

れいわ ねんどしゅうきがくせいいていきけんこうしんだん し
令和8年度 秋季学生 定期健康診断のお知らせ
AY 2026 A Notice for Health Checkup

かき とお けんこうしんだん じっし かなら じゅしん ひよう
下記の通り、健康診断を実施しますので、必ず受診してください。費用はかかりません。
There will be health checks at the following times, please get your examination done. There is no fee.

うけつけに ちじ
●受付日時 Date and Time

けんこうしんだんび 健康診断日	せい べつ 性別	うけつけじかん 受付時間
10/23 (金) (Fri)	だんせい 男性 Male	9:00~10:00
	じょせい 女性 Female	10:00~10:30
	だんせい 男性 Male	10:30~12:00
	せいべつふ もん 性別不問 For ALL	12:00~12:50

うけつけばしょ
●受付場所 Venue

かいぎとう かい けんこうかがく
会議棟1階 健康科学センター
(工学部保健室)
Health Science Center
(1st floor of conference building)



けんこうしんだんまえ じゅんび
●健康診断前の準備 Before the Health Checkup

けんこうしんだん し すてむ あくせす よやく もんしん にゅうりよく
・「健康診断システム」にアクセスし、予約とWeb問診を入力してください。

2026年10月5日から予約ができます。

じゅしんじょう ちゅうい よ
・受診上の注意を読んでください。

Please access the Health Checkup System and enter your reservation and questionnaire.

You can make a reservation from **October 5, 2026**.

Please read the "[Important Notes for the Student Health Checkup](#)".

けんこうしんだん かん する おんかい かわせ は、はやく けんこうかがく
健康診断に関するお問い合わせは、早めに健康科学センターへ
Please contact Health Science Center for inquiries on the health checkup.
TEL: 0836-85-9041 E-mail: hoken-ko@yamaguchi-u.ac.jp

1 Web予約・Web問診ページにアクセス(学内限定)
Access the Health Checkup System.
(Accessible only within the campus network)



<https://kenshin.hoken.yamaguchi-u.ac.jp/gakusei/>

2 自分のログイン名とパスワードを入力
Log in with your own username and password.



3 学生定期健康診断緑の枠をクリック
Click the arrow.



Web予約 Reservation

1 健診予約(学生)をクリック
Click the arrow.



2 受けたい日付をクリック
Choose your date.



3 受けたい時間の「予約する」をクリック
Click "Booking" for the time you want.



4 予約しました。と表示されたら予約完了です。
Your reservation is complete when Your appointment has been completed. is displayed.



※予約残数が0のところは予約できません。
If the number of available slots is 0, you cannot make a reservation.
※新しい日時を選べば、予約が変更・上書きされます。何度でも変更可能です。
If you choose a new date and time, your reservation will be changed and updated. You can change it as many times as you need.
※予約を完全に取消す場合は、「取消す」をクリックしてください。
To completely cancel your reservation, please click "Cancel".

Web問診 Questionnaire

1 Web問診入力(学生)をクリック
Click the arrow.



2 新規追加をクリック
Click the arrow.



3 すべて入力したら「回答を登録する」をクリック
After answering all questions, click the arrow.



4 画面が変わり、保存しました。示されたら回答終了です。
When the screen changes and 保存しました。 is displayed, your answers are complete.



※「回答を登録する」を押しても画面が変わらない場合、必須項目に未回答のところがある可能性があります。そのまま画面を閉じるとすべての回答が消えてしまいます。「※」の質問に未回答がないかご確認ください。
If the screen does not change after clicking "回答を登録する", you may have missed a required question. If you close the page, all your answers will be lost. Please check that you have answered all questions marked with "※".

FY 2026 Notes regarding the Regular Health Checkup for students (Tokiwa campus)

Please read the following carefully. We appreciate your cooperation for a smooth checkup.

- To avoid congestion, please arrive within your reserved time slot.
- If you have a fever or cold symptoms, please do not come for your checkup.

【Schedule & Reception Times for Autumn Regular Health Checkup】

Friday, October 23, 2026 / Registration time: **9:00 – 12:50**

【Health Checkup Venue (Reception)】

Health Science Center(1st floor of conference building)

【Reservation Start Dates】

*New Autumn Students: **Monday, October 5 –**

*Others (Students who have not taken the checkup this academic year): **Thursday, October 8 –**

Note: Please select your preferred date and time from the available options on the Web Reservation Page to confirm your booking.



Please make a reservation and fill out the medical questionnaire in advance. Please complete these steps as soon as possible.

【Steps for Your Health Checkup】

STEP 1

Access the Health Checkup System in advance, make your reservation, and complete the medical questionnaire.

【How to Access the Health Checkup System】

Connect to the **campus-only network** and log in using your own username and password.

<https://kenshin.hoken.yamaguchi-u.ac.jp/gakusei/>

1. Click **1**, then choose a date and time to make your reservation.
2. Click **2** and complete the online questionnaire before your health checkup.



Health Checkup System
(Accessible only within
the campus network)



STEP 2

Answer the Infectious Disease Survey (new students only)

3. Click **3** and answer the questions about your infectious disease history and vaccination history.



STEP 3

Come to the health checkup venue at your reserved date and time.

【What to bring】

Student ID card (Don't bring valuables.)

【Clothes】

Please refer to the "Clothing Examples" on the next page.

【Health Checkup items】

Urine test^{※1}, Height and weight, Blood pressure, Chest X-ray, Interview & confirmation of the result, (Electrocardiogram^{※2}), (Physical examination^{※2})

※1:Urine test kits will be distributed in advance.

*Submission period : Monday, October 26 – Friday, October 30

*Submission time : 8:20 – 10:30

*Submission location: Health Science Center

※2:Only for those who are instructed.



【Clothing Examples】

Please wear or bring a plain T-shirt, and come in clothing that is easy to put on and take off.
Please remove all jewelry before you come.

For the chest X-ray, you will change your upper body clothes as shown in the picture. There are no private changing rooms, so wearing easy-to-remove clothes will make the process smoother.

For the ECG test, electrodes will be placed on your chest, wrists, and ankles.

If you are wearing stockings or tights, you will need to remove them for the test.



上半身は、**無地のTシャツ1枚**になる。
(タンクトップや長袖でも可)
(発熱衣料も可)

※金具・プラスチックのついた下着
(ブラジャーなど)ははずす。

A light, plain T-shirt or a tank top (those with metal or plastic parts for adjusting shoulder straps are to be avoided) can be left on.
※Long-sleeves or thermal clothing are also OK.



■ Precautions after a health checkup

【Re-examination Notice】

We will contact you by phone or email if you need a re-examination.

If we cannot reach you, we may ask your faculty to tell you to come to the Health Science Center.

【Health Checkup Certificate】

Health checkup certificates will be issued on the dates shown in the table below.

If you need a certificate, please bring your student ID and come to the Health Science Center.

【Checking Your Results Online】

You can check your health checkup results on the Health Checkup System.

(If you access the system before the start date, your results may not be displayed correctly.)

	Certificate Issuing Starts	Online Results Available	Certificate/Results End Date
Students who underwent a health checkup according to the schedule of the Tokiwa area	November 11 (Wed)	November 18 (Wed)	March 12, 2027 (Fri)

【Contact Information】

Yamaguchi University Health Science Center

Phone: 0836-85-9041(Weekdays 8:30-12:30, 13:30-17:00)

Email: hoken-ko@yamaguchi-u.ac.jp



Request to Prevent the Spread of Infections on Campus

As basic infection prevention measures, please wear a mask in crowded places and on public transportation, and wash your hands.

◆ What to do when you become aware that you are not feeling well

- ◎If you have a fever or other cold symptoms, please avoid coming to campus and take infection prevention measures such as wearing a non-woven mask.
- ◎If you need to be absent from a class, contact the teacher of that class by email or other means as soon as possible. (*You do not need to notify the Health Science Center.*)
- ◎If you have concerns about your symptoms, physical condition, or the necessity of medical consultation or testing, please consult the Health Science Center.
Contact us TEL:0836-85-9041/E-mail:hoken-ko@



◆ What to do if diagnosed with an infectious disease

- ◎If you are diagnosed with any of the following infectious diseases listed in (1) to (10), you must report it using the "**Infectious Disease Report Form (for students)**".

Infectious Disease Report Form WEB site⇒

<https://www.yamaguchi-u.ac.jp/covid/affected/index.html>



- ◎The infectious diseases listed from (1) to (10) require home isolation for a certain period (see the guideline below).

(1) COVID-19:

Until 5 days have passed after the onset of symptoms and 1 day has passed after symptoms have abated.

(2) Influenza:

Until 5 days have passed after the onset of symptoms and until 2 days have passed after the fever has broken.

(3) Whooping cough:

Until the characteristic cough disappears or until 5 days of appropriate antibiotic treatment have been completed.

(4) Measles: Until 3 days have passed since the fever has broken.

(5) Rubella (3-day measles): until the rash disappears.

(6) Mumps: Until 5 days have passed since the swelling of the parotid, submandibular, and sublingual glands, and until the patient is in good condition.

(7) Chickenpox: until all the rash is crusted over.

(8) Pharyngoconjunctival fever (PCF): Until 2 days have passed after the main symptoms disappear.

(9) Meningococcal meningitis: Until a doctor determines that there is no risk of infection based on the symptoms.

(10) Tuberculosis: Until a doctor determines that there is no risk of infection based on the symptoms.

Day 0 is counted as the day of onset.



- ◎If a family member living with you or someone you spend time with is diagnosed with one of the above infections, please take care of yourself for 5 days and wear a non-woven mask for 7 days, starting from the day of onset of the infection.

◆ Usage hours and how to use the Health Science Center of the Faculty of Engineering

- ◎In principle, consultation by a physician (internal medicine or psychiatry) or counseling by a counselor is available by appointment only.

- ◎Open on weekdays: 9:00–12:30, 13:30–16:45

Closed on Saturdays, Sundays, and national holidays

*In case of illness with fever, please call us before coming directly here.

- ◎Use of The Health Science Center is free of charge.

【Services】

- Consultation regarding physical and mental health problems
- Rest
- First aid for injuries
- Hospital referrals
- Self-check of height, weight, body fat percentage, vision, blood pressure, grip strength, etc.
- Use of health equipment(fitness bikes, etc.)
- Issuance of health examination certificates based on health examination results

