

Health Checks and Cancer Screenings for FY2024

Inquires: Health Promotion Division ☎ 054-221-1579

For more information, such as participating clinics, consult the **FY2024 Health Check Guide** (成人健診まるわかりガイド, *seijin kenshin maruwakari gaido*).

*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>).

*The **FY2021** Health Check Guide is available in English, although certain information may be outdated (<https://www.city.shizuoka.lg.jp/s7463/s003166.html>).



Health Checks for Those Enrolled in National Health Insurance or Medical Care for Elderly People Aged 75 or Over

Applications: Apply to a participating clinic by phone or in person

Type of Check	Candidates	Cost	Details of Check	Points of Caution
National Health Insurance Specific Health Check (国民健康保険特定健康診査, <i>kokumin kenko hoken tokutei kenko shinsa</i>)	Persons aged 40-74 (up until the day before your 75 th birthday) who are enrolled in National Health Insurance as of 1 April.	Free	Basic tests Interview, examination, physical measurements, blood pressure measurement, blood test (blood sugar, lipids, liver function, kidney function), urinalysis.	Health check vouchers (受診券, <i>jushin ken</i>) will be sent out sequentially starting in late April. *Persons turning 75 during the year who want to receive a health check after their 75 th birthday must apply for a Medical Care for Elderly People Aged 75 or Over health check voucher. Please apply to the Health Promotion Division by phone.
National Health Insurance Health Check (国民健康保険健康診査, <i>kokumin kenko hoken kenko shinsa</i>)	Persons aged 30-39 (as of 1 April 2025) who are enrolled in National Health Insurance.	1,500 yen	Additional tests Anemia test (everyone), EKG (if desired) *A fundus (back of the eye) examination will be carried out if patient meets national criteria and doctor deems it necessary.	Please apply for a health check voucher (受診券, <i>jushin ken</i>) 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 30-39 from tax-exempt households only pay 500 yen. (Proof not required as it will be listed on your health check voucher.)
	Persons aged 40-74 who enrolled in National Health Insurance on or after 2 April.	Free		
Medical Care for Elderly People Aged 75 or Over Health Check (後期高齢者医療制度健康診査, <i>koki koreisha iryo seido kenko shinsa</i>)	Persons aged 75 or older (including enrolled persons aged 65 or older with specific disabilities).	Free	Same as basic tests for specific health check above. *Anemia test, EKG and fundus examination will be carried out if patient meets national criteria and doctor deems it necessary.	Health check vouchers (受診券, <i>jushin ken</i>) will be sent out sequentially starting in late April.



Translated by:
International and Intercultural Affairs Division
City of Shizuoka

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Shizuoka City Screenings (Cancer, Periodontal Disease, etc.)

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

What to Bring to Screening: Health Insurance Card and money to pay for screening.

*The following persons may receive the screenings free of charge: Persons aged 70 or older, persons with a Medical Care for Elderly People Aged 75 or Over Insurance Card, persons from households receiving welfare benefits, persons from residence-tax-exempt households.

Name of Screening	Candidates	Cost	Details of Screening	Applications		Inquiries
				Say "Shizuoka-shi no XX kenshin wo jushin shitai." (I want to get the Shizuoka City XX screening.)		
Breast Cancer Screening (nyu gan kenshin)	Females aged 40 and older. (Only during fiscal years in which you turn an even-numbered age.)	2,000 yen	Interview, mammography, visual-palpation exam	Apply to a participating clinic by phone.	*If you received this screening in FY2022, you can receive it again this year even if you are turning an even-numbered age. *No voucher required.	Health Promotion Division ☎ 054-221-1579
Cervical Cancer Screening (shikyu kei gan kenshin)	Females aged 20 and older. (Only during fiscal years in which you turn an even-numbered age.)	1,000 yen	Interview, internal exam, Pap smear	Apply to a participating clinic by phone or in person.		
Gastric Cancer Screening (igan kenshin)	Persons aged 50 and older. (Only during fiscal years in which you turn an even-numbered age.)	X-ray 1,200 yen	Interview, choice between an X-ray or an endoscopy	Apply to a participating clinic by phone or in person. *No voucher required.		
		Endoscopy 3,000 yen				
Gastric Cancer Risk Screening (igan risuku kenshin)	Persons aged 35-49. (Only one screening allowed during eligible age period.)	4,000 yen	Interview, ABC classification, endoscopy	Apply to the Health Promotion Division by phone. (There are certain requirements, such as never having undergone <i>H.pylori</i> eradication.) *Voucher (受診券, <i>jushin ken</i>) required.		
Colorectal Cancer Screening (daicho gan kenshin)	Persons aged 40 and older.	300 yen *Free for National Health Insurance enrollees who are receiving a specific health check at the same time.	Interview, fecal occult blood test (checking for blood in feces)	Apply to a participating clinic by phone or in person. *No voucher required.		
Tuberculosis & Lung Cancer Screening (kekaku haigan kenshin)	Persons aged 40 and older. *The sputum test (for lung cancer) is for persons aged 50 whose number of cigarettes smoked per day multiplied by number of years smoking is 600 or more.	Free *Sputum test is 300 yen	Chest X-ray	Apply to a participating clinic in person. Persons aged 40-64: No voucher required. Bring document stating address and date of birth, such as health insurance card. Persons aged 65 or older: Voucher (受診票, <i>jushin hyo</i>) required. To be mailed out according to screening schedule for your area.		
Prostate Cancer Screening (zenritsu sen gan kenshin)	Males aged 50 and older	1,000 yen	Blood test	Apply to a participating clinic by phone or in person. *No voucher required.		
Osteoporosis Screening (kotsu soshosho kenshin)	Females aged 30 and over	500 yen	Interview, blood mineral content measurement			
Hepatitis Virus Screening (kan'en uirusu kenshin)	Persons who have yet to receive this screening	Free	Blood test			