

Group-I Students Medical Check-ups

New Graduate Students and Research Fellows Enrolled in April, 2018

Medical checkups are required by law. Please make sure you attend the check-ups during the specified period

Reservations and answering of the Online Medical Questionnaires is required

More information on the Medical check-up reservation and Online Medical Questionnaires can be found at <http://www.hc.u-tokyo.ac.jp/>

Reservations open from 5pm on April 12, 2018.

Please check the bulletin boards of your faculty or graduate school for information, UTAS web on how to login.

1. The following students are required to take the Group-I Medical Check-ups:

Students admitted to the University of Tokyo in April, 2018 for example

- 1st year Master's program students, doctorate program students, and professional degree program students
- Research students and undergraduate transfer students enrolling for the first time in April, 2018
- Undergraduate students enrolling into the 3rd year (those who were not enrolled at UTokyo in AY2017).
- Students admitted to the University of Tokyo in Autumn after 1st November 2018.

2. Venue and Date:

< Hongo Campus > Hongo Health Service Center (Administration Bureau Bldg. 2)

Time Dates	AM	PM
	9:00 ~ 11:30	1:15 ~ 3:30
Apr 25(wed)	Women	Men
Apr 26(Thu)	Men	Men
Apr 27(Fri)	Women	Men
May 29 (Tue)	Men	Women
May 30 (Wed)	Men	Men
May 31 (Thu)	Men	Women
Jun 1 (Fri)	Men	Men
Jun 4 (Mon)	Women	Men
Jun 5(Tue)	Men	Men

< Kashiwa Campus > 1st floor of Kashiwa Library

Time Dates	AM		PM	
	9:30 ~ 10:30	10:30 ~ 11:30	1:15 ~ 2:30	2:30 ~ 3:30
May 16 (Wed)	Men		Men	Women
May 17 (Thu)	Women	Men	Men	

< Komaba Campus > Komaba Health Service Center

Time Dates	AM	PM
	9:00 ~ 11:30	1:15 ~ 3:30
Jun 25(Mon)	Women	Men
Jun 26 (Tue)	Men	Men
Jun 27(wed)	Men	Women

3. Please bring following to the Health Check-up.

- 1) Student ID Card (If you do not have Student Card yet, please bring your Certificate of Enrollment.)
- 2) Print out of the three QR codes
(which will be displayed after the online questionnaires have been completed)
- 3) Bring to wear or wear plain-colored T-shirts (see section 5-4) below)
- 4) Urine sample
- 5) Reservation number
- 6) Special Care Required when Attending University (only for those specified)^{※1}

※1. If you need special care to learn at the university due to your health, please complete and bring the “Special Care Required when Attending University” form. The form “Special Care Required when Attending University” can be downloaded from the Health Service Center’s home page. The form can be submitted at any of the Health Service Centers. Those who required special care, please complete the form before coming for their health check-up.

4. Checks done during Group-1 Medical Checkup:

- ① Urinalysis ^{※2}, ② Taking history and medical questionnaires, blood pressure evaluation
③ Electrocardiography, ④ Chest X-ray examination, ⑤ Height and body weight measurement
⑥ Blood analyses^{※3}, ⑦ Mental Health Check (Kashiwa Campus only)

※2 You will receive a urine sample container before the medical check-up. Please bring your urine sample taken first thing on the morning of the check-up. Students who do not receive a sample container from the administrative department should pick up a sample container from the Health Service Center.

※3 Information concerning the blood tests

Analysis of the blood in the fasting state is ideal, and therefore those who have their check-up in the morning should come without having had breakfast and refrain from having drinks that contain calories. Those with check-ups in the afternoon should finish a light breakfast by 7:00am, and refrain from eating and only have drinks that do not have calories in them until after the check-up. Please check with your doctor about fasting for blood tests if you are taking medication daily.

(Please make sure to keep hydrated by taking drinks without calories, such as water or straight tea.)

5. Please note the following points on the Health Check-up:

- 1) Please make a reservation and answer the Online Medical Questionnaires through the website. For details on the reservation and Online Medical Questionnaires, access (<http://www.hc.u-tokyo.ac.jp/>).
*Priority is given to students who have reservations. If you do not make a reservation, during busy periods you may have to wait a long time, or you may not be able to have the health check-up at that time.
*Your answers cannot be registered unless the QR codes are available and unnecessary time will be wasted during the check-ups redoing the questionnaire.
Please make sure to complete the questionnaire beforehand and to bring the QR codes with you.
- 2) Medical check-ups can be taken on any campus. However, please make sure to have the medical check-ups without fail during the specified period.
- 3) Schedule of the medical check-up may change without notice. Please check the website before turning up for your medical check-up.
- 4) As chest X-rays will be taken, please wear light clothing. You are requested to wear thin, plain-colored T-shirts without buttons or metal fittings, and please do not wear “bra-top” type clothing. Please bring something to tie your hair if you wear it long. Also, please make sure you are able to bare your ankles for the electrocardiography - therefore please refrain from wearing tights or stockings.
- 5) Health certificate can be issued from three weeks from the date of examination. The results of the first day will become available first. If you urgently need a certificate, please make sure to take the health check-up on the earlier dates.
- 6) If you wish use the result of a check-up at another clinic, please call the relevant Health Service Center beforehand.
- 7) Please call the relevant Health Service Center if you are unable to attend the check-up during the dates because of justifiable reasons, such as hospitalization, studying abroad, taking leave of absence or working at one of the distant research facilities, etc.
- 8) All students are required to have a health check-up. After May, you will not be able to take a health check-up at the university and it will not be possible for the health center to issue medical check-up documentations. Without medical check-up documentations, you will not be able to obtain certificates required for enrolling in specialty courses, moving to another university and for making various applications. If you miss the health check-up on this occasion, the next available check-up will not be until the following year.
- 9) Those who need special assistance should contact us in advance, as we expect the period to be very crowded.
- 10) Valuable should be looked after individually during the health check-up. Please make sure that you do not lose or leave anything behind.

Contact: ※Replace # with @

Hongo Health Service Center Phone: 03-5841-2579

E-mail: hoken-kanri-hongo.adm#gs.mail.u-tokyo.ac.jp

Kashiwa Health Service Center Phone: 04-7136-3040

E-mail: kashiwa#hc.u-tokyo.ac.jp

Komaba Health Service Center Phone: 03-5454-6180

E-mail: komaba-kanri#hc.u-tokyo.ac.jp

<Access Map>

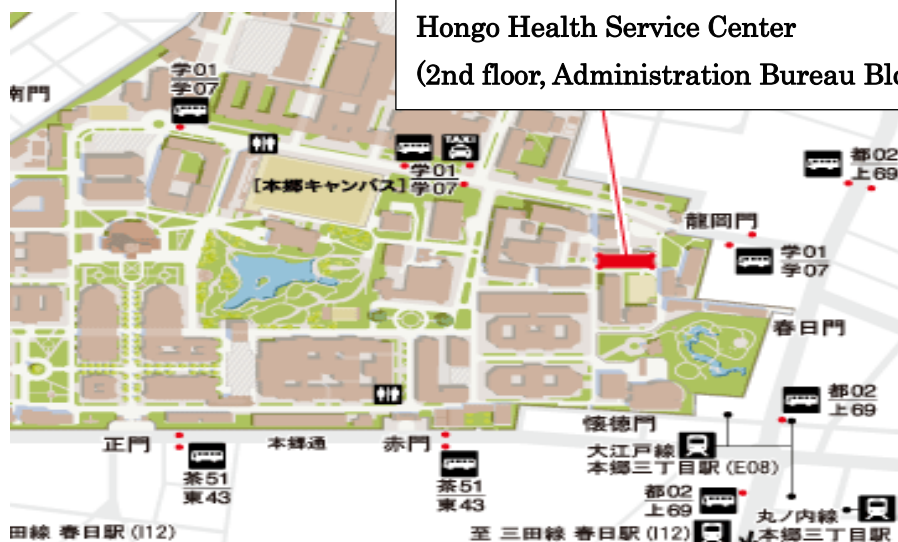
Komaba : Komaba Health Service Center



Kashiwa : 1st floor of Kashiwa Library



Hongo : Hongo Health Service Center



《Medical Questionnaire Guide》

《Information》

You are required to answer the Medical Questionnaires from the web site.

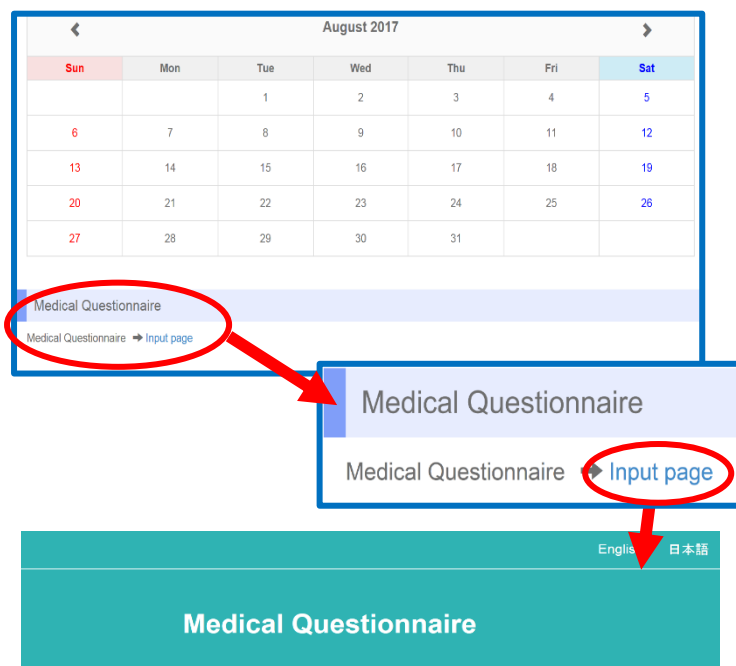
This must be done in advance so that the health checks can be carried out smoothly.

Thank you for your cooperation.

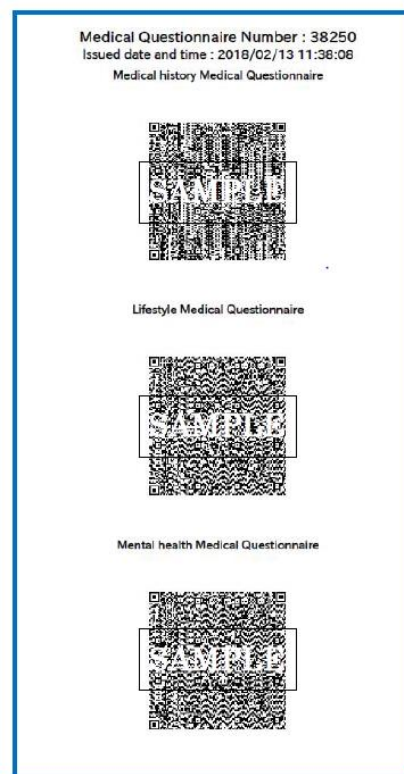
The Medical Questionnaire will be available from 5 pm on April 12.

《How to take the Online Medical Questionnaires》

1. Go to the Division for Health Service Promotion (Health Service Center) website:
(<http://www.hc.u-tokyo.ac.jp/hc/en/>).
2. Click on “Medical Check-ups”, then click on the reservation button.
3. Log in to the reservation system using the ID and PW.
*Please check the bulletin boards of your faculty or graduate school for information, UTAS web on how to login.
4. You will be taken to the Medical Questionnaire when you click on the "input page" towards the bottom of the page beneath the calendar.



Sample



5. A QR code will be produced for the questionnaire when it has been completed.

Please make sure to print the displayed QR code.

and remember to bring it with you on the day of your medical check-up.

* Completing the online questionnaire does record your entries. The data entered is registered by reading the QR codes at the venues of the medical check-ups.

* **Your answers cannot be registered unless the QR codes are available, and unnecessary time will be wasted during the check-ups redoing the questionnaire. Please make sure to complete the questionnaire beforehand and to bring the QR codes with you.**

* Make sure when printing the QR codes that they are in a condition that can be read properly. QR codes may not be read correctly if they are disfigured, bent, or the printing is unclear.