

Reiwa 7 (2025) Fiscal Year

## Specific/General Health Checkup Guide (*Tokutei Kenkou Shinsa/Kenkou Shinsa*)

### 1. Period

May 7, 2025 (Wed) to January 31, 2026  
(Sat)

### 2. Cost

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

### 3. Eligibility

- (1) Those enrolled in National Health Insurance from Toyohashi (40-74 years of age)
- (2) Those enrolled in Latter Stage Elderly Healthcare

※even if you are currently receiving outpatient treatment

【To those born between September 1950 and January 1951】

■Your exam period will differ.


You can get a specific health checkup (using orange ticket) until the day before your birthday.

■Please call (0532 39-9141) if your ticket expires.

However, the new ticket will be issued at the end of the month before your birth month, so please be aware that you may be unable to have a ticket reissued in December or January.

### 4. Choose exam location/method

Exam Location/Method	Separate White Forms
Checkups at Medical Facilities	Go to <b>1</b> on pg. 1
Group Health Checkups	Go to <b>2</b> on pg. 2
JA Toyohashi Group Ningen Doc	Go to <b>3</b> on pg. 3
Ningen Doc Exams	Go to <b>4</b> on pg. 4
Workplace Checkups	Go to <b>5</b> on pg. 4

If you don't have a chance to receive cancer screenings outside of your Ningen Doc exam, please make use of Toyohashi's cancer screenings  go to pg. 4

## 5. Please note the following at the time of your exam



### • Please try not to eat or drink within 10 hours of your exam.

You may drink beverages with no sugar, such as water or unsweetened tea.

- Please refrain from peeing immediately before the exam as there will be a urine test.
- Please avoid consuming alcohol or doing intense exercise on the day of/the day before your exam.
- If you are taking medicine, please confirm with your doctor if you'll be able to take it on the day of the exam.

## 【What to Bring】

- ☐ Medical exam ticket (*Jushin-ken*, 受診券)
- ☐ Something to confirm health insurance enrollment (My Number card linked to your health insurance, "qualification confirmation form" (*shikaku kakunin-sho*), valid health insurance card)

## 6. Confirm Results

Confirm with the facility where you were examined. The process will differ depending on the facility. Results for specific/general health checkups can also be checked on Mynaportal (see pg. 3 for more information)

For eligible individuals only  
(dependent on results)

Specific health guidance and exam recommendations

## 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.








## 8. Notice on health exams for 30 and 35 year olds

Is there a 30 or 35-year-old member of your family enrolled in the National Health Insurance? They can receive a medical exam just like the Specific Health Checkup for free. Please apply for a medical exam ticket.



## Explanation of Exam Content

## Here's what you'll learn from your medical exam!

	Category	Item	Explanation	
Anthropometry	Body Measurements	Height	These measurements can be used to determine if you are overweight/obese or underweight.	
		Weight		
		BMI		
		Waist Circumference	Gives an approximation of the accumulation of visceral fat, and is necessary to determine the presence of metabolic syndrome. (only for those with National Health Insurance)	
	Blood Pressure	Systolic	Blood pressure measurements used to determine whether or not you have high blood pressure. They 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 (TG)	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.	
		Carbohydrate Metabolism	Blood Sugar	The criterion for a diabetes diagnosis that reveals the glucose levels in your blood.
		HbA1c	Your average blood sugar from the previous 1-2 months is measured.	
	Liver Function	AST(GOT)	Liver cells break down and AST/ALT values increase when the liver is damaged.	
		ALT(GPT)		
			$\gamma$ GT( $\gamma$ -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. (Only for those with Latter Stage Elderly Healthcare)
	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	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.
Detailed Medical Exams		Anemia · ECG · Eye Fundus	These additional exams may be performed if the doctor deems them necessary.	

## About Myna Portal

Results from medical exams, etc., can now be viewed on Myna Portal, a government-run online service. If you have a My Number Card, through your own personal Myna Portal 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 Myna Portal.



Myna Portal

### Results Availability

Results will be available two months following the month of your exam.  
You'll be able to check your results after registering online.

### Viewing Results

Scan the QR code to the right or visit  
<https://www.city.toyohashi.lg.jp/secure/108285/mainakenshinkekka.pdf>



How to view medical exam results

## For those born between April and August, 1951:

### A notice regarding health checkups during the next fiscal year

- You will switch from National Health Insurance to Latter Stage Elderly Healthcare in the 2026 fiscal year.
- Please wait for the medical exam ticket (*jushin-ken*) we will send at the end of the month before your birth month.  
E.g.) Someone born on June 6, 1951 → an exam ticket will be delivered to your home by the end of July 2026
- If you would like to be examined during the exam period (and by the day before your birthday), please contact the Health Promotion Division (*Kenkou Zoushin-ka*) at (0532) 39-9141.

# You Can Get Screened for Cancer Along With Your Specific Health Checkup!!

We live in an age in which 1 in 2 people will be diagnosed with some form of cancer.  
When detected quickly, over 90% of cases are cured.

## Cancer Screenings in Toyohashi (※Age as of March 31, 2026)

Exam	Ages • Eligibility	Exam Frequency	Exam Fee	
			Medical Facility	Group Exam
• Tuberculosis + Lung Cancer Chest X-ray (+sputum)	40+ years old	Once/year	¥500	¥200
• Stomach Cancer Barium or endoscopy	40+ years old	Once/2 years (even-numbered ages)	¥3,000	¥1,000 (Barium only)
• Colorectal Cancer Fecal Occult Blood Test	40+ years old	Once/year	¥200 ※You'll receive a stool sample container at the medical facility or group exam venue	
• Cervical Cancer Cervical cytology (Pap smear)	Women 20+ years old	Once/2 years (even-numbered ages)	¥1,600	¥1,000
• Breast Cancer Mammography or ultrasound scan (echocardiogram)	Women 40+ years old	Once/2 years (even-numbered ages)	Mammography 40-49 years old ¥2,300 50+ ¥1,400 Echo ¥1,300	Mammography only ¥1,000

### Topic ! Free Hepatitis Virus Testing

#### <Eligibility>

- ①Those ages 40+ who have not had a hepatitis exam
- ②Those who were found to have abnormalities according to liver function tests during their specific health checkup or similar exam

You'll have your blood drawn and tested



### Getting Screened for Cancer

Please confirm if you've received an exam ticket; you'll need it for cancer screenings.

<Exam ticket est. arrival 5/1(Thu)>



Have exam ticket

Get examined after confirming which screenings you are eligible for.

Don't have exam ticket

### Apply for an Exam Ticket

Apply online (QR code →)  
Apply by phone:

Health Promotion Division

☎ (0532) 39-9136



Appointment  
/Exam

Please select a medical facility from the list below. This list is subject to change during the exam period.

You can also get cancer screenings at medical facilities that are hosting specific/general health checkups (some medical facilities excluded).

March 2025

Name of Medical Facility	Address	Telephone (0532)	Appointment Required?		Name of Medical Facility	Address	Telephone (0532)	Appointment Required?	
			Yes	No				Yes	No
Aichi Clinic	Matsumura-cho	47-3663	<input type="radio"/>	<input type="radio"/>	Muro Shinryoujo	Higashiwaki 2	31-1917	<input type="radio"/>	<input type="radio"/>
Akiyama Naika	Oimatsu-cho	52-0032	<input type="radio"/>	<input type="radio"/>	My Clinic Ookubo Toyohashi	Hirokouji 1	35-7741	<input type="radio"/>	<input type="radio"/>
Aoki iin	Ueji-cho	64-8500	<input type="radio"/>	<input type="radio"/>	N Clinic	Ooshimizu-cho	25-7655	<input type="radio"/>	<input type="radio"/>
Asai Naika	Satou 2	64-3100	<input type="radio"/>	<input type="radio"/>	Nagaya Byouin	Hacchou Doori 3	52-3763	<input type="radio"/>	<input type="radio"/>
Asano Naika	Nishi-Iwata 2	62-3071	<input type="radio"/>	<input type="radio"/>	Nakagawa Naika	Minami Ooshimizu-cho	25-5811	<input type="radio"/>	<input type="radio"/>
Ban iin	Oitsu-cho	23-0006	<input type="radio"/>	<input type="radio"/>	Nakajima Noushinkei Geka	Shimogoi-cho	54-6261	<input type="radio"/>	<input type="radio"/>
Banno Naika Clinic	Takashi Hongou-cho	39-7300	<input type="radio"/>	<input type="radio"/>	Nakamachi iin	Futagawa-cho	43-1722	<input type="radio"/>	<input type="radio"/>
Clinic Ichou	Kusama-cho	35-7117	<input type="radio"/>	<input type="radio"/>	Narita Kinen Byouin	Hanei Honmachi	31-3806	<input type="radio"/>	<input type="radio"/>
Dai-2 Sekizen Byouin	Ooiwa-cho	39-4771	<input type="radio"/>	<input type="radio"/>		※Ningen Doc	39-3885	<input type="radio"/>	<input type="radio"/>
Esaki Byouin	Shinkawa-cho	55-2525	<input type="radio"/>	<input type="radio"/>	Naruse Hinyoukika	Ushikawa-cho	63-5100	<input type="radio"/>	<input type="radio"/>
Fujimidai Clinic	Fujimidai 4	39-4025	<input type="radio"/>	<input type="radio"/>	Natural Family Clinic	Tame Nishi-machi 2	62-4976	<input type="radio"/>	<input type="radio"/>
Fujita Naika Ichouka	Fujisawa-cho	45-0687	<input type="radio"/>	<input type="radio"/>	Nishida Medical Clinic	Yoshikawa-cho	34-5566	<input type="radio"/>	<input type="radio"/>
Fujiwara Medical Clinic	Hirakawa Honmachi 1	21-7474	<input type="radio"/>	<input type="radio"/>	Nishiguchimachi Shin-ai Clinic	Nishiguchi-machi	35-6861	<input type="radio"/>	<input type="radio"/>
Fukui Noushinkei Geka	Tachibana-cho	21-7001	<input type="radio"/>	<input type="radio"/>	Noda Naika Clinic	Higashi Odakano 3	69-5611	<input type="radio"/>	<input type="radio"/>
Futagawa Byouin	Ooiwa-cho	41-0011	<input type="radio"/>	<input type="radio"/>	Nozomi Naika Geka Koujousen Clinic	Imure-cho	26-6221	<input type="radio"/>	<input type="radio"/>
Gonda Noushinkei Geka	Maeda-cho 2	54-8811	<input type="radio"/>	<input type="radio"/>	Odakano iin	Higashi Odakano 2	61-8419	<input type="radio"/>	<input type="radio"/>
Haga Clinic	Nishimiyuki-cho	38-0808	<input type="radio"/>	<input type="radio"/>	Okamura Clinic	Satou 2	65-4100	<input type="radio"/>	<input type="radio"/>
Hanada Ishikawa Clinic	Hanada-cho	32-2166	<input type="radio"/>	<input type="radio"/>	Onoda Naika	Higashi-Iwata 3	63-8822	<input type="radio"/>	<input type="radio"/>
Hananoki Clinic	Minowa-cho	63-9933	<input type="radio"/>	<input type="radio"/>	Oodate Naika Ichouka	Hanada 1 Ban-cho	32-8123	<input type="radio"/>	<input type="radio"/>
Hara Noushinkei Naika・Naika Clinic	Nishimiyuki-cho	38-8866	<input type="radio"/>	<input type="radio"/>	Ooishi Sanchoume Clinic	Satou 3	66-3833	<input type="radio"/>	<input type="radio"/>
Hashiba Clinic	Noyoridai 1	25-8483	<input type="radio"/>	<input type="radio"/>	Ooiwa Clinic	Mukou Kusama-cho	45-1013	<input type="radio"/>	<input type="radio"/>
Hayashi iin	Ishimaki Honmachi	88-0041	<input type="radio"/>	<input type="radio"/>	Oshima Medical Clinic	Kitayama-cho	48-8000	<input type="radio"/>	<input type="radio"/>
Higashi Junkanki Clinic	Imure-cho	69-2328	<input type="radio"/>	<input type="radio"/>	Ooshimizu Aichi Clinic	Minami Ooshimizu-cho	29-3669	<input type="radio"/>	<input type="radio"/>
Higashi-Iwata Itou Clinic	Higashi-Iwata 1	69-3500	<input type="radio"/>	<input type="radio"/>	Oota Seikei Geka	Ooiwa-cho	41-6800	<input type="radio"/>	<input type="radio"/>
Higashiwaki Ichou Naika・Geka	Higashiwaki 4	32-3831	<input type="radio"/>	<input type="radio"/>	Sahara iin	Ueta-cho	25-2606	<input type="radio"/>	<input type="radio"/>
Hikari Clinic	Nishimatsuyama-cho	55-2511	<input type="radio"/>	<input type="radio"/>	Sano iin	Matsuba-cho 3	52-3906	<input type="radio"/>	<input type="radio"/>
Hinatanooka Clinic (Naika Hifuka)	Nakano-cho	75-9259	<input type="radio"/>	<input type="radio"/>	Satou Noushinkei Geka	Ushikawa Doori 1	69-2760	<input type="radio"/>	<input type="radio"/>
Horita Naika	Fujimidai 3	23-5387	<input type="radio"/>	<input type="radio"/>	Sekizen Byouin	Futagawa-cho	41-0800	<input type="radio"/>	<input type="radio"/>
Ichikawa iin	Hada-cho	31-4754	<input type="radio"/>	<input type="radio"/>	Sekizen Clinic	Ooiwa-cho	65-6565	<input type="radio"/>	<input type="radio"/>
Imaizumi Sanfujinka iin	Nakano-machi	62-7173	<input type="radio"/>	<input type="radio"/>	Senda Clinic	Maeshiba-cho	34-0077	<input type="radio"/>	<input type="radio"/>
Imure Naika Clinic	Imure-kita 5	69-5678	<input type="radio"/>	<input type="radio"/>	Shimizu Naika (Ichou-ka)	Kamoda-cho	45-6201	<input type="radio"/>	<input type="radio"/>
Inazumi Clinic	Sekiya-cho	54-1723	<input type="radio"/>	<input type="radio"/>	Shirai Medical Clinic	Kasuga-cho 2	63-3838	<input type="radio"/>	<input type="radio"/>
Itou Family Clinic	Minami Ushikawa 2	62-1085	<input type="radio"/>	<input type="radio"/>	Sudou Naika Clinic	Yamada 2 Ban-cho	39-8007	<input type="radio"/>	<input type="radio"/>
Itou iin	Koike-cho	45-5283	<input type="radio"/>	<input type="radio"/>	Sugiura Naika	Yoshikawa-cho	32-3320	<input type="radio"/>	<input type="radio"/>
Kamata Naika Shounika	Iwata-cho	61-9700	<input type="radio"/>	<input type="radio"/>	Sukai Clinic	Tame Nishi-machi 1	63-1155	<input type="radio"/>	<input type="radio"/>
Kamo Clinic	Kamo-cho	87-0888	<input type="radio"/>	<input type="radio"/>	Suzuki Naika iin	Tsutsujigaoka 3	66-0880	<input type="radio"/>	<input type="radio"/>
Kasuya Naika Clinic	Muro-cho	31-6262	<input type="radio"/>	<input type="radio"/>	Suzuki・Mitake iin	Yatoori-cho	31-3939	<input type="radio"/>	<input type="radio"/>
Kawai Clinic	Ooyama-cho	48-0008	<input type="radio"/>	<input type="radio"/>	Takazawa Naika	Oohashi Doori 2	53-1788	<input type="radio"/>	<input type="radio"/>
Kazu Clinic	Maeshiba-cho	34-2555	<input type="radio"/>	<input type="radio"/>	Takeru Clinic	Imure-kita 1	61-6055	<input type="radio"/>	<input type="radio"/>
Kinoshita Naika	Higashiwaki 2	31-1121	<input type="radio"/>	<input type="radio"/>	Takeuchi Sanfujinka	Shin Honmachi	52-3453	<input type="radio"/>	<input type="radio"/>
Kouseikai Byouin	Azuma-cho	61-3024	<input type="radio"/>	<input type="radio"/>	Tame Shinryoujo	Tame-Nakamachi 4	63-1181	<input type="radio"/>	<input type="radio"/>
	※Ningen Doc	61-3000	<input type="radio"/>	<input type="radio"/>	Tanaka iin	Nakano-cho	45-0315	<input type="radio"/>	<input type="radio"/>
Machinaka Clinic	Dangou-cho	57-1808	<input type="radio"/>	<input type="radio"/>	Tanaka Naika Clinic	Kitagawa-cho	31-3021	<input type="radio"/>	<input type="radio"/>
Maekawa Geka Naika	Higashi-Iwata 4	62-6411	<input type="radio"/>	<input type="radio"/>	Tashiro Hinyoukika	Hamamichi-cho	46-7611	<input type="radio"/>	<input type="radio"/>
Matsui iin	Kusama-cho	45-6502	<input type="radio"/>	<input type="radio"/>	Terasawa iin	Nishi Odakano 4	61-7211	<input type="radio"/>	<input type="radio"/>
Matsuno Clinic	Ushikawa-cho	21-7370	<input type="radio"/>	<input type="radio"/>	Tooyama Clinic	Oohashi Doori 1	55-3181	<input type="radio"/>	<input type="radio"/>
Matsuo Nyusen Clinic	Tsukiji-cho	32-9287	<input type="radio"/>	<input type="radio"/>	Toyohashi Iryou Center	Imure-cho	62-0301	<input type="radio"/>	<input type="radio"/>
Matsuoka iin	Yayoi-cho	45-3586	<input type="radio"/>	<input type="radio"/>	Toyohashi Ketsueki Naika	Ejima-cho	73-7674	<input type="radio"/>	<input type="radio"/>
Matsuyama Shinryoujo	Higashimatsuyama-cho	54-2512	<input type="radio"/>	<input type="radio"/>	Toyohashi Machinaka Women's Health Clinic	Ekimae Oodoori	21-7815	<input type="radio"/>	<input type="radio"/>
Midori no Clinic	Imure-kita 4	21-8510	<input type="radio"/>	<input type="radio"/>	Toyohashi Meitsu Clinic	Hirakawa Minamimachi	66-1010	<input type="radio"/>	<input type="radio"/>
Midorigaoka iin	Tadakou 2	63-8586	<input type="radio"/>	<input type="radio"/>	Toyohashi Motomachi Byouin	Minami Ooshimizu-cho	26-1120	<input type="radio"/>	<input type="radio"/>
Minamigaoka Clinic	Ooiwa-cho	65-5225	<input type="radio"/>	<input type="radio"/>	Tsushima Clinic	Oukan-cho	34-0082	<input type="radio"/>	<input type="radio"/>
Mirai Medical Clinic Toyohashi	Shimoji-cho	55-8733	<input type="radio"/>	<input type="radio"/>	Tsutsujigaoka Clinic	Satou 1	66-2103	<input type="radio"/>	<input type="radio"/>
Mira-machi Clinic	Akebono-cho	38-2929	<input type="radio"/>	<input type="radio"/>	Uematsu Clinic	Maeda Minami-cho 1	53-7065	<input type="radio"/>	<input type="radio"/>
Misawa iin	Maedaminami-cho 1	54-7831	<input type="radio"/>	<input type="radio"/>	Ueta Naika Clinic	Ueta-cho	25-3311	<input type="radio"/>	<input type="radio"/>
Miura iin	Yayoi-cho	45-2611	<input type="radio"/>	<input type="radio"/>	Yamamoto iin	Futagawa-cho	41-0205	<input type="radio"/>	<input type="radio"/>
Miyamoto Clinic	Ihara-cho	64-1235	<input type="radio"/>	<input type="radio"/>	Yamauchi Family Clinic	Muro-cho	43-6333	<input type="radio"/>	<input type="radio"/>
Miyuki Clinic	Nishimiyuki-cho	48-3200	<input type="radio"/>	<input type="radio"/>	Yayoi Byouin	Yayoi-cho	48-2211	<input type="radio"/>	<input type="radio"/>
Mokuno iin	Funa-machi	54-2850	<input type="radio"/>	<input type="radio"/>	Yokoi Naika Shounika	Akebono-cho	46-0376	<input type="radio"/>	<input type="radio"/>
Morio iin	Hashira 9 Ban-cho	46-1821	<input type="radio"/>	<input type="radio"/>	Yokoyama Naika	Shinmei-cho	55-7231	<input type="radio"/>	<input type="radio"/>
Morioka iin	Higashi Morioka 1	88-5510	<input type="radio"/>	<input type="radio"/>	Yoshidagata Clinic	Yoshikawa-cho	33-7878	<input type="radio"/>	<input type="radio"/>
Murakami iin	Ooiwa-cho	41-0518	<input type="radio"/>	<input type="radio"/>					

## Results Notice

You'll receive exam results directly from the medical institution where you were examined.  
Please speak with them for more information.

## 2 Group Exams

**Appointment  
Required**

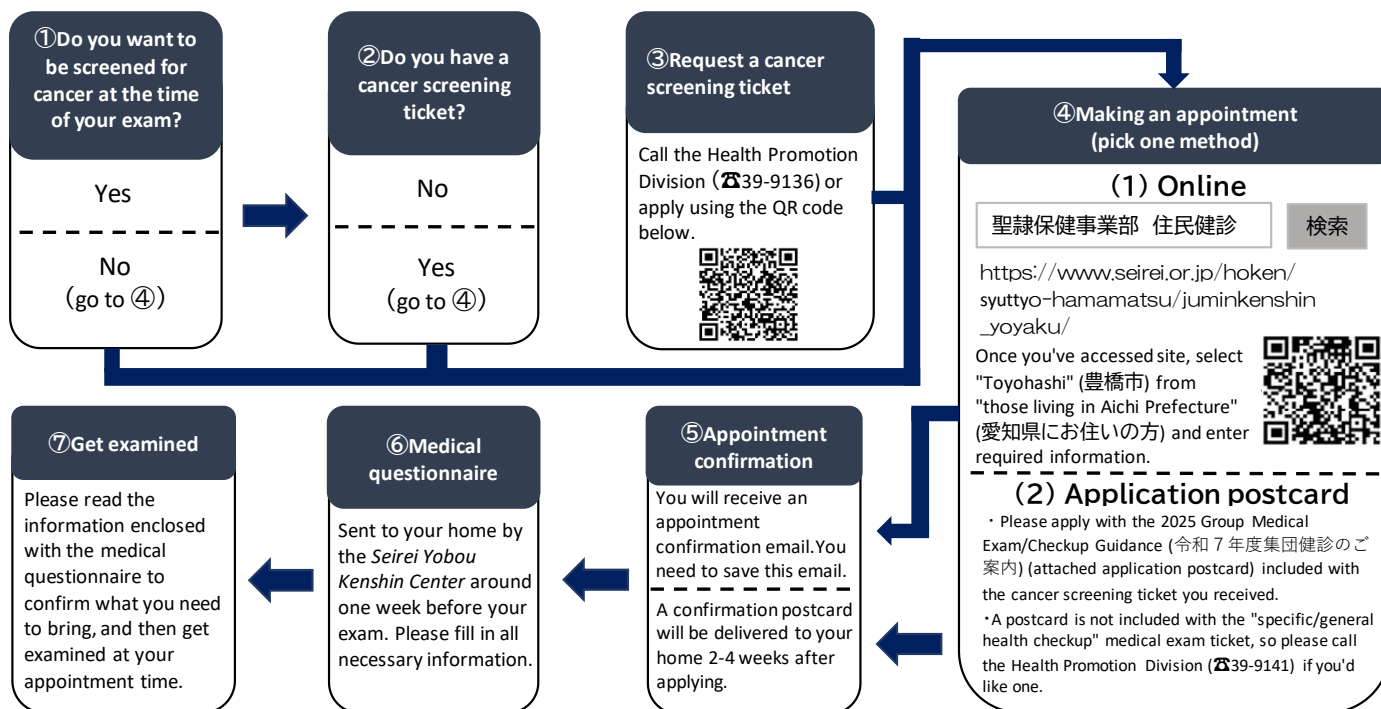
You can make appointments starting at 9 AM on Wednesday, May 1.

You may not be able to be examined at your location of choice depending on availability.

Schedule		Appointment Deadline ※if applying by post, application must be received by this day	Exam Details	Exam Location	Exam Period
Jun	23 (Mon)	Jun 2 (Mon)	The following exams will be conducted at all locations ○Specific Health Checkup ○General Health Checkup ■Lung (tuberculosis+lung cancer) exam ■Stomach cancer screening ■Cervical cancer screening ■Breast cancer screening ■Osteoporosis exam  ※You don't need an appointment for a colorectal cancer screening You can get a stool sample container on the day of your exam within the exam period.  ■You will need a separate cancer screening ticket for these exams.	Toyohashi <i>Hokenjo</i> Public Health Center (HOIPPU)	8:30 - 11:25
	30 (Mon)	Jun 9 (Mon)			
Jul	7 (Mon)	Jun 16 (Mon)			
Aug	8 (Fri)	Jul 17 (Thu)			
	22 (Fri)	Jul 31 (Thu)			
	25 (Mon)	Aug 1 (Fri)			
Sep	29 (Fri)	Aug 7 (Thu)			
	1 (Mon)	Aug 8 (Fri)			
	27 (Sat)	Sep 4 (Thu)			
Oct	★ 5 (Sun)	Sep 11 (Thu)			
	25 (Sat)	Oct 3 (Fri)		The group exams on ★ 10/5 and ★12/14 will be held at Toyohashi SOZO University	
Nov	10 (Mon)	Oct 17 (Fri)			
	21 (Fri)	Oct 30 (Thu)			
Dec	★14 (Sun)	Nov 21 (Fri)			
	15 (Mon)	Nov 21 (Fri)			
	20 (Sat)	Nov 28 (Fri)			
Jan	10 (Sat)	Dec 15 (Mon)			
	19 (Mon)	Dec 22 (Mon)			

Excluding the above, there are dates and times when only cancer screenings and osteoporosis exams are offered. See the guidance included in the same envelope as the cancer screening ticket for more information.

### Making an Appointment



### Appointment Cancellations/Changes

**※You cannot make reservations with the phone number listed below**

- If you made an appointment online  
Cancel using the cancellation URL included in your appointment confirmation email.  
For changes, please make a new appointment after cancelling your first one.
- If you made an appointment with the application postcard:  
Please call 0120 - 254 - 021 (9:00 - 17:00) (excluding weekends and holidays)



## 【JA Toyohashi Group Ningen Doc Schedule】 ※Each Day: Reception from 7:30 AM Exams from 8:20 AM

	Date	Location	Application Deadline
Jun	20 (Fri)	Maeshiba Shiten	May 30 (Fri)
	25 (Wed)	Futagawa Shiten	Jun 4 (Wed)
Jul	9 (Wed)	Iwata Shiten	Jun 18 (Wed)
	14 (Mon)	Dai-6 Jigyousho※1	Jun 23 (Mon)
	15 (Tue)	Dai-3 Jigyousho※	Jun 24 (Tue)
	16 (Wed)	Takashibara Shiten	Jun 25 (Wed)
	18 (Fri)	Inami Shiten	Jun 27 (Fri)
	23 (Wed)	Isobe Shiten	Jul 2 (Wed)
	29 (Tue)	Ishimaki Shiten	Jul 8 (Tue)
	31 (Thu)	Nishi Shiten	Jul 10 (Thu)
Aug	1 (Fri)	Honten (Main Office)※	Jul 11 (Fri)
	7 (Thu)	Takashibara Shiten	Jul 17 (Thu)
	8 (Fri)	Dai-3 Jigyousho※	Jul 18 (Fri)
	22 (Fri)	Takatoyo Shiten	Aug 1 (Fri)
	28 (Thu)	Honten (Main Office)※	Aug 7 (Thu)
	29 (Fri)	Dai-6 Jigyousho※2	Aug 8 (Fri)
Sep	3 (Wed)	Yoshidagata Shiten	Aug 13 (Wed)
	5 (Fri)	Inami Shiten	Aug 15 (Fri)
	8 (Mon)	Ishimaki Shiten	Aug 18 (Mon)
	10 (Wed)	Isobe Shiten	Aug 20 (Wed)
	11 (Thu)	Honten (Main Office)※	Aug 21 (Thu)

	Date	Location	Application Deadline
Sep	17 (Wed)	Nishi Shiten	Aug 27 (Wed)
	30 (Tue)	Maeshiba Shiten	Sep 9 (Tue)
Oct	1 (Wed)	Takashibara Shiten	Sep 10 (Wed)
	8 (Wed)	Futagawa Shiten	Sep 17 (Wed)
	17 (Fri)	Honten (Main Office)※	Sep 26 (Fri)
	20 (Mon)	Dai-3 Jigyousho※	Sep 29 (Mon)
	29 (Wed)	Nishi Shiten	Oct 8 (Wed)
	31 (Fri)	Inami Shiten	Oct 10 (Fri)
Nov	7 (Fri)	Takatoyo Shiten	Oct 17 (Fri)
	17 (Mon)	Takashibara Shiten	Oct 27 (Mon)
	19 (Wed)	Iwata Shiten	Oct 29 (Wed)
	21 (Fri)	Dai-3 Jigyousho※	Oct 31 (Fri)
Dec	28 (Fri)	Dai-6 Jigyousho※1	Nov 7 (Fri)
	3 (Wed)	Yoshidagata Shiten	Nov 12 (Wed)
	10 (Wed)	Isobe Shiten	Nov 19 (Wed)
2026			
Jan	7 (Wed)	Futagawa Shiten	Dec 17 (Wed)
	8 (Thu)	Dai-6 Jigyousho※1	Dec 18 (Thu)
	9 (Fri)	Azumada Shiten	Dec 19 (Fri)
	13 (Tue)	Honten (Main Office)※	Dec 23 (Tue)
	14 (Wed)	Isobe Shiten	Dec 24 (Wed)

Cost &  
Exams

Please confirm with JA Aichi Kenshin Center (☎0561-62-3168) .  
You can also scan the QR code to the right for more information.



## Appointments

Once you've confirmed costs and exam details, please make an appointment at a JA branch office.

JA Toyohashi  
Information

Branch/Office	Telephone
Takashibara Shiten	(0532) 45-7182
Futagawa Shiten	(0532) 41-0527
Inami Shiten	(0532) 21-1020
Takatoyo Shiten	(0532) 21-2111
Honten (Main Office)※	(0532) 25-7737

Branch/Office	Telephone
Isobe Shiten	(0532) 45-5355
Nishi Shiten	(0532) 31-9168
Maeshiba Shiten	(0532) 31-3381
Yoshidagata Shiten	(0532) 31-2155
Ishimaki Shiten	(0532) 88-1211

Branch/Office	Telephone
Azumada Shiten	(0532) 64-2131
Iwata Shiten	(0532) 61-5178
Dai-3 Jigyousho※	(0532) 23-1351
Dai-6 Jigyousho※1	(0532) 88-1211
Dai-6 Jigyousho※2	(0532) 31-3381

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

## Capacity

45 people per location/day (only 35 people/day at the Isobe, Maeshiba, Azumada, and Iwata branches (*shiten*), and 40 people/day at the Yoshidagata branch)  
You will not be able to make appointments after the deadlines.

Results  
Notification

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

## 4 Ningen Doc Combined Exams (contracted organizations in the city)

Appointment  
required

### Appointments and Exams

- Please make an appointment only after you've received your exam ticket.
- Please inform the facility if you intend to be examined at the same time as your specific/general health checkup.

※By undergoing a Ningen Doc exam at the same time as your specific health checkup, you can have the usual cost of the specific health checkup deducted from your out-of-pocket cost for the Ningen Doc exam.

	Medical Facility	Phone Number	Course Name	Fixed Cost	Patient Expense
Ningen Doc Facilities	Koseikai Clinics	(0532) 61-3000 (※Ningen Doc only)	Half-Day Doc	¥33,000	¥19,000
	NHO Toyohashi Medical Center	(0532) 62-0301	Higaeri Doc (A-Course, B-Course)	A:¥37,690 B:¥32,490	A: Approx. ¥24,000 B: Approx. ¥19,000
	Sano Clinic	(0532) 52-3906	Half-Day Doc	¥36,300	Approx. ¥22,000
	Toyohashi Municipal Hospital	(0532) 33-6271 (※Ningen Doc only)	Half-Day Doc	From ¥35,530	From ¥22,000
	Toyohashi Motomachi Clinics	(0532) 26-1120	Ningen Doc (Half-Day Course)	¥36,300	Approx. ¥22,000
	Narita Memorial Hospital Exam (Kenshin) Center	(0532) 39-3885 (※Ningen Doc only) Appointment Reception Hours: 14:00 - 16:30	Half-Day Doc	¥42,900	Approx. ¥29,000

※Number of patients may be limited depending on the medical facility.

### Exam info and notification of results

Varies depending on the facility. Please contact the facility where you were examined for more info.

## 5 Workplace Exams (Please submit your exam results)

Complimentary  
gift!

Please allow us to register you as a recipient of a specific health checkup and use your information to improve the city's health services. If you are deemed eligible for specific health guidance, you can also receive advice for improving your health.

### Eligibility

Individuals age 40-74 who are enrolled in National Health Insurance from Toyohashi and meet all of the following requirements:

- You did not use a medical exam ticket and did not undergo a specific health checkup during the Reiwa 7 (2025) fiscal year.
- You were/will be examined at your workplace during the 2025 fiscal year
- Your exam had the same tests, etc., as the specific health checkup
- You submit your (unused) specific health checkup medical exam ticket along with your results.

### Submission Method

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

### Submission Deadline

Must be received by Friday, March 13, 2026



### Gift

QUO Card Pay (¥1,500)

※If you don't meet the requirements for the QUO card Pay, you will receive another small gift instead. The gifts will be distributed twice; in October 2025 and March 2026.