

2025 Fall Admission Health Checkup

The 2025 Fall Admission Periodic Health Checkup will be held as follows. All students are required to take the medical checkup. (Health Certificate will not be issued to those who did not take the medical checkup.)

ELIGIBILITY: Graduate and research students for October admission 『Medical Checkup at the Time of Admission』
However, credit-course (special register) students are not eligible.

VENUE: Health Care Center

TEST: Chest X-ray, self-perceived symptoms, height, weight, vision, hearing, urine (sugar and protein), blood pressure

WHAT TO BRING:

- ① Please collect early morning urine (**first urine upon waking up and before eating**) in the urine collection container you received in advance and bring it with you on the day of your checkup.
- ② Medical checkup sheet (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: Medical checkup kit (medical checkup sheet and urine sample container) will be distributed at the Health Care Center from Monday, September 22, 2025.
They may also be distributed at the orientation. Please come to the Health Care Center to pick them up if you do not have one.
Since urine needs to be collected on the morning of the checkup, please be sure to pick it up before the day of the checkup.
According to the revised law, chest X-rays will be taken only at the time of enrollment.
(Unless there is a special need, chest X-rays will not be conducted as part of the physical checkup during the student's period of study.)
*Do not bring valuables (precious jewelries, expensive bags, etc.). Please keep your wallets and other valuables with you.
*Please read carefully the『Measures for preventing infectious diseases』 on the back of this page.
<Urine test>
You can take the test even during menstruation.(Please inform the medical staff.)
<Chest X-ray>
*Do not take the test if you are pregnant or are suspected of being pregnant.
*Please wear or bring a plain tee, light sweater, etc. (no dresses allowed).
*No jewelry or bras may be worn.
*If you have long hair, please bring an elastic band to tie it up.

DATE and TIME

D A T E	Male and Female on alternative time schedule	
	FEMALE	MALE
Wednesday October 1		10:00~11:00
	11:00~12:00	
		13:30~14:30
	14:30~16:00	

◎Please be sure to take the medical examination at the time of enrollment, as it is a good opportunity to check your own health and also serves as the basic data for the health certificate.

◎Health certificates, which are required in various situations, will be issued only to those who have undergone medical examinations and only within the current academic year (Oct. 2025~March 2026, for six months).

IMPORTANT: Please note that health certificates will only be issued for one year for spring medical checkup and six months for fall medical checkup, both within the current academic year.

Note that the certificate will only be issued within the current academic year. If you do not take the medical examination, we will not be able to issue the health certificate.

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



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.
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 social distance between participants in the health check up.
 - 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's cold outside.
5. If you are undergoing an X-ray examination, please bring or wear plain, thin undergarments or T-shirts.

Kanagawa Anti-Tuberculosis Association
Health Care Center, Tokyo University of Foreign Studies