

# Health Checkup for Those Under 35

## 1. Date, time, and location

The date, time, and location will be provided on the website of each campus's health office.

If you work at Itabashi Campus, go to "Health Center" 「保健センター」 >

["Health Office" 「保健室」](#)

If you work at Sayama Campus, go to "[Sayama Health Office](#)" 「[狭山保健室](#)」

## 2. Test items

Please refer to "[Test Items for Various Health Checkups.](#)"

## 3. Examination

### For faculty and staff at Itabashi Campus

(1) A blood test will be conducted, so please avoid eating or drinking anything after 9 p.m. the night before the examination. However, you may drink water and tea. Please consult your doctor regarding oral medications.

(2) What to bring:

- Identification card
- The questionnaire and the urine container that were provided to you in advance  
(Please collect a midstream urine sample first thing on the morning of the health check.)
- Plain T-shirt (without any metal, beads, prints, or other decorations)
- Hair tie, etc. : If you have long hair, please tie it above your shoulders during the X-ray examination.
- Glasses or contact lenses : If you wear glasses or contact lenses, please wear them for the vision test.

\*If your menstrual period overlaps with the day of the health check and you are unable to submit a urine sample, you may also have your health check on another day at Kasuga Medical Clinic (see "4" on the next page).

### For faculty and staff at Sayama Campus

(1) Please submit the urine container at the reception counter. If you are on your period, please inform the reception staff.

(2) What to bring:

- Identification card
- Hair tie, hair pin, etc. for those with long hair  
(Please tie your hair above your shoulders during the X-ray.)

(3) You will change into the provided examination gown for the X-ray.

- (4) If you wear glasses or contact lenses, please wear them for the vision test.

**4. If you are unable to attend the checkup at the indicated date, time, and location provided in “1”:**

Please get the checkup at the medical institution indicated below by November 30th (Mon).

**For faculty and staff at Itabashi Campus**

**Kasuga Medical Clinic**

- Make an appointment on your own and inform them that you are a member of the faculty or staff of Watanabe Gakuen.

Address: 4-24-8 Hongo, Bunkyo-ku, Tokyo

Phone: 03-6240-0326

Monday to Friday 9 a.m.–5:30 p.m. (excluding Saturdays, Sundays, and holidays)

- Please follow the instructions of the Kasuga Medical Clinic regarding precautions on the day of the checkup.
- The examination fee will be covered by the school, so there is no payment required. However, transportation expenses will be your responsibility.
- The health office will provide you with the results of the health checkup one to two months after the examination date. There is no need to submit the results to the health office.

**For faculty and staff at Sayama Campus**

**Irumagawa Hospital**

- No appointment is necessary.

Please visit 9:00 a.m.–11:30 a.m. or 2:00 p.m.–4:00 p.m. (see test items of the various health checkups)

Address: 17-2 Gion, Sayama-shi, Saitama

Phone: 04-2958-6111

Monday to Friday 9 a.m.–5:30 p.m. (excluding Saturdays, Sundays, and holidays)

- Please follow the instructions of the Irumagawa Hospital regarding precautions on the day of the checkup.
- Please pay the examination fee at the medical institution. You will be reimbursed later by bank transfer. Be sure to submit the original receipt to the health office. Transportation expenses will be your responsibility.
- Please choose to have your health checkup results mailed to you, and submit a copy of the results to the health office once you receive them.