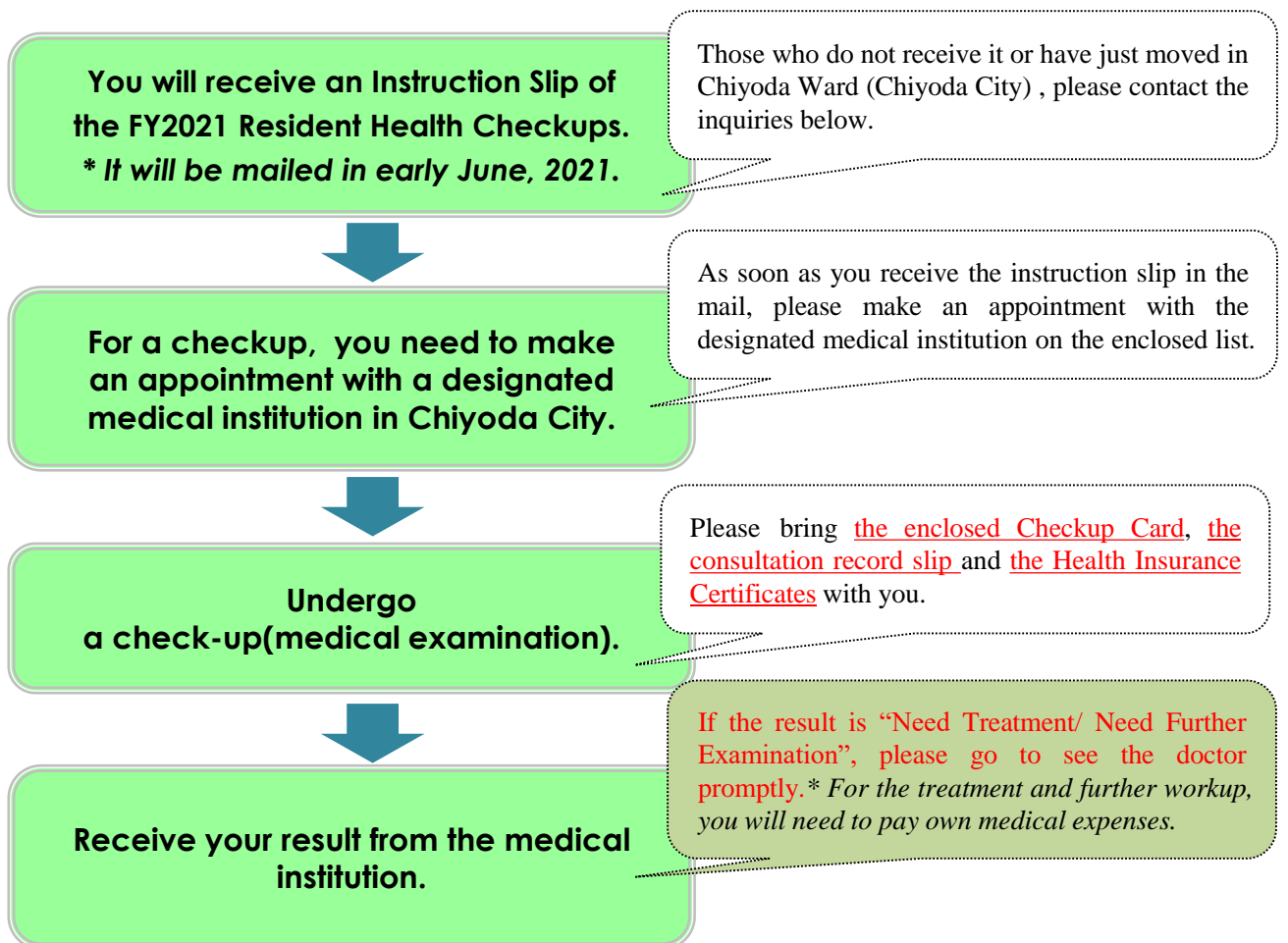


FY 2021 Information on Resident Health Checkups of Chiyoda City

Types of Checkups (medical examinations)		Eligibility	Test area
Resident Special Health Checkup for KOKUHO members	Residents who are between 40 and 74 years of age and enrolled in National Health Insurance(KOKUHO)	<p>1. <u>Basic tests</u> Medical interview, Body measurement, Abdominal circumference measurement (only for the members of National Health Insurance,KOKUHO), Examination, Blood pressure check, Urinalysis, Blood test (lipid, liver function, blood glucose, anemia etc.), Electrocardiography, Chest X-ray examination</p> <p>2. Tests to be carried out at the discretion of the doctor Urinary Sediment, Fundus Examination, Intraocular Pressure, Hearing Test</p> <p>3. Tests to be carried out upon your request Lung Cancer Screenings, Stomach Cancer Screenings, Colorectal Cancer Screenings. <i>* For details, please refer to the "Cancer Screenings" below.</i></p>	
	Residents who are 75 years of age or older, and members of the Medical-care System for the Elderly		
	Those who are the members of the following insurance associations, at age between 40 and 74 ; Kyoukaikenpo/ Health Insurance Union/ Mutual Aid Association. <i>* Health Checkups for Adult Residents include some inspection items that are not covered in the specific health checkups conducted by the insurer such as Kyoukaikenpo. It, however, cannot cover everything. It is recommended to have both our checkups and the insurers'.</i>		
Health Checkup for Senior Residents	Those who are 20, 25, 30, 35 years of age	Medical interview, Body measurement, Abdominal circumference measurement, Examination, Blood pressure check, Urinalysis, Blood test (lipid, liver function, blood glucose, anemia etc.), Electrocardiography	
Health Checkup for Adult Residents	Those who are at the age of 20, 25, 30, 35 and over 40, and have never taken any hepatitis screenings	Blood test (Hepatitis B virus test, Hepatitis C virus test)	
Health Checkup for the residents of middle age	Those who are over 19 years of age <i>* Those who are bedridden can also get a Resident Dental Checkup at home. We can send a dentist to treat you.</i>	Medical interview, Consultation(on condition of existing teeth and lost teeth, Gingival condition, Oral cleaning condition and others)	
Cancer Screenings	Persons covered by Resident Special Health Checkups and Guidance for KOKUHO members, Health Checkup for Senior Residents and Health Checkup for Adult Residents.	Lung Cancer Screening <i>The following residents are eligible for the sputum cytology examination. The smokers over 50 years of age with a result of calculation formula (below) becoming 600 or more; ___cigarettes per day × ___ years of smoking = 600 or more (Including smoking in the past)</i>	
		Stomach Cancer Screening <i>* As far as the Stomach Cancer Screening is concerned, you can take it at a different designated medical institution when you are taking a health checkup at the medical institution that does not screen the stomach cancer. Please inform the medical institution of your will at the time making an appointment of your health checkup.</i>	
		Colorectal Cancer Screening Fecal Occult Blood Test (two-day method)	
Cancer Screenings for Women	Cervical Cancer Screening Women, over 20 years old and even numbers of age	Medical interview, Inspection, Internal examination, Cytodiagnosis of the cervix <i>* If you meet certain conditions and consent, you will receive a cytodiagnosis of the uterus.</i>	
	Breast Cancer Screening Women, over 40 years old and even numbers of age	Medical interview, Clinical breast examination, Breast X-ray examination (Mammography)	

FY 2021 Information on Resident Health Checkups of Chiyoda City



Inquiries;

Chiyoda Public Health Center, Health Promotion Division, Health Promotion Section
 • 1-2-14 Kudankita, Chiyoda-ku, Tokyo 102-0073
 • Tel: 5211-8171 / Email: kenkousuishin@city.chiyoda.lg.jp

This is a yearly examination. Please contact Health Promotion Division for details.
 # Fiscal 2021 means the period from April 1, 2021 to March 31, 2022.
 # Age Limit refers to the actual age as of March 31, 2022.

Types of checkups (screenings) and Eligibility.

* Age limit is the actual age as of March 31, 2022.

* Details of each medical examination are listed on the back.

*All check-ups (medical examinations) introduced in this brochure are free of charge.

Receiving Period of Resident Health Checkups

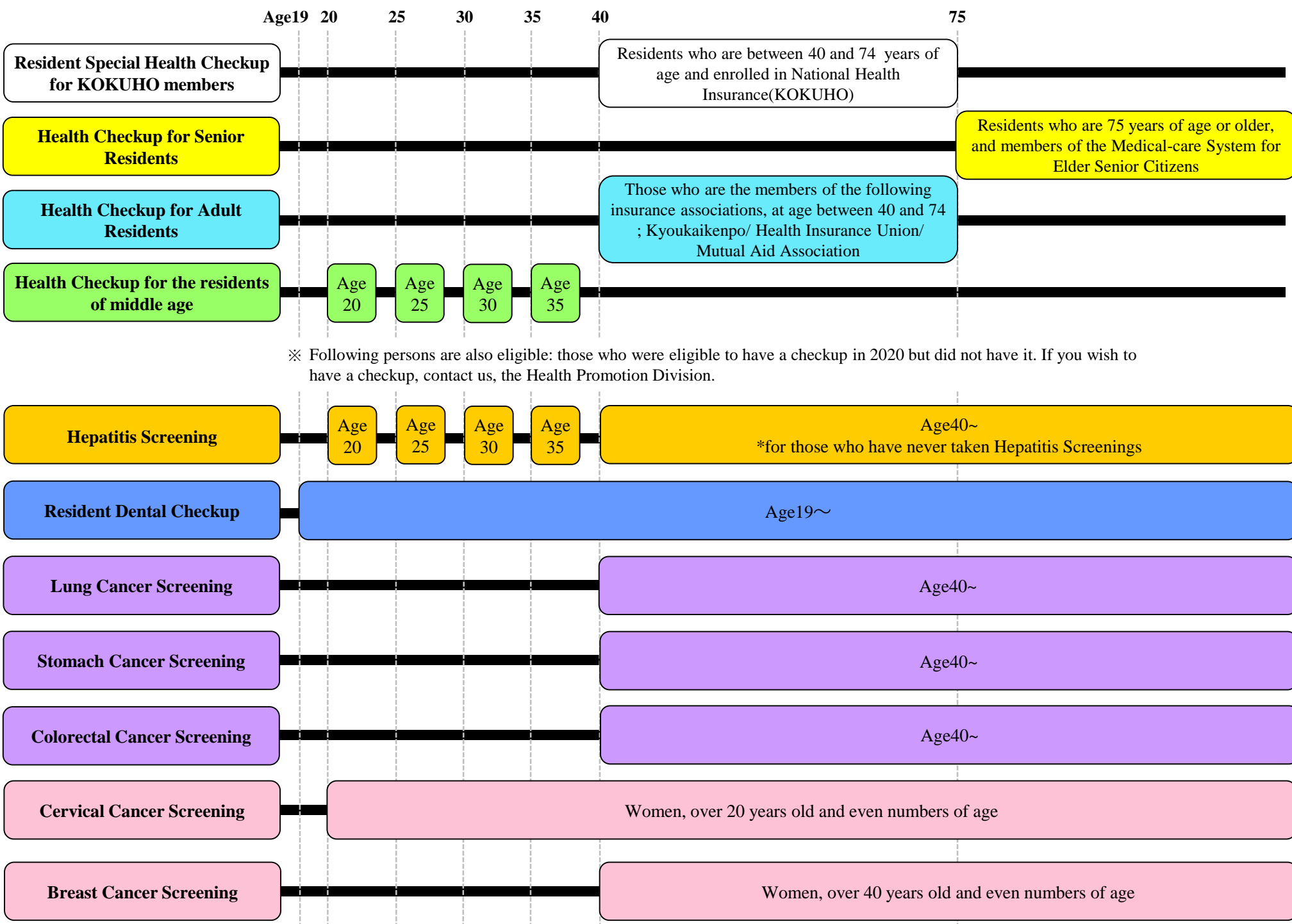
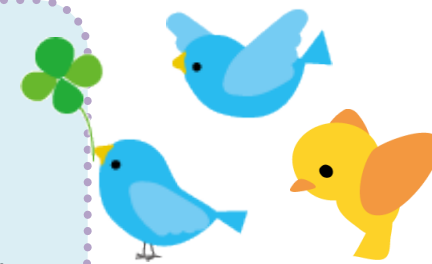
From Tuesday, June 15, 2021 through Monday, February 28, 2022

Receiving Period of Resident Dental Checkup

From Tuesday, June 1, 2021 through Monday, February 28, 2022

* Remember; the medical institutions are busy in January and February so that it would be easier to make an appointment in other months.

* As we cannot extend time period of your receiving checkups, please try to make an appointment a lot in advance.



※ Following persons are also eligible: those who were eligible to have a checkup in 2020 but did not have it. If you wish to have a checkup, contact us, the Health Promotion Division.

※ Following persons are also eligible: those who were eligible to have a medical examination in 2020 but did not have it. If you wish to have a medical examination, contact us.

Eligibility

*We will send the FY2021 Instruction Slip in early June to the qualified applicants.

*We will mail the Resident Dental Checkup Slip in late May 2021 to every resident who is over 19 years of age.

【Hepatitis Screening】

*Only for those who have never had the Hepatitis Screening
*Eligible persons who want to receive the Hepatitis Screening; Make an appointment to a medical institution at the same time of the appointment for the Resident Special Health Checkup for KOKUHO members, the Health Checkup for Senior Residents, the Health Checkup for Adult Residents, and the Health Checkup for the residents of middle age. (A medical examination ticket for the Hepatitis Screening will be handed over in the medical institution.)

【Cancer Screenings for Women (Cervical Cancer Screening / Breast Cancer Screening)】

We will send the FY2021 Instruction Slip to the residents as follows.
Women who are under 70 years old and even numbers of age
Women who are over 72 years old and even numbers of age(those who also had the Cancer Screening for Women at least once in the past 3 years)
If you have not received the FY2021 Instruction Slip despite of the fact that you are a woman over 72 years of age, please contact Health Promotion Division.

Prevent the new coronavirus infection.

*Please wear a face mask when you come to have health checkups/medical examinations.
*When you have fever or cough, do not go to the medical institution. As you are not feeling well, postpone your appointment with the doctor.
*Please follow the instructions of the medical institution while you are having a health checkup.

