

## IMPORTANT

Health Care Center News No. 256  
Issued February 2026

# 2026 Annual Health Checkup for Newly Enrolled Students

Tokyo University of Foreign Studies  
Health Care Center

The 2026 Entrance Health Checkup will be conducted as follows.

All students are required to take the medical examination.

(The Health Certificate will not be issued to those who do not take the medical checkup.)

**Eligibility:** New Undergraduate (including transfer) Students • Graduate Students • Research Students…『Entrance Health Checkup』

However, Non-degree Students are not eligible.

**Place:** Health Care Center, TUFS

**Test Contents:** Self-described symptoms, height, weight, vision, hearing, urine (sugar and protein), blood pressure, chest x-ray

**Things to Bring:**

- ① Collect an early morning urine sample (first urine upon waking and before eating) in a urine sample container and bring it with you on the checkup day.
- ② Health Checkup Form (Please fill in the required information in the bold areas in advance.)
- ③ If you wear glasses or contacts, be sure to wear or bring them with you. (If you wear glasses or contacts, only your corrected vision will be measured.)
- ④ Ballpoint pen (For infection prevention, we will not lend out pens.)

**Notes:** ① Health Checkup Packet (health checkup form and urine sample container) will be available from March 19 (Thu.) to April 1 (Wed.).

Distribution Location  Undergraduate Students  Student Affairs Division  
 Graduate/Research Students  Health Care Center

Since urine needs to be collected on the morning of the checkup, please make sure to come and pick it up by April 1 (Wed.), the day before the checkup.

- ② Chest X-rays are available only at the time of admission to the university.
- ③ Do not bring valuables (precious jewelry, expensive bags, etc., and please look after your own wallet, etc.).  
\* We cannot be held responsible for any loss or damage.  
\* Read the 『Measures for preventing infectious diseases』 on the back of this page carefully.

- ④ Precautions for each test

⟨Urine test⟩ You can take the test even during menstruation

⟨Chest X-ray⟩

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

No accessories or bras can be worn.

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

**DATE and TIME**

DATE	TIME	Eligible Students		
(Thu.) April 2	9:00～10:00	Male	【School of Language and Culture Studies】 New Undergraduate Students	New Graduate Students New Transfer Students New Research Students
	10:00～11:00		【School of International and Area Studies】 New Undergraduate Students	
	11:00～11:20		【School of Japan Studies】 New Undergraduate Students	
	13:00～14:00	Female	【School of Language and Culture Studies】 New Undergraduate Students (English, German, French, Italian, Spanish, and Russian majors)	New Graduate Students New Transfer Students New Research Students
	14:00～15:00		【School of Language and Culture Studies】 New Undergraduate Students (All other majors)	
	15:00～16:00		【School of International and Area Studies】 New Undergraduate Students (Northwest Europe and North America, Europe (Central/Southwest), Iberia and Latin America majors)	
	16:00～17:00		【School of International and Area Studies】 New Undergraduate Students (Russia, Asia (Central, East, Southeast, South), Middle East, Africa, and Oceania majors)	
	17:00～17:30		【School of Japan Studies】 New Undergraduate Students	

① Submit the health checkup form at the end of the health examination. Do not take it home.

② The waiting time may be long, so be sure to arrive at the reception with plenty of time.

③ For the chest X-ray, please wear or bring your own plain, thin undershirt, T-shirt, etc.

④ The Health Certificate, which is required in various situations, is issued only for those who have undergone the checkup, and is only valid for one year (within the academic year) after the checkup.

Please make sure to have a regular medical checkup every year while you are a student.

NOTE: No health certificate will be issued for those who do not undergo a medical examination.

**《IMPORTANT》 Please make sure to read the back page as well**  
**Measures for preventing infectious diseases** 

## 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.  
We may check your physical condition (temperature, symptoms, etc.) at the reception of the TUFS Health Care Center. 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 distance between patients.
  - 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 is 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