

Notice of the 2026 Annual Health Checkup **【By appointment only】**

The annual health checkups for the 2026 fiscal year will be conducted during the following period (excluding Saturdays, Sundays, and public holidays).

Under the Japanese School Health and Safety Act, universities are required to conduct health checkups.

Students are encouraged to undergo a health checkup at least once a year for disease prevention, early detection, and to better understand their own health condition.

To ease crowding and reduce waiting times at the health checkup venue, the checkup will be conducted on an **appointment-only** basis starting this year.

We will check whether you have a reservation when you arrive.

Please be sure to make a reservation in advance.

When you arrive, please present the reservation confirmation screen from the Acanthus Portal (showing your appointment date and time) to the reception staff.

【Schedule】

【First-year undergraduates】

Schedule	Time	Place	Reservation period	Reservation Form
5/7(Thu.)~5/11(Mon.)	9:00~11:30 13:00~16:30	Kakuma Campus Main Building 1st Floor, Health Management Center	From 4/3(Fri.) ~ At least one day before the desired appointment date	

【Other students】

Schedule	Time	Place	Reservation period	Reservation Form
4/14(Tue.) , 15(Wed.)	9:00~11:30 13:00~16:00	Takaramachi Campus Juzen Hall	From 4/3(Fri.) ~ At least one day before the desired appointment date	
4/17(Fri.)~5/1(Fri.) 5/12(Tue.)~5/20(Wed.)	13:30~16:30	Kakuma Campus Main Building 1st Floor, Health Management Center		

*The time slot on 4/17(Fri.) from 15:00 to 15:30 is reserved for **students undergraduate training course for school nurses**. Students other than those cannot book that time slot.

【About Reservations】

• You can make a reservation using the QR code above or through the 'Event Reservation' section on the Acanthus Portal.

• You can check the availability of your preferred date and time for an appointment through the reservation form.

• You can change your appointment date and time up until the day before your scheduled visit.

In that case, there is no need to contact the Health Management Center.

• If you are unable to make a reservation during the above period due to lectures or other academic reasons, please contact the Health Management Center as soon as possible.

【Health Survey Questionnaire】

• Please log in to the Acanthus Portal and complete the 'Health Survey Questionnaire' in the Health Management System on the Academic Information Service in advance.

• **Response period: From Friday, April 3, until the day of your health checkup.**

【Test Items】

○Chest X-ray

• Clothing with metal fittings (hooks, zippers, etc.), plastic (buttons, etc.), or prints cannot be worn.

• Hair that touches the shoulders should be tied up during the health check (please bring a hair tie).

○Urine test

• **Urine collecting container should be picked up in advance from your academic affairs office.**

***First-year undergraduates will receive them during the course guidance session.**

• **Collect a urine sample immediately after waking up on the day of the health check.**

• Do not provide a urine sample from just before your period until within 4 days after it (you will need to submit it at a later date).

○Height and weight measurement

• Since it will be conducted without shoes, avoid wearing boots or other footwear that are difficult to take on and off.

○Blood pressure measurement

○Doctor's Consultation (Internal Medicine)

【Belongings】

Student ID, writing utensils, **urine collecting container (urine collected immediately after waking on the day of the medical check-up)**

【Notice】

• If you have not undergone the health check at the school or if there is even one item that has not been tested, a health check certificate cannot be issued. **A health check-up certificate may be required for internships, job-hunting activities, or study abroad.**

• Individual health checkups are not conducted outside the designated checkup period.

• Examinations are conducted without gender distinction, except for chest X-ray.

• If you require any special considerations when visiting, please contact the Health Management Center in advance.

• There is no parking available, so please do not come by car or motorcycle.

• You cannot visit if you have a fever or other symptoms of illness.

【Contact Information】

Kanazawa University Health Care Center TEL: 076-264-5255 /E-mail: hokekan@kenroku.kanazawa-u.ac.jp