

## Student Regular Health Check-up for AY 2025 [Notice]

### AY2025 Highlights!

- In order to shorten the time required for health check-up, please complete the Health Survey (Web) in advance.
- For the urine test, collect a urine sample in advance. (except Kitakyushu campus venue)  
Please collect your urine before coming to the venue.  
[MAP of locations where urine devices are distributed in advance.](#)
- No more "受診済" stamp on the back of the student ID card.  
Refer to the [7. Stamp on the back of the student ID card.](#)  
Those registering or renewing their use of campus athletic facilities will need to print out the forms themselves in advance.

### 1. Eligible students:

- All regular students, including those who took a health checkup in October 2024  
Excluding e-school students of the Faculty of Human Sciences
- Students who have received notification of Student Regular Health Checkup through MyWaseda

### 2. Application procedures: (Be sure to complete the following ① ② procedures in advance)

- \* Students who will take the health checkup at Kitakyushu Campus do not need to complete any procedures prior to the checkup. Please follow the instructions of the Graduate School of Information, Production and Systems office.
- \* Please complete the procedures after obtaining a MyWaseda ID for students who will enroll in April 2025 (including those who will enter graduate school).

#### ① Submission of the Health Survey

*Attention! If you do not complete the survey in advance, the time required for the checkup will be longer!*

URL: <https://my.waseda.jp/application/detail/application-detail?communityContentLinkId=609694235>

Current students except new students:

Tuesday, March 25, 11:00 a.m. to noon the day before scheduled date

New students who enrolled in April 2025:

Friday, March 28, 11:00 a.m. to noon the day before scheduled date

Health Survey QR



#### ② On-line reservation (date/time) URL and password: [Please check your health survey auto reply e-mail](#)

Current students except new students:

Tuesday, March 25, 11:00 a.m. to 4:00 p.m. on the last day of each venue

New students who enrolled in April 2025:

From submitting the Health Survey to 4:00 p.m. on the last day of each venue

Instructions for making a reservation.



**Upon completion of the health check-up, you will receive the following on-campus services within the current AY!**

- Electrocardiogram required for using the swimming pool and taking PE courses. (Free of charge during designated periods only)
- A "Certificate of Health Check-up" can be issued.
- A "Physical Examination Certificate" can be issued in the prescribed format.
- Can register to use on-campus athletic facilities.
- Additional required tests for scholarship, study abroad, part-time job, and job hunting are available to take.

*If you do not take the health check-up at the university, certificate must be issued by an off-campus clinic. It costs time and money to take a health check-up at an off-campus clinic and to get a certificate there.*



**3. Venue/Schedule:** As a rule, take the health checkup at the campus where your school is located.

Campus and Venue		Schedule	
Waseda ・ Toyama Campus	(Bldg. 27)	April 7 (Mon) ~ April 22 (Tue)	12 days (except Sat, Sun)
Nishiwaseda Campus	(Bldg. 55)	April 1 (Tue) ~ April 4 (Fri)	4 days
Tokorozawa Campus	(Bldg. 101)	April 2 (Wed) ~ April 4 (Fri)	3 days
Kitakyushu Campus		April 7 (Mon)	1 day

\*New undergraduate and second-year students belonging to the Waseda and Toyama campuses are better to take the checkup before classes begin.

\*There are many steps and narrow aisles in the checkup site due to lineups.

**4. Contents of the health check-up:**

(1) Inspection items

- Health Survey (Completed in advance on the web and on the day of the health check-up, if necessary).
- Physical measurements (Height and weight)
- Eyesight
- Blood pressure
- Urine sample (Those who take the checkup except Kitakyushu campus venue collect your urine sample before coming to the venue). ※If you are menstruating, refrain from submitting a urine sample.
- Doctor's examination
  - Auscultation, palpation, etc.
  - If you wish to specify the gender of the doctor, please check the posted information at the doctor's booth or speak with the staff at the sites.
- Chest X-ray (Eligible: students enrolling in April 2025 and students who have been instructed by the Health Support Center.)
  - This will be done in the x-ray car, divided by the sex assigned at birth.
  - A single examination gown or plain T-shirt may be worn for the examination. Changing is available inside the car or in the changing area.

Please refer to the [Health Support Center's website](#) for more explanation and standard values of each inspection item.

(2) Time required (approximate)

- Include chest X-ray: about 1 hour      Others: 30-40 minutes  
(It may differ depending on the situation. Please choose a date and time when you have enough time)

(3) What to bring

- **Student ID card**  
New students who do not have a student ID card should present their MyWASEDA profile screen.
- **Urine sample (Except Kitakyushu campus venue)**  
The urine sampling devices will be distributed in advance, so please take a urine sample before coming to the venue.  
[MAP of locations where pre-distribution](#) ※If you are menstruating, refrain from submitting a urine sample.
- **Plain T-shirt (Only for those eligible for chest X-ray)**
- **Something that confirms your reservation.**  
Any screenshot or pre-printed reservation confirmation email, My Page on the reservation site, or reminder e-mail.
- **Ball-point pen (Erasable ballpoint pens are not allowed)**

(4) What to wear

- Clothes that are easy to put on and take off.  
[What to wear for Health Check-up](#)

**What to wear for Health Check-up**

OK



Wear a plain t-shirt for undershirt or bring it with you



A person with long hair suggests tying up your hair

Not good.



T-shirts with buttons, hardware, embroidery, or prints, high-necked clothing, dresses, and overalls are NOT suitable attire for the Health Check-up.



There is a situation to take off shoes. Wear shoes that are easy to remove.



You may be instructed to remove necklaces, so please do not wear them.



## 5. Electrocardiogram: Only those who take the health checkup for AY 2025

### (1) Eligible students

- New undergraduate students in the School of Sports Sciences
- New members of Waseda University Official Sports Clubs
- Students who are planning to take this AY the Health and Physical Education Courses (swimming, outdoor sports) offered by GEC
- Students planning to register at Takaishi Memorial Swimming Pool / Aqua Arena
- Students with subjective symptoms (ex. palpitations, shortness of breath, etc.) or a medical history of heart diseases (ex. Kawasaki disease, congenital heart disease, etc.)
- Students under observation (including those instructed to undergo the ECG during the Student Regular Health Checkup).
- New students who wish to join Waseda University's official circles (circles for exercise/sports) would like to have an ECG.

### (2) Venue / Schedule (No reservation required, please bring your student ID card) The following dates are free of charge.

Campus and Venue		Schedule		
Tokorozawa Campus	(Bldg. 101)	April 2 (Wed) ~ 4 (Fri)	3days	9:30 ~ 12:00 13:30 ~ 16:00
Waseda Campus	(Building 25)	April 28 (Mon) ~ May 2 (Fri) ※Except April 29 (Tue)	4days	9:30 ~ 12:50 14:20 ~ 16:00

### (3) Time required

- Approximately 20 minutes.

### (4) What to wear

- Clothing that easily shows the ankles  
[What to wear when undergoing an EKG test.](#)

### What to wear when taking an ECG test

ECG is tested with electrodes attached to the chest and both limbs.  
Clothing as shown below is not recommended as it is difficult to change into.



## 6. Guidance after Health Check-up

- We will let you know the chest X-ray result within 3 weeks only if you need to see a doctor.
- Please make sure to take retests or detailed examinations if you receive any instruction.
- The results of the Health Check-up can be viewed on "Edit Personal Information" on MyWASEDA. (Viewing available from the mid-May.)

[How to View Student Regular Health Check-up Results in MyWASEDA](#)



## 7. Stamp on the back of the student ID card

No more "学生定健受診済" and "心電図受検済" stamps on the back of the student ID card due to changes in the layout and operation of the back side sticker. As an alternative, please use the health checkup results viewing screen on MyWASEDA.

【Regarding the use of on-campus athletic facilities (Training Center, Takaishi Memorial Pool, Aqua Arena)】

If you wish to register or renew to use on-campus athletic facilities before the results become available on MyWASEDA (around mid-May), please print out "[Confirmation of having undergone the Health Check-up and ECG test](#)" in advance and submit it at the reception on the day of your health check-up.

- \* 1 Be sure to fill in your student ID number and name in advance.
- \* 2 If you forget to bring the form on the day of your health checkup, wait until the day of viewing your result on MyWASEDA. We will not be able to respond to your request later.
- \* 3 Printing the forms is not possible at the venue.

## 8. Issuance of Medical Examination Certificate and Medical Certificate

This is limited to students who are currently enrolled and who have taken the health check-up conducted by the university in the relevant academic year.

- Refer to the [Certificate of Health Check-up](#) on Health Support Center's website.

If you have further questions related to the health checkup, please use the FAQ on the Health Support Center HP or the chatbot regarding the Student Regular Health Check-up. For others, please contact your school department, GS Center, or ARC (Accessibility Support Center).

Health Support Center Website  
Student Regular Health Check-up

