

## 2024 MEDICAL CHECKUP (for New Students)

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

### [Instruction]

- ① Complete the medical checkup questionnaire via the URL below or QR code on the right.

**Response period : April 1 (Mon) - April 5 (Fri) 2024 23 : 59**

URL <https://e-kenkou21.jp/regist/sophiauniv/202404n/>



- ② Answer 2024 Mental Health Questionnaire for New Students (Loyola Questionnaire)

**Response period: April 4 (Thu) – April 11 (Thu)**

[1.Time frame] (It will take about 1h to 1h30m to have the checkup done.)

Date	Reception hours	Sex	Time frame allocation
April 7 (Sun)	9:00~9:30	Male	Foreign Studies
	9:30~10:00		Theology, Liberal Arts, [Grad]Theology, Applied Religious Studies, Human Sciences, Law, Languages and Linguistics, Global Studies, Global Environmental Studies, Graduate Degree Program of Applied Data Science, [Specialized programs]Law
	13:20~13:50	Female	Law, Legal Studies of the Global Environment
	13:50~14:20		International Legal Studies, Liberal Arts
	14:20~14:50		[Grad]Theology, Humanities, Applied Religious Studies, Human Sciences (Except Nursing), Law, Economics, Languages and Linguistics, Global Studies, Global Environmental Studies, Graduate Degree Program of Applied Data Science, [Specialized programs]Law
April 8 (Mon)	10:30~11:00	Male	Global Studies, Information and Communication Sciences
	11:00~11:30		Materials and Life Sciences, Engineering and Applied Science
	14:50~15:20	Female	English Studies
	15:20~15:50		Japanese Literature, Journalism
	15:50~16:20		Economics
	16:20~16:50		Science and Technology
	16:50~17:20		Psychology, Sociology, Social Services
April 9 (Tue)	9:00~9:30	Male	Law, Human Sciences
	9:30~10:00		[Grad] Humanities, Economics, Science and Technology
	13:20~13:50	Female	Theology, History, German Literature, French Literature
	13:50~14:20		Philosophy, English Literature, French Studies
	14:20~14:50		German Studies, Hispanic Studies, Russian Studies
	14:50~15:20		Global Studies
April 10 (Wed)	9:00~9:30	Female	Nursing, [Grad]Nursing, Course of Midwifery
	9:30~10:00		Education, Luso-Brazilian Studies, [Grad]Science and Technology
	13:20~13:50	Male	Economics
	13:50~14:20		Humanities

- ※If you cannot come on the specified checkup date, you may come on another day and time of the same sex as yours.
- ※ The time frame is also applicable to transferred, Gakushi, and re-entry students who enrolled in 2024.
- ※ 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](mailto:health_cs-co@sophia.ac.jp))

**[2. Location]** Bldg. No.2 4<sup>th</sup> floor Reception (urine collecting, distribution of medical sheet),  
measurements, blood pressure, physical examination by internal medicine

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

### [3. Basic Checkup Items]

- Urinalysis, height, weight, blood pressure, physical examination by internal medicine, chest X-ray
- ※New students in the Nursing, [Grad]Nursing and Course of Midwifery will also undergo eye sight, hearing, and blood tests.
  - ※Additional items (blood tests, ECG) may be required depending on the results of the physical examination on the day.
  - ※Please submit a urine sample even during menstruation. You can also submit one 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 **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 receive a re-examination. If you do not take it during the designated period for re-examination, you have to 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
- ③ We cannot issue a certificate if there are items that have not been tested or retested, or if you have not completed 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 → in front of the central stairs on 4 <sup>th</sup> floor in Bldg.No.2.
		issuing machine	Mejiro Seibo Campus → in the office center on 1 <sup>st</sup> floor in Bldg.No.1.
English version	500 yen	Health and Wellbeing Center	Hoffmann Hall 2F at Yotsuya Campus *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 Missing Your 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 the 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 result of the medical checkup from any medical institutions other than the one designated by the university.