

AY 2022 Health Check-ups for Faculty and Staff Schedule & Information ④

◎Only those who are subject to the Special Health Check-ups have a fixed date for medical examinations. Please see the next schedule. (No special health checkups are conducted at the Shirokane Campus.)

<Hongo Campus> Venue: Hongo Health Service Center (Administration Bureau Bldg2 Basement1F)

		Regular Health Check-ups "Hongo1"		Special Health Check-ups "Hongo2"				Regular Health Check-ups "Hongo1"		Special Health Check-ups "Hongo2"	
Date		AM	PM	AM	PM	Date		AM	PM	AM	PM
13th Sep		M	M	M		14th Nov		F	F		
14th Sep		F	F			15th Nov		F	M		
15th Sep		F	M			16th Nov		F	F		
16th Sep		F	M	F	M	17th Nov		F	F		
20th Sep		F	F			18th Nov		M	F	M	F
21st Sep		F	F			2nd Dec		M	F		
22nd Sep		M	M			5th Dec		M	M		
4th Oct		F	M		※M	6th Dec		F	F		
5th Oct		M	F			19th Jan		M	M		
8th Nov		F	F			20th Jan		F	F		
9th Nov		M	F			23rd Jan		F	F		
10th Nov		F	M	※F	※M	24th Jan		M	F		
11th Nov		F	F			25th Jan		F	F		

※The designated date for dental check-ups are PM 4th Oct and 10th Nov. Please check your email for details.

We are planning to add dates for the Hongo area, so please check the Health Service Center website.

<Komaba Campus> Venue: 21 KOMCEE WEST

		Regular Health Check-ups "Komaba1"		Special Health Check-ups "Komaba2"				Regular Health Check-ups "Komaba1"		Special Health Check-ups "Komaba2"	
Date		AM	PM	AM	PM	Date		AM	PM	AM	PM
28th Sep			M			13th Oct		F	M		
7th Oct			F			14th Oct		M	F	M	F
11th Oct.		F	M			17th Oct		F	M	F	M
12th Oct		M	F			※ Dental check-ups at the Komaba Health Service Center are scheduled for a different day. Persons scheduled for dental checks will be contacted separately.					

<Kashiwa Campus> Venue: Kashiwa Library in the campus

		Regular Health Check-ups "Kashiwa1"		Special Health Check-ups "Kashiwa2"				Regular Health Check-ups "Kashiwa1"		Special Health Check-ups "Kashiwa2"	
Date		AM	PM	AM	PM	Date		AM	PM	AM	PM
25th Oct		F	M			31st Oct		F	M		
27th Oct		M	F			1st Nov		M			
28th Oct		M / F	M	M / F *Dental	M	* Dental check-up at the Kashiwa campus is only available on AM 28 th Oct. Those eligible for the Dental check-up should make an appointment on AM 28 th Oct.					

<Shirokane Campus> Location: Building No. 2 Main conference room & small conference room

Regular Health Check-ups "Shirokane1"											
Mon. 28th Nov		AM :	F	PM :	M	Tue. 29th Nov		AM :	M / F	PM :	F

- ※Please check the reservation website for the reservation times.
- ※Please wear a mask when you come to the venue.
- ※If you have symptoms such as coughs, sputum or fever, please do not enter the venue.
- ※Please make sure to check the Health Center website for any changes in the schedule or contents
- * Regular Health Check-ups can still be taken on days for the Special Health Check-ups.

Information on taking the health check-up

- ◇ Please answer the questionnaires from the website in advance.
- ◇ Please contact the relevant Health Service Centers at least 2 weeks in advance, if you need special consideration when taking the check-ups.
- ◇ You are not eligible to take the medical examination if you have retired, even if you have been sent the check-up cards.

Preparing for the health check-up

- ◇ **Faculty and staff health check-up sheet**
 - * Please make sure to bring the cards marked ① in the upper right corner. If you do not bring them with you, you will not be able to take the check-up.
- ◇ **Urine sample container.**
 - Please do not exercise severely on the day before the check-up so that accurate examinations results can be obtained.
 - Those who handle toluene or xylene as part of their work should refrain from soft drinks that contain benzoic acid, sweets, strawberries, blueberries and other types of berries, as well as fruits such as apricots and plums.
 - Please collect the urine sample first thing in the morning of the check-up immediately after you wake up. (Those taking the special medical check-ups must collect two samples.)
 - Please write your name on the label.
- ◇ **Stool sample container** (only for those specified)
 - * Samples can be taken up to 4 days prior to your check-up. Please submit the stool sample containers for two days.
 - * Please write your name in katakana, gender, date of taking sample on the sample container and envelope.
 - * If you are menstruating, you cannot take the test. You do not need to submit a stool sample container.

Content of Health Check-up

◎Items specified by law Interview (medical history, lifestyle), height, weight, BMI, waist measurements, visual acuity (eye sight test), audiometry, chest X-ray examination, blood pressure measurement, urine analyses (sugar, protein), electrocardiography, physical examination (doctor's consultation), blood sample analyses (red blood cell count, hemoglobin, GOT(AST), GPT(ALT), γ -GTP, neutral fats, LDL cholesterol, HDL cholesterol, blood sugar, HbA1c. ◎Optional items blood sample analyses (white blood cell count, hematocrit, platelet count, total bilirubin, ALP, LDH, total cholesterol, uric acid, creatinine, CRP, blood in the urine, fecal occult blood test (optional only for those who will be over 40 years of age at the end of the fiscal year). SARS-CoV-2 S IgG antibody
 ※Optional item will be inspected only for those who have given their consent for all items. Selecting parts of the optional items is not permitted.

Information for blood tests

- ◇ Those who have their check-up in the morning should come without having breakfast and refrain from drinking anything that contains calories.
- ◇ Those who are having their check-up in the afternoon should finish a light breakfast by 7:00am, and refrain from eating and only have drinks that do not have calories in them.
- ◇ Please make sure you keep hydrated by taking in drinks without calories, such as water or straight tea.

Attire Note! Clothes cannot be rented out due to the prevention of spread of infectious diseases

- ◇ Please wear clothing that you can remove from your upper body for the chest X-ray examination.
- ◇ Please wear or bring a plain T-shirt and refrain from having any metal fittings, adjusters, prints, beads, buttons, lace, gathers, elastic strings, embroideries, lame materials, undergarments with bra cups, collars, V-neck shirts, or overlapped thick materials.
- ◇ **Please remove any jewelries/accessories in advance** (necklaces, earrings, body piercings etc.).
- ◇ If you have long hair, please bring elastic-bands to tie your hair up.
- ◇ **Clothing, jewelry, and hair can obscure the X-ray images, and may result in a misdiagnosis and an additional examination.**
- ◇ If you are specified to take an ECG, please wear short socks and not wear stockings or tights.
- ◇ If you wear glasses or contact lenses for work, please wear them during the check-up.
- ◇ Please do not bring valuables with you. The Division for Health Service Promotion will not be responsible for any loss or damages during the health check-ups.

Inquiries about health check-ups and appointments

- ◇Hongo Health Service Center (E-mail: hoken-kanri-hongo.adm@gs.mail.u-tokyo.ac.jp)
- ◇Komaba Health Service Center (E-mail: hoken-kanri-komaba.adm@gs.mail.u-tokyo.ac.jp)
- ◇Kashiwa Health Service Center (E-mail: hoken-kanri-kashiwa.adm@gs.mail.u-tokyo.ac.jp)