AY 2026
Regular Medical Checkups

Regular Medical Checkups will be conducted at the Student Health Care Center as follows. **Eligible students are asked to complete the Online Medical Questionnaire, make reservations using the online system, and undergo the exam as per their reservations.** Students CANNOT undergo the checkup without first completing the Online Medical Questionnaire.
Students in the Schools of Dentistry (2nd to 6th year) and Medicine (Medical Sciences, 2nd to 5th year) please see the starred (☆) item in "5. Reservations" below.

1. Dates:

April 20 (Mon.) –24 (Fri.) & May 7 (Thu.) –19 (Tue.), 2026
Excludes weekends & holidays. Please be punctual for your reservation.

2. Location:

Tohoku University Student Health Care Center (A09)
Kawauchi 41, Aoba-ku, Sendai-shi 980-8576
*There are no parking spaces, so please use public transportation.

Access Map

3. Eligibility:

All students. Includes new non-degree students (research students etc.) entering the university in AY 2026. Employed students who underwent a medical check at their workplace or another off-campus facility in AY 2026 may submit a copy of their results (must include chest X-ray) to the Student Health Care Center directly or by post/campus mail, instead of undergoing the university's examination. However, in this case the center will be unable to issue a Medical Examination Certificate. Be aware that if the original copy of the medical examination results is submitted it will not be returned. Adult students may submit copies of their workplace etc. health checkup (including chest X-ray) as needed anytime during the academic year.

4. Online Medical Questionnaire:

Students can complete the questionnaire from April 10 (Fri.) to May 7 (Thu.).
Be sure to access the questionnaire using the following URL or QR code and complete it before making a reservation.
*Please log in to the Online Medical Questionnaire website with your Tohoku University DC email account. Filling out the required items of the questionnaire in advance is mandatory for undergoing the checkup. Staff will confirm whether students have completed the questionnaire on the day of their checkup.
URL: https://forms.gle/tDD5vkx6D4zzhFuQ7

Online Medical Questionnaire

5. Reservations:

Reservations will be accepted starting April 10 (Fri.).
Please make an online reservation by May 7 (Thu.).
Use the reservation website. You can access it with the following URL or QR code.
https://web.star7.jp/mypage/mobile_info.php?p=b5fb0024ab
*After making a reservation, a confirmation email will be sent from kenshin@star7.jp. Please set your email filter etc. to accept messages from this address.

Online Reservation

☆ Reservation dates/times are predetermined for students in the Schools of Dentistry (2nd to 6th year) and Medicine (Medical Sciences, 2nd to 5th year). These students will be contacted by their faculties, so they need not make online reservations (however, they must complete the Online Medical Questionnaire).

6. For students requiring accommodation/assistance:

If you require accommodation (due to a disability, gender dysphoria, etc.), **please do NOT make an online reservation. Instead, email us by May 7 (Thu.)** (we are unable to respond on weekends/holidays).
Email for requesting accommodation: **hairyo-kenshin@grp.tohoku.ac.jp**
This email address is for accommodation/assistance inquiries only. For other inquiries please use the address in 12. below.

7. Examination details:

1st year undergraduate students - Chest X-ray, height, weight, blood pressure, internal medical examination, urinalysis
2nd year or later undergraduate, graduate students, and non-degree students - Chest X-ray, height, weight, blood pressure
*Preparing for the Chest X-ray
Wear or bring a thin, plain t-shirt (see Attachment 1).
Those who fail to do so will be unable to undergo the chest X-ray.

8. Please bring (required):

① Student ID or document showing Student ID Number and name (enrollment notice etc.)
② Device capable of displaying the confirmation email, or a printout of the email
③ Smartphone, tablet etc. (to confirm completion of the Online Medical Questionnaire)
④ Wear or bring a thin, plain t-shirt (for the X-ray)

9. Results and Medical Examination Certificate Issuance

- For the examination results, please check your Medical Examination Certificate. Medical Examination Certificates reflecting the results of the checkup can be issued from Automatic Certificate Issuance Machines starting June 25 (Thu.), 2026. (If your Student ID does not have a magnetic strip, you can pick up the certificate at the Student Health Care Center.)
- After the examination, we will send a message to all examinees. Please read it. We ask that you undergo additional tests if instructed to do so.
- If you do not undergo the checkup (including the Online Medical Questionnaire) we cannot issue a Medical Examination Certificate.
- Notifications about Medical Examination Certificates (changes to availability dates etc.) will be posted on the Student Health Care Center website.

10. Please fill out the "Mental and Physical Health Questionnaire for University Students."

Tohoku University asks all students to answer this Questionnaire.

- Newly enrolled undergraduate students: Please answer the Questionnaire enclosed in the "Enrollment Guide" (you would not need to answer online)
- Other students: Please answer the online Questionnaire (see Attachment 2)

11. Request:

- If the checkup schedule changes due to an emergency (infectious disease outbreak, natural disaster etc.), details will be posted on the Student Health Care Center website. Please see the link below for the latest information.
https://www.health.ihe.tohoku.ac.jp/

Student Health Care Center website

12. Inquiries (available April 10 to May 19, 2026)

We will respond to your inquiry once we have reviewed it (we are unable to respond on weekends/holidays). **Email: kenshin-teiki@grp.tohoku.ac.jp**

別紙Ⅰ
Attachment Ⅰ

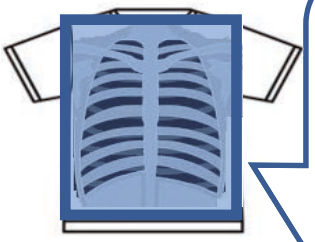
胸部X線検査を受けるにあたって

Important notice!! Instructions for undergoing chest x-rays

無地で金具等のついていないTシャツを着用、或いは持参ください。
用意がない場合は胸部X線撮影が受けられない場合があります。ご協力をお願します。
Wear or bring a thin, plain shirt which is required for chest X-ray examination!!
Otherwise, you may not be able to have chest X-ray examination.

ここに注目！Please be careful of the following:

薄手で無地の服1枚であれば着用OK。
Wear a single, thin, plain shirt during the x-ray.

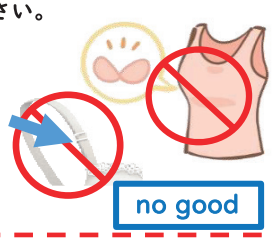


健康診断のX線撮影は、胸部X線撮影です。
The area of radiography is the chest.

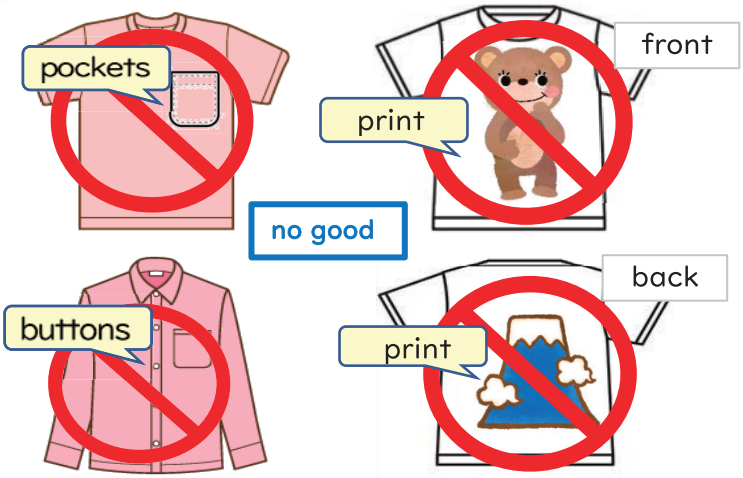
ブルーの範囲が前後とも薄手の無地の服であれば検査時に着用可能です。
If the blue area (shown on the right) is lightweight, plain clothing both front and back, it can be worn during the X-ray examination.

袖の長さは検査に影響ありません。
Sleeve length does not affect the X-ray examination.

女性の方へ
ブラ、ブラ付き下着は外してください。
Women: Please remove brassieres,
or garments with built-in brassieres.

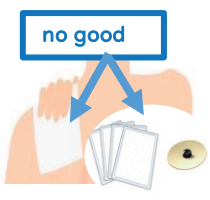


髪の長い方は、耳の高さを目安にまとめて結んでください。
（耳の位置より高く結ぶと身長体重計測に支障をきたす場合があり、逆に低く結ぶと胸部X線撮影に影響がでる場合があります。）
If you have long hair, please tie it up so that it does not touch the shoulders.



イラスト・刺繍入りボタン・ポケットありビーズなどの装飾品のある服は着用できません。
We cannot take the x-ray if you are wearing a shirt with illustrations/patterns, buttons, pockets, beads, or other ornamentation.

ネックレスは外してください。
Remove necklaces.



治療用の湿布・磁石付き絆創膏は外してください。
Please remove any adhesive medical compresses, adhesive magnets, etc. from your skin.

ヒジャブの種類によっては着用したまま撮影できない場合があります。胸部X線撮影担当者の指示に従ってください。
ヒジャブを外せない場合は、レントゲン受付でご相談ください。固定のためのブローチやピンが肩・胸にかかる場合は外す必要があります。
It may not be possible to take the X-ray if you are wearing certain religious garments, suchas hijabs.
Please comply with the X-ray technician's instructions.
If you can not remove a garment for religious reasons, please consult at the reception desk.
If you are wearing a broach or pin fastener near your shoulders or chest,it will be necesary to remove it.

東北大学保健管理センター