

FY2025 Shizuoka City Adult Health Checks at a Glance



: female



: male

Target ages in this chart, are calculated as at 31 March 2026

Types of Health Check/Screening		Five Major Cancer Screenings						Other Screenings					Health Checkups for Lifestyle Disease Prevention				
		Use workplace screening if available.						Use workplace screening if available.					Shizuoka City National Health Insurance Enrollees		Medical Care System for the Elderly Aged 75 and Over Enrollees		
		Cervical Cancer	Breast Cancer	Gastric Cancer 1. Barium Swallow	Gastric Cancer 2. Endoscopy	Colorectal Cancer	Tuberculosis & Lung Cancer	Prostate Cancer	Osteoporosis	Hepatitis Virus	Gastric Cancer Risk	Periodontal Disease	Health Check		Specific Health Checkup	Medical Care System for the Elderly Aged 75 and Over Health Checkup	
1. 30-39 years old	2. Mid-year enrollees 40-74 years old																
Implementation Period		Apr - Next Year Mar						Apr - Next Year Mar					Apr - Next Year Mar		May - Next Year Mar		
Interval Between Screenings		Once every 2 years (even-numbered ages)			Once a year			Once a year		For those who have never been screened		Once a year		Once a year			
for p. I a r g e t A g e	20-29 years old																
	Born 1 Apr 1996 - 31 Mar 2006																
	30-34 years old																
	Born 1 Apr 1991 - 31 Mar 1996																
	35-39 years old																
	Born 1 Apr 1986 - 31 Mar 1991																
	40-49 years old																
	Born 1 Apr 1976 - 31 Mar 1986																
50-69 years old																	
Born 1 Apr 1956 - 31 Mar 1976																	
70-74 years old																	
Born 1 Apr 1951 - 31 Mar 1956																	
75 years old and older																	
Born 31 Mar 1951 or before																	
Out-of-Pocket Cost		¥1,000	¥2,000 (¥3,000 if you require an in-person explanation of results)	¥1,200	¥3,000	¥300	Free (¥300 container fee if you request a sputum test)	¥1,000	¥500	Free	¥4,000	¥600	¥1500 (¥500 for tax-exempt households)	Free	Free	Free	
What to Bring	Screening Voucher	Not Required	Not Required	Not Required	Not Required	Not Required	Not Required	Not Required	Not Required	Not Required	Required (please apply)	Not Required *Required for those listed in precautions	Required (please apply)	Required (please apply)	Required (Mailed out from end of Apr)	Required (Mailed out from end of Apr)	
	My Number Health Insurance Card or Equivalent	Required	Required	Required	Required	Required	Required	Required	Required	Required	Required	Required	Required	Required	Required	Required	
	Other												Health Checkup Form	Questionnaire Form	Questionnaire Form	Questionnaire Form	
Precautions	3. Make sure to read the precautions!						People aged 65 and over (born on or before March 31, 1961) will receive a screening voucher with the schedule by mail. No reservation is required at mobile screening venues.			There is no age limit. Available for those who have never received a hepatitis screening.		People aged 40 (born between April 1, 1985 and March 31, 1986) will receive a free screening voucher by mail.	Eligible 30-year-olds are those born between April 2, 1995 and April 1, 1996. The following individuals are not eligible for health checkups conducted by Shizuoka City: ① Pregnant or postpartum women (please undergo maternal health checkups) ② Individuals hospitalized for six months or more ③ Residents of care facilities such as nursing homes, special elderly nursing homes, long-term care insurance facilities, or designated facilities			People aged 65 and over with certain disabilities who are enrolled in the Medical Care System for the Elderly Aged 75 and Over are also eligible. If you turn 75 after June 1, please contact the Health Promotion Division after your birthday.	
Inquiries		Health Promotion Division TEL: 054-221-1579										Oral Health Support Center TEL: 054-249-3175	Health Promotion Division TEL: 054-221-1579				

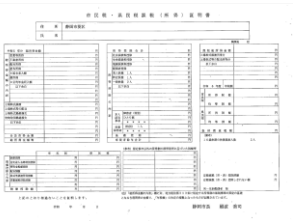
*Please note that health checkup results may be used as statistical data for quality control, research, and analysis, excluding any personally identifiable information.

Exemption from Out-of-Pocket Costs

People who meet any of the following conditions (A–F) are exempt from out-of pocket costs:

- A. People aged 70 and over (born on or before March 31, 1956)
- B. Holders of a Medical Care System for the Elderly Aged 75 and Over insurance card
- C. Members of households receiving public assistance (Must present an original certificate on the day of the checkup)

D. Members of households exempt from municipal resident tax (Must present an original certificate on the day of the checkup)
Please obtain the most recent year's certificate for the household's primary income earner as of the checkup date (300 yen per copy).
Available at:
Shizuoka City Hall, Municipal Tax Division, Tax Certificate Section; Suruga Ward Office, Suruga Tax Center; Shimizu Ward Office, Shimizu Municipal Tax Office
Also available at branch offices and citizen service counters.



E. Recipients of free cancer screening coupon vouchers
Vouchers will be mailed to eligible individuals who are registered residents of Shizuoka City as of April 20, 2025. If you moved into the city after the reference date or lost your voucher, please contact the Health Promotion Division.

Screening Type	Eligible Persons	Mailing Period	Expiration Date
Breast Cancer	Born 2 April 1984-1 April 1985	Scheduled for early May 2025	End of Feb 2026
Cervical Cancer	Born 2 April 2004-1 April 2005		

F. Individuals receiving colorectal cancer screening at the same time as Shizuoka City's Specific Health Checkup
The out-of-pocket cost for colorectal cancer screening will be waived. No coupon is issued, so please inform staff at the time of applying for the Specific Health Checkup that you also wish to receive Shizuoka City's colorectal cancer screening.