

All locations require reservations. Please make a reservation through the website.

Please see “How to Make an Appointment” for details.

※Please wear a mask when you come to the medical check-up venue.

※If you have respiratory symptoms such as cough or sputum or a fever, please do not enter the venue.

※Please make sure to check the Health Service Center Website for any changes in the schedule and content before coming to the health checkup.

《Schedule for Hongo Campus》

Location: Basement 1F, Administration Bureau Bldg. 2 (E-mail: hoken-kanri-hongo.adm@gs.mail.u-tokyo.ac.jp)

Date	M / F	Time
14th Feb. 2023	Male	9:00 ~ 12:30
	Male	14:15 ~ 15:45
15th Feb. 2023	Female	9:00 ~ 12:30
	Female	14:15 ~ 15:45
16th Feb. 2023	Female	9:00 ~ 12:30
	Male	14:15 ~ 15:45
17th Feb. 2023	Male	9:00 ~ 12:30
	Female	14:15 ~ 15:45

・Please check the “How to Make an Appointment” to see whether or not you are required to have a dental check-up.

Persons scheduled for dental checks will be contacted separately.

《Schedule for Komaba Campus》

Location: B1, KOMCEE WEST (E-mail: hoken-kanri-komaba.adm@gs.mail.u-tokyo.ac.jp)

Date	M / F	Time	
8th Feb. 20223	AM	Male	9:00 ~ 11:00
		Female	11:15 ~ 12:30
	PM	Male	14:15 ~ 15:00
		Female	15:15 ~ 15:45

・Dental check-ups at the Komaba Health Service Center are scheduled for a different day.

Persons scheduled for dental checks will be contacted separately.

《Schedule for Kashiwa Campus》

Location: Kashiwa Library (E-mail: hoken-kanri-kashiwa.adm@gs.mail.u-tokyo.ac.jp)

Date	M / F	Time	
10th Feb. 2023	AM	Male	9:45 ~ 11:15 (Dental check-ups)
		Female	11:15 ~ 12:30 (Dental check-ups)
	PM	Male	14:15 ~ 15:15

・If you are required to have a dental check-up, please make a reservation for the morning.

* Reservation must be made to take the Medical Check-up.

* To avoid the risk of infection due to travelling, please have your medical check-ups on your usual campus where possible. However, if you have duties on another campus, the medical check-ups can be taken at the other campus.

Information on taking the medical check-ups

1. All examination must be taken unless you have a specific reason.
2. Please be aware that you are not able to use the documents from the autumn health check-up.

Items to bring with you and preparing for the check-up

< Check-up card: This is marked ① in the upper right corner >

- ◇ Please do not bend or staple the cards.
- ◇ Please make sure to bring the cards. 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 having 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 provided and attach it to the sample container.

Information for blood tests (only for those specified)

- ◇ If you have already taken a regular health check-up for faculty and staff in this fiscal year, it is not necessary to fast from food for the blood test.

Information for other examinations

- ◇ If you wear glasses or contact lenses for work, please wear them during the check-up.
- ◇ Please wear clothing that you can remove from your upper body or wear a T-shirt with no print for the chest X-ray examination.
- ◇ Please do not bring valuables with you. The Division for Health Service Promotion will not be responsible for any loss or damages during the medical check-ups.

The followings are additional notes for faculty and staff who have not taken the medical check-ups this school year.

Stool sample container (only for those specified)

- ◇ Please write your name in katakana, gender, date when sample was taken on the sample container and envelope.
- ◇ Samples can be taken up to 4 days prior to your check-up. The samples are to be collected on 2 separate days. Please submit both stool sample containers for the two days.

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 the check-up in the afternoon should finish lightly 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

- ◇ If you are required to have an ECG, please wear short socks and not wear stockings or tights.

※If you are planning to use the results from a health check-up from another medical clinic as a substitute for a regular faculty/staff health check-up, please let us know in advance so that you can omit some of the test.