

# 2026 Annual Student Health Checks

(Please also read the reverse side.)

Important

## ◆ Periodic Student Health Checks

This is being conducted in accordance with the School Health and Safety Act. Get a health check every year. The results of a health check may be required for practical training, job hunting, further education, or scholarship applications. \* The University will not issue a Health Check Certificate for those who did not get a Health Check.

## ◆ Schedule and those required to get Health Checks

| Schedule (excluding weekends)                  | Those required to get Health Checks  |
|--|--|
| April 15th (Wednesday) to April 28th (Tuesday) | All <u>1st year undergraduate students (must get a Health Check in April)</u><br>3rd and 4th year students of the Faculty of Education, those who are planning to take swimming lessons<br>4th year students from other departments who plan to participate in teaching practice<br>4th to 6th year students of the School of Medical Sciences; 1st to 4th year students of the School of Health Sciences; 5th and 6th year students of the School of Dentistry<br>3rd, 5th, and 6th year students of the School of Pharmaceutical Sciences. |
| May 19th (Tuesday) to May 29th (Friday)        | All students other than those who are required to get a Health Check in April ( <u>excluding non-regular students</u> ) and those who have not gotten a Health Check in April  |
| June 1st (Monday) to June 10th (Wednesday)     | <u>Those who were enrolled in the fall of the previous academic year and those on leave who plan to return this academic year should also get a Health Check.</u><br>Those planning to do an internship (School of Engineering) should get a Health Check in May.  |

\* If you are a Nagasaki University student and subject to Nagasaki University employee health checks, please get an employee health check.

\* Those who have gotten a health check in Japan on or after April 1, 2026 and those who are working and plan to get a company health check or the like do not need to get a university Health Check. If this applies to you, please submit a copy of your health check results to the Health Center.

## ◆ Venue: Second Conference Room in Bunkyo Campus Administration Bureau Building

(Enter the main gate and take the outside stairs next to the admissions center on the right to the 3rd floor)

## ◆ About the process leading up to your appointment

### (1) Advance appointments

Appointment period: from 12:00 on April 9th (Thursday) to 18:00 on May 14th (Thursday)

(Appointments can be changed until June 6th.)

\* 1st year undergraduate students must make an appointment by April 18th.

\* Those of the departments where classes are suspended (4th to 6th year students of the School of Medical Sciences, 5th year students of the School of Dentistry, 3rd year students and some 5th year students of the School of Pharmaceutical Sciences) must check the syllabus and make an appointment as soon as appointments open.

Please access the website via the URL below, QR code, or the "Health Check Appointment System" on the Health Center website.

[https://www.yoyaku.hc.nagasaki-u.ac.jp/comres\\_hc/u\\_start.php](https://www.yoyaku.hc.nagasaki-u.ac.jp/comres_hc/u_start.php)



You can check your appointment date and time by logging in again.  
If you wish to cancel or change your appointment, please log in again.

\* Appointments are limited in number. Appointments are scheduled every 10 minutes, but the required time for the Health Check is 30 to 60 minutes. Please make your appointment while taking into consideration your schedule afterwards.

\* If you would like reasonable accommodations for your Health Check or would like to consult us about gender dysphoria or other matters, please contact the Health Center in advance.

### (2) Fill out your medical questionnaire (time required: about 10 minutes)

Please respond via the URL or QR code below.

<https://monsin.hc.nagasaki-u.ac.jp/en/>



### (3) Get a Health Check on your appointment date

#### Items to bring

- [1] Student ID card
- [2] Urine sample container used when waking up on your appointment date
- [3] Please wear or bring a plain T-shirt without buttons or other accessories for the chest X-ray and a hair tie (for those with long hair).

#### Health Check Items

| Items   | All grades            | 4th year undergraduate students | 1st year undergraduate students |
|---|-----------------------|---------------------------------|---------------------------------|
| Height, weight, blood pressure, chest X-ray, medical consultation, urine test | <input type="radio"/> | <input type="radio"/>           | <input type="radio"/>           |
| Blood test, abdominal circumference measurement, Inbody measurement           |                       | <input type="radio"/>           |                                 |
| Mental health check and occlusion examination (location: Health Center)       |                       |                                 | <input type="radio"/>           |

#### Precautions and other issues

- [1] Please refrain from wearing a one-piece dress and instead wear separate tops and bottoms as you will be undergoing medical consultation and a chest X-ray.
- [2] During medical consultation, a stethoscope may be placed underneath your underwear to listen to your breathing and heart sounds.
- [3] Examination gowns will not be provided for chest X-rays. For women, we do not allow chest X-rays to be taken while wearing upper body underwear such as bras, bra tops, sport bras, wire-free bras, camisoles with plastic parts, or dresses. X-ray testing cannot be performed on pregnant or suspected pregnant women, so please inform the reception desk.
- [4] For the urine test, please use the enclosed urine collection container and collect urine samples upon waking up. Discard the first stream and collect the mid-stream. For women, please refrain from collecting urine samples during your period, and inform the receptionist of not being able to collect urine samples since you are menstruating.
- [5] For those who are required to undergo blood tests (4th year undergraduate students), if you are coming for your appointment in the morning, please fast for 10 hours before the Health Check. (Water and tea are allowed.) Fasting will not be required for those who will be unable to follow this instruction or who are visiting in the afternoon.
- [6] For those who are required to take Inbody measurements (4th year undergraduate students), please refrain from wearing stockings or tights.
- [7] If you are feeling unwell, such as having a fever of 37.5°C or higher, on your appointment date, please postpone your appointment and reschedule. If you absolutely cannot make the date, please be sure to call the Health Center by Tuesday, June 9th.
- [8] If you are unable to get a Health Check during the period, please get a health check at an external medical institution (at your own expense) and submit a copy of the results to the Health Center. Please check the Health Center website for details.

#### ◆ Student Health Check Results

Those who took their Health Check in April will be able to check their results and receive their certificates from June 1st, those in May from July 2nd, and those in June from July 14th.

Once the results are available, they will be announced via student email and on the Health Center website. If the results of the Health Check indicate that you need to see a doctor, the Health Center will contact you and provide you with a referral letter.

Be sure to visit a medical institution as soon as possible.

##### (1) Checking the results

You can check the results of your Health Check online. Be sure to check them.

Please access the website via the URL below, QR code, or the "Student Health Check Results View" page on the Health Center website.

<https://www.hc.nagasaki-u.ac.jp/result>

\* For security reasons, you can only log in via the campus Wi-Fi.



##### (2) Issuance of Health Check Certificate

A Health Check Certificate can be obtained using the automated certificate issuing machines located on campus or through the "Certificate Issuance Service" (fees apply). For details and locations of automatic certificate issuing machines, please refer to the Nagasaki University website.

#### ◆ Contact information for Health Check inquiries

TEL: 095-819-2213 (Weekdays 8:45 to 17:30)

Email: [health\\_phn@ml.nagasaki-u.ac.jp](mailto:health_phn@ml.nagasaki-u.ac.jp)

Website: <https://www.hc.nagasaki-u.ac.jp/>

