

## Information about the Periodic Health Examination for New Students

To all new students

Health Service Center

All new students must receive the periodic health examination described below.

Student Affiliation	New Graduate School of Agriculture Students	New Graduate School of Engineering master's and doctoral students New BASE master's and doctoral students	New United Graduate School of Agriculture students New United Graduate School of Veterinary Science students
Date and Time	First week of April. Time will be announced in advance.		
	Men :	Men :	Men :
	Women :	Women :	Women :
Reception	Fuchu Campus Gym	Koganei Campus Central Building	Fuchu Campus Gym

### \* Exam Items

- (1) Indirect x-ray photograph of the chest area (X-ray truck in front of the gym entrance)
- (2) Height and weight measurements
- (3) Eye exam
- (4) Blood pressure measurement
- (5) Urine analysis
- (6) Medical questionnaire review
- (7) Medical examination and blood test
- (8) Mental health checkup

### Notes

1. The exam will be held in the gym, so please bring gym shoes or slippers for use inside the gym.
2. Students who do not attend the health examination cannot receive a health examination certificate or permission to participate in sports tournaments.
3. Make sure that you arrive within the reception time. If there are special circumstances that prevent you from attending the health examination, contact the Health Service Center ahead of time and follow the instructions that you receive.
4. We will not contact students who did not attend the health examination to ask them to take it.

Fuchu campus phone: 042-367-5548, Koganei campus phone: 042-388-7171

## How to Take the Health Examination

### (1) Reception

Tell the receptionist your student ID number and name and receive a **periodic health examination form** (blue form) and a **"pee pole" (urination tube) for collecting your urine.**

### (2) Examination

Health Examination Process

1. Follow Examination Items (1) through (5).

(You will be directed to different examinations at the health examination area. You can start with the examinations that are most available.)

2. After you have completed steps (1) through (5), complete step (6).

3. You only need to follow steps (7) and (8) if you are asked to during step (6).

4. After you have completed all the steps, submit your periodic health examination form to the location listed below (in step (6)).

**(Do not bring your form home with you.)**

Examination Items (First follow steps (1) through (5).)

- (1) Indirect x-ray photograph of the chest area

Have a photograph number written on your health examination form at the x-ray reception, and **get your x-ray photograph taken at the designated x-ray truck.**

\* Wear clothes that are easy to take on and off (if you are wearing a plain white T-shirt, you can leave it on during the photograph).

- (2) Height and weight measurements

Follow the directions of the examiner.

- (3) Eye exam

Persons who always wear contact lenses or eyeglasses will only have their corrected eyesight tested.

Persons who wear contact lenses should notify the examiner.

- (4) Blood pressure measurement

As a rule, your blood pressure is measured at the top of your right arm. Do not wear clothes that tightly constrict the upper part of your arms.

If you receive a reexamination form at this examination, be sure to go to the Health Service Center on the specified day.

- (5) Urine analysis

Urinate into the "pee pole" and have your urine examined. If you receive a reexamination form at this examination, be sure to go to the Health Service Center on the specified day.

- (6) Medical questionnaire review

Complete this step after you have completed steps (1) through (5). Persons who do not receive instructions to complete step (7) or (8) are finished with the examination after they submit their regular health examination forms here.

- (7) Medical examination and blood test

Persons who are told in the medical questionnaire review in step (6) that they need to have an internal medical examination should follow the instructions that they receive.

If you are requested to get a blood test, your blood will be taken on that day. If you receive an electrocardiogram examination form, bring the form to the Health Service Center at a later date.

- (8) Mental health checkup

Persons who are told in the medical questionnaire review in step (6) that they need to have an interview should follow the instructions that they receive.