

## Notice for AY2022 Student Health Checkup

**All students at Meiji University receive annual health checkups** at the university campus.

A physical checkup can sometimes detect unexpected diseases such as tuberculosis, diabetes, and kidney diseases. With this knowledge, we may be able to prevent potential health problems and treat conditions before they worsen. Please check the details and attend the checkup.

After you confirm the checkup results, please consult a doctor if necessary. You can also use the Meiji University Student Health Insurance to treat your conditions at affiliated medical institutions during your enrollment. We want to emphasize the importance of taking the annual student health checkup for this reason, too.

Please note that to have a **health checkup certificate** issued by the university, you must take the health checkup.

\*There may be changes in the medical checkup, depending on the coronavirus situation.

### 1. AY2022 schedule

To practice social distancing, each student is assigned a date and time according to their faculty, department, year, class and gender. Please check your schedule with this chart ([Surugadai](#), [Izumi](#), [Ikuta\[Japanese Only\]](#), [Nakano](#)). We ask for your cooperation in attending the **schedule you are assigned**.

Surugadai / Izumi / Ikuta Campus	Saturday, April 2 to Thursday, April 7 (except for Sunday, April 3)
Nakano Campus	Tuesday, April 5 to Thursday, April 7

**-You cannot have your checkup in other campuses** for any reason.

-If you cannot attend the assigned schedule due to compelling reasons, please see **7**.

### 2. What will be tested?

The following items will be examined at the checkup:

	Items	Target	Notes
1	Height / Weight	All students	
2	Urine test	All students	-The containers will be distributed in advance. See details in the next section. -We will not perform a urine occult blood test. <b>Please take the urine</b>

			<b>test even if you are on your period.</b>
3	Chest X-ray	All students	Please wear a plain T-shirt (unpatterned with no accessory.) For details, please see <b>3. What to bring and wear</b>
4	Consultation from nurse	Only for the following: -If you had a medical condition in the past -If you are currently undergoing treatment or follow-up treatment for an existing condition -If you need a further urine test -If you wish to have consultation for other reasons	This time, we will not conduct an online questionnaire beforehand like we did for AY2021.
5	Internal medical examination by doctor	Only students graduating/completing their studies in AY2022	

### Notes about the urine sample

**For safety and hygiene reasons, please do not collect your urine sample in the campus toilets.** We will distribute the containers in advance, so please make sure to get one and collect your urine sample at home, early in the morning on the day of the health checkup.

When and where containers will be distributed:

- **Surugadai:** Tuesday, March 1 to Friday, April 1
  - Liberty Tower, 1F
  - Student Support Office (Liberty Tower, 3F)
  - Surugadai Campus Clinic (University Hall, 2F)
- **Izumi:** Tuesday, March 1 to Friday, April 1
  - Building No. 1, 1F
  - Izumi Media Building, 1F
  - Izumi Campus Clinic (Building No.1, 2F)
- **Ikuta:** Tuesday, March 1 to until the day of the health checkup
  - Ikuta Campus Clinic (Main Building, 2F)
  - Ikuta Student Support Office (Main Building, 1F)
- **Nakano:** Tuesday, March 1 to Monday, April 4
  - Atrium, 1F (in front of the electrical signage below the escalator)

### 3. What to bring and wear

Please keep your belongings to a minimum and keep your valuables with you at all times. Here is a list of things you need to bring.

- **Student ID card**

If you are a newly enrolled student and do not have your student ID card yet, please bring a printout of your Student exchange ticket.

- **Pencil or mechanical pencil, and eraser**

- **Container with your urine sample**

- **Plain T-shirt (non-patterned)**

-Please either wear it or bring a plain T-shirt.

-We do not lend T-shirts. Please note that if you cannot have the X-ray taken if you do not have a plain T-shirt.

-Do not wear jewelry or anything else that will interfere with the X-ray, for example, clothing with buttons, embroidery, metal parts, and heat transferred designs.

- **A jacket or cardigan**

Please bring something to keep you warm that is easy to wear. You will have the X-ray in a medical vehicle parked outside.

- **Hair tie**

If your hair is shoulder-length or longer, please tie it together for the X-ray.

### 4. Requests for students to prevent infection

- Before attending the checkup, please check your temperature at home and make sure it is normal. Please also use the non-contact thermometers on campus to confirm your temperature.
- Please avoid coming to the campus if you have a fever of 37.5 degrees Celcius or higher or other coronavirus symptoms. Symptoms include but are not limited to: severe sluggishness, difficulty in breathing, cough, sore throat, loss or changed sense of smell.
- Please wear a surgical mask during the checkup. We do not recommend cloth masks or sponge masks.
- Do not talk in the venue. Speaking increases the risk of infection, and we may end the checkup if there is too much talking or loud speaking in the venue.

## 5. Measures for coronavirus prevention

- We will install hand sanitizers in the checkup venue.
- We will disinfect the waiting rooms and equipment for the checkup.
- We will divide the reception time into 30 to 40 minutes blocks. Each department (faculty) will be assigned a timeframe to practice social distancing.
- The doors to the venue will be kept open to provide as much ventilation as possible. In addition, we will install air circulators where necessary.
- All healthcare staff will wear surgical masks and disposable gloves.

## 6. Support for special circumstances

- Please contact your campus clinic in advance if you need special care or support when you attend the checkup.

## 7. If you cannot attend the checkup for compelling reasons

We ask you to attend the health checkup at the assigned date and time as much as possible. If you cannot attend the set schedule for compelling reasons, you may attend a different date and time on your campus without prior notice.

## 8. Checkup Results

The results of the checkup will be available on Oh-o! Meiji **from Tuesday, May 31.**

- If you need a follow-up test, the campus clinic will contact you individually by phone or send you an Oh-o! Meiji message. In this case, please note that you need to take the follow up test to issue your health checkup certificate.

## 9. About the medical health checkup certificate

Your health checkup certificate will show the following items:

- height and weight
- urinalysis (protein and glucose)
- chest X-ray results
- physical findings by the doctor

### (1) Who can get this certificate

Only students who took and completed the regular student health checkup in AY2022.

### (2) How to get the certificate

The medical health certificate will be available from the automatic certificate issuing machines (on campus) or the off-campus certificate issuing machines.

The issuing period depends on your scheduled graduating date.

Please see the following chart for details:

Student group	Issuing period
Students scheduled to graduate or complete studies in September 2022	From Monday, May 16, to Friday, September 16, 2023
Students scheduled to graduate or complete studies in March 2023	From Monday, May 16, to Friday, March 24, 2023
All other students (students who are not in their graduating year)	Before you can get the certificate, you need to undergo an internal medical examination at the campus clinic you belong to. The certificate will be available from the automatic certificate issuing machines (on campus) or the off-campus certificate issuing service from the day after this medical examination.

## 10. Management of personal information

The personal information obtained including the results of the checkup and web questionnaire will only be used for the following purposes: student health management, issuing the health checkup certificate, and statistical data. The data is managed by the Student Support Division, the Educational Affairs Division, and the Nakano Campus Division.

## 11. Contact us

Campus	Open hours	clinic	Office
Surugadai	Weekdays 9:30 am to 4pm	03-3296-4452 03-3296-4453	Student Support 03-3296-4212
Izumi	Weekdays 9:30 am to 4pm	03-5300-1179	Izumi Student support 03-5300-1176
Ikuta	Weekdays 9:30 am to 4pm	044-934-7611	Ikuta Student Support 044-934-7579
Nakano	Weekdays 9:30 am to 4pm	03-5343-8078	Nakano Research and Educational Support 03-5343-8058

The health checkup period is a very busy period for our offices, and we apologize in advance that we may not be able to respond to your inquiries. Thank you very much for your understanding.

February 2022  
Student Support Division  
Nakano Research and Educational Support Office