

# Health Checks and Cancer Screenings for FY2025 (Until 31 March 2026)

**Inquiries:** Health Promotion Division ☎ 054-221-1579

(Periodontal Disease Screenings: Oral Health Support Center ☎ 054-249-3175)

For more information, such as participating clinics, consult the **Health Check Guide**

\*Japanese only; distributed to all households in April via residents' associations.



\*Also available at the Health Promotion Division, ward office information desks, Health & Welfare Centers, Lifelong Learning Centers, and on the city website.

(<https://www.city.shizuoka.lg.jp/s7463/s003185.html>).



## Screenings For Lifestyle Diseases

**Applications:** Apply to a participating clinic

Type of Check	Candidates (Age is as of 31 March)	Cost	Screening Vouchers
<b>National Health Insurance Specific Health Check</b>	Persons aged <b>40-74</b> (up until the day before your 75 <sup>th</sup> birthday) who are enrolled in National Health Insurance.	Free	Tickets will be sent out sequentially starting in late April  <b>Specific Health Check (Yellow Envelope)</b>  <b>75 and Over Health Check (Purple Envelope)</b> 
<b>Medical Care for Elderly People Aged 75 and Over Health Check</b>	Persons aged <b>75 or older</b> (including enrolled persons aged 65 or older with specific disabilities).	Free	
<b>National Health Insurance Health Check</b>	Persons aged <b>30-39</b> (including those born on <b>1 April 1996</b> ) who are enrolled in National Health Insurance.	1,500 yen	Please apply for a voucher at the Insurance & Pension Division of your local ward office or the Ikawa, Osada, and Kambara Branch Offices in advance. *Vouchers will not be issued to persons aged 30-39 whose health insurance payments are in arrears at the time of application. (Please bring proof of payment if you have subsequently paid off outstanding fees.)
	Persons aged <b>40-74</b> who enrolled in National Health Insurance on or after 2 April	Free	

## We Provide Subsidies for the Cost of Smoking Cessation Treatment

**Subsidy amount:** Up to 10,000 yen

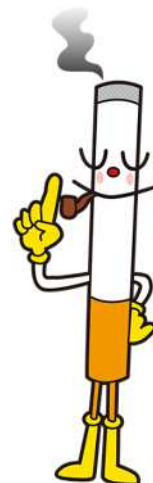
\*The program will end once the budget limit is reached.

**Eligibility:** Individuals who meet all the following criteria:

- Have completed the standard 5-session treatment
- Are 20 years or older and reside within the city

(Other conditions may apply)

Application required before starting treatment. Inquire for more information, including application method. <https://www.city.shizuoka.lg.jp/s7463/s003163.html>



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## Cancer and Other Screenings

**Candidates:** Persons whose health insurance union does not have a screening system.

**Applications:** Apply to a participating clinic

**What to Bring to Screening:** My Number Health Insurance Card (or other document confirming your health insurance coverage) and money to pay for screening (exemptions available in some cases).

Type of Screening	Candidates		Cost
★ Cervical Cancer Screening	Only during fiscal years in which you turn an even-numbered age	Females aged 20 and older	1,000 yen
★ Breast Cancer Screening		Females aged 40 and older	2,000 yen
Gastric Cancer Screening		Persons aged 50 and older	★X-ray 1,200 yen Endoscopy 3,000 yen
★ Colorectal Cancer Screening	Persons aged 40 and older		300 yen
★ Tuberculosis & Lung Cancer Screening	Persons aged 40 and older		Free *Sputum test is 300 yen
● Gastric Cancer Risk Screening	Persons aged 35-49 (Only once)		4,000 yen
★ Prostate Cancer Screening	Males aged 50 and older		1,000 yen
★ Osteoporosis Screening	Females aged 30 and over		500 yen
Hepatitis Virus Screening	Persons who have yet to receive this screening		Free
Periodontal Disease Screening	Persons aged 41 and older		600 yen
	● Persons aged 40		Free

Note: Starting this fiscal year, breast cancer screenings will generally consist of mammography only. If you wish to receive an in-person explanation of your results (which may include a breast examination), an additional fee of 1,000 yen will apply.

- ★ Screenings are also available via mobile screening units. Please check the schedule through your residents' association's circular notice or the city's website. For those aged 65 and over, tuberculosis and lung cancer screening vouchers will be mailed according to the local screening schedule.
- A screening voucher is required. To apply for the stomach cancer risk screening, please contact the Health Promotion Division. Periodontal disease screening tickets are scheduled to be mailed in late May.



**Translated by:**

International and Intercultural Affairs Division

City of Shizuoka

(Source: Shizuoka Kibun, May 2025)