

## FY 2024 Information on Resident Health Checkups of Chiyoda City

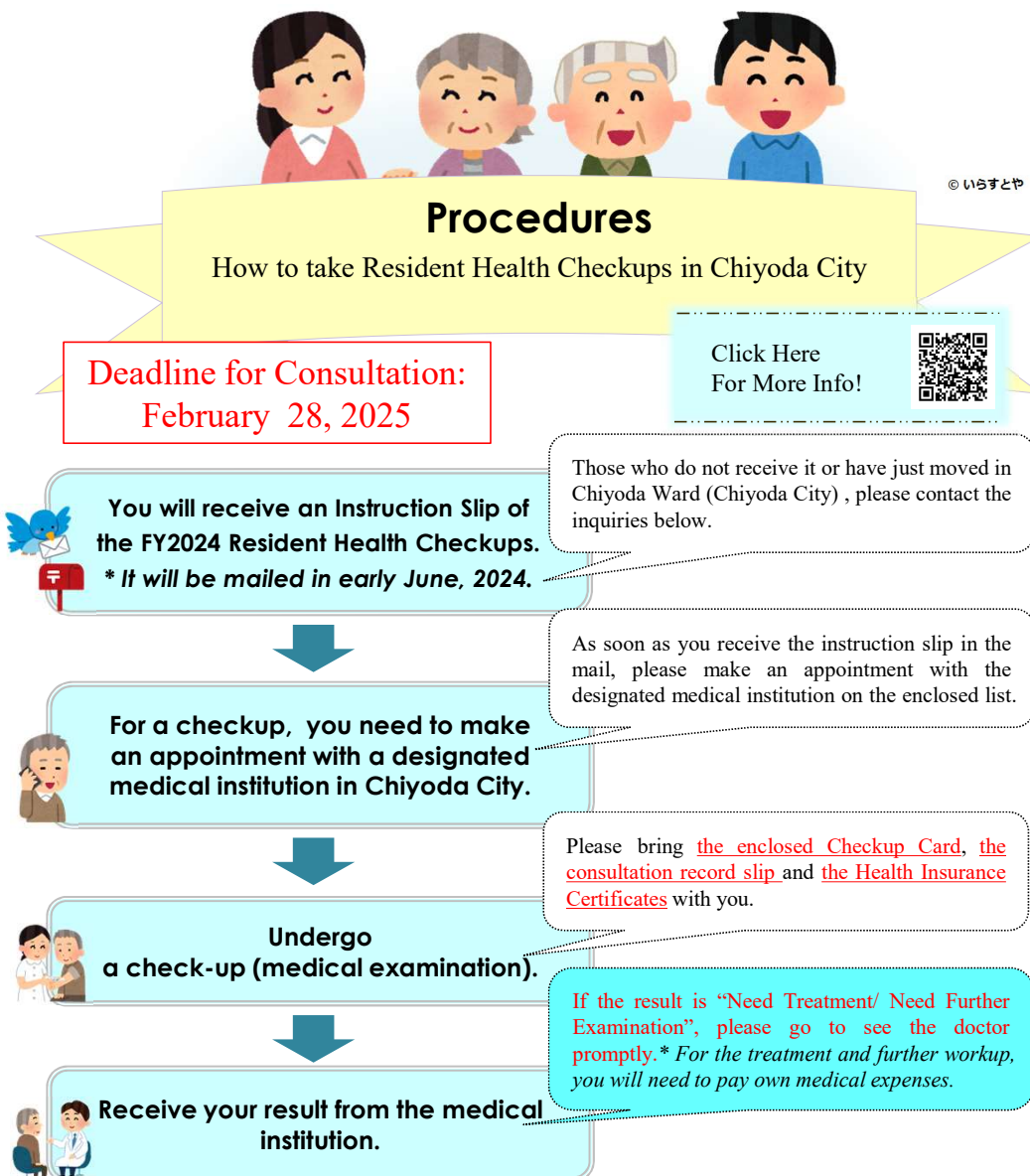
| Types of Checkups (medical examinations)                      |                             | Eligibility  | Test area  |
|---|-----------------------------|--|--|
| Health Checkup for National Health Insurance members          |                             | Residents who are between 40 and 74 years of age and enrolled in National Health Insurance (KOKUHO)  | 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  |
| Health Checkup for Senior Residents                           |                             | Residents who are 75 years of age or older, and members of the Medical-care System for the Elderly   | 2. <u>Tests to be carried out at the discretion of the doctor</u> : Urinary Sediment, Fundus Examination, Intraocular Pressure, Hearing Test   |
| Health Checkup for Adult Residents                            |                             | Those who are the members of the following insurance associations, at age between 40 and 74 : Kyoukaikenpo/ Health Insurance Union/ Mutual Aid Association.<br><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> | 3. <u>Tests to be carried out upon your request</u> : Lung Cancer Screenings, Stomach Cancer Screenings, Colorectal Cancer Screenings.<br><i>* For details, please refer to the "Cancer Screenings" below.</i>   |
| Milestone Health Checkup for the residents of young adulthood |                             | Those who are 20, 25, 30, 35 years of age  | 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   |
| Hepatitis Screening   |                             | Those who are at the age of 20, 25, 30, 35 and over 40, and have never taken any hepatitis screenings  | Medical interview, Auscultation/percussion, Body measurement, Abdominal circumference measurement, Blood pressure check, Urinalysis, Blood test (lipid, liver function, blood glucose, anemia, etc.), Electrocardiography  |
| Resident Dental Checkup                                       |                             | Those who are over 19 years or older<br><i>* Those who are bedridden can also get a Resident Dental Checkup at home. We can send a dentist to treat you.</i>   | Blood test (Hepatitis B virus test, Hepatitis C virus test)  |
| Cancer Screenings   | Lung Cancer Screening       | Persons covered by Health Checkups for National Health Insurance members, Health Checkup for Senior Residents and Health Checkup for Adult Residents.  | Medical interview, Consultation (on condition of existing teeth and lost teeth, Gingival condition, Oral cleaning condition and others)  |
|   | Stomach Cancer Screening    |  | Chest X-ray Examination or Chest X-ray and Sputum Cytodiagnosis<br><i>The following residents are eligible for the sputum cytology examination :<br/>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>   |
|   | Colorectal Cancer Screening |  | Stomach X-ray Examination (barium) or Gastroscopy<br><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> |
| Cancer Screenings for Women                                   | Cervical Cancer Screening   |  | Fecal Occult Blood Test (two-day method)   |
|   | Breast Cancer Screening     |  | Medical interview, Inspection, Internal examination, Cytodiagnosis of the cervix<br><i>* If you meet certain conditions and consent, you will receive a cytodiagnosis of the uterus.</i>   |
|   |                             | Women, 20 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)  |

# This is an annual examination. Please contact Health Promotion Division for details.

# Fiscal 2024 means the period from April 1, 2024 to March 31, 2025.

# Age Limit refers to the actual age as of March 31, 2025.

## FY 2024 Information on Resident Health Checkups of Chiyoda City



### Inquiries;

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# Types of checkups (screenings) and Eligibility.

\* Age limit is the actual age as of March 31, 2025.

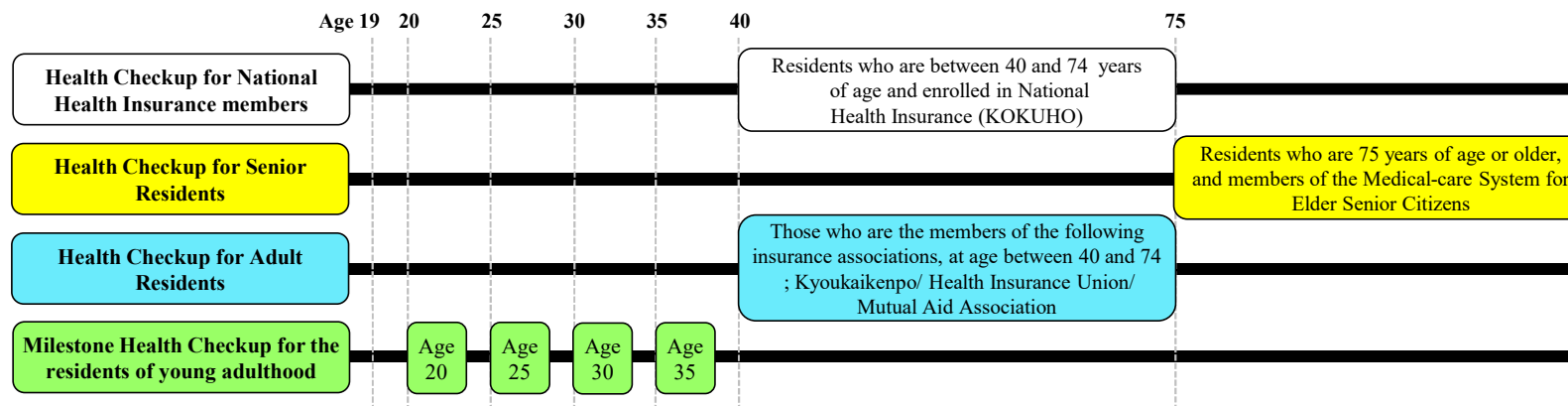
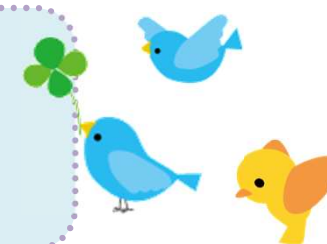
\* Details of each medical examination are listed on the back.

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

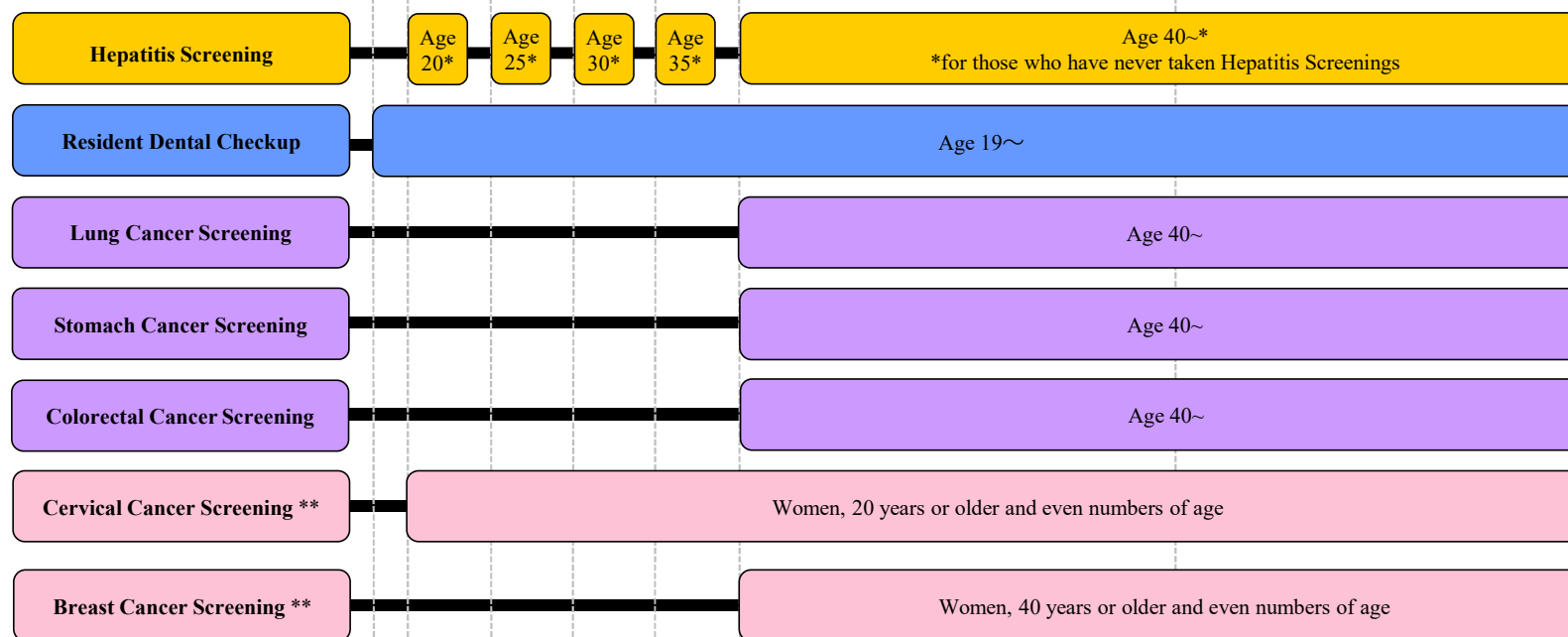
## Undergoing Period of Resident Health Checkups

From Saturday June 15, 2024 through Friday, February 28, 2025

\* 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 FY2023 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 2023 but did not take it. If you wish to have a screening, contact us.

### Eligibility

\*We will send the FY2024 Instruction Slip in early June to the eligible residents.

### 【Hepatitis Screening】

\*Only for those who have never had the Hepatitis Screening

\*Eligible persons who want to undergo 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 FY2024 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 FY2024 Instruction Slip despite that you are a woman of 72 years or older and even numbers of age, please contact Health Promotion Division.