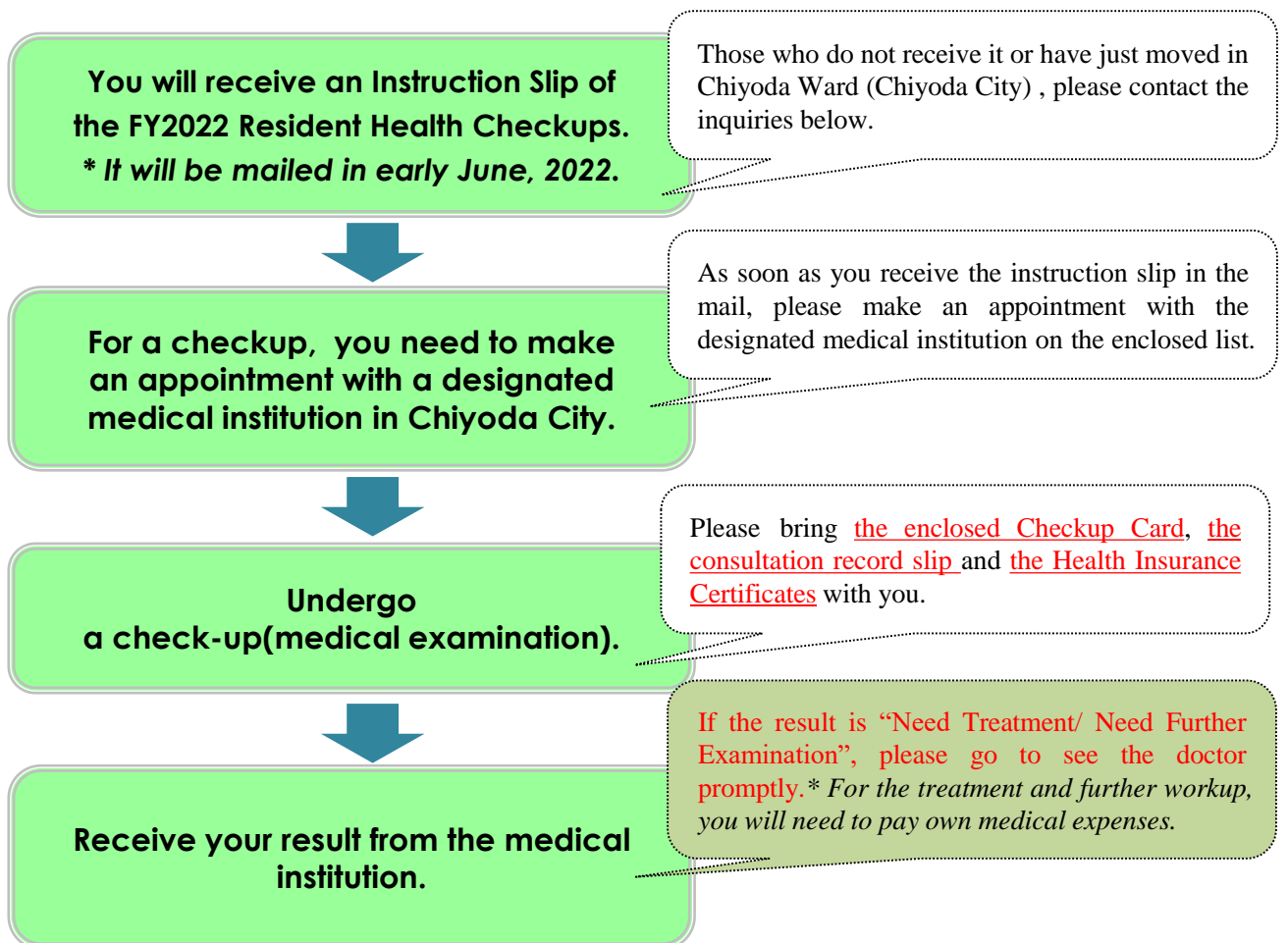


FY 2022 Information on Resident Health Checkups of Chiyoda City

Types of Checkups (medical examinations)		Eligibility	Test area
Health Checkup for National Health Insurance 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, Auscultation/percussion, Body measurement, Abdominal circumference measurement (only for National Health Insurance members), 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>
	Residents who are 75 years of age or older, and members of the Medical-care System for the Elderly		
Health Checkup for Senior Residents	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>	<p>1. <u>Basic tests</u> Medical interview, Urine occult blood test or Blood test (Serum albumin, Total cholesterol, Serum creatinine, Uric acid, Anemia test), which are not covered in the specific health checkups, Electrocardiography, Chest X-ray examination</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>
Health Checkup for Adult Residents	Those who are 20, 25, 30, 35 years of age	Medical interview, Auscultation/percussion, Body measurement, Abdominal circumference measurement, Blood pressure check, Urinalysis, Blood test (lipid, liver function, blood glucose, anemia etc.), Electrocardiography	
Milestone Health Checkup for the residents of young adulthood	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)	
Hepatitis Screening	Those who are over 19 years or older <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)	
Resident Dental Checkup	<p>Chest X-ray Examination or Chest X-ray and Sputum Cytodiagnosis <i>The following residents are eligible for the sputum cytology examination : The smokers of 50 years or older with a result of calculation formula (below) becoming 600 or more; ___cigarettes per day × ___ years of smoking (Including smoking in the past)</i></p>	<p>Persons covered by Health Checkups for National Health Insurance members, Health Checkup for Senior Residents and Health Checkup for Adult Residents.</p>	<p>Stomach X-ray Examination (barium) or Gastroscopy <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></p>
Lung Cancer Screening			
Stomach Cancer Screening			
Cancer Screenings	Colorectal Cancer Screening	Fecal Occult Blood Test (two-day method)	
Cancer Screenings for Women	Cervical Cancer Screening	Women, 20 years or older 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, 40 years or older and even numbers of age	Medical interview, Breast X-ray examination (Mammography), Clinical breast examination (by Dr's judgement and consent of examine)

FY 2022 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: 03-5211-8171 / Email: kenkousuishin@city.chiyoda.lg.jp

This is an annual examination. Please contact Health Promotion Division for details.
 # Fiscal 2022 means the period from April 1, 2022 to March 31, 2023.
 # Age Limit refers to the actual age as of March 31, 2023.

Types of checkups (screenings) and Eligibility.

* Age limit is the actual age as of March 31, 2023.

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

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

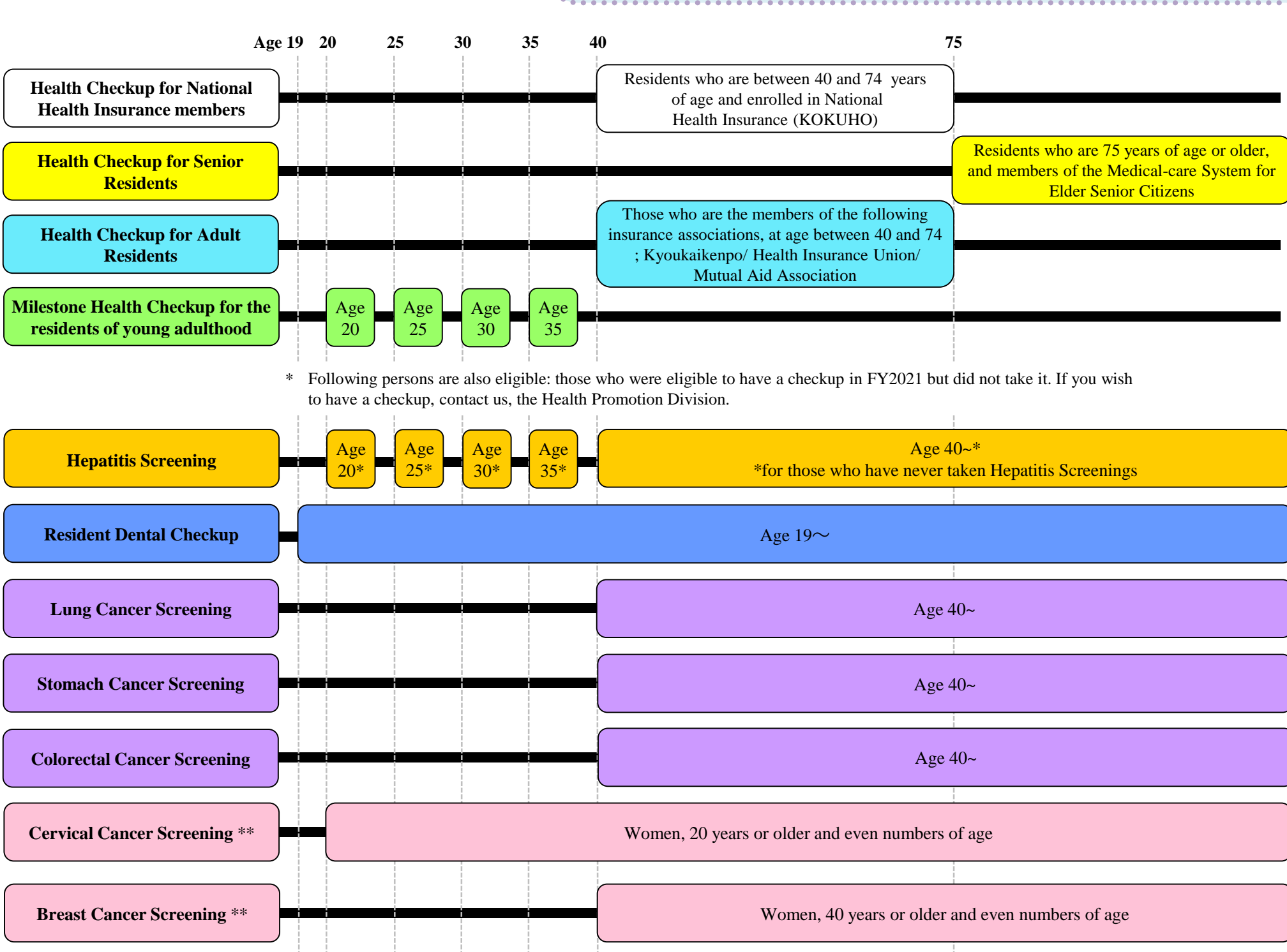
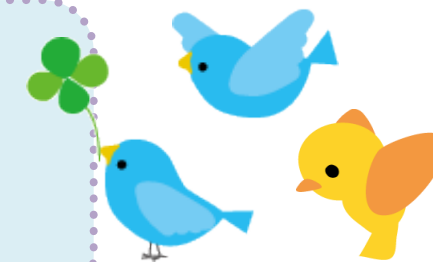
Receiving Period of Resident Health Checkups

From Wednesday, June 15, 2022 through Tuesday, February 28, 2023

Receiving Period of Resident Dental Checkup

From Wednesday, June 1, 2021 through Tuesday, February 28, 2023

* Remember; the medical institutions are busy in January and February so it would be easier to make an appointment in other months. Please try to make an appointment at the earliest chance because time period of your checkups is not extended.



* Following persons are also eligible: those who were eligible to have a checkup in FY2021 but did not take 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 cancer screening in FY 2021 but did not take it. If you wish to have a screening, contact us.

Eligibility

*We will send the FY2022 Instruction Slip in early June to the eligible residents.

*We will mail the Resident Dental Checkup Slip in late May 2022 to every resident who is 19 years or older.

【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 Health checkup for National Health Insurance, for Senior Residents, for adult Residents, and Milestone Checkup for young adulthood.

(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 FY2022 Instruction Slip to the residents as follows.

Women who are up to 70 years old and even numbers of age

Women who are 72 years or older 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 FY2022 Instruction Slip despite that you are a woman of 72 years or older and even numbers 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/and follow the instructions of the institution.

*If any of the following applies, do not go to the medical institution and postpone your appointment :

1. Have a fever ($\geq 37.5^{\circ}\text{C}$), sore throat, or cough.
2. Feel ill, malaise, suffocation or any COVID-19 symptoms.
3. Before finishing of self-quarantine of COVID-19
4. Close contact of COVID-19 positive person and before finishing of self-observation.