

Student Regular Health Check-up for AY 2022 [Notice]

The Student Regular Health Check-up is conducted based on the School Health and Safety Act. **All the regular students at Waseda University, including those who enrolled in September 2021, are required to take the Student Regular Health Check-up every year.**

The health check-up has two purposes. Firstly, it is for your health maintenance and prevention/early detection of diseases. Secondly, it is to prevent the spread of infectious diseases such as Tuberculosis in our school. As you become a university student and begin to live independently, it is very important that you are able to take care of your own health. Let's start with taking the Health Check-up to know your current health condition.

1. Schedule/Venue (In principle, take the health check-up at the campus where your school is located.)

Campus	Schedule
Waseda Campus (bldg.27)	April 6 (Wed) to April 20 (Wed), 2022 ※11days in total, except for Sat and Sun.
Nishiwaseda Campus (bldg.55)	March 31 (Thu) to April 4 (Mon), 2022 ※4 days in total, except for April 3 (Sun). ※New students are able to start taking the health check-up from April 1 (Fri).
Tokorozawa Campus (bldg.101)	April 1 (Fri) to April 4 (Mon), 2022 ※3 days in total, except for April 3 (Sun).
Kitakyushu Campus	April 11 (Mon) ※1 day

2. Application procedures (Be sure to complete the following two procedures in advance)

① On-line reservation(date/time) for the health check-up

② Submission of the Health Survey through MyWASEDA※

※New students of the school of Human Sciences, and the school of Sports Sciences do not need on-line reservations but are required to submit the Health Survey. Take the health check-up according to the instructions of your school office.

※Students of the Graduate School of Information, Production and Systems do not need on-line reservations and the Health Survey. Take the health check-up according to the instructions of your school office.

Reservation/Submission period : Students except new students: March 22 (Tue) 11:00am to March 30 (Wed) 12:00nn, 2022

New students: March 28 (Mon) 11:00am to March 31 (Thu) 12:00nn, 2022

URL of the health survey : It is posted in the health check-up section on the Health Support Center HP.

<https://www.waseda.jp/inst/hsc/en>

※MyWASEDA is a portal site that acts as an entrance point to the various services provided by Waseda University.

New students (including graduate school students) are required to obtain their MyWASEDA ID account before they access the Survey.



↑ QR code ↑
Use your mobile phone's camera to easily access the Health Check-up Website

3. Contents of the health check-up

(1) Inspection items ①Questionnaire items listed in the Health Survey(Web) ※We will check your response.

②Height and Weight, Eye sight, Blood pressure, Urine analysis, Doctor's examination, Chest X-ray (New students, and students who are instructed by Health Support Center only)

③Electrocardiogram (Eligible students only)

(2) Time required New students: about 1 hour, Other students: 30~40 minutes※It may differ depending on the date/time.

(3) What to bring Student ID card, Morning urine sample※

※Undergraduate school students: The urine sampling device is enclosed in the course registration documents.

Please collect your urine on the day of the health check-up and bring it to the venue.

Other students: The device will be distributed at the venue on the day of the health check-up.

(4) What to wear Please wear clothes that are easy to put on and take off.

*Details will be announced on the Health Support Center website and on MyWASEDA bulletin board.

*The schedule and inspection items are subject to change according to the spread of the COVID-19 infection.

*Please read carefully "1. Precautions for campus entry" before taking the health check-up <https://www.waseda.jp/top/en/news/73799>

The following services are not available for you in this AY unless you take the health check-up.

- Electrocardiogram required for using the swimming pool and taking PE courses.
- Certificate of the health check-up required for job hunting.
- Certificate of the health check-up written in English required for applying study abroad.
- Additional tests that you may be required for applying a scholarship, part-time job, and OJT, etc.
- The Health Check-up stamp on your student ID required for using the gym at the university.

It costs time and money to take a health check-up at an off-campus clinic and to get a certificate there.

Electrocardiogram (ECG) Only those who take the health check-up for AY 2022 can take the ECG **for free**.

The eligible students may take the ECG after the inspection item ① and ② of the health check-up for AY 2022. (No reservation required)

If you have any inquiries, please contact the Health Care Room, Health Support Center, Waseda University.

TEL: 03-5286-9800 (Monday through Friday from 9:00 to 17:00)

Health Support Center, Waseda University

Inspection Items of the Student Regular Health Check-up

《Height and Weight》

Height : Since the period of rapid growth has passed, there is no extreme increase. The value is necessary for checking the degree of obesity (BMI).

Weight : It is important to not only check the increase/decrease of the value, but also to check the balance with the height.

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m)}^2$$

《Eye sight》

We check whether your eyesight has problem for classes and daily life. Students who usually wear contact lenses or glasses are requested to wear or bring them to the eye test, as corrected vision will be assessed.

If you have undergone LASIK (refractive surgery), we measure as the naked eye.

Standard value : 0.7 over

《Urine analysis》

Urine consists of dissolved waste products and water.

It is produced when blood metabolized in the liver is filtered with kidney, after food or medicine etc. are digested and absorbed with stomach and bowels.

Sugar (glucose): Screening for diabetes.

Protein and occult blood: Check whether there is no disease of kidney and the urinary tract.

You will be required to take additional tests when instructed so by the physician.

Useful for early detection of chronic kidney disease. Most chronic nephritis has no subjective symptoms and may lead to renal failure if left untreated for a long period of time.

Standard value : All negative

《Blood pressure》

Blood pressure is the pressure exerted on the walls of blood vessels as blood passes through them.

Blood pressure fluctuates due to various factors such as diet, exercise, sleep, and stress, etc. If blood pressure continues to be high, the circulatory system, especially the heart will be strained.

Standard value (The Japanese Society of Hypertension)
Systolic mmHg (maximum) / Diastolic mmHg (minimum)

Normal : less than 120 and less than 80

Elevated : 120-129 and less than 80

High blood pressure : 130-139 or 80-89

《Doctor's examination》

The physician evaluates your body condition comprehensively based on physical examination, result of inspections, and medical history. A physical examination includes checking eyes, heart sounds, breath sounds, pulse, skin, lymph nodes, and nutritional status for assessment. A physician uses a stethoscope and also palpates eyelids, neck, wrist, etc., to the minimum extent necessary.

《Chest X-ray》

※Students who enrolled in this year must take chest X-ray.

This examination is for checking respiratory illnesses (pulmonary tuberculosis, pneumonia, etc.), heart size and spinal condition.

The result of the chest X-ray will not be available on the examination day. We will contact you by MyWaseda e-mail, or letter only when the additional examination is required.

***** Electrocardiogram

Resting electrocardiography examines heart conditions (including suspicion) such as heart rate (pulse rate), arrhythmias, and cardiac hypertrophy.

1. Eligible students

- (1) New undergraduate students of the School of Sport Sciences.
- (2) New members of Waseda Univ. Official Sports Clubs (体育各部).
- (3) Students who are planning to take this AY the Health and Physical Education Courses such as; Swimming(水泳), Outdoor sports (野外スポーツ), and Wander Vogel(ワンダーフォーゲル).
- (4) Students planning to use Takaishi Memorial Swimming Pool / Aqua Arena.
- (5) Students with subjective symptoms (ex. palpitation, shortness of breath, etc.) or a medical history of heart diseases (ex. Kawasaki disease, congenital heart disease, etc.).
- (6) Students on follow-up observation (including those students who are instructed to take the ECG during the Student Regular Health Check-up).
- (7) New Students who wish to join Waseda Univ. Official Circles whose main activities are exercise / sports and would like to take an electrocardiogram.

2. Schedule/Venue

Campus	Schedule
Waseda Campus (Bldg. 27)	April 25 (Mon) - April 28 (Thu) ※4 days
Tokorozawa Campus (Bldg. 101)	April 1 (Fri) - April 4 (Mon) ※3 days in total, except for Sun.

The details will be posted in the health check-up section on the Health Support Center HP.

Please also see the Q&A on the Health Support Center HP.

Waseda/Toyama campus Health Care Room Tel:03-5286-9800
Nishiwaseda campus Nishiwaseda branch Tel:03-5286-3021
Tokorozawa campus Tokorozawa branch Tel:04-2947-6706
Kitakyushu campus Graduate School of Information, Production and Systems office Tel:093-692-5017

Health Support Center, Waseda University

<https://www.waseda.jp/inst/hsc/en>