

Instructions of Health Check-Up for Foreign Students

Why do you need Health Check-up?

The university offers regular health checkup for students free of charge.

1. Primarily, you need to know your health conditions. Your wellness protects yourself, your friends and the university.
2. It is required by law to take health check-up annually.
3. You will be able to have a health certificate to apply higher education, etc.

Appropriate Attire VERY IMPORTANT!

- Desirable attire is a **shirt in comfort, loose and thin textile** such as T-shirt or exercise wear.
- **NO ONE-PIECE DRESS**, please.
- Please take off your jacket.
- **DO NOT WEAR NECKLACES.**

Fill out the questionnaire form before health check-up

Please fill out all necessary information for each item.

Answer the mental health questionnaire on the reverse side.

Mental Health Questionnaire

“Mental Health Questionnaire” is printed on the reverse side of the sheet.

Please answer the questions appropriately.

この表は、次のような問題にどのくらい悩まれているかを調べるためのものです。
(Over the last 2 weeks, how often have you been bothered by any of the following problems? Use "0" to indicate your answer.)

| | 全くない (Not at all) | 数日 (Several days) | 半分以上 (More than half the days) | ほとんど毎日 (Nearly every day) |
|---|----------------------|----------------------|-----------------------------------|------------------------------|
| 1. 物事に對してほとんど興味がない、または楽しめない (Little interest or pleasure in doing things) | 0 | 1 | 2 | 3 |
| 2. 気分が落ち込み、疲れることになる、または絶望的な気持ちになる (Feeling down, depressed, or hopeless) | 0 | 1 | 2 | 3 |
| 3. 寝付きが悪い、途中で目が覚める、または思い通りに寝て起きる (Trouble falling or staying asleep, or sleeping too much) | 0 | 1 | 2 | 3 |
| 4. 疲れが癒えない、または力が入らない (Feeling tired or having little energy) | 0 | 1 | 2 | 3 |

※ 調査は医師が実施し、学生の個人情報を守ります。

Things to bring

1. Student I.D. Card
2. Urine Sample
3. Questionnaire sheet (Health Check-up Sheet)

Physical Examination by Doctor

- ① Interviews
- ② Eyes (eye lids): checking anemia and icterus
- ③ Neck: checking swelling of lymph nodes and thyroid gland
- ④ Chest: checking lung and heart sounds

Note:

- ◆ Please understand that the examination is always crowded and takes time.
- ◆ Your cooperation is necessary.
- ◆ Please be prepared for the examination by taking off the jacket.
- ◆ Please enter the examination room immediately after the student ahead of you comes out.

Physical Examinations by Doctor

- ◆ Please **keep silent** while you wait. Do not chat because the doctor cannot hear lung and heart sounds.
- ◆ Wear **loose clothes** like T-shirt or exercise wear (No one-piece dress, please).
- ◆ For the chest examination, roll up your shirt. Women don't need to take off the bra. (requested unusually to remove it in order to hear heart sounds carefully)



Chest X-ray

Male Students take X-ray in the BUS parked in front of the **ENTRANCE to the University Auditorium**. There is small space for taking off the clothes inside the bus.

Female Students take X-ray on the 1ST FLOOR in the **HEALTH CENTER (NOT AUDITORIUM)**.

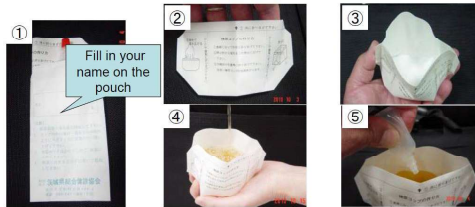
- Follow the instructions given by the staff. Please keep quiet because medical care is provided on the 1st floor.
- Please take off your bras and necklaces because the metals are visible on the X-ray.
- You can wear an examination gown after taking off your sweaters and T-shirts.
- X-ray number is given at the reception desk in front of X-ray room. Follow the X-ray number on the tag and do not cut in the line.

Urine test

1. The urine test can detect kidney diseases and diabetes at an early stage.
2. The urine sampling containers are distributed in advance.
3. Collect the **first urine in the morning** just after you wake up.
4. Because exercise may cause proteinuria, **do not exercise before collecting urine**.
5. When you forget to bring the urine, ask the staff for the container.
6. In case of positive findings of uric protein or sugar, a repeated examination will be scheduled.

How to collect urine

1. Inside the distributed paper pouch are the "urine cup (folded)" and "dropper"①.
2. Fill in your name on the pouch①. Open up the urine cup with your hand ② ③ and collect the urine ④.
3. Pump up the urine with the dropper ⑤.



How to collect urine



4. Pump the urine up to the line on the dropper ⑥.
5. Close the top of the dropper tightly to prevent from leaking ⑦.
6. The urine collection is completed. Bring the dropper placed in the paper pouch with your name.

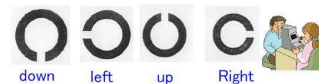


Body measurement (Height, Body Weight)

- ◆ We will measure your height and weight at the same time with your clothes on.
- ◆ Take off your shoes before getting on the scale.
- ◆ One kilogram will be subtracted for your clothes.
- ◆ Please take off your jacket and remove things out of your pockets before getting on the scale.

Visual Acuity

- ◆ We will measure your visual acuity by "optometer."
- ◆ You will be required to **look through binocular-like lenses** with both eyes.
- ◆ The optometer will enable only one eye to see and a mark  will appear.
- ◆ Please **identify which way the mark is spaced** by answering "up", "down", "right" or "left" or indicating the direction by finger (e.g. this is "up"  .)



Blood Pressure Measurement

- ◆ Automated sphygmomanometer is used for blood pressure measurement.
- ◆ The measurement will be done only once. But if your blood pressure is high, we will ask you to measure it again after taking a short rest.
- ◆ Rushing into the room will cause your blood pressure to rise. Do not hustle.
- ◆ In case your blood pressure stays **above 160/- mmHg** even at the second measurement, **re-examination by a physician will be scheduled**.

Completion of the health check-up

- ◆ When all the check-ups finish, **submit the Health Check-up Sheet to the reception desk**.
- ◆ **Do not take it out** with you.
- ◆ If the sheet is taken out with you and is not submitted to the reception desk, all the check-up will be **invalid**.