

2024 Fiscal Year

Specific/General Health Checkup Information

1. Period

May 7, 2024 to January 31, 2025

See pg. 7 for more information

2. Exam Details

【For all individuals】 Basic Medical Examination

· Health interview, medical exam, body measurements, blood pressure, measurement, abdominal measurement*

· Blood test (blood lipids, liver function, blood sugar, kidney function, serum uric acid, albumin*)

· Urine test (sugar, protein)

*Abdominal girth measurement is limited to specific health checkups (*tokutei kenkou shinsa*), and albumin check is limited to general health checkups (*kenkou shinsa*)

【For certain eligible individuals】 Detailed Exams

Electrocardiography · Fundoscopy · Anemia Exam

(You may be eligible for these additional exams at your doctor's discretion. Not everyone will be eligible.)

3. Cost

Free (Additional fees required for a Ningen Doc exam with additional exams)

4. Eligibility

Those enrolled in National Health Insurance from Toyohashi or Latter Stage Elderly Healthcare

【For those turning 75 on or before March 31, 2024】

Your insurance will change. As of this fiscal year, you will be enrolled in Latter Stage Elderly Healthcare. Please read the following information and use your healthcare checkup ticket before the end of its period of validity.

Exams (Eligibility)	Age (Years) (As of March 31, 2025)		Important Information (Those who will turn 75 this fiscal year)
Specific Health Checkup (You are enrolled in National Health Insurance through Toyohashi City)	40~74	75	Those born between September 1949 and March 1950 Can use their orange specific health checkup ticket until the day before their birthday. *If the period of validity on your health checkup ticket has passed but you would still like to be examined, please contact the Health Promotion Division (<i>Kenkou Soushin-ka</i>) (0532-39-9136). *Health checkup tickets cannot be issued during your birth month or the following month. Please be especially careful if you were born in December or January.
Health Checkup (You are enrolled in the Latter Stage Elderly Healthcare system (<i>Kouki Koureisha Iryou Seido</i>))	75	76+	If you were born between April and August, 1949 We will mail you the light blue Latter Stage Elderly Healthcare health checkup ticket by the end of the month following the month of your birthday.
	<small>Includes those 65 and older who have a disability and are enrolled in Latter Stage Elderly Healthcare</small>		

5. Please Note

You are responsible for all costs associated with the checkup if either of the following applies to you:

① You are not enrolled in National Health Insurance from Toyohashi or Latter Stage Elderly Healthcare on the day of your exam

② You have already had one of these exams this year

You can be examined using a health checkup ticket once per year.

Be careful not to be examined twice in the event you have another health checkup ticket issued.

6. Exam Process

Choose Exam Method

Health Checkup Location, etc.	Page
Medical Facilities	See 1 on Pg. 3
Ningen Doc Combined Exams <small>(contracted organization)</small>	See 2 on Pg. 3
Workplace Checkups	See 3 on Pg. 3
JA Toyohashi Group Ningen Doc	See 4 on Pg. 5
Group Health Checkups	See Pg. 6

◎ You can be examined even if you are currently receiving outpatient treatment.

◎ We recommend a combined checkup+cancer screening (see Pg. 8)

Getting Examined

[Important Information For Your Checkup]

- **Please try to refrain from eating or drinking for at least 10 hours leading up to the exam.**
You can drink water, tea, and/or other drinks that don't have sugar.
- Please note that there will be a urine test during the checkup, so be careful about using the bathroom immediately beforehand.
- Please limit your alcohol consumption and abstain from intense exercise during the day before your checkup.
- If you are taking medicine orally, please confirm with your doctor if it's okay to take on the day of your exam.

[Things to bring] ※You cannot be examined if you don't have these with you

Exam Voucher: Complete the medical history checklist on the reverse, write your phone number, and then submit to the facility where you will be examined.

Something to confirm you have National Health Insurance or Latter Stage Elderly Healthcare Insurance from Toyohashi City

A National Health Insurance card, Latter Stage Elderly Healthcare Insurance card, etc.

* Please see pg. 6 if you will be joining a group exam

Receiving your results

Confirm with the facility where you were examined. The process will differ depending on the facility. Results for these exams can also be checked on Mynportal. Please see pg. 7 for more information.

Receiving Specific Health Guidance ※only if eligible

Free

Individuals determined to be at high risk for lifestyle-related diseases based on their Specific Health Checkup will receive guidance via leaflets and by phone. A public health nurse and dietitian will support you in improving your health.

Further examination by a doctor/at a hospital ※only if eligible

If results from your Specific Health Checkup exceed certain criteria, you will receive a request (with guidance) to receive further examination.

7. Handling of Personal Information

Please be aware of the following before receiving your checkup

- ① Personal information collected may be shared with contracted health exam organizations for the purpose of ensuring a smooth checkup process.
- ② The patient will be informed of their results by the medical facility at which they were examined. These results will also be saved by the examinee's insurer for the purpose of providing health services. Additionally, this information may be provided to health and welfare divisions for the purpose of improving examinee health, and visits, calls, etc. may be made.
- ③ Digital files from the results of the exams may be inspected by payment agencies, and some data from the exams may be made anonymous and then submitted to national as well as prefectural governments.
- ④ Text (SMS) messages may be sent to the mobile number registered to the patient in order to recommend future health checkups and/or provide specific health guidance.

1 Medical Facilities

Appointments

Select a medical facility from "List of Medical Institutions Performing Specific Health Checkups (*Tokutei Kenkou Shinsa*)/General Health Checkups (*Kenkou Shinsa*)" on the next page. ※See **2** for institutions offering Ningen Doc combined exams.

Exams

See pg. 1 for more details

Fee

Free (there is a fee for undergoing a cancer screening at the same time)

Results

Please contact the facility where you were examined, as they will send you the results directly.

2 Ningen Doc Combined Exams (Contracted Organizations)

Appointment
Required

【Notice on Appointments】

- Make an appointment only after receiving an exam voucher.
- Please inform us if you intend to be examined at the same time as your specific/general health checkup.

	Medical Facility	Phone Number	Course Name	Fixed Cost	Patient Expense
N i n g e n D o c F a c i l i t i e s	Koseikai Clinics	61-3000 (※Ningen Doc only)	Half-Day Doc	¥33000	Approx. ¥19,000
	NHO Toyohashi Medical Center	62-0301	Higaeri Doc (A-Course, B- Course)	A : ¥37,690 B : ¥32,490	A : Approx. ¥24,000 B : Approx. ¥19,000
	Sano Clinic	52-3906	Half-Day Doc	¥36300	Approx. ¥22,000
	Toyohashi Municipal Hospital	33-6271 (※Ningen Doc only)	① Stomach Ultrasound ② Endoscopy (Other)	① ~¥36,190 ② ~¥35,530	① Approx. ¥23,000 ② Approx. ¥22,000
	Toyohashi Motomachi Clinics	26-1120	Ningen Doc (Half-Day Course)	¥33000	Approx. ¥19,000
	Narita Memorial Hospital Kenshin Center	39-3885 (※Ningen Doc only) Reception hours: 2 PM - 4:30 PM	Half-Day Doc	¥42900	Approx. ¥29,000

Exam Info Notification of Results

Please contact facilities directly for more information.

※Appointments may be more limited at some facilities than at others

3 If you are examined at your workplace (Request to submit your results)

Free Gift!

Eligibility

Individuals who are enrolled in National Health Insurance from Toyohashi City and who meet the requirements below

Requirements

- You have received results from a Reiwa 6 (2024) fiscal year medical exam
- Your medical exam included the same tests as the specific health checkup (see pg. 1)
- You submit your (unused) specific health checkup ticket along with your results

Submission Method

Please contact the Health Promotion Division (Kenkou Soushin-ka) by phone or scan the QR Code on the right for information on how to submit your results.

Submission Deadline

Your submission must be received by March 31, 2025



Gift

A set of assorted goods from Michi no Eki Toyohashi (~¥1500 in value)
*If you don't meet all of the requirements, you will receive a small gift instead.

Other

- You will be registered as having received a Toyohashi City Specific Health Checkup
- If designated as being in need of health preservation guidance, you will be able to receive advice on improving your daily life

List of Medical Institutions Performing Specific Health Checkups (Tokutei Kenkou Shinsa) and General Health Checkups (Kenkou Shinsa)

(特定健康診査・健康診査実施医療機関一覧表) (英語)

You can also undergo cancer screenings at institutions performing these health checkups (some locations excluded)

Name of Institution	Address	Telephone (0532)	Appointment Required?	
			Yes	No
Aichi Clinic	Matsumura-cho	47-3663	○	
Akiyama Naika	Oimatsu-cho	52-0032	○	
Aoki iin	Ueji-cho	64-8500		○
Asai Naika	Satou 2	64-3100		○
Asano Naika	Nishi-iwata 2	62-3071		○
Ban iin	Oitsu-cho	23-0006		○
Banno Naika Clinic	Takashi Hongou-cho	39-7300		○
Clinic Ichou	Kusama-cho	35-7117	○	
Dai-ni Sekizen Byouin	Ooiwa-cho	39-4771		○
Esaki Byouin	Shinkawa-cho	55-2525	○	
Fujimidai Clinic	Fujimidai 4	39-4025		○
Fujita Naika Ichouka	Fujisawa-cho	45-0687		○
Fujiwara Medical Clinic	Hirakawa Honmachi 1	21-7474	○	
Fukui Noushinkei Geka	Tachibana-cho	21-7001	○	
Futagawa Byouin	Ooiwa-cho	41-0011		○
Gonda Noushinkei Geka	Maeda-cho 2	54-8811		○
Haga Clinic	Nishimiyuki-cho	38-0808		○
Hanada Ishikawa Clinic	Hanada-cho	32-2166		○
Hananoki Clinic	Minowa-cho	63-9933		○
Hara Noushinkei Naika・Naika Clinic	Nishimiyuki-cho	38-8866	○	
Hashiba Clinic	Noyoridai 1	25-8483		○
Hayashi iin	Ishimaki Honmachi	88-0041		○
Higashi Junkanki Clinic	Imure-cho	69-2328	○	
Higashi-Iwata Itou Clinic	Higashi-Iwata 1	69-3500		○
Higashiwaki Ichou Naika・Geka	Higashiwaki 4	32-3831		○
Hikari Clinic	Nishimatsuyama-cho	55-2511	○	
Hinatanooka Clinic (Naika Hifuka)	Nakano-cho	75-9259		○
Hirade Kaoru Clinic	Muro-cho	37-5731		○
Hirao iin	Nakamatsuyama-cho	52-5117	○	
Horita Naika	Fujimidai 3	23-5387		○
Ichikawa iin	Hada-cho	31-4754	○	
Imaizumi Sanfujinka iin	Nakano-machi	62-7173	○	
Imure Naika Clinic	Imure-kita 5	69-5678	○	
Inazumi Clinic	Sekiya-cho	54-1723		○
Itou Family Clinic	Minami Ushikawa 2	62-1085		○
Itou iin	Koike-cho	45-5283		○
Itou Naika	Akebono-cho	45-0911		○
Kamata Naika Shounika	Iwata-cho	61-9700		○
Kamo Clinic	Kamo-cho	87-0888		○
Kasuya Naika Clinic	Muro-cho	31-6262	○	
Kawai Clinic	Ooyama-cho	48-0008	○	
Kazu Clinic	Maeshiba-cho	34-2555		○
Kinoshita Naika	Higashiwaki 2	31-1121		○
Kouseikai Byouin	Azuma-cho	61-3024	○	
	※Ningen Doc line	61-3000	○	
Machinaka Clinic	Dangou-cho	57-1808		○
Maekawa Geka Naika	Higashi-Iwata 4	62-6411		○
Matsui iin	Kusama-cho	45-6502		○
Matsuno Clinic	Ushikawa-cho	21-7370	○	
Matsuo Nyusen Clinic	Tsukiji-cho	32-9287	○	
Matsuoka iin	Yayoi-cho	45-3586	○	
Matsuyama Shinryoujo	Higashimatsuyama-cho	54-2512	○	
Midorigaoka iin	Tadakou 2	63-8586		○
Minamigaoka Clinic	Ooiwa-cho	65-5225		○
Mirai Medical Clinic (Terada Clinic)	Shimoji-cho	55-8733		○
Misawa iin	Maedaminami-cho 1	54-7831		○
Miura iin	Yayoi-cho	45-2611		○
Miyamoto Clinic	Ihara-cho	64-1235		○
Miyuki Clinic	Nishimiyuki-cho	48-3200		○
Mokuno iin (Mokuno Clinic)	Funa-machi	54-2850	○	
Morio iin	Hashira Kyuuban-cho	46-1821		○
Morioka iin	Higashi Morioka 1	88-5510		○

Name of Institution	Address	Telephone (0532)	Appointment Required?	
			Yes	No
Murakami iin	Ooiwa-cho	41-0518		○
Muro Shinryoujo	Higashiwaki 2	31-1917		○
My Clinic Ookubo Toyohashi	Hirokoji 1	35-7741		○
N Clinic	Ooshimizu-cho	25-7655	○	
Nagaya Byouin	Hacchou Doori 3	52-3763		○
Nakagawa Naika	Minami Ooshimizu-cho	25-5811		○
Nakajima Noushinkei Geka	Shimogoi-cho	54-6261	○	
Nakamachi iin	Futagawa-cho	43-1722		○
Narita Memorial Hospital	Hanei Honmachi	31-3806		○
	※Ningen Doc line	39-3885	○	
Naruse Hinyoukika	Ushikawa-cho	63-5100		○
Natural Family Clinic	Tame Nishi-machi 2	62-4976	○	
Nishida Medical Clinic	Yoshikawa-cho	34-5566		○
Noda Naika Clinic	Higashi Odakano 3	69-5611		○
Nozomi Naika Geka Koujousen Clinic	Imure-cho	26-6221	○	
Odakano iin	Higashi-Odakano 2	61-8419	○	
Okamura Clinic	Satou 2	65-4100		○
Onoda Naika	Higashi-Iwata 3	63-8822		○
Oodate Naika Ichouka	Hanada 1 Ban-cho	32-8123		○
Ooishi Sanchoume Clinic	Satou 3	66-3833	○	
Ooiwa Clinic	Mukou Kusama-cho	45-1013		○
Ooshima Medical Clinic	Kitayama-cho	48-8000		○
Ooshimizu Aichi Clinic	Minami Ooshimizu-cho	29-3669	○	
Oota Seikei Geka	Ooiwa-cho	41-6800		○
Sahara iin	Ueta-cho	25-2606		○
Sano iin	Matsuba-cho 3	52-3906		○
Satou Noushinkei Geka	Ushikawa-doori 1	69-2760		○
Sekizen Byouin	Futagawa-cho	41-0800	○	
Sekizen Clinic	Ooiwa-cho	65-6565		○
Senda Clinic	Maeshiba-cho	34-0077		○
Shimizu Naika (Ichou-ka)	Kamoda-cho	45-6201		○
Shirai iin	Mukaiyamanishi-cho	52-5711		○
Shirai Medical Clinic	Kasuga-cho 2	63-3838	○	
Sudou Naika Clinic	Yamada Niban-cho	39-8007		○
Sugiura Naika	Yoshikawa-cho	32-3320		○
Sukai Clinic	Tame Nishi-machi 1	63-1155		○
Suzuki Naika iin	Tsutsujigaoka 3	66-0880		○
Suzuki・Mitake iin	Yatoori-cho	31-3939		○
Takazawa Naika	Oohashi Doori 2	53-1788		○
Takeru Clinic	Imure-kita 1	61-6055	○	
Takeuchi Sanfujinka	Shin Honmachi	52-3453		○
Takikawa Seikeigeka Clinic	Hacchou Doori 5	55-5111	○	
Tame Shinryoujo	Tame-nakamachi 4	63-1181		○
Tanaka iin	Nakano-cho	45-0315		○
Tanaka Naika Clinic	Kitagawa-cho	31-3021	○	
Tashiro Hinyoukika	Hamamichi-cho	46-7611		○
Terasawa iin (Terasawa Clinic)	Nishi Odakano 4	61-7211		○
Tooyama Clinic	Oohashi Doori 1	55-3181	○	
Toyohashi Iryou Center	Imure-cho	62-0301	○	
Toyohashi Ketsueki Shuyou Naika	Ejima-cho	73-7674	○	
Toyohashi Meitsu Clinic	Hirakawa-minamimachi	66-1010		○
Toyohashi Motomachi Byouin	Minami Ooshimizu-cho	26-1120	○	
Tsushima Clinic	Oukan-cho	34-0082		○
Tsutsujigaoka Clinic	Satou 1	66-2103		○
Uematsu Clinic	Maeda Minami-cho 1	53-7065	○	
Ueta Naika Clinic	Ueta-cho	25-3311		○
Yamamoto iin	Futagawa-cho	41-0205		○
Yamauchi Family Clinic	Muro-cho	43-6333	○	
Yayoi Byouin	Yayoi-cho	48-2211		○
Yokoi Naika Shounika	Akebono-cho	46-0376		○
Yokoyama Naika	Shinmei-cho	55-7231		○
Yoshidagata Clinic	Yoshikawa-cho	33-7878	○	

Last updated March 2024 (This list subject to change during the exam period)

[JA Toyohashi Group Ningen Doc Exam Schedule] ※Reception Start: 7:30 AM • Exam Start: 8:20 AM (All Dates)

Date	Location	Appointment Deadline	Date	Location	Appointment Deadline
6/20 (Thu)	Maeshiba Shiten	5/30 (Thu)	9/18 (Wed)	Nishi Shiten	8/28 (Wed)
6/26 (Wed)	Futagawa Shiten	6/5 (Wed)	10/1 (Tue)	Maeshiba Shiten	9/10 (Tue)
7/10 (Wed)	Iwata Shiten	6/19 (Wed)	10/2 (Wed)	Takashibara Shiten	9/11 (Wed)
7/16 (Tue)	Dai 6 Jigyousho ※1	6/25 (Tue)	10/9 (Wed)	Isobe Shiten	9/18 (Wed)
7/17 (Wed)	Dai 3 Jigyousho ※	6/26 (Wed)	10/21 (Mon)	Honten (Main Office) ※	9/30 (Mon)
7/18 (Thu)	Takashibara Shiten	6/27 (Thu)	10/30 (Wed)	Futagawa Shiten	10/9 (Wed)
7/22 (Mon)	Ishimaki Shiten	7/1 (Mon)	11/1 (Fri)	Nishi Shiten	10/11 (Fri)
7/24 (Wed)	Dai 3 Jigyousho ※	7/3 (Wed)	11/18 (Mon)	Inami Shiten	10/28 (Mon)
7/30 (Tue)	Inami Shiten	7/9 (Tue)	11/20 (Wed)	Iwata Shiten	10/30 (Wed)
8/1 (Thu)	Nishi Shiten	7/11 (Thu)	11/25 (Mon)	Takatoyo Shiten	11/5 (Tue)
8/2 (Fri)	Honten (Main Office) ※	7/12 (Fri)	11/29 (Fri)	Dai 6 Jigyousho ※1	11/8 (Fri)
8/8 (Thu)	Takashibara Shiten	7/18 (Thu)	12/4 (Wed)	Yoshidagata Shiten	11/13 (Wed)
8/9 (Fri)	Dai 3 Jigyousho ※	7/19 (Fri)	12/9 (Mon)	Dai 3 Jigyousho ※	11/18 (Mon)
8/23 (Fri)	Takatoyo Shiten	8/2 (Fri)	12/10 (Tue)	Takashibara Shiten	11/19 (Tue)
8/29 (Thu)	Honten ※	8/8 (Thu)	12/11 (Wed)	Isobe Shiten	11/20 (Wed)
8/30 (Fri)	Dai 6 Jigyousho ※2	8/9 (Fri)	2025 (R7)		
9/4 (Wed)	Yoshidagata Shiten	8/14 (Wed)	1/8 (Wed)	Futagawa Shiten	12/18 (Wed)
9/6 (Fri)	Inami Shiten	8/16 (Fri)	1/9 (Thu)	Dai 6 Jigyousho ※1	12/19 (Thu)
9/9 (Mon)	Ishimaki Shiten	8/19 (Mon)	1/10 (Fri)	Azumada Shiten	12/20 (Fri)
9/11 (Wed)	Isobe Shiten	8/21 (Wed)	1/14 (Tue)	Honten (Main Office) ※	12/24 (Tue)
9/12 (Thu)	Honten (Main Office) ※	8/22 (Thu)	1/15 (Wed)	Isobe Shiten	12/25 (Wed)

Note: "Shiten" are JA branch offices.

Fees & Exams

If you are a first-time visitor, or even if you've been examined before, if you would like more information about fees, exams, etc., please contact JA Aichi Kenshin Center (☎0561-62-3168)

JA Toyohashi Information

Please scan here for more information!



Appointments

After confirming the medical exam fees and how you will be examined, please contact one of the locations listed below to make an appointment.

Office	Telephone	Office	Telephone	Office	Telephone
Takashibara Shiten	0532-45-7182	Isobe Shiten	0532-45-5355	Azumada Shiten	0532-64-2131
Futagawa Shiten	0532-41-0527	Nishi Shiten	0532-31-9168	Iwata Shiten	0532-61-5178
Inami Shiten	0532-21-1020	Maeshiba Shiten	0532-31-3381	Dai 3 Jigyousho ※	0532-23-1351
Takatoyo Shiten	0532-21-2111	Yoshidagata Shiten	0532-31-2155	Dai 6 Jigyousho ※1	0532-88-1211
Honten (Main Office) ※	0532-25-7737	Ishimaki Shiten	0532-88-1211	Dai 6 Jigyousho ※2	0532-31-3381

The phone line for Dai-3 Jigyousho※ connects to Otsu branch, Dai-6 Jigyousho※1 connects to the Ishimaki branch, Dai-6 Jigyousho※2 connects to the Maeshiba branch, and the Honten (Main Office)※ connects to the Chuo branch.

Capacity

45 participants per location/day (the Azumada, Iwata, and Maeshiba branches are limited to 35). Reservations cannot be made after the deadline.

Results

Results will be sent out about 3 weeks after receiving the specific/general health checkup.

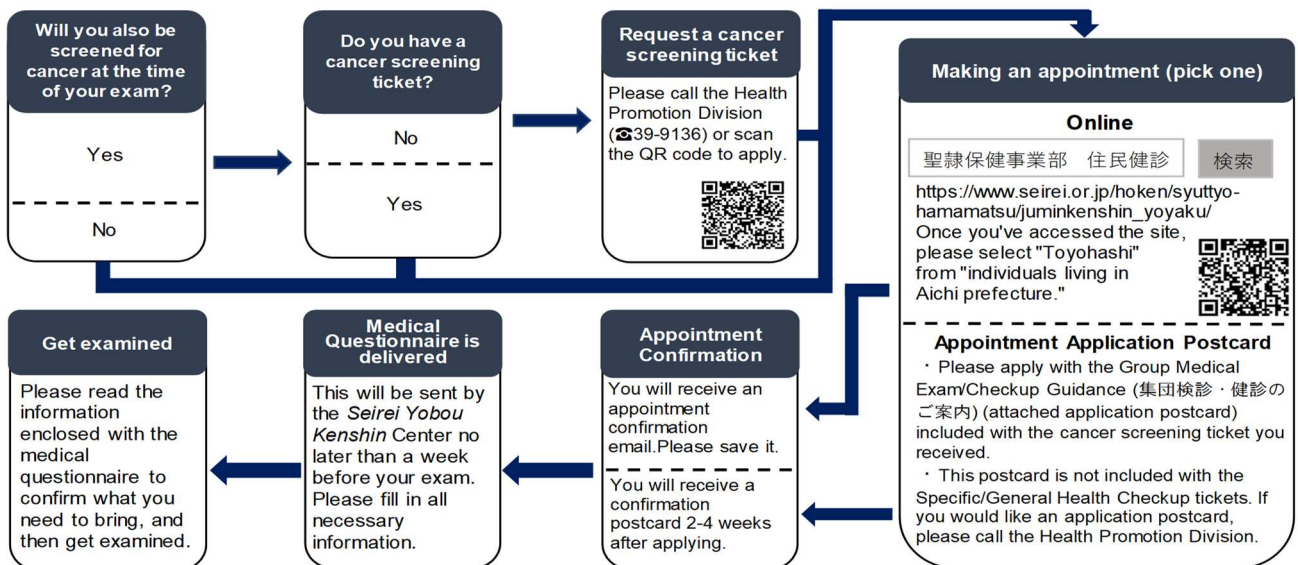
Group Medical Exam Calendar

Appointments can be made from Wednesday, May 1 at 9 AM.

Exams by appointment only. Not all appointment requests may be met (depending on availability).

Schedule		Exam/Screening							Location	Hours	Appointment Deadline ※ If applying with the postcard by mail, your application "must be received" by the date listed
Specific health checkups (tokutei kenkou shinsa), general health checkups (kenkou shinsa), and stomach cancer screenings are AM-only exams.		Lungs (Tuberculosis/Cancer)	Stomach Cancer	Colorectal Cancer ※	Cervical Cancer	Breast Cancer	Osteoporosis	Specific/General Health Checkup			
June	24 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	May 31 (Fri)
	26 (Wed)	●	●	△	●	●	●	●	Lifeport Toyohashi	8:30—15:25	May 31 (Fri)
July	01 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	June 10 (Mon)
	03 (Wed)	●	●	△	●	●	●	●	Respa Toyohashi	10:00—15:25	June 12 (Wed)
	08 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	June 17 (Mon)
August	09 (Fri)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	July 19 (Fri)
	10 (Sat)			△	●	●	●		COCONICO	9:30—15:25	July 19 (Fri)
	26 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	August 5 (Mon)
	30 (Fri)	●	●	△	●	●	●	●	Shimin Kyuujuu (Iwata Undou Kouen)	8:30—15:25	August 9 (Fri)
September	02 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	August 12 (Mon)
	25 (Wed)	●	●	△	●	●	●	●	Shimin Kyuujuu (Iwata Undou Kouen)	8:30—15:25	September 4 (Wed)
	28 (Sat)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	September 6 (Fri)
October	14 (Mon/Holiday)	●	●	△	●	●	●	●	Toyohashi Sozo College	8:30—15:25	September 23 (Mon)
	26 (Sat)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	October 4 (Fri)
November	11 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	October 21 (Mon)
	21 (Thu)	●	●	△	●	●	●	●	Shimin Kyuujuu (Iwata Undou Kouen)	8:30—15:25	October 31 (Thu)
	25 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	November 4 (Mon)
December	15 (Sun)	●	●	△	●	●	●	●	Toyohashi Sozo College	8:30—15:25	November 22 (Fri)
	16 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	November 25 (Mon)
	20 (Fri)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	November 29 (Fri)
	21 (Sat)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	November 29 (Fri)
January	11 (Sat)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	December 20 (Fri)
	20 (Mon)	●	●	△	●	●	●	●	Toyohashi Hokenjo (HOIPPU)	8:30—15:25	December 25 (Wed)

※ △ No appointment needed for colorectal cancer screening. You will receive the container for your sample on the day of the exam (during reception hours ※excludes 11:30-13:30)









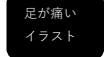

【Appointment changes/cancellations】 ※the number below cannot be used for making appointments

- If you made your appointment with the application postcard:
Please call 0120-254-021 (9:00 - 17:00, excludes national holidays)
- If you made your appointment online: Please cancel via the URL in your appointment confirmation email. If you would like to change your appointment, please reapply after cancelling your prior appointment.

You may receive a call from the number on the left if we need to inquire about your appointment.

Explanation of Exam Content

Here's what you'll learn about when you have your medical exam!

	Category	Items	Explanation
Anthropometry	Body Measurements 	Height	These measurements can be used to determine if you are overweight/obese or underweight.
		Weight	
		BMI	
	Blood Pressure 	Waist Circumference	Gives an approximation of the accumulation of visceral fat, and is necessary to determine the presence of metabolic syndrome.
		Systolic	Blood pressure measurements represent the pressure applied to blood vessel walls when your heart delivers blood to the rest of your body.
Diastolic			
Blood Test	Lipids 	Neutral Fats	An essential source of energy. An excess of neutral fats can lead to the progression of arteriosclerosis.
		HDL	Also called "good cholesterol," it prevents the hardening of arteries by retrieving the body's excess cholesterol and returning it to the liver.
		LDL	Also called "bad cholesterol," it has the role of carrying cholesterol throughout the body, but in excess it can contribute to the hardening of arteries.
	Liver Function 	AST(GOT)	Liver cells break down and AST/ALT values increase when the liver is damaged.
		ALT(GPT)	
		γ GT(γ -GTP)	Values increase when the liver and/or biliary tract is damaged, or from consuming too much alcohol.
		Albumin	Produced in the liver. Values decrease with damage to the liver and/or malnutrition.
	Blood Sugar 	Blood Sugar	Reveals the glucose levels in your blood.
		HbA1c	Your average blood sugar from the previous 1-3 months is measured.
	Kidney Function 	Creatinine	Creatinine is a waste product that is filtered in the kidneys and expelled from the body in urine. Higher values indicate decreased kidney function.
eGFR		A measure of how well the kidneys excrete waste. Lower values indicate decreased kidney function.	
Uric Acid 		Uric Acid	If the level of uric acid (a product of metabolic breakdown) in your blood increases too much, your risk of gout and/or kidney damage will also increase.
Urinalysis 	Sugar	Your urine is checked for the presence of glucose, which is a clue for detecting diabetes.	
	Proteins	Your urine is checked for the presence of proteins, which is a clue for detecting kidney disease.	

About Mynaportal

Results from medical exams, etc., can now be viewed on Mynaportal, a government-run online service. If you have a My Number Card, through your own personal Mynaportal page, you can search for government procedures, complete online applications, and receive notifications from government organizations. You can use these services by logging in after completing user registration.

Please scan the QR code on the right or visit <https://myna.go.jp/> for more information on Mynaportal.

Registration Period

Two months following the month of your exam. You'll be able to check your results after registering.

Viewing Results

For viewing your results after logging in, scan the QR code on the right or visit <https://www.city.toyohashi.lg.jp/secure/108285/mainakenshinkekka.pdf>



Mynaportal



How to view your medical exam results

2024 Fiscal Year

Information for Cancer Screenings & Other Examinations

Try to receive periodical cancer screenings and other examinations together with your health checkup

**One in two Japanese people will develop cancer in their lifetime.
90% of cases can be cured if detected early.**

Ranking of cancer cases

	No.1	No.2	No.3
Total	Colorectal cancer	Lung cancer	Stomach cancer
Male	Prostate cancer	Colorectal cancer	Stomach cancer
Female	Breast cancer	Colorectal cancer	Lung cancer

Reference: National Cancer Institute, National Cancer Registration Data, 2019

Cancer screenings are important, now more than ever!!

Try to get screened regularly

Topic! Hepatitis Virus Exam

The hepatitis virus can be transmitted in a variety of ways, sometimes unknowingly!
If infected, the hepatitis can progress to cirrhosis or liver cancer even without noticeable symptoms.



<Eligible Individuals>

- You are 40+ years old and have not had a hepatitis exam
- Liver function abnormalities were observed during your specific health checkup



It's easy to detect with a blood sample.
And it's free!

If this applies to you, now is the best time to get examined!!

Cancer screenings and other exams currently available in Toyohashi

Exam	Target Age(s) (years old on March 31, 2025)	Exam	Target Age(s)
• Lung (Tuberculosis/lung cancer)	40+	• Periodontal (gum) disease	20, 30, 40, 50, 60, 70
• Stomach cancer	40 years and up (even-numbered years)	• Elderly dental	76
• Colorectal cancer	40 years and up	• Osteoporosis	40, 45, 50, 55, 60, 65, 70 (women only)
• Cervical cancer	20 years and up (even-numbered years, women only)	• Ophthalmological (eye) exam	60, 65
• Breast cancer	40 years and up (even-numbered years, women only)	• Hepatitis virus	40+
• Prostate cancer	50, 55, 60, 65, 70 (men only)		

If you don't have a health checkup ticket,
Please call the Health Promotion Division
(☎0532 39-9136) or apply via the city's website

