

Annual Health Checkup 2026

1. Eligible participants

- All individuals expected to be enrolled at Gifu University in Academic Year 2026 are eligible. (Those graduating in March 2026 are not eligible.)
- Students advancing from undergraduate to graduate programs should undergo the New Student Annual Health Checkup in April 2026.
- Those who will have annual health checkup 2026 at their workplace or other medical institutions should contact the Health Administration Center and submit a copy of the results.

2. Schedule

Dates: Wednesday, February 4 – Wednesday, February 18, 2026 (excluding weekends and national holidays)

Time: 9:00 a.m. – 11:45 a.m. / 1:00 p.m. – 3:45 p.m.

To avoid congestion, reception times have been assigned according to the first character of family name in Japanese alphabetical order in the “Reception Time Assignment Table” on page 4. However, students whose names are written in the Roman alphabet may visit at any available time during the period.

If it is difficult to attend at all during the period, please consult with the Health Administration Center reception.

*There is a maximum number of participants for both morning and afternoon sessions. If the maximum is reached, you may not be able to register. Thank you for your understanding.

3. Things to do before the Annual Health Checkup 2026

(1) Check the date and time in the “Reception Time Assignment Table” on page 4.

(2) Fill out the health questionnaire via the Student Information System.

Complete the questionnaire before your health checkup through <https://alss-portal.gifu-u.ac.jp>

You should refer the instructions, “How to enter the questionnaire via the Student Information System” on page 4. It is recommended to complete this in advance.

(3) Obtain a urine container from your faculty/graduate school office and collect a urine sample on the day of the health checkup.

Urine containers are distributed by the student affairs office of each faculty or graduate school. Please bring your first-morning urine on the day of the health checkup.

(4) New second-year of both undergraduate and graduate students should fill out the “Nutrition and Dietary Habits Check Sheet 2026” and bring it on the day of the health checkup.

The form can be downloaded from the Health Administration Center

URL:[Nutrition and Dietary Habits Check Sheet \(2026\)](#)

You may either fill in your answers electronically and then print them out, or print them first and complete them by hand.

Printed forms of “Nutrition and Dietary Habits Check Sheet 2026” are available in advance at the Health Administration Center reception, where you can pick them up.

4. Reception venue

1st Floor, University Hall “DAIGAKU KAIKAN”

5. Health checkup details

(1) Checkup items

- Body measurements: height and body weight
- Urinalysis: sugar and protein

Please collect your urine on the day of the health checkup and bring it with you.

If possible, collect an early-morning urine sample (the first urine after waking up) and a midstream sample (not the initial or final portion of urination).

For female participants: Even if you are menstruating, it will not affect the test results for glucose and protein, so please collect a urine sample and bring it with you.

•Vision Test

Since your vision for school life will be tested, please be sure to bring your glasses or contact lenses if you use them.

•Blood pressure measurement

Since the measurement will be taken on your upper arm, please remove your outerwear and be prepared.

•Chest X-ray photo

The chest X-ray photo will be taken while you are wearing only a plain T-shirt. You will change clothes inside the X-ray vehicle, so please enter the vehicle separately by sex.

•Physical examination

*Dental checkups are available on Thursday, February 5, and Thursday, February 12. Even if you undergo the general health checkup on a different day, you may still receive only the dental checkup, so please make use of this opportunity.

*With the cooperation of the Gifu Prefectural Dietitians Association, individual nutrition counseling by a registered dietitian will be provided for new second-year students of both undergraduate and graduate. Please be sure to receive this counseling.

(2) Estimated Time

The annual health checkup will take approximately 30 minutes to 1 hour. Please cooperate to ensure smooth progress.

(3) Items to Bring

- Student ID card
- Urine sample collected on the day of the checkup
- Plain, short-sleeved T-shirt or tank top (either wear it or bring it with you)
- Glasses or contact lenses (if you use them)
- "Nutrition and Dietary Habits Check Sheet 2026" – for new second-year students of both undergraduate and graduate



【Annual Health Checkup Reception Time】

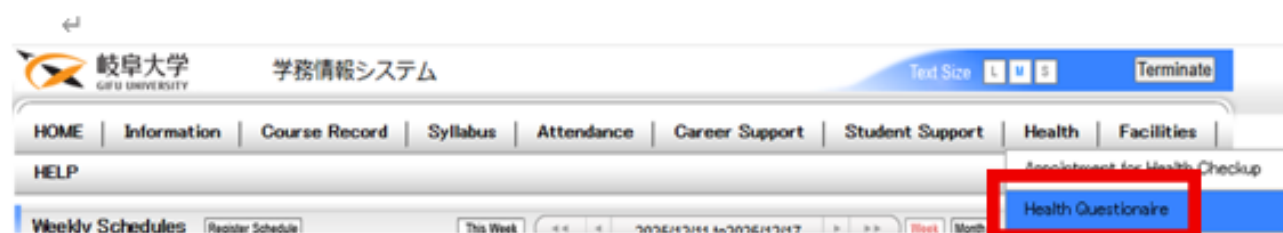
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日程 Date	2/4(水) (WED)	2/5(木) (Thu)	2/6(金) (Fri)	2/9(月) (Mon)	2/10(火) (Tue)	2/12(木) (Thu)	2/13(金) (Fri)	2/16(月) (Mon)	2/17(火) (Tue)	2/18(水) (Wed)
午前(AM)										
9:00～9:15	あ	い	お	き	さ	た	と	は・ば・ぱ	べ・ぺ・ほ	め・も
9:15～9:30	あ	い	お	き	さ	た	と	は・ば・ぱ	べ・ぺ・ほ	め・も
9:30～9:45	あ	い	お	き	さ	た	な	は・ば・ぱ	べ・ぺ・ほ	め・も
9:45～10:00	あ	い	お	き	さ	た	な	は・ば・ぱ	べ・ぺ・ほ	や
10:00～10:15	あ	い	お	き	さ	た	な	は・ば・ぱ	ま	や
10:15～10:30	あ	う	お	く・け	さ	た	な	は・ば・ぱ	ま	や
10:30～10:45	あ	う	か	く・け	さ	た	な	は・ば・ぱ	ま	や
10:45～11:00	あ	う	か	く・け	し	た	な	ひ	ま	や
11:00～11:15	い	う	か	く・け	し	た	な	ひ	ま	や
11:15～11:30	い	え	か	く・け	し	た	な	ひ	ま	や
11:30～11:45	い	え	か	く・け	し	た	な	ひ	ま	や
午後(PM)										
13:00～13:15	い	お	か	こ	す	た	な	ふ・ぶ・ぷ	み	や
13:15～13:30	い	お	か	こ	す	た	に	ふ・ぶ・ぷ	み	や
13:30～13:45	い	お	か	こ	す	た	に	ふ・ぶ・ぷ	み	ゆ・よ
13:45～14:00	い	お	か	こ	す	ち	に	ふ・ぶ・ぷ	み	ゆ・よ
14:00～14:15	い	お	か	こ	す	つ・て	ぬ～の	ふ・ぶ・ぷ	み	ゆ・よ
14:15～15:00	い	お	か	こ	す	つ・て	ぬ～の	ふ・ぶ・ぷ	み	ゆ・よ
15:00～15:15	い	お	か	こ	す	つ・て	ぬ～の	ふ・ぶ・ぷ	む	ら～ろ
15:15～15:30	い	お	か	こ	せ・そ	つ・て	は・ば・ぱ	ふ・ぶ・ぷ	む	わ・ん
15:30～15:45	い	お	か	こ	せ・そ	と	は・ば・ぱ	べ・ぺ・ほ	む	わ・ん

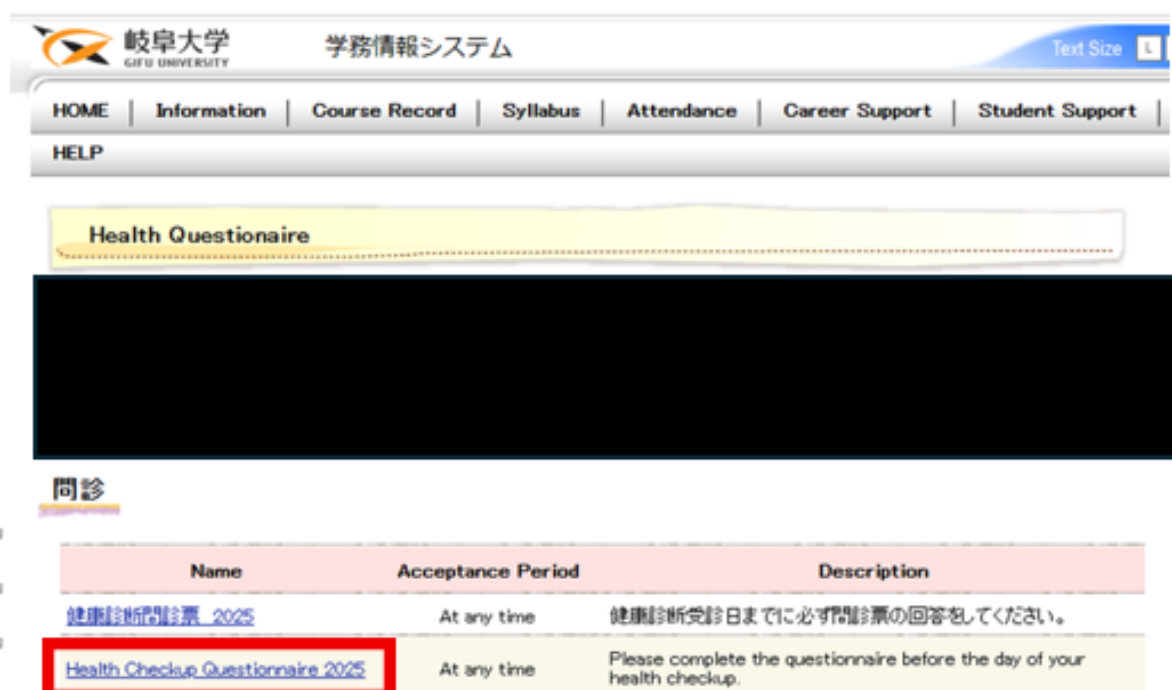
[How to Fill Out the Medical Questionnaire via the Student Information System]

1. Log in to the Student Information System.

2. Click on "Health Administration" → "Enter Questionnaire."



3. Click on "Health Checkup Questionnaire 2026."



4. After filling in all items, click ">> Confirm Entered Information."



5. After reviewing the entered information, click ">> Submit This Information."

6. The input is complete when the message "The following submission has been completed." is displayed.