

# Health Checkup for Newly Hired Employees

## (Checkup for Long term Travelers)

### 《Content of Health Checkup》

- ① Interview (Medical history, Lifestyle)
- ② Height, weight, BMI, waist measurements
- ③ Visual acuity (eye sight test)
- ④ Audiometry
- ⑤ Chest X-ray examination (not required if pregnant)
- ⑥ Blood pressure measurement
- ⑦ Blood sample analyses (tests carried out for anemia, white blood cell count, blood platelet count, liver function, renal function, lipid metabolism, sugar metabolism (HbA1c), level of uric acid, HBs antigen, HCV antibody)
- ⑧ Urine analyses (sugar, protein, uric blood)
- ⑨ Electrocardiography
- ⑩ Physical examination (doctor's consultation)
- ⑪ Fecal occult blood test (Optional only for those who will be over 40 years of age at the end of the fiscal year)

### 《Instructions for Health Checkup》

**Ⓜ Please make sure you have your QR code when you attend the checkup. You can get your QR code after you answer the interview of Health Service Center homepage.**

- Ⓜ Please do not eat anything for breakfast if your checkup is in the morning.  
Those who are having a checkup in the afternoon should finish breakfast by 7:00am, and refrain from eating afterwards. It is important you drink fluids to remain hydrated, but please make sure to only drink fluids without calories, such as water or black tea.
- Ⓜ Please collect a sample of your first morning urine on the day of your medical checkup and bring it to the checkup. (If you are menstruating on the day of, do not collect your urine sample and please notify staff when you arrive at the reception. You will be asked to submit a urine sample on a later date.)
- Ⓜ Please wear your usual glasses or contact lenses for the eye examination.
- Ⓜ For the X-ray examination, please wear or bring with you a plain-colored T-shirt.  
(Avoid shirts with buttons, embroidery, metal/plastic décor or beadwork, since they will show up on the images.)
- Ⓜ Please take off all jewelry and tights/stockings before the health checkup.

### 《Preparations for the Checkup》

Please make sure you have the following items with you when you come for your checkup.

- ① Identification Card
- ② the check-ups card
- ③ Urine sample (Please avoid doing any hard exercise on the day before you take your morning urine sample)
- ④ Plain t-shirt
- ⑤ Stool samples (Applicable to only a specified group of patients)
- ⑥ reservation information(Only as for the person employed on April 1)
- ⑦ **two kind of QR code (printing) \**“Medical history” and “Lifestyle”***

\* If you forget your the check-ups card , you will be asked to retrieve them for the checkup.

\* If you are unable to receive a medical examination, you must send back your package of medical examination documents to your designated health center.

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