

Health Checkup for students April 2026

1. Subject

- **1st year graduate students**
(Students who enrolled 2025 fall and took the health checkup in January 2026 are not eligible this time.)
- **Non-Regular Students**
- 2nd and 3rd year undergraduate students (except Faculty of Medicine)
- Final-year students repeating a year

2. Instructions

- **International students(Regular & Non Regular) can take the health checkup during the designated walk-in time without making a reservation.**

Designated walk-in time:

Male : 4/10, 11:30~12:30

Female: 4/13, 11:30~12:30

- If you are unable to come during the designated time, please make a reservation online.

Online reservation is required in advance (sign-in with your Unified Account is necessary).

Reservation starts: From 3/27 onward, and after new student have received their students ID and unified account

Please make sure to check the [学生健康診断予約方法](#) instructions,

and make your reservation using the QR code on the right or the URL below.

<https://outlook.office.com/book/Bookings2765202@o.mie-u.ac.jp/?ismsalisaenabled=true>



3. Schedule

Date	Reception Hours	Eligible students		
		Sex	Number of reservations	Reservation
4/10(Fri)	9:00~11:30	Male	285	Reservation required
	11:30~12:30	Male	For International students (Regular & Non Regular students)	No reservation required
	14:00~16:30	Female	285	Reservation required
4/13(Mon)	9:00~11:30	Female	285	Reservation required
	11:30~12:30	Female	For International students (Regular & Non Regular students)	No reservation required
	14:00~16:30	Male	285	Reservation required
4/14(Tue)	9:00~12:30	Male	399	Reservation required
	14:00~16:30		285	Reservation required
4/15(Wed)	9:00~12:30	Female	399	Reservation required
	14:00~16:30	Male	285	Reservation required
4/16(Thu)	9:00~12:30	Male	399	Reservation required
	14:00~16:30	Female	285	Reservation required

4. Place

[Center for Physical and Mental Health \(Integrated Research Building II, 1F\)](#)

5. Belongings

- Student ID card
- Pencil or mechanical pencil
- Wear a plain thin T-shirt.
- Wear glasses or contact lenses (If you use them).

6. Contents

- ①Height and Weight
- ②Blood pressure
- ③Vision test
- ④Hearing
- ⑤Physical examination
- ⑥Chest X-ray

⑦Urine analysis

Pick up the container at your checkup.

Submit your first-morning urine from the next day to 4/20 (weekdays only). Make-up day: 5/1

7. Important notes

- If you are unable to come due to illness/sickness or if you require special consideration, please consult the Center for Physical and Mental Health.
- Health checkup results will be available on UNIPA from 6/1. Those needing a re-examination or to see a doctor will be contacted separately.
- Health checkup certificates will be available at the automatic certificate issuance machines from 6/1. Make sure to submit your urine test, or the certificate cannot be issued.

Contact information: Center for Physical and Mental Health jimu-shc@hac.mie-u.ac.jp