

# Instructions of Health Check-Up for Foreign Students

## Things to bring

1. Student I.D. Card
2. Mask
3. Urine Sample
4. Plain T-shirt without any pictures on it
5. Hair elastic or barrette  
(if your hair is long)

## Why do you need Health Check-up?

The university offers regular health checkup for students free of charge.

1. Primarily, you need to know your health conditions. Your wellness protects yourself, your friends and the university.
2. It is required by law to take health check-up annually.
3. You will be able to have a health certificate to apply higher education, etc.

## Appropriate Attire VERY IMPORTANT!

- ◆ Desirable attire is a **shirt in comfort, loose and thin textile** such as T-shirt or exercise wear.
- ◆ **NO ONE-PIECE DRESS**, please.
- ◆ Please take off your jacket.
- ◆ **DO NOT WEAR NECKLACES.**

## Receive the questionnaire at the reception and fill it out

Please fill out all  
necessary information  
for each item.

## Physical Examination by Doctor

- ① Interviews
- ② Chest: checking heart sounds

### Note:

- ◆ Please understand that the examination is always crowded and takes time.
- ◆ Your cooperation is necessary.
- ◆ Please be prepared for the examination by taking off the jacket.
- ◆ Please enter the examination room immediately after the student ahead of you comes out.

## Physical Examination by Doctor

- ◆ Please **keep silent** while you wait. Do not chat because the doctor cannot hear heart sounds.
- ◆ Wear **loose clothes** like T-shirt or exercise wear (No one-piece dress, please).
- ◆ For the chest examination, roll up your shirt. Women don't need to take off the bra. (requested unusually to remove it in order to hear heart sounds carefully)



## Chest X-ray

**Male Students** take X-ray in the BUS parked on the south side of the University Health Center. There is small space for taking off the clothes inside the bus.

**Female Students** take X-ray on the 1st FLOOR in the University Health Center.

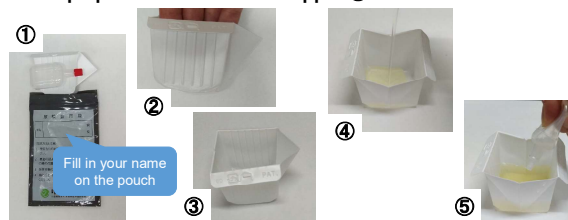
- ◆ Follow the instructions given by the staff. Please keep quiet.
- ◆ Please take off your bras and necklaces because the metals are visible on the X-ray.
- ◆ X-ray number is given at the reception desk in front of X-ray room. Follow the X-ray number on the tag and do not cut in the line.

## Urine test

1. The urine test can detect kidney diseases and diabetes at an early stage.
2. The urine sampling containers are distributed in advance.
3. Collect the **first urine in the morning** just after you wake up.
4. Because exercise may cause proteinuria, **do not exercise before collecting urine.**
5. When you forget to bring the urine, ask the staff for the container.
6. In case of positive findings of uric protein or sugar, a repeated examination will be scheduled.

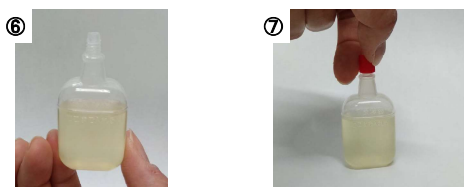
## How to collect urine

1. Inside the distributed pouch are the “urine cup (folded)” and “dropper”①.
2. Fill in your name on the pouch①. Open up the urine cup with your hand ② ③ and collect the urine ④.
3. Pump up the urine with the dropper ⑤.



## How to collect urine



4. Pump the urine up to the line on the dropper ⑥.
5. Close the top of the dropper tightly to prevent from leaking ⑦.
6. The urine collection is completed. Bring the dropper placed in the pouch with your name.



## Body measurement (Height, Body Weight)

- ◆ We will measure your height and weight at the same time with your clothes on.
- ◆ Take off your shoes before getting on the scale.
- ◆ One kilogram will be subtracted for your clothes.
- ◆ Please take off your jacket and remove things out of your pockets before getting on the scale.

## Visual Acuity

- ◆ We will measure your visual acuity by “optometer.”
- ◆ You will be required to **look through binocular-like lenses** with both eyes.
- ◆ The optometer will enable only one eye to see and a mark  will appear.
- ◆ Please **identify which way the mark is spaced** by answering “up”, “down”, “right” or “left” or indicating the direction by finger (e.g. this is “up”  .)



## Blood Pressure Measurement

- ◆ Automated sphygmomanometer is used for blood pressure measurement.
- ◆ The measurement will be done only once. But if your blood pressure is high, we will ask you to measure it again after taking a short rest.
- ◆ Rushing into the room will cause your blood pressure to rise. Do not hustle.
- ◆ In case your blood pressure stays **above 160/- mmHg** even at the second measurement, **re-examination by a physician will be scheduled.**

## Completion of the health check-up

- ◆ When all the check-ups finish, **submit the Health Check-up Sheet to the reception desk.**
- ◆ **Do not take it out** with you.
- ◆ If the sheet is taken out with you and is not submitted to the reception desk, all the check-up will be invalid.

## Mental Health Survey

“Mental Health Survey” will be conducted on the University of Tsukuba’s manaba Learning Management System.

**[Period]** October 15 (Tuesday)

— **November 1 (Friday)**

**[How to take the survey]**

Please 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)

