

## 2023 MEDICAL CHECKUP (For Current Students)

**This year's medical checkups are by appointment only.**

**Please be sure to make an appointment in advance.**

2023 Annual Medical Checkup is carried out as follows. Please read the following information carefully and take an on-campus medical checkup.

### 【Instruction】

- ✓ Complete the medical checkup questionnaire and make appointment by accessing to the URL or scanning the QR code below.

URL : <https://e-kenkou21.jp/regist/sophiauniv/202304s/>



**Answering questionnaire Period: March 15 (Wed) to April 1 (Sat) 2023 11:59 pm**

**Making appointment Period: March 15 (Wed) to April 9 (Sun) 2023**

**※Date and time can be changed during the appointment period.**

### 【Important】

- ✓ Be sure to check your temperature at home on the day of your checkup.

If you have a fever of 37.5°C or over, you are not allowed to take the checkup. And please refrain from taking checkup if you have cold-like symptoms or are not feeling well. In case you cannot take the medical checkup during the specified period, please contact Health and Wellbeing Center to be provided with information on a designated external medical institution (the cost is at your own expense)

- ✓ You must wear a mask and refrain from talking with others at the medical checkup site.

### 【1.Schedule】

Check the attached schedule (2023 MEDICAL CHECKUP SCHEDULE (Current Students))

- It will take about 1h ~ 1h30m to have the checkup done.
- Congestion is expected on the last day of the medical checkup.  
Please make an appointment and take checkup well ahead well time.
- Those eligible for these medical checkups include students enrolled in the fall semester of each year too. (Fall semester medical checkups for current students will not be conducted)
- We provide individual checkup for students who have special health needs, such as gender identity, physical disability and so on; feel free to contact us in advance ⇒ Hoffmann Hall 2F or Tel : 03-3238-3394, E-mail : health\_cs-co@sophia.ac.jp

### 【2.Location】

Bldg. #2 Entrance → Bldg. #2 4<sup>th</sup> floor → Bldg. #12 1<sup>st</sup> floor

X-ray will be taken in the X-ray car (parked next to Bldg.#12). Please get ready in the changing room (Bldg.#12 1st floor) and move to X-ray car. (Please follow the instructions of the staff)

### 【3.Basic Test Items】

Blood pressure, height, weight, urinalysis, internal medicine consultation, chest X-ray

- ※ Additional items (blood test, EKG) may be required depending on the results of the physical examination on the same day.
- ※ A urine sample kit will be distributed at school guidance, at the entrance of Bldg.#2 and Health and Wellbeing Center Health services until the last day of the medical checkup.
- ※ Please submit a urine sample even during menstruation. You can also submit it on another day during the medical checkup period.

#### **【4.Things to bring】**

- ① **Student ID** (show at the reception)
- ② **Urine sample** (collect on the day of your checkup)
- ③ **The medical questionnaire about the novel coronavirus** (fill out in advance)
- ④ **A plain T-shirt** (for chest X-ray) **\*To reduce transmission of infection we will not have T-shirts to lend.**

※Please take off bras and accessories when taking chest X-rays.

※Please come with clothes and shoes that you can easily change. And we do not have enough space to keep your belongings, so we ask that you carry as little baggage as possible

#### **【5.Re-examination】**

For those who are required to take a re-examination, instruction will be given on the day of medical checkup or via Loyola “Individual notice” (will be updated sequentially from the end of April). Please make sure to check it regularly and take re-examination. If you do not take it during the designated period for re-examination, you must undergo it at an external medical institution at your own expense.

#### **【6.Medical checkup certificates】**

Types	Issuing Offices		Fees
Japanese version	Automated certificate issuing machine	Yotsuya Campus: in front of the central stairs on the 4 <sup>th</sup> floor of Bldg.2. Mejiro Seibo Campus: in the office center on the 1 <sup>st</sup> floor of Bldg.1.	300 yen
English version	Health and Wellbeing Center Health services	Hoffmann Hall 2F at Yotsuya Campus *A certificate in English may not be issued on the same day.	500 yen

●2023 Medical Checkup Certificate(Kenko shindan shomeisho) can be issued from May 22nd to Mar 31st 2024.

●Contents of the certificate : Height, weight, urinalysis, blood pressure, chest X-Ray, internal medicine consultation

●We cannot issue a certificate if there are items that have not been tested or retested, or if you have not complete an interview with a school doctor although you are required to have one.

●We cannot issue the certificate in any formats requested by other institutions (neither Japanese nor English).

#### **【7.Notification of Results】**

Your checkup results will be posted on Loyola in early June 2023. The details will be announced on Sophia University Web Piloti and Loyola bulletin board. We recommend making use of the results to maintain your health.

#### **【8.When Failure to undergo an on-campus medical checkup】**

The School Health and Safety Act requires that students receive annual medical checkups from April to June. If you fail to undergo one during the specified period, consult at Health and Wellbeing Center for information on the medical facility designated by Sophia University (The checkup fee is at your own expense).

We cannot accept the results of the medical checkup from any medical institutions other than the one designated by the university.

Health and Wellbeing Center Health services

TEL : 03-3238-3394

E-mail : [health\\_cs-co@sophia.ac.jp](mailto:health_cs-co@sophia.ac.jp)

This is the notice of important matters about the medical examination. Be sure to read.

To examinees

Japan Health Promotion Foundation

## Requests for understanding and cooperation about the preventive measures of the infection of the novel coronavirus

In accordance with the notification of Japan Society of Health Evaluation and Promotion and other societies, our corporation requests safeguards such as "filling out a medical questionnaire", "measurement of body temperature", "wearing a mask(non-woven masks are recommended)", and "disinfection of fingers" for the purpose of the prevention from the spread of the infection of the novel coronavirus and getting a medical examination safely.

We are sorry if this causes you any inconvenience and request your understanding and cooperation.

### 1. Note that you cannot get a medical examination if any of the following six items apply to you.

- ① You have cold symptoms (cough, sore throat, diarrhea, vomiting, sluggish feeling) or an impaired sense of smell or taste.
- ② Those who have had a fever of 37.5 °C or higher within the past week from the date of the medical examination, except for adverse reactions to the novel coronavirus vaccine.  
Adverse reactions tend to occur on the day after vaccination, and commonly recover within two to three days. Note that there are individual differences in symptoms.
- ③ Those who have had close contact with a patient or a suspected patient of novel coronavirus (including person with fever in the same household or workplace) within the past week from the date of medical examination.
- ④ Those who have traveled to foreign countries specified by the Ministry of Justice or the Ministry of Health, Labor and Welfare within the past week from the date of medical examination, or those who have had close contact with such persons at home or at work.
- ⑤ You are in the waiting period (including voluntary waiting) with a possibility of close contact with a patient with the novel coronavirus.
- ⑥ You have fever over 37.5 °C today, the day of receiving the medical examination.

### 2. To examinees (request on the medical examination day)

- ① In order to prevent congestion (closely spaced), be sure to come at the medical examination time set up in advance.
- ② **Be sure to wear a mask at the medical examination venue (you cannot get the medical examination without a mask).**  
We will not serve examinees with masks. Prepare your own mask.
- ③ We will check "medical questionnaire" and "your temperature" at the time of reception of the medical examination.  
**Notice: All examinees including those who took temperature at home etc. shall take temperature. If you have fever over 37.5 °C, you cannot get this medical examination.**
- ④ Disinfect your fingers with alcohol disinfectant (prepared at the medical examination venue). If you have difficulty in use of alcohol, wash your hands.
- ⑤ Note that we may restrict entrance into the venue depending on the crowd in order to prevent congestion.
- ⑥ **If you have contracted the novel coronavirus, you should wait at least one week from the date of your release from treatment before visiting the hospital.**

### 3. Measures by the medical examination staffs

- ① The medical examination staffs of our institution are sure to take their temperature, and aren't allowed to come to work if having fever or respiratory symptoms.
- ② We carry out wearing of a mask, hand washing, periodical disinfection of testing equipment, and ventilation of the medical examination venue.

Note that our medical examination service is suspended depending on a situation of future expansion of infection and government policy.

We'd appreciate if you can take this into your consideration in advance.

Revised August 1, 2022

# Requests to examinees

Our corporation requests examinees to fill out the medical questionnaire and take body temperature for getting medical examination safely. Your understanding and cooperation are greatly appreciated.

Medical examination date

/

/ 2022

<b>name</b>	
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Note that you cannot get the medical examination today from the viewpoint of protection of the health of examinees if you refuse to cooperate with this questionnaire or fall under any of the following items.

## ● Please answer the following items.

<b>①</b> Do you have cold symptoms (cough, sore throat, diarrhea, vomiting, sluggish feeling) or an impaired sense of smell or taste?	<input type="checkbox"/> No <input type="checkbox"/> Yes
<b>②</b> Have you had a fever of 37.5°C or higher within the past week from the date of your medical examination, except for adverse reactions to the new coronavirus vaccine?  <small>*Adverse reactions tend to occur on the day after vaccination, and commonly recover within two to three days. Note that there are individual differences in symptoms.</small>	<input type="checkbox"/> No <input type="checkbox"/> Yes
<b>③</b> Have you had close contact with a patient or a suspected patient with novel coronavirus (including a person with fever in the same household or workplace) within the past week from the date of your medical examination?	<input type="checkbox"/> No <input type="checkbox"/> Yes
<b>④</b> Have you traveled to any foreign countries specified by the Ministry of Justice or the Ministry of Health, Labor and Welfare within the past week from the date of your medical examination? Or have you had close contact with such persons at home or at work?	<input type="checkbox"/> No <input type="checkbox"/> Yes
<b>⑤</b> Are you in the waiting period (including voluntary waiting) with a possibility of close contact (*) with a patient with the novel coronavirus?  <small>* "Close contacts" refer to the following individuals whom patients have contacted in the infectable period (the period from 2 days before the onset of symptom to the start of isolation) : (1) those who have lived with or had prolonged contact (including contact inside a car, plane, etc.) with a patient; and (2) those who have contact with a patient within 1 m for 15 minutes or more without appropriate protection against infection (mask etc.) (cited from "Guidelines for Active Epidemiological Investigation in Patients with Novel Coronavirus Infection" of National Institute of Infectious Diseases).</small>	<input type="checkbox"/> No <input type="checkbox"/> Yes
<b>⑥</b> Do you have fever over 37.5°C today, the day of receiving the medical examination?	<input type="checkbox"/> No <input type="checkbox"/> Yes

## ● Please take your temperature at the time of reception of the medical examination. (Medical examination organization entry column)

We measure with a noncontact thermometer (*).	°C
(*) In the case of over 37.5 °C with a noncontact thermometer, we check your axillary temperature.	°C

Thank you for your cooperation.

We use this information only for protection of the novel coronavirus infection in our corporation, and will discard it after passage of a month.