

Let's go



# Annual Health Checkup 2026

2026.2.4. – 2026.2.18. excluding weekends and national holidays

From this time, we have removed reservations and gender-specific slots so that students can access the health checkup more easily for 10 days in the mornings and afternoons. To avoid congestion, dates and times have been assigned based on students' last names; however, students whose names are written in the Roman alphabet may visit at any available time. We will simultaneously hold the "Wellness EXPO," an event where you can enjoyably learn about and experience aspects of health. Please look forward to it!

This health checkup is for students who will be enrolled at Gifu University in the 2026 academic year.

Students who will graduate in March 2026 are not included.

Students entering a graduate program should take the health checkup for new students in April.

## No reservation required

students whose names are written in the Roman alphabet may visit at any available time.

## No gender-based time slots

Enter the X-ray van by sex.

## Nutrition advice by registered dietitian

For new 2nd-year students of undergraduate and graduate

## Dental checkup

Those who wish to take, come to the venue on Thursday, Feb 5th and 12nd.

## Before Your Health Checkup

1. Check the date and time on the schedule.
2. Complete the health questionnaire on the Student Information System.
3. Pick up a urine container from your faculty, collect your urine on the day of the checkup, and bring it with you.
4. For new 2nd-year students of undergraduate and graduate: Complete the "Nutrition & Dietary Habits Checklist 2026" and bring it on the day.



Detailed information

Please make sure to check the Health Administration Center website!

Click!



If you have any concern about your health checkup, don't hesitate to consult the Health Administration Center. If you will take your health checkup at your workplace or another institution, please contact the Health Administration Center and submit a copy of your results.

The Health Administration Center  
TEL: 058-293-2174 e-mail : hokencen@t.gifu-u.ac.jp

Wellness EXPO Held at the Same Time!  
Details on the back↩



### Gifu City Health Center Nutrition Promotion

**Feb 4 (Wed), 5 (Thu), 6 (Fri), 9 (Mon), 10 (Tue), 12 (Thu), 13 (Fri)AM**



A great day starts with breakfast!  
Get useful tips for healthy eating!  
Survey respondents will receive free gifts like jam and tasty additives for milk! Add a little extra nutrition with ease and start a healthier lifestyle today!



### Gifu City Health Center Dental Health

**Feb 9 (Mon), 13(Fri), 18(Wed)**



Keep your teeth healthy!  
Are you getting your dental checkup? Daily brushing + a professional checkup can help protect your teeth for the future.  
Get a free toothbrush when you complete the check!



### Gifu City Health Center Maternal and Child Health

**Feb 9(Mon) PM, 10(Tue)AM,12(Thu)AM**

Do you know about preconception care?  
Preconception care means taking care of your health before marriage or pregnant. Your current lifestyle shapes you and your children's health. Check what you can start doing today!

**Wellness EXPO — Held together with the Annual Health Checkup!**  
Learn about health in a fun way!



### YOSHIKEI

**Feb 4 (Wed) , 5 (Thu), 6 (Fri)**

Improve your health through everyday meals!

Let's rethink your eating habits. We'll share useful information for better health, sample displays, handouts, and a quick quiz. Use these resources to support your healthy lifestyle!

*It's all free!*



## Wellness

みなさんの健康を  
もっと身近に、もっと気軽に

## Wellness EXPO



### UNIV.CO-OP

**Feb4 (Wed)~18 (Wed)**

Check your vegetable intake!

Try the "Veggie Check", a quick and easy measurement how many vegetables you're taking. It's a great chance to reflect on your eating habits—give it a try!



### MEIJI YASUDA

**Feb 9 (Mon) PM, 12 (Thu) PM, 13 (Fri) PM, 16(Mon) PM, 17(Tue)PM, 18(Wed)PM**

Would you like to visualize your health?

Awareness is the first step toward better health. Check your vascular age and AGEs (advanced glycation end products) to reflect on your lifestyle and make healthier choices



### TANITA

**Feb 16 (Mon)**

Your body, make visible through measured data!

Check your muscle and fat mass with a Body Composition Analyzer! Visualize your health through the data and boost your awareness. It's quick and easy to measure—give it a try!

### Otsuka

### Pharmaceutical

**Feb 10 (Tue)**

Turn on your day with breakfast!

Breakfast is important to improve your concentration, increase your body temperature, and give you a healthy start. Jelly samples will be provided—perfect for busy mornings or when you don't feel like eating much!



### Ezaki Glico

**Feb17 (Tue)**

Be prepared with "easy + nutritious + tasty" foods!

Today's emergency food is easy, tasty, and nutritious! Answer a short survey and receive lactic-acid-fortified biscuits as a gift! You can also try a nutrient-rich drink that provides iron plus six other essential nutrients.



### API

**Feb16(Mon)17(Tue)**



We support your health!

For those who want to live a healthy life!  
We support your well-being with health supplements. You can also try samples of our original products.



### Yakult Tokai

**Feb 4(Wed), 18(Wed)**

Easy health check on your smartphone!

Just answer a simple questionnaire to check your health awareness. Complete the survey and get a lactic-acid drink as a probiotics!