

FY 2026 Information on Resident Health Checkups of Chiyoda City

Types of Checkups and Eligibility		Eligibility	Test Items
Health Checkup for National Health Insurance Members	Residents aged 40 to 74 enrolled in National Health Insurance (KOKUHO)	Residents aged 75 or older enrolled in the Medical Care System for the Elderly	1. Basic tests: Medical interview, physical examination, body measurements, waist circumference measurement, blood pressure, urinalysis, blood tests (lipid profile, liver function, glucose, anemia, etc.), electrocardiogram (ECG), chest X-ray 2. Tests at the doctor's discretion: Urinary sediment, fundus examination, intraocular pressure, hearing test
	Health Checkup for Senior Residents		
Health Checkup for Adult Residents	Residents aged 40 to 74 enrolled in the following insurers: Japan Health Insurance Association (Kyoukai Kenpo), Health Insurance Unions, or Mutual Aid Associations <i>* This checkup is intended to supplement the specific health checkups conducted by insurers. You are required to undergo the insurer's specific health checkup as well.</i>	1. Basic tests: 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, electrocardiogram (ECG), Chest X-ray examination 3. Optional tests: Lung, stomach, and colorectal cancer screenings	
Milestone Health Checkup for Young Adults	Residents aged 20, 25, 30, and 35		Medical interview, Physical examination (including auscultation and percussion), Body measurement, Abdominal circumference measurement, Blood pressure check, Urinalysis, Blood test (lipid, liver function, blood glucose, anemia, etc.), Electrocardiography
Hepatitis Screening	Residents aged 20, 25, 30, 35, and those aged 40 or older who have never undergone hepatitis screening		Blood test (Hepatitis B virus test, Hepatitis C virus test)
Resident Dental Checkup	Residents aged 19 or older <i>* Home visits are available for bedridden individuals upon request.</i>		Medical interview, Consultation (on condition of existing teeth and lost teeth, Gingival condition, Oral cleaning condition and others)
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.	Chest X-ray examination
	Stomach Cancer Screening		Barium X-ray examination or gastroscopy * If unavailable at your checkup location, this screening can be taken at another designated institution.
	Colorectal Cancer Screening		Fecal occult blood test (two-day method)
Cancer Screenings for Women	Cervical Cancer Screening	Women aged 20 or older with even-numbered ages	Includes medical interview, visual inspection, internal examination, and cervical cytology <i>* If you meet certain conditions and consent, you will receive a cytodiagnosis of the uterus.</i>
	Breast Cancer Screening	Women aged 40 or older with even-numbered ages	Medical interview, Mammography, Clinical breast examination (if deemed necessary by the doctor)

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Procedures

How to take Resident Health Checkups in Chiyoda City

Checkup Deadline:
February 28, 2027

Click Here
For More Info!



You will receive a Checkup Ticket
(mailed in early June 2026)

Those who do not receive it or have just moved in Chiyoda Ward (Chiyoda City), please contact the inquiries below.



Make an appointment with a
designated medical institution

As soon as you receive the Checkup Ticket in the mail, please make an appointment with the designated medical institution on the enclosed list.



Get a health checkup

What to Bring

- Checkup Ticket
- Questionnaire/Record Sheet
- My Number Health Insurance Card (or equivalent)



Receive your results

If your result indicates "Further examination required," please consult a medical institution promptly.
** Follow-up examinations and treatment will be at your own expense.*

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 health checkup program. Please contact the Health Promotion Division for details.

Fiscal Year 2026 refers to the period from April 1, 2026 to March 31, 2027.

Age eligibility is determined as of March 31, 2027.

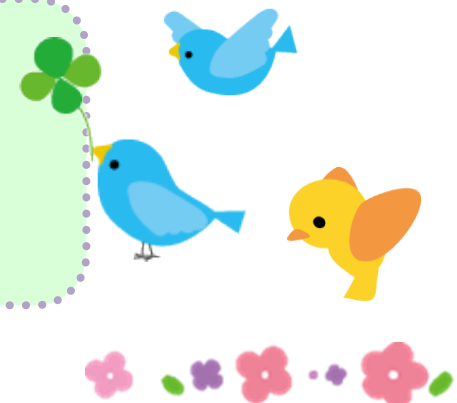
Types of checkups (screenings) and Eligibility.

* Age eligibility is determined as of March 31, 2027
 * All checkups (screenings) in this program are free of charge
 * However, any follow-up examinations or treatment will be at your own expense

Undergoing Period of Resident Health Checkups

From June 15, 2026 through February 28, 2027

- Medical institutions are very busy in January and February
- Early reservations are strongly recommended
- The checkup period will not be extended



Eligibility

*We will send the FY2026 Checkup Ticket in early June to the eligible residents.

【Hepatitis Screening】

- Available only to those who have never undergone hepatitis screening
- Must be booked together with another health checkup
- A screening ticket will be provided at the medical institution

Cancer Screenings for Women (Cervical / Breast)

Tickets will be sent to:

- Women aged 70 or younger with even-numbered ages
- Women aged 72 or older with even-numbered ages who have undergone screening at least once in the past 3 years

If you are eligible but have not received your ticket, please contact the Health Promotion Division.

* If you were eligible in FY2025 but did not undergo a checkup, you may still be eligible in FY2026. Please contact the Health Promotion Division if you wish to participate.