

2025 Fall Periodic Health Checkup

【 For international students, please refer to the 『Health Checkup for International Students』 】

For those who did not take the spring regular health checkup, the fall regular health checkup will be held.

In order to receive a health certificate, which is required for **job hunting, continuing on to higher education, or studying abroad**, it is necessary to take a periodic health checkup. Please take advantage of this opportunity.

(For those who do not take the health checkup, no health certificate will be issued during the academic year).

ELIGIBILITY: Undergraduate, graduate, and research students, **except international students**, who have not yet taken the 2025 Entrance Health Checkup and Spring Regular Health Checkup. Students on leave of absence are also eligible. However, credit-course (special register) students are not eligible.

VENUE : Health Care Center

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

WHAT TO BRING:

① Collect early morning urine (**first urine upon waking up and before eating**) in a container that is included in the medical checkup kit you received in advance, and bring it with you on the day of the checkup.

② Health Examination Form (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:

① Medical checkup packet (medical checkup sheet and urine sample container) will be distributed at the Health Care Center from Monday, September 22, 2025.

Since it is necessary to collect urine on the morning of the day of the checkup, please be sure to pick it up at least a day before the checkup date.

② Chest X-rays are only taken at the time of enrollment. Unless there is a special need, chest X-ray is not necessary to be conducted as part of the physical checkup during the student's period of study. However, for those who have not yet undergone a health checkup at the time of enrollment, a chest X-ray should be taken. Also, chest X-ray can also be taken if necessary for caregiver experience training, educational training, job hunting, study abroad, etc.

③ Do not bring valuables (precious jewelries, expensive bags, etc., and keep your wallet with you all the time).

*We cannot be held responsible for any loss or damage.

*Please read carefully the 『Measures for preventing infectious diseases』 on the back of this page.

④ Precautions for each test

<URINE TEST>

*You can take the test even during menstruation.(Please inform the medical staff.)

<CHEST X-RAY>

*Do not take this test if you are or might be pregnant.

*Take off your accessories and bras.

*For those with long hair, please bring hair elastic to tie it up.

DATE and TIME

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

※**Medical gowns are not provided for the X-ray examination.**

Please be sure to wear or bring your own plain, thin undershirt, T-shirt, etc.

If you forget to bring your own, you will not be able to take the X-ray examination. (Please note that you will not be able to take an X-ray without a plain tee.)

※Please fill out the medical checkup form by yourself.

(To prevent infection, we will not lend out pens and pencils.)

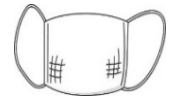
※Health certificates, which are required in various situations, will be issued only to those who have taken the examination and only within the current academic year (six months) after the examination.

Please be sure to have a regular health checkup every year while you are studying.

《**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