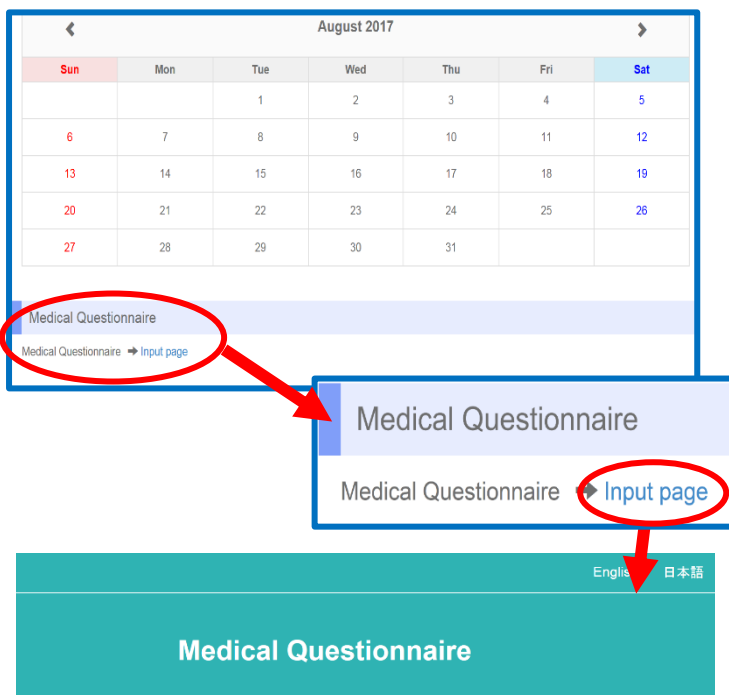
This must be done in advance so that the health checks can be carried out smoothly.

Thank you for your cooperation.

The Medical Questionnaire will be available from 10 am on September 4.

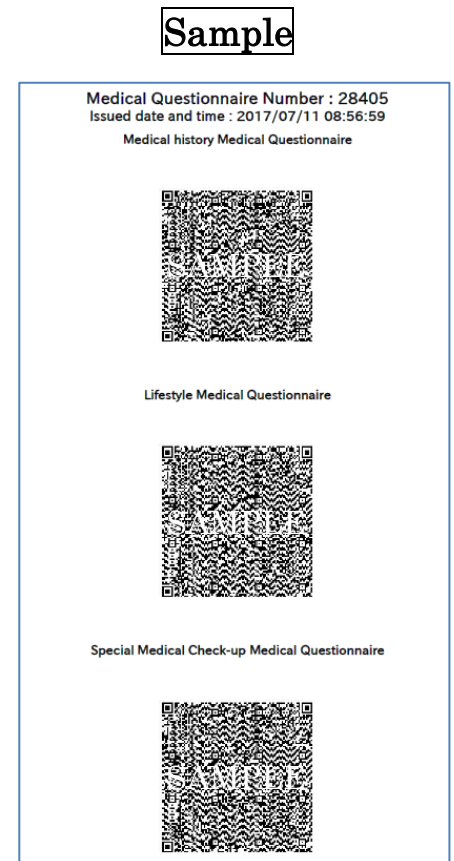
## 《How to take the Online Medical Questionnaires》

1. Go to the Division for Health Service Promotion (Health Service Center) website:  
(<http://www.hc.u-tokyo.ac.jp/en/>).
2. Click on “Medical Check-ups”, then click on the reservation button.
3. Log in to the reservation system using the following information:  
(Upper Box: **hoken18** / Lower Box: **center30**)
4. You will be taken to the Medical Questionnaire when you click on the "input page" towards the bottom of the page beneath the calendar.



5. The three QR codes will be produced for the questionnaire when it has been completed.

Please make sure to print the three displayed QR codes, and remember to bring it with you on the day of your medical check-up.



\* Completing the online questionnaire does record your entries. The data entered is registered by reading the QR codes at the venues of the medical check-ups.

\* **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.**

\* Make sure when printing the QR codes that they are in a condition that can be read properly. QR codes may not be read correctly if they are disfigured, bent, or the printing is unclear.