

**START on April 10** Student health checkup **From April 14 to 27**  
**WEB reservation begins**  
 ※THERS Account and password are required to make a reservation.



◆ **What to Bring** ◆

- 1) **Annual medical checkup form**
  - A printed copy of the form, or downloaded form on your mobile device.
- 2) **Urine sample**
  - Urine collection tubes are provided by your own Faculty.
  - Use the **first urine of the day**. Be sure to put your name on the tube.
  - Avoid testing during menstrual period.
- 3) **Plain T-shirt(if you are having an x-ray)**
  - Any color is fine unless it has embroideries, pockets, buttons, , metal or other decorations or bumps.
  - X-ray is intended for first year undergraduate and graduate students; School of Medicine students; and others who wish to have an x-ray.
  - Be sure to have an x-ray examination if you need an NU-issued certificate of medical checkup for job hunting, scholarship application, or extracurricular activities.
- 4) **Student ID Card**
- 5) **Small bag for storing valuables**

**For further information, visit our website below.**

<http://www.htc.nagoya-u.ac.jp/hokenkanri/>

\*Any School of Medicine student serving as a staff member should instead have a medical checkup for staff members.  
 \*If you have already had a medical checkup at another medical institution, you can skip the annual medical checkup by submitting a copy of your medical checkup results to Health Administration office (or, School of Medicine students may submit their results to the Office of Student Affairs.). Upon submission of such copy, we will consider you to have had a medical checkup for this academic year; however, only the checkups conducted between January and December of this year is valid for this purpose. Please note that a certificate of medical checkup will not be issued.

◆ **Flow of Medical Checkup** ◆

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|------------------|-----------|--|
| <b>3rd floor</b> | <b>1</b>  | <p><b>Check-in</b><br/>                 Have your annual medical checkup form ready. If you bring a downloaded form, scan the barcode of the form and receive the printed copy.<br/> <b>Items marked with “*” require scanning of your barcode.</b></p>  |
|                  | <b>2*</b> | <p><b>Submitting your urine sample</b> </p> <p>When urine submitting, take the urine collection tube out of the plastic bag.</p>   |
|                  | <b>3</b>  | <p><b>Changing clothes</b> </p> <p>If you are having an x-ray, wear a T-shirt and remove underwear. You can wear a front-opening sweater or jacket over the T-shirt if you like. You can carry only your annual medical checkup form and valuables with you.</p>   |
|                  | <b>4*</b> | <p><b>Measurement of height and weight</b></p> <p>Take off your shoes when using the measurement instrument.</p>   |
|                  | <b>5*</b> | <p><b>Measurement of blood pressure</b></p> <p>Insert one of your arms to the measurement instrument and stay still until the measurement is completed. If either your systolic/diastolic blood pressure is 140/90 mmHg or above, scan your barcode and do measurement again.</p>                            |
|                  | <b>6*</b> | <p><b>Measurement of vision</b></p> <p>If you wear glasses or contact lenses, please undergo the test without taking off them. Place your forehead on the device to start the test. You will be asked to point the lever in the direction where there is a gap in the circle that appears on the screen.</p> |

↓ Go downstairs to the 1st floor

- |                  |          |  |
|------------------|----------|--|
| <b>1st floor</b> | <b>7</b> | <p><b>Chest x-ray (if applicable)</b><br/>                 You cannot have an x-ray unless your clothing is proper. <u>Becoming naked from the waist up is unacceptable. We do not provide an examination gown.</u> Remove all jewelry from the waist up and tie long hair up.</p> |
|                  | <b>8</b> | <p><b>Confirmation:</b> we will check if all examinations are done.</p>  |
|                  | <b>9</b> | <p><b>Consultation with doctor:</b> submit your annual medical checkup form.</p>   |
- When finished, go upstairs to the 3rd floor to pick up your belongings. Use the exit on the 1st floor.**

**Notes:**  
 \*Notice of further examination will be provided if applicable. Be sure to bring the notice with you on the day of the further examination.  
 \*Medical checkup results will be made available within 3 to 7 days of the checkup via automatic certificate issuing machine and online booking system; however, for those who are subject to further examination, a certificate of medical checkup will not be issued until the further examination is done, and for those who did not have an x-ray, until June. For students whose student ID numbers contain letters, the ‘Health Examination Results Notification’ will be sent to your respective administrative office in mid-May.