

2026 MEDICAL CHECKUP (for New Students)

The 2026 medical checkup will be carried out as follows. Please read the following information carefully.

[Instruction]

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

Submission period : April 1 (Wed) - April 6 (Mon) 2026 23 : 59

URL : <https://www.e-kenkou21.jp/regist/sophiauniv/202604/>



- ② Answer 2026 Mental Health Questionnaire for New Students (My Sophia)

Submission period : April 3 (Fri) – April 12 (Sun)

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

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

※ 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 2026.

※ Health and Wellbeing Center Health Services provides individual checkups for students who have special health needs, such as physical disability, gender identity, etc. Please 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 and Examinations  Bldg. No.12 1st floor Chest X-ray

[3. Basic Checkup Items]

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

- ※ New students in the Department of Nursing, [Grad] Nursing and Course of Midwifery will also undergo eye sight, hearing, and blood tests.
- ※ An additional item (ECG) may be required depending on the results of the physical examination on the day.
- ※ Urine sample kits will be placed 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)
- ③ **A plain T-shirt** (For chest X-ray. We will not have T-shirts to lend)

[5. Notes for Chest X-ray]

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

[6. Retests]

For those who are required to undergo retesting, instruction will be given on the day of your medical checkup or via My Sophia "individual notice" (will be updated sequentially from the end of April). Please make sure to check it regularly and undergo the retest.

If you do not take it during the designated period, you must visit an external medical institution at your own expense.

[7. Medical Checkup Certificate]

- ① The medical checkup certificate will include the values from the day of your medical checkup.
- ② The 2026 medical checkup certificate (Kenko shindan shomeisho) can be issued from May 19th 2026 to Mar 31st 2027
- ③ Contents of the certificate: Height, weight, urinalysis, blood pressure, chest X-ray, physical examination by internal medicine
- ④ We cannot issue the certificate if there are items that have not been tested or retested, or if you have not completed school doctor interview.
- ⑤ We cannot issue the certificate in any formats requested by other institutions (neither Japanese nor English).

Type	Issuing / Application Location		Fee (per copy)
Japanese	Automatic issuing machine	Yotsuya Campus B1 floor of Bldg. 2 (in front of the KINOKUNIYA) B1 floor of Bldg. 9 (in the Active Commons)	300 Yen
	Convenience store issuance	Major Convenience Stores Multi - copy machine (Seven-Eleven, FamilyMart, Lawson)	300 Yen *Plus an additional printing fee of 60 yen per document
English	Health and Wellbeing Center Health Services		500 Yen

[8. Notification of Results]

Your checkup results will be posted on My Sophia (scheduled for early June). Please check the results and use them to maintain your health.

[9. When You Miss Your Medical Checkup]

The School Health and Safety Act requires that students receive annual medical checkups from April to June. If you miss your medical checkup during the specified period, please refer to the notice titled 'Medical Checkup for Students at Designated Medical Institution' on My Sophia or Web Piloti and have the checkup (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.

※For those who have the checkup for the second time this year, please visit the Health and Wellbeing Center for information.