

## Student health checkup (FY2025 autumn admission)

(Excluding students registered at Nagoya University in April.)

**Reservations begin on October 3rd**

Health Administration Office

If you are worried about group medical examination segregated by sex, please do not hesitate to come to our office or contact us.

### 1. Date

**October 21st(Tue), 22nd(Wed)**

Time will be announced in the website.

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

### 2. Location

Health Administration office (external stairway 3F)

Please wear a plain t-shirt when coming.

### 3. Things you need to bring

① **Form for annual health checkup** Web registration → Download → Print

② **Student ID Card** We may check your Student

③ **Urine sample** If you are having your period, do not take a urine sample and tell it to the reception staff.

※Urine test kits are distributed by your faculty.

### 4. Notice of

Results will be sent to the office of your department.

### 5. Web Reservation

Reservation starts at **12:00 on October 3rd (Fri)** <http://www.htc.nagoya-u.ac.jp/hokenkanri/kenkoshindan>

**Please be sure to make a web reservation and download in advance.**

**THERS Account and password are required to make a reservation.**

Health Administration Office Web site → Health checkup → **Student health check (FY2025 autumn admission)**

① When you fill out health questionnaires, you can make a reservation.

② After making reservation, you can download the form for annual health checkup.

Please bring the printed form (A4 paper) or show the form in your smartphone screen.

☐ To the first-year undergraduate students, please finish entering your vaccination record on the web by the end of December.

☐ Google Chrome may not work.

### 6. Notes on

☐ Please wear a T-shirt to your chest x-ray.

☐ T-shirt must not have embroidery, ribbons, pockets, buttons, metal etc.

☐ There will be no examination gowns available for your use. Also, you may not be completely undressed for the x-ray.

☐ Please tie long hair up.

☐ You may put clothing on over a T-shirt (front opening/button down).

☐ Please follow the instructions below when preparing the T-shirt for your x-ray.

• You may not wear undergarments such as a bra, bra top, sports bra, wireless bra, or camisole with plastic strap slides and/or hooks during the x-ray.

• You may not wear bulky clothing such as sweatshirts, as this may affect the image.

• You may not wear clothing with designs made from materials such as fluorescent paint and glitter, as they often contain metal.

• Decorations are not acceptable on the front or the back of your clothing.

• You may wear undergarments that are light and free of decorations, such as HEATTECH or AIRism.

• You may wear screen-printed T-shirt as long as they do not have embossed designs.

### 6. Notes

☐ Please avoid excessive drinking, excessive eating, and/or strenuous exercise on the day before the examination as there may affect the results of the examination.

☐ You are responsible for your own valuables.

☐ If you have already taken health checkup in hospital or health checkup center, you don't have to take this health checkup. Please bring your result report to Health Administration Office (8:30am-5:00pm on weekdays).

☐ When you have a fever or cold-like symptoms, or if you feel unwell, don't take this checkup.

☐ Health checkup may be suspended due to typhoon or other reasons. Please check the latest information on Health Administration Office website on the day of your checkup.

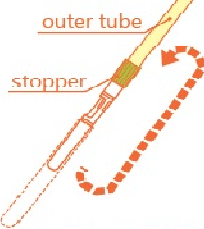




Video of how to collect urine

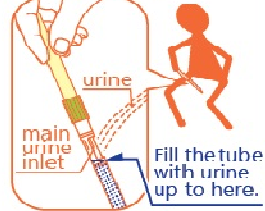
## How to collect urine

### ① Assembly



Remove the outer tube and insert it firmly into the stopper

### ② Urine collection



Pour urine into the urine inlet while urination and fill the tube with full of urine.

### ③ Sealing

Push the stopper until it clicks.



If there is a gap, it will leak.

Pull out the outer tube, holding the stopper. Then, return it to the initial position and fit it firmly.

### ④ Submission



Cut the label along the dotted line. Then, peel off the tape on the back and attach the label to the outer tube. Finally, put it in the bag and submit it.