

Regarding the 2026 Student Health Examination

University Health Center

The 2026 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 2026)

【Test Items】 Height, Weight, Blood pressure, Visual acuity, Urine test, Check by Doctor: All students
Chest X-Ray: Students who enrolled in 2026 and students who need chest X-ray results for health certificate

ECG: Undergraduate students who enrolled in 2026 and students of the School of Physical Education, Health and Sport Sciences

【Period】 April 14 (Tue) – April 24 (Fri) 9 : 00 – 10 : 30 / 13 : 00 – 14 : 30

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. Priority will be given to those with reservations. If the specified date and time is not convenient for you, you can book at one of the times listed in the table below.

https://www.hokekan.tsukuba.ac.jp/medical_exam/schedule/healthcheckapr/

※From the 21st, ECG tests may take longer. Please allow extra time.

Date \ Subject	14 (Tue)		15 (Wed)		16 (Thu)		17 (Fri)		20 (Mon)		21 (Tue) – 24 (Fri)	
	AM	PM	AM	PM								
Undergraduate students (1st grade), Students of the School of Physical Education, Health and Sport Sciences		○	○		○		○			○		
Undergraduate students (2nd grade and above, excluding students of the School of Physical Education, Health and Sport Sciences), Graduate students, Non-regular students	○			○		○		○	○		○	○
Students who could not make it on the designated date and time slot	○	○	○	○	○	○	○	○	○	○	※	※

• 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. (Please allow plenty of time to come as you may have to wait.)

【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) After receiving the health examination questionnaire, please complete the examination on the same day and submit your questionnaire. Please note that we will not be able to issue a health certificate if you do not submit your questionnaire.
- (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, class, 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. (No prior application or submission is required.) If you are a working adult of Tokyo Campus and have no plan to take a health examination at your workplace, please take it on the Tokyo campus schedule for the Spring Staff Health Examination, which will be announced separately.
- (6) If you need special consideration such as individualized service (assistance or chaperone, wheelchair use, no gender segregation, etc.), please consult the Bureau of Human Empowerment in advance.
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.

2. Mental Health Survey

【Subject】 All students

【Period】 **April 14 (Tuesday) – May 31 (Sunday)**

【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