

# Health Check (Kenshin) Guide

For adults



Get a health check once a year!

## How to get a Health Check in Shizuoka City

- 1** Choose the check/screening you want to get and the medical facility you want to go to.  
The content of the health check may vary depending on the medical facility. Make sure to check which medical facilities are conducting health checks.
- 2** Make a reservation directly to the medical facility that conducts the check.  
Make a reservation by phone (in Japanese). E.g. "Shizuoka-shi no XX kenshin wo kibō shimasu/I want to get the Shizuoka City XX screening"
- 3** Go to the checkup.  
Check this leaflet for what you need to take, and make sure to take those items to the medical facility on the day.
- 4** Receive the exam results  
Receive an explanation about the exam results from the medical facility directly or by post (Japanese).

\*All medical facilities conducting medical health checks follow the countermeasures against the novel corona virus (COVID-19).

## Who can get a medical health check?

### Shizuoka City Cancer Screening / Periodontal Disease Screening / Other Health Checks

Those who have a certificate of residence in Shizuoka City and **who are not able to receive a cancer screening, periodontal disease screening, or other health checks through their workplace.**

\*Enrollees in medical insurances other than the National Health Insurance/Medical Care for Elderly People Aged 75 or Over can also receive the health check.

### Health Checkup for the Prevention of Lifestyle Illnesses

**Shizuoka residents who are enrolled in National Health Insurance or Medical Care for Elderly People Aged 75 or Over.**

\*Those who are enrolled in insurance other than those listed above should check with their insurance company.

### <Inquiries>

<Cancer Screening, Osteoporosis Screening>		TEL(054)	FAX(054)
Health Promotion Division	5-1 Otemachi, Aoi-ku	221-1579	251-0035
<Periodontal Disease Screening>		TEL(054)	FAX(054)
Oral Health Support Center	24-1 Joto-cho, Aoi-ku	249-3175	209-1063
<Tuberculosis & Lung Cancer Screening (About Tuberculosis Screening), Hepatitis Virus Test>		TEL(054)	FAX(054)
Public Health Center, Health Care Promotion Division	24-1 Joto-cho, Aoi-ku	249-3172	249-3153
<Health Check>			
●Shizuoka City National Health Insurance Specific Health Check			
●Shizuoka City National Health Insurance Health Check			
●Medical Care for Elderly People Aged 75 or Over Health Check			
Health Promotion Division	5-1 Otemachi, Aoi-ku	TEL(054) 221-1579	FAX(054) 251-0035
<Health & Welfare Center> We carry out various programs and consultations for health promotion		TEL(054)	FAX(054)
Aoi Ward	Joto Health & Welfare Center	24-1 Joto-cho, Aoi-ku	249-3180 209-0072
	Tobu Health & Welfare Center	7-8-15 Chiyoda, Aoi-ku	261-3311 261-3312
	Hokubu Health & Welfare Center	2-14-1 Shobu, Aoi-ku	271-5131 271-5132
	Warashina Health & Welfare Center	5-10 Hatori Hon-cho, Aoi-ku	277-6712 277-6713
Suruga Ward	Nambu Health & Welfare Center	3-1-30 Magarikane, Suruga-ku	285-8111 283-2605
	Osada Health & Welfare Center	574-1 Kamata, Suruga-ku	259-5112 259-5113
	Ozato Health & Welfare Center	57-5 Nakano-shinden, Suruga-ku	288-1111 288-1811
Shimizu Ward	Shimizu Health & Welfare Center	2-12-1 Shibukawa, Shimizu-ku	348-7711 348-7732
	Shimzu Health & Welfare Center (Yui Branch Office)	450 Yui Kitada, Shimizu-ku	376-0533 376-0059
<small>*There are times when the public health nurse is absent. In case of emergency, please call the Shimizu Health &amp; Welfare Center or the Kambara Health &amp; Welfare Center.</small>			
	Kambara Health & Welfare Center	721-4 Kambara, Shimizu-ku	385-5670 385-5619

# FY2021 Shizuoka City Adult Health Checks at a Glance

(  :female  :male )

For the purposes of this chart, age is calculated as at March 31<sup>st</sup> 2022

Shizuoka City Cancer Screening / Periodontal Disease Screening / Other Health Checks										Health checks for the prevention of lifestyle illnesses					
Residents of Shizuoka city who are not able to get health checks through their workplace (any type of health insurance)										Enrollees of Shizuoka City National Health Insurance		Medical Care for Elderly People Aged 75 or Over Health Check (Kōki Kōreisha Iryō Seido Kenkō Shinsa)			
Types of Health Check/Screening	Cervical Cancer Screening (Shikyū Kei Gan Kenshin)	Breast Cancer Screening (Nyū Gan Kenshin)	Gastric Cancer Screening (I-Gan Kenshin) ① Barium Swallow ② Endoscopy *Choose ① or ②	Colorectal Cancer Screening (Daichō Gan Kenshin)	Prostate Cancer Screening (Zenritsu Sen Gan Kenshin)	Osteoporosis Screening (Kotsuso-Shō Shō Kenshin)	Tuberculosis & Lung Cancer Screening (Kekkaku / Hai Gan Kenshin)		Hepatitis Virus Test (Kan'en Uirusu Kenshin)	Emergency Rubella Antibody Test (Kinkyū Fūshin Kōtai Kenshin) only once	Periodontal Disease Screening (Shishū-Byō Kenshin)		Specific Health Check (Tokutei Kenkō Shinsa)	Health Check (Kenkō Shinsa) 1.30-39 years old 2.40-74 years old (Enrollees from 2 April 2021 and after)	
							about lung cancer	about tuberculosis			Screening	Teeth Cleaning			
Inquiries	Health Promotion Division TEL:221-1579						Public Health Center, Health Care Promotion Division TEL:249-3172			Oral Health Support Center TEL:249-3175		Health Promotion Division TEL:221-1579			
Health Check Period	Apr - Next Year Mar							Apr - Next Year Feb	Apr - Next Year Mar	May - Next Year Mar	May - Next Year Mar	Apr - Next Year Mar	May - Next Year Mar		
Interval Between Checks	Once every 2 years		Once a year				For those who have never had the test		Once a year		Once a year				
Your Age Group	20-29 years old (born on or before 31st March, 2002)								 						Includes people over 65 who have been recognized to have a permanent disability.
30-34 years old (born on or before 31st March, 1992)								 					 		
35-39 years old (born on or before 31 March, 1987)			 					 					 		
40-49 years old (Born on or before March 31st, 1982)			 	 		 	 	 	 Males born between 2 Apr 1962 and 1 Apr	 	 	 	 	 	
50-69 years old (Born on or before March 31st, 1972)			 	 			 	 	 	 	 	 	 	 	
70-74 years old (Born on or before March 31st, 1952)			 	 			 	 	 	 	 	 	 	 	
75 and older~ (born on or before 31 March, 1947)			 	 			 	 	 	 	 	 	 	 	
Cost to you	Individual: Personal health check up conducted by clinics etc. Group: Facilities providing group checks at a fixed time and place such as Medical Centers or Medical Examination Vehicles	Individual: ¥1,100 Group: ¥800	¥2,000	① Barium Swallow Individual: ¥1,900 Group: ¥500 ② Endoscopy: ¥3000	Individual: ¥400 Group: ¥200	¥1,000	¥500	Free If you request a sputum test*, a container fee of ¥300 is required <small>*An examination to verify the presence of cancerous cells in the sputum</small>	Free	Free	① People 40 years old Screening: Free Teeth Cleaning: ¥300 ② People NOT 40 years old (Screening only) Individual: ¥600 Group: ¥500	Free	① 30-39 years old: ¥1,500 (¥500 for tax-exempt household) ② 40-74 years old: Free (Enrollees from 2 April 2021 and after)	Free	
What to bring	Health Check Voucher (Jyushin Ken)	*No health check voucher issued Make a reservation by phone at an applicable medical facility (in Japanese) E.g. Shizuoka-shi no XX kenshin wo kibō shimasu/I want to get the Shizuoka City XX screening						Those over 65 years old (born before 31 March, 1957) A health check sheet with the schedule of the mobile medical service will be sent to you. Those between 40~64 years of age (born between 1 April, 1957 and 31 March, 1982) No health check sheet issued. Please bring some form of identification to confirm your name, age and address.	*No health check voucher issued (please apply directly)	Coupon issued	Only people 40 years old (Born between 1 April, 1981 and 31 March, 1982) will be sent a health check voucher in early May). *People NOT 40 years old will not be sent a health check voucher (please apply directly)	As of 1 April, a health check voucher will be sent to Shizuoka City residents enrolled in National Health Insurance (around end of April)	Upon application, a health check voucher will be sent to you. *It will not be issued to those aged 30-39 years old who have insurance premium payments in arrears.	A health check voucher will be sent by the end of April	
	Health Insurance Card (Hoken Shō)	Necessary (any type of health insurance)										Shizuoka City National Health Insurance Card	Medical Care for Elderly People Aged 75 or Over Health Insurance Card		
Precautions	If any of the following A-D apply to you, you are exempt from any costs. ● Breast cancer and cervical cancer screenings can be done every 2 years, and other screenings once a year. A) Those over 70 years old (be 70 years old by 31 March, 2022, born on or before 31 March, 1952) B) Those with a Medical Care for Elderly People Aged 75 or Over Health Insurance Card C) Welfare recipient households D) Municipal tax exempt households *You may bear some costs in certain cases Those who apply to C must present the Welfare Recipient Certificate, and those who apply to D must present the latest available *Municipal Tax Certificate (original) at the time of the screening, to the counter at the medical facility. *The Municipal Tax Certificate is issued at the following places: (¥300/copy; please get the certificate of the main breadwinner of the household) [City Hall: Shizuoka Office] Municipal Tax Certification Section, Municipal Tax Division [Suruga Ward Office] Suruga Tax Center [City Hall: Shimizu Office] Shimizu Municipal Tax Office Every branch office or citizen service corner						The schedule for the Mobile Medical Service (no reservation needed) is on the city's website and will be circulated in your neighbourhood.	There is no age limit. Available for those who have never received a hepatitis screening.	The comprehensive medical checkup, specific medical examination, employer designated health checks can be conducted at the same time. Shizuoka City also offers antibody tests to prevent Congenital Rubella Syndrome (CRS).	Please bring your health insurance card/ health check voucher and the interview sheet with you to the health check. The following people are not eligible to receive the health check conducted by Shizuoka City. ① Expecting mothers ② Those hospitalized for more than 6 months ③ People living or admitted in a nursing home for the elderly, special nursing home, nurse care insurance facility, specified facility, etc. Shizuoka citizens enrolled in insurances other than National Health Insurance or Medical Insurance for Elderly Citizens, please check your insurance card and ask your insurance provider about health checks.					

① First, check for your age group.

② Cost depends on your age and whether you chose individual or group.

③ Make sure to read the precautions!

\*Please understand any data from the health check excluding personal information, may be used as statistical data for health check quality control, research or analysis.

\*The time and date of the health check voucher might be subject to change depending on the situation with COVID-19.