



料金後納  
郵便

郵便区内特別

Important

# Fiscal 2024 National Health Insurance Health Checkup Free Checkup Voucher

Checkup period

April 2024 to March 2025

A health checkup ticket  
to determine your health status

For details of medical checkup,  
please check with the 2D code.



ともに、生きる。  
江戸川区



Edogawa City  
website

Health Checkup Subsection  
Health Promotion Section  
Public Health Department

1-4-1 Chuo, Edogawa-ku, Tokyo, 132-8501  
☎ 03-5662-0623 (FAX: 03-3674-5876)

Please open and check the details immediately  
(Please also turn over and open ② to check the details)

OPEN

## Specific Health Care Guidance

FREE

For those at high risk of lifestyle-related diseases, a "specific health guidance" will be provided after completing the checkup on the same day. You can receive advice from experts in a 30-minute consultation. Those who are eligible should definitely use this service.

## Aggravation Prevention Program

FREE

For those with high blood glucose or high blood pressure, we will provide health consultation and recommendations to medical institutions through visits, by telephone, by letter, etc. Program information will be sent to eligible persons separately. We encourage you to use the service.

## For those who undergo health checkups at workplace, etc.

If you do not opt to undergo a National Health Insurance health checkup because you had a health checkup or a general medical examination at your workplace, etc., please provide us with your "health checkup results". First, please contact our Health Checkup Subsection (03-5662-0623).

\*If you submit your results, you will get a free "Guide to Using Health Checkup Results."

## For those who have changed their health insurance

National Health Insurance health checkups are only available for those who are enrolled in the Edogawa City National Health Insurance program. Persons who are not eligible at the time of examination, for example if your health insurance has changed, please contact your health insurance provider.

## Other physical examinations

FREE

Checkups marked with a ★ can be taken at the same time as a National Health Insurance health checkup at the Edogawa Medical Association Examination Center.

If interested, please inquire when making an appointment.

\*Eligible age is your age as of March 31, 2025.



Edogawa City website

Type	Eligibility and Details
Cervical cancer	Women aged 20 and above Those who have not received an examination within the last year Visual examination, cytological diagnosis, pelvic examination
★ Breast cancer	Women aged 40 to 64 (those who have not received a mammography within the last year) Ultrasound or mammography
★ Stomach cancer	Persons aged 30 to 49 Stomach X-ray Persons aged 50 and above Stomach X-ray or endoscopy (those who have not received an endoscopic examination within the last year) An endoscopy cannot be performed at the same time as the National Health Insurance Health checkup. In addition, endoscopic examination may not be available as requested due to the limited number of slots available in a day.
Colon cancer	Persons aged 40 and above Fecal occult blood test (stool examination)
★ Lung cancer	Persons aged 40 and above Chest X-ray, sputum cytology test
★ Prostate cancer	Men aged 60 and above Blood test
★ Osteoporosis	Women aged 40, 45, 50, 55 and 60 Ultrasound
★ Hepatitis virus	Persons who have not taken the examination in the past Blood test

## How about focusing a little more on your health in your daily life?



## Dental checkup once a year Have a family dentist

To enjoy a tasty and healthy life with a smile, please have a family dentist and visit the dental clinic regularly.

For more details, please consult a dental clinic near your place.

※ In Edogawa, we provide free adult dental checkups (every 5 years from the age of 20 to 70) and oral care checkups (once a year for those aged 65 and above) for residents of the ward.

We encourage those who are eligible to take this service.



Edogawa City  
website

## Thermometer for the mind

You can easily check your own and your family's mental health statement. There are several menus, and at the end of each menu, you will find a place to consult. Please utilize this service.

[Contact] Health Control Section  
Life Support Subsection

☎ 03-5661-2478



In addition to aerobic exercise such as walking, incorporate strength training into your daily exercise routine. We recommend "Edosupi Training," which can be easily practiced.

[Contact]  
Health Support Centers



Edogawa City  
website

# Procedure for having a National Health Insurance health checkup

You need to **make an appointment** to have a National Health Insurance health checkup

\* Look inside and check your health checkup voucher number.

## 1 Make an appointment

**03-5676-8818**

(FAX:03-5676-8819)

Monday to Saturday (excluding holidays and closed days), 8:45 to 17:00

[www.kenshin-edogawa-web.jp](http://www.kenshin-edogawa-web.jp)



Edogawa Medical Association website

江戸川区健・検診予約 Search

\*Please make reservations for dates after April.

● Health checkups are available on the days marked with a circle (excluding holidays and closed days)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	●	●	●	●	●	●	▲
Afternoon	●	●	●	●	●	●	
Nighttime			▲	▲			

\*▲ Please inquire about nighttime and Sunday health checkups.

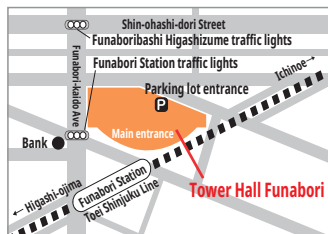
\*We recommend the afternoon, because it will be easy to make an appointment even just before the date you want.

(Closed days) Aug. 19-20, Dec. 29, 2024 - Jan. 4, 2025, and Feb.17-18, 2025

## 2 Have your health checkup

What to bring **Edogawa City National Health Insurance Card**

Health checkup venue **Edogawa Medical Association Examination Center**



6th Floor, Tower Hall Funabori, Funabori 4-1-1, Edogawa City

<Access guide>

One-minute walk from "Funabori Station" on the Toei Shinjuku Line  
One-minute walk from Toei Bus's "Funabori Ekimae" bus stop

\* Please use public transport if at all possible, as the parking lot (charged) of Tower Hall Funabori is limited.

## 3 Check the results

You will receive an information booklet on the examination day with your health checkup results (preliminary results) inside.

\*Your official health checkup results will be sent to you by mail about a month later.

See inside for details on the National Health Insurance Health checkups

# Guide to the National Health Insurance health checkups

## Eligible persons

Who are enrolled in the Edogawa City National Health Insurance Program

**Persons aged 40 to 64**

(Born between April 1, 1960 and March 31, 1985)

\*Not available to those who are a hospital inpatient, an expectant or nursing mother, a resident at a nursing home, or enrolled in other health insurance programs such as Social Insurance.

## Checkup period

**April 1, 2024 (Mon) to March 31, 2025 (Mon)**

● Medical examinations are also available at designated medical institutions within the ward only from August to mid-November 2024. A special examination ticket is required for the examination. If you wish to receive one, please contact the Health Checkup Subsection (03-5662-0623) after late July. The required examination ticket will be mailed to you.

● Checkup period, etc. may change.

● Those who have not undergone examination during the checkup period may receive further guidance via postcards, etc.

## Fee

**National Health Insurance health checkups are free**

The checkup is free of charge. It would cost about 9,000 yen if you arranged it privately. However, if any follow-up examinations are needed, these will be charged (insured examination and treatment) to you personally.

## For outpatients

Outpatients are also eligible to have a National Health Insurance health checkup. Please ask your doctor about whether you need to have a checkup, and have one if at all possible.

[Notes] 1. In addition to informing checkup recipients of the results, etc. of their National Health Insurance health checkup, the results will also be kept by the insurance providers, etc. so that the results may be used for health guidance, future health measures, National Health Insurance services, etc. as necessary. Please understand this before you have a health checkup. The same will also apply to any additional tests you have with this ticket. 2. The data files for the checkup results may be inspected by the settlement agency. They will also be anonymized and partially submitted to the government as a report on the results of running the checkup program. Please understand this before you have a health checkup. 3. Illegal use of this ticket may result in imprisonment for fraud under the Penal Code. 4. Please contact the Health Checkup Subsection immediately if you are no longer qualified to be insured or if anything stated in your documents has changed. 5. If follow-up examinations are required based on the test results, costs will be covered by insurance. (Fees will apply.) 6. Depending on the circumstances, we also provide health checkups through home visits. Please contact the Health Checkup Subsection for details. 7. Those who have undergone a medical checkup this year may receive a notification of next year's national health checkup via text message to their registered contact (limited to smart phones). [Health Checkup Subsection: 03-5662-0623]

## Checkup voucher number

You need to make an appointment to have a National Health Insurance Health checkup

[Reservation Phone No.] **03-5676-8818**

Monday to Saturday (excluding holidays and closed days), 8:45 to 17:00

## A message to you

\*To prevent the spread of infectious diseases, please wear a mask (non-woven fabric type is recommended) when visiting the clinic.



## Checkup items

The checkups take about **One hour**\*1

Physical measurement

Blood pressure measurement

Blood test

Urine test

Consultation

ECG\*2

Fundoscopy\*2

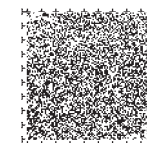
\*1 Delivery of the results (preliminary scores) may be delayed due to backlog or congestion.

\*2 Provided based on age or the doctor's judgment.

## Blood test items

- Lipids (neutral fat, HDL cholesterol, and LDL cholesterol)
- Liver function (AST, ALT, and y-GT)
- Kidney function (serum creatinine)
- Blood glucose ● HbA1c ● Uric acid
- Blood cells (white blood cells, red blood cells, hemoglobin, and hematocrit)

The mark on the right is the voice code (Uni-Voice). Information regarding the National Health Insurance Health checkup is available by audio for the visually impaired.



If the booklet gets wet, please dry thoroughly before opening.

OPEN