

2025 MEDICAL CHECKUP AUTUMN

Health and Wellbeing Center Health Services

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For: Undergraduate freshmen, transfer, re-entry students

Faculty of Liberal Arts

Faculty of Science and Technology

SPSF

Freshmen of the Graduate School

Global Studies

Global Environmental Studies

Science and Technology (Green Science and Engineering)

Graduate Degree Program of Applied Data Sciences

1. 【IMPORTANT】 Medical Checkup Questionnaire

After September 21(Sun), as soon as you get your student ID number, please answer the questionnaire through either the QR code or URL. (Mandatory for all students)

URL : <https://www.e-kenkou21.jp/regist/sophiauniv/202509/>



Response period : September 21 (Sun)-September 24 (Wed), 11:59 am

2. Distribution Location of Urine Sample Containers

Urine sample containers will be distributed in front of the Center for Student Affairs on the 1st floor of Bldg. 2 and the Health and Wellbeing Center Health Services at Hoffmann Hall until the day of the medical checkup. Please collect urine on the day of the checkup and bring it to the medical checkup venue.

*Please submit a urine sample even during menstruation.

3. 【IMPORTANT】 Mental Health Checkup Questionnaire

The Health and Wellbeing Center Health Services provides support regarding physical and mental health. We will conduct a questionnaire to assess the mental health of new students.

Access : My Sophia → Questionnaires/Application

→ “2025 Mental Health Questionnaire for New Students (Autumn)” (Mandatory for all students)

Response period: September 25, 2025(Thu) - October 2, 2025(Thu)

4. Medical Checkup Date **September 26 (Fri), 2025 13:00~15:30 (Reception hours)**

Sex	Reception hours	Applicable students
Female	13 : 00~13 : 20	Graduate students
	13 : 20~13 : 50	Faculty of Liberal Arts
	13 : 50~14 : 10	Faculty of Science and Technology SPSF
Male	14 : 40~15 : 00	Graduate students

	15 : 00~15 : 10	Faculty of Science and Technology SPSF
	15 : 10~15 : 30	Faculty of Liberal Arts

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

⇒Hoffmann Hall 2F, Tel : 03-3238-3394, E-mail : health_cs-co@sophia.ac.jp

5 . Location

Central Library 9F → X-Ray Car

The X-ray car is located next to Bldg. 10.

Please get ready in the changing room (B1 of Bldg. 10) and bring all your belongings with you to the X-ray car. (Guidance will be provided).

6 . Things to Bring

①**Student ID Card** (show it at the reception when you enter the library)

②**Urine sample** (collect on the day of the medical checkup and bring it with you)

③**Plain T-shirt** (Bring or wear)

※You will need to take off your jewelry and bra for the chest X-ray

7 . Medical Checkup Items

Height, weight, urinalysis, blood pressure, internal medicine examination, and chest X-ray

*ECG may be performed depending on the results of the physical examination on the day.

8 . Retest

For those who are required to have a retest, instructions will be given through My Sophia individual notice. Be sure to undergo the retest otherwise you need to have it at an external medical institution at your own expense.

9 . The Results of Medical Checkup

The checkup results will be posted on My Sophia in late October. Please check the results and use them to maintain your health.

10 . Medical Checkup Certificate

① Medical checkup certificates (kenko shindan shomeisho) can be issued after **October 20(Mon)**

Location	Type of certificate	Fee
Automatic issuing machine ※③ Convenience Store Issuance ※④	Japanese version	300 yen
Health and Wellbeing Center Health Services	English version	500 yen

Note) The issuance period of the certificate of 2025AY is until March 31, 2026

② Contents of medical checkup certificate

Height, weight, urinalysis, blood pressure, chest X-ray, and internal medicine examination

*The medical checkup certificate indicates the results on the day of the checkup.

③ Location of the automatic issuing machine

Yotsuya Campus: B1 floor of Bldg. 2 in front of the KINOKUNIYA (紀伊国屋書店)

B1 floor of Bldg. 9 in the Active Commons

④The certificate can be issued using multi-copy machines available at major convenience stores, including

Seven-Eleven, FamilyMart, and Lawson.

Please note that a printing fee of 60 yen per document will be charged separately.

- ⑤ Medical checkup certificates in the specified format from other institutions cannot be issued in both Japanese and English.
- ⑥ Medical checkup certificates cannot be issued in the following cases.
 - When you have not had the 2025 annual medical checkup
 - When there are any unexamined checkup items
 - When directed retest items, including the school doctor interview, have not been completed.

1 1 . In Case of Missing the Medical Checkup

If you could not have the medical checkup on the day of the checkup, please come to the Health and Wellbeing Center Health Services for information on the outside designated medical institution. *Medical checkup fee is at your own expense.

1 2 . Notes

If you are not feeling well or have cold-like symptoms (fever over 37.5°C, cough, sore throat, diarrhea, vomiting, fatigue etc.), please refrain from undergoing the medical checkup.

In order to obtain correct checkup results, please receive the medical checkup after your physical condition has recovered.

Important Notice

All students are required to undergo a medical checkup once a year, under the School Health and Safety Act.

Your next medical checkup will be in April 2026 (not September 2026).

Details will be announced on My Sophia, so please make sure to attend.