

Guide to Understanding the Results of the 2026 Student General Health Checkup

✓ Check your health checkup results online and confirm whether a follow-up examination is required.

Instructions for Viewing Your Health Checkup Results

1. Access the health checkup results system:
2. Log in using your Tougou-ID and password.
3. Select “健診結果表示” (Health Checkup Results).
4. From the drop-down menu,



ArmsEnterprise

トップページ 健診結果表示 ログアウト

健診結果閲覧

選択してください ▼ 選択してください ▼ 確定

select “(2026年5月)学生一般定期健康診断” ((May 2026) Student General Health Checkup) followed by “健診結果” (Health Checkup Results), then confirm your selection.

5. Under your name, check the 総合判定 (Overall Assessment). If it indicates 要再検査 (Re-examination Required) or センター受診勧奨 (Visit to Student Healthcare Center Recommended), you are required to undergo a re-examination or a follow-up examination. Please note that failure to complete the required examinations may make it difficult for you to participate in clinical training. Follow the instructions provided in the attached document for re-examinations and follow-up examinations, and take prompt action.

✓ Review the details of your health checkup results

BMI

BMI (Body Mass Index) is a measure used to assess body weight in relation to height and determine whether your weight is appropriate. A BMI of around 22 is considered to be associated with the lowest health risk.

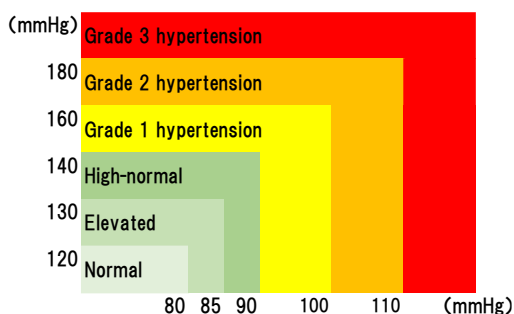
BMI	Grading./Evaluation	Required Actions
≥ 31	Obesity Recommendation to visit the center	You are required to visit the Student Healthcare Center.
$24 \leq \sim < 31$	mild obesity Observation	You may be at increased risk for lifestyle-related diseases. Please review your diet and exercise habits
$20 \leq \sim < 24$	Normal weight Normal	Your weight is within a healthy range. To maintain it, make a habit of monitoring your weight regularly.
$16 \leq \sim < 20$	Underweight(mild) Observation	Being underweight can lead to decreased immunity, reduced muscle strength, and conditions such as osteoporosis. Please review your meal frequency and portion sizes. If you experience sudden weight loss despite having no issues with your diet, an underlying illness may be present, so please consult a healthcare provider.
< 16	Underweight(significant) Recommendation to visit the center	You are required to visit the Student Healthcare Center.

Vision

This test measures your visual acuity at a distance of 5 meters. No formal assessment result is provided. To obtain a standard driver's license, a combined visual acuity of at least 0.7 in both eyes and at least 0.3 in each eye is required. If your visual acuity in both eyes is below 0.7, if there is a significant difference between your left and right eye, or if your vision has declined rapidly compared to last year, you are advised to consult an ophthalmologist.

Blood Pressure

Essential hypertension, which is associated with lifestyle factors and genetic predisposition, is a major risk factor for conditions such as heart disease, stroke, and kidney disease. Although the prevalence of essential hypertension is lower in younger individuals compared to those over 40, secondary hypertension (high blood pressure caused by an underlying condition) may still be detected. If you have been advised to undergo re-examination, please be sure to follow through. Even if no abnormalities were found this time, it is recommended that you check your blood pressure periodically when visiting the hospital, gym, or the Student Healthcare Center.



Hearing

Hearing is assessed through conversation during the examination to confirm that there are no difficulties. Even if there are no current issues, noise-induced hearing loss from prolonged listening to loud sounds through headphones has become a growing concern. Preventive measures are important, such as controlling volume levels and giving your ears regular breaks.

Urinalysis

Urine glucose: Glucose may be detected in the urine when blood glucose levels exceed approximately 160–180 mg/dL. This test is used to check for the possible presence of diabetes.
 Urine protein: This test is used to check for possible kidney diseases, such as chronic nephritis.
 Occult blood in urine: This test is used to check for possible kidney diseases or urinary tract conditions such as cystitis.
 Urinalysis results can be affected by factors such as recent meals, physical activity, or temporary conditions like a cold. Therefore, abnormal findings in this test do not necessarily indicate the presence of a disease. However, if you have been advised to undergo re-examination, it is important not to ignore the result and to follow through with further testing to confirm your condition.

Chest X-ray

This examination checks for possible lung conditions (such as pneumonia and pulmonary tuberculosis), spinal abnormalities, and an enlarged heart. Since health checkups use a single-direction chest X-ray and findings are evaluated with overlapping structures such as the ribs, the results alone do not necessarily indicate the presence of a disease. However, if you have been advised to visit the Student Healthcare Center, it is important not to ignore the recommendation. Please undergo follow-up testing and consult a healthcare provider to determine whether further detailed examination is necessary.

Medical interview

This examination checks for enlargement of lymph nodes or the thyroid gland, as well as abnormal heart and lung sounds. During the medical interview, we also review any symptoms or medical history that may not have been fully discussed at the time of the health checkup, and assess the need for further detailed examination. If you have been advised to visit the Student Healthcare Center, please do not ignore the recommendation, even if your symptoms have resolved. Be sure to undergo the recommended follow-up examination.

✓ If any items are marked 再検査 (Re-examination Required) or センター受診勧奨 (Visit to Student Healthcare Center Recommended), please follow the instructions in the attached document and undergo the required re-examination or follow-up examination.

✓ Student General Health Checkup: Reference Values and Assessment Categories

★Medical interview

Assessment	Category	Guidance by Category
異常なし Normal	No abnormal findings	
経過観察 Observation	No further examination required	No further examination is necessary. Please monitor your condition.
要継続医療 Require to continued medical care	Currently under medical care	Please continue regular visits as advised.
センター受診勧奨 Recommend to Visit the Center	Further evaluation required	Please visit the Student Healthcare Center.

★Chest X-ray

Assessment	Category	Guidance by Category
異常なし Normal	No abnormal findings	
経過観察 Observation	Further monitoring required	Please have a health checkup next year as well. A comparative analysis will be performed with your results from previous years.
要継続医療 Require to continued medical care	Currently under medical care	Please continue regular visits as advised.
センター受診勧奨 Recommend to Visit the Center	Further examination required	Please visit the Student Healthcare Center.

★BMI ※In the online results, "mild obesity" is displayed as "Obesity" and "Underweight(too thin)" is displayed as "Underweight(thin)."

Assessment	Category	Guidance by Category
異常なし Normal	Normal weight ($20 \geq \sim < 24$)	
経過観察 Observation	Underweight(mild) ($16 \geq \sim < 20$)	Being underweight may lead to reduced physical strength. Please take care.
	Mild Obesity ($24 \geq \sim < 31$)	Please be mindful of excess weight.
センター受診勧奨 Recommend to Visit the Center	Underweight(significant) (< 16)、 Obesity (≥ 31)	Please visit the Student Healthcare Center.

★Blood Pressure ※Assessment is based solely on the measured values.

Assessment	Category	Guidance by Category
異常なし Normal	Systolic blood pressure less than 130, and diastolic blood pressure less than 80	
経過観察 Observation	Systolic blood pressure between 130–139, or diastolic blood pressure between 80–89	No re-examination is required. Please monitor your condition and review some of your lifestyle habits.
要再検査 Follow-up examination required	Systolic blood pressure is 140 or higher, or diastolic blood pressure is 90 or higher	Please undergo a follow-up examination at the Healthcare Center.

★Urinalysis

Assessment	Category	Guidance by Category
異常なし Normal	尿蛋白Urine protein(－) 尿糖Urine glucose(－) 尿潜血Occult blood in urine(－)	
経過観察 Observation	尿蛋白Urine protein(±) 尿潜血Occult blood in urine(±・1+)	No follow-up examination is required. Please monitor your condition.
センター受診勧奨 Recommend to Visit the Center	尿蛋白Urine protein(1+)以上 尿糖Urine glucose(±)以上 尿潜血Occult blood in urine(2+)以上	Please undergo a follow-up examination at the Healthcare Center.

★Hearing ※Hearing is assessed through conversation during the examination to confirm that there are no difficulties.

所見	Category	Guidance by Category
所見あり Findings present	No hearing loss detected	
所見なし No abnormal findings	Hearing loss detected	If you have any symptoms, you are advised to consult a medical provider.

✓ Contact Information

For inquiries regarding health checkup results Email : soudan.hsc@tmd.ac.jp

For certificate issuance Please refer to the website of the Yushima or Konodai Student Healthcare Center
https://www.tmd.ac.jp/hsc/guide/74_56fcca66108b2/

