

### (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	○	○	○
Blood test, abdominal circumference measurement, Inbody measurement		○	
Mental health check and occlusion examination (location: Health Center)			○

#### 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/>

