

# Regarding the 2024 Student Health Examination

University Health Center

The 2024 Student Health Examination will be divided into a physical examination and a mental health survey as follows. Please be sure to take the examination if you are eligible.

## 1. Physical Examination

【Subject】 All students (excluding those who have already taken the exam in February 2024)

【Period】 **To take the exam, you are required to access the following web appointment page and select your desired time within the designated date and time.**

If you cannot make it, please come during one of the periods in the table below.

[https://www.hokekan.tsukuba.ac.jp/medical\\_exam/schedule/healthcheckapr/](https://www.hokekan.tsukuba.ac.jp/medical_exam/schedule/healthcheckapr/)

Date	Time	Subject		Students who could not make it on the designated date and time slot
April 11 (Thu.)	13 : 00 – 14 : 30	Undergraduate 1st grade		
April 12 (Fri.)	9 : 00 – 10 : 30 13 : 00 – 14 : 30			
April 15 (Mon.)	9 : 00 – 10 : 30	Undergraduate 2nd grade	Social & International, Life & Environmental Sciences, Informatics, Health & Physical, Art and Design, School of Comprehensive Studies	
	13 : 00 – 14 : 30	Undergraduate 2nd grade	Humanities and Culture, Human Sciences, Science and Engineering, Medicine & Medical Sciences, School of Integrative and Global Majors	
April 16 (Tue.)	9 : 00 – 10 : 30	Undergraduate 3rd grade	Humanities and Culture, Human Sciences, Science and Engineering, Medicine & Medical Sciences, School of Integrative and Global Majors	
	13 : 00 – 14 : 30	Undergraduate 3rd grade	Social & International, Life & Environmental Sciences, Informatics, Health & Physical, Art and Design	
April 17 (Wed.)	9 : 00 – 10 : 30 13 : 00 – 14 : 30	Undergraduate 4th grade		
April 18 (Thu.)	9 : 00 – 10 : 30 13 : 00 – 14 : 30	Graduate students · Non-regular students		
April 19 (Fri.)				
April 22 (Mon.)				
April 23 (Tue.)				

- A reservation confirmation email is required to confirm or cancel a reservation.  
If you register with Gmail, you will not receive a reservation confirmation e-mail. Please use another address (e.g. @u.tsukuba~). If you use a carrier email, the reservation confirmation email may be in your "junk mail folder".
- If you cannot make a reservation, please come directly to the University Hall during the above time slots.

**【Test Items】** Height, Weight, Blood pressure, Visual acuity, Urine test, Check by Doctor: All students  
Chest X-Ray: Students who enrolled in 2024 and students who need chest X-ray results for health certificate  
ECG: Undergraduate students who enrolled in 2024 and students of the School of Physical Education, Health and Sport Sciences

**【Reception】** University Hall 2F

**【What to bring】**

- Student ID card: Please make sure that you can show the back of it at the reception.
- Mask: You are required to wear your mask.
- Urine container: Please obtain an urine container beforehand at the Academic Service Offices after April 1. You need to bring your first urine on the checkup day. If you are on your period and want to take a urine test at a later date, let us know at the urine test venue.
- **【For those who take chest X-ray】**
  - **Plain T-shirt or underwear** without any pictures on it (please come dressed): We cannot lend you inspection clothes.
  - **Hair elastic or barrette**: Please tie your long hair up. We cannot lend you hair elastics.

**【Notice】**

- (1) You are requested to measure body temperature at home before the check-up. If you are in bad physical condition, you cannot take the check-up.
- (2) All check-up items should be done in one day.
- (3) **You are required to undergo the annual health check-up; if you miss it, you cannot get a health certificate in this academic year.** The health certificate may be required for job hunting, practical training, part-time job, etc. You can take the health examination even if you are on a leave of absence.
- (4) The results of the physical examination can be viewed at TWINS. We will post a notification on University Health Center webpage when ready. You can get a health certificate by automatic certificate issuing machines. In case you cannot get it, please ask us (University Health Center) for help.
- (5) If you are a working adult and receive a health examination at your workplace, you do not need to take the University health examination. If you are a working adult of Tokyo Campus and have no plan to take a health exam at your workplace, please refer to “The schedule of the health exam for the University staff in Tokyo Campus” which will be separately delivered.
- (6) If you need special consideration, please consult the Bureau of Human Empowerment.  
For disability: E-mail: shougai-shien@un.tsukuba.ac.jp / For gender: E-mail: diversity-au@un.tsukuba.ac.jp
- (7) For any questions on the check-up, please contact us.
- (8) Please note that the schedule may be changed depending on the spread of infection.

## **2. Mental Health Survey**

**【Subject】** All students

**【Period】** **April 11 (Thursday) – May 31 (Friday)**

**【How to take the survey】** You are required to access the following web page and answer the questionnaire.

[https://manaba.tsukuba.ac.jp/ct/course\\_2339117](https://manaba.tsukuba.ac.jp/ct/course_2339117)