

To all students

Kyomu and Health Care Center

Health Checkup

In accordance with Japanese law, schools in Japan are obligated to conduct health checkup on all students. If you miss the school health checkup, you must go to a hospital to pay for your own health checkup and provide the result to the school's Health Care Center. Moreover, school will not be able to provide you with a health checkup certificate often necessary to apply for higher education. We urge you to take the health checkup conducted by our school.

Schedule and meeting place: Find out your meeting day, date, time and place.

Course and Class	Sex	Date	Time	Place
Japanese Language	Male	Thursday, October 9 th	At 13:00	In front of the admission office on the lobby floor of D-Building
Japanese Language (Except China and Taiwan)	Female		At 13:30	
Japanese Language (China and Taiwan)			At 13:40	

Venue : 4th floor of A-Building (A045ab, A043b)

Who: October 2025 Japanese language course students

Health checkup includes:

- ① Height / Weight (A045a) : For nutritional and other evaluation
- ② Physical exams by a medical doctor (A045b) :
 - Overall health evaluation, including listening to your heart and lungs using stethoscope*
 - *Note that the doctor will place the stethoscope against your chest and back
 - Be prepared to give Japanese name/s of illness/es in the past and present if any
- ③ Chest X-ray (A043b) : For early detection of Tuberculosis
 - Early detection is important since TB can be cured

※If you are pregnant or possibly pregnant, please notify Health Care Center staff before the checkup because you cannot take the chest X-ray examination.

Things you must prepare and bring :

- 1) Plain T shirt: You must wear (or bring and wear) a plain T-shirt (see ③ below. It's very important).
- 2) Hair rubber band: You must tie up your hair with a hair rubber band if your hair is as long as to your shoulders.
- 3) Mask: We recommend you to wear a mask at the venue.

Important:

- ① If you are not feeling well on the health checkup day, you can't take the health checkup on that day.
- ② Since the doctor(who can be male) uses stethoscope for examination, school recommends you to wear a large size T-shirt. You should avoid dress or jumpsuit. While waiting your turn, refrain from talking to prevent disturbing the stethoscope examination.
- ③ For chest X-ray, you must wear a plain T-shirt, meaning NO studs, buttons, zippers, designs, prints, decorations, embroideries, whatsoever **in front nor back**. Prepare in advance.
- ④ At the venue or in the hallway, maintain proper social distancing and refrain from talking.
- ⑤ Make sure you look after your valuables. Other things, if you like, you may leave them in your classroom.

Result of the health checkup: The report of the health checkup in a sealed envelope will be handed to you after about a month. Depending on the result, students may be asked by the Health Care Center to visit them again. Those students must go to the Health Care Center on the appointed time.

To BIL Students:

Instructions for the health checkup

Health Care Center

1) What to bring on the day of health checkup

Everyone		If you have long hair (longer than shoulders)
Plane T-shirt *	Mask	Hair elastics
		
<u>*Plane means no decorations</u> (Decorations like, embroideries, buttons, zippers, prints, studs, logos, whatsoever in front nor back.) ✖ Any of the above will be in the X-ray photo	We recommend you to wear a non-woven mask to prevent the infection disease.	Tie your hair so your hair will be above shoulders.

2) Important

- At the venue or in the hallway, maintain proper social distancing and refrain from talking.
- If you are pregnant or possibly pregnant, please notify us before the checkup.

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