Health Guidance and Consultations
(The University of Tokyo Hospital)

■ I 措置不要
No action necessary. Please continue to maintain your health.

■ II 要保健指導 (Consultation with a public health nurse required)
By appointments only. Please make a reservation with the healthy counselor's office you wish to visit.
   (Labor Safety and Health Management Office ext. 32230・32231)

■ III 要医療 (Consultation with a doctor required)
Make sure to print and take your Health Check-up Results when consulting a doctor.

Chest X-ray: If necessary a letter of introduction (300 yen) and digital data of the X-rays (500 yen) is available for a fee from each of the health care centers.
*If the comment "胸部 X 線検査について再検査が必要です。保健センター内科を受診してください" is in the result section for the 'Public Health Nurse Comments', please contact the health center beforehand and arrange a consultation with the doctor for internal medicine.
*For those who wish to receive documents or consult doctors at a medical center, please contact the health center beforehand.
Health Service Center http://www.hc.u-tokyo.ac.jp/

For any other consultations:
Consultation is available at the healthy counselor's office.
   Place: University of Tokyo Hospital Internal Medicine Outpatient Department, Booth 204
   Time: Weekdays 13:00〜15:00 (Please be aware of days that the office is closed)
   MULINS→ http://www.cc.h.u-tokyo.ac.jp/mulins/anzenkanri/204.html
   *Please go to the fifth window of the outpatient department on first floor to register. (Make sure to take your hospital card and your national health insurance card)
   *Issuing of hospital cards, receiving the initial medical examination can be done one the day.
   * Medical examination by a doctor is available at the internal medicine section at each area’s health center.

■ IV 要継続医療
Please make sure to show your doctor the "Health Check-up Results ."

About response form
II ・III, IV fill in the following "response form", and please send it by internal mail to the healthy counselor's office.
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<table>
<thead>
<tr>
<th>Date</th>
<th>Response Form（for staffs）</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common ID</td>
<td>Name</td>
</tr>
<tr>
<td>Medical examination item ( )</td>
<td>(Please place a ✓ in one of boxes below.)</td>
</tr>
</tbody>
</table>

On consulting a medical clinic (Name: ) following the medical check-up,
  □ 1. No treatment or further follow-up is required
  □ 2. Follow-up check (No treatment, only for check-up or examination) Follow-up visit is on / .
  □ 3. Starting out-patient treatment (ex. internal medication etc.)
  □ 4. Hospital care
  □ 5. Others
  □ 6. I am discussing the results of this examination with my regular doctor from prior to the check-up.