2024 MEDICAL CHECKUP (For Current Students)

This year's medical checkups are by appointment only.

Please be sure to make an appointment in advance.

2024 Medical Checkup is carried out as follows. Please read the following information carefully and take it.

[Instruction]

✓ Complete the medical checkup questionnaire and make appointment via the URL below or QR code on the right.

URL: https://e-kenkou21.jp/regist/sophiauniv/202404s/

Answering questionnaire Period: March 15 (Fri) to April 2 (Tue) 2024 11:59 pm

Making appointment Period: March 15 (Fri) to April 10 (Wed) 2024

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



[1. Schedule]

Date	Reception hours	Sex
April 4 (Thu)	9:30-11:30	Female
	13:20-17:20	Female
April 5 (Fri)	9:00-11:30	Male
	13:20-17:20	Female
April 6 (Sat)	9:00-11:30	Female
	13:20-17:20	Male
April 7 (Sun)	10:00-11:30	Male
	14:50-17:20	Female
April 8 (Mon)	9:00-10:30	Male
	13:20-14:50	Female
April 9 (Tue)	10:00-11:30	Male
	15:20-17:20	Female
April 10 (Wed)	10:00-11:30	Female
	14:20-16:50	Male

- \bullet 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)
- Health and Wellbeing Center provides individual checkups for students who have special health needs, such as gender identity, physical disability and so on; feel free to contact us in advance

TEL(03-3238-3394) • Reception desk (Hoffmann Hall, 2nd floor) • E-mail (health cs-co@sophia.ac.jp)

[2. Location] Bldg.No.2 4th floor Reception (urine collecting, distribution of medical sheet),

measurements, blood pressure, physical examination by internal medicine

Bldg.No.12 1st floor (Changing clothes) →X-ray car parked next to Bldg.No.12 (taking chest X-ray)

[3. Basic Test Items]

Urinalysis, height, weight, blood pressure, physical examination by internal medicine, chest X-ray

- *Additional items (blood test, ECG) 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.No.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)
- A plain T-shirt (For chest X-ray. We will not have T-shirts to lend)

[5. Notes of chest X-ray]

- ♦Please come with clothes and shoes that you can easily change.
- ♦ Please take off bras and accessories when taking chest X-rays.
- ♦ Please keep your baggage with you at all times to prevent theft. (There will be no place to keep it at changing room)

[6. 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.

[7. Medical checkup certificates]

- ① 2024 Medical Checkup Certificate (Kenko shindan shomeisho) can be issued from May 20th 2024 to Mar 31st 2025.
- 2 Contents of the certificate: Height, weight, urinalysis, blood pressure, chest X-ray, physical examination by internal medicine
- 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.
- 4 We cannot issue the certificate in any formats requested by other institutions (neither Japanese nor English).

The types of certificates	Fees	Issuing Offices	
Japanese version	300 yen	Automated certificate	Yotsuya Campus \rightarrow in front of the central stairs on 4th floor in Bldg.No.2.
		issuing machine	Mejiro Seibo Campus → in the office center on 1st floor in Bldg.No.1.
English version 5	500 yen	Health and Wellbeing	Hoffmann Hall 2F at Yotsuya Campus
		Center	*There is a possibility that a certificate in English is not issued on the same day.

[8.Notification of Results]

Your checkup results will be posted on Loyola in early June 2024. 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.

[9.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.