

IMPORTANT

2024 Annual Health Checkup for Newly Enrolled Students

Tokyo University of Foreign Studies

Health Care Center

The 2024 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.)

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

However, this does not apply to Non-degree Students.

Place: Health Care Center

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

Things to Bring:

- ① Collect early morning urine (first urine upon waking and before eating) in a urine collection container and bring it with you on the actual day.
- ② Health Checkup Form (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 urinalysis container) will be available from March 25 (Mon.) to April 2 (Tues.).

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 2 (Tue.), the day before the checkup.

- ② Chest X-rays are available **only at the time of admission.**
- ③ Do not bring valuables (precious jewelry, expensive bags, etc.) (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 (Males and Females are on an alternate time schedule)	
		FEMALE	MALE
(Wed.) April 3	9:00~10:00		【School of Language and Culture Studies】 New Undergraduate Students 【School of International and Area Studies】 New Undergraduate Students 【School of Japan Studies】 New Undergraduate Students
	10:00~11:00		New Graduate School Students New Transfer Students New Research Students
	11:00~11:20		
	13:00~15:00	【School of Language and Culture Studies】 New Undergraduate Students	New Graduate School Students New Transfer Students New Research Students
	15:00~17:00	【School of International and Area Studies】 New Undergraduate Students	
	17:00~17:30	【School of Japan Studies】 New Undergraduate Students	

- Ⓞ Submit the health checkup form at the end of the health examination. Do not take it home.
- Ⓞ The waiting time may be long, so be sure to arrive at the reception with plenty of time.
- Ⓞ For the chest X-ray, please wear or bring your own plain, thin undershirt, T-shirt, etc.
- Ⓞ 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's cold outside.

5. If you are undergoing an X-ray examination, please bring or wear plain, thin undergarments or T-shirts.