



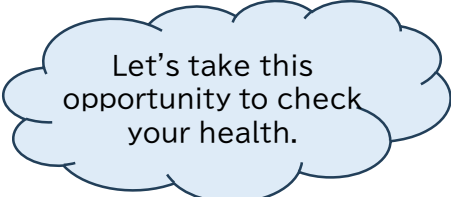
Specific/General Health Checkup Guide (Tokutei Kenkou Shinsa/Kenkou Shinsa)

Period: **May 7, 2026 (Thu) to January 31, 2027 (Sun)**

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

You can receive checkups even if you are currently receiving outpatient treatment

Cost: **Free**



Content: Basic exams
[for everyone]

Doctor's consultation, Body measurement, Blood pressure,
Waist Circumference (only for those taking special health checkups)
Blood test, urine test,

Detailed exams
[for those eligible]

Electro -Cardiogram Eye Fundus Anemia
(These are additional exams for those recommended by a doctor)



Procedures

1 Confirm the enclosed screening ticket



To those who is 75 year-old this fiscal 2026

Those born between September 1951 and January 1952 enrolled in National Health Service.

■ 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 following your birth month, so please make sure to receive checkup before your birthday.

※ Those born between April and August 1951

General health checkup ticket (pale blue ticket) will be sent to you at the end of the month following your birth month



Those enrolled in National Health Insurance (40-74 year-old)

Those enrolled in latter stage elderly Health care

2 Choose exam location/method

Exam Location/Method	See attached sheet	Exam Location/Method	See attached sheet
Checkups at Medical Facilities	Go to ① on pg. 1	combined with Ningen Doc Exams	Go to ④ on pg. 4
Group Health Checkups	Go to ② on pg. 2	Workplace Checkups	Go to ⑤ on pg. 5
JA Toyohashi Group Ningen Doc	Go to ③ on pg. 3		

It is recommended to receive health checkup with cancer screening ! (for those who do not take Ningen Doc)

3

Receive exams



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

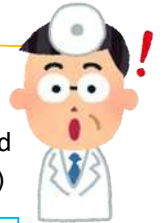
You may drink beverages with no sugar, such as water or unsweetened tea.

- 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.

Without your exam ticket, you cannot take exams !

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*))



★You can receive checkups if you are currently receiving outpatient treatment

Consult your doctor before checkup. If you have any concerns, call Health Promotion Division (*Kenkou Zoushinn Ka*) ☎39-9141

4

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)

Based on your results, specific health guidance and exam recommendations offered



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's health, and visits, 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 patient's registered mobile number in order to recommend future health checkups and/or provide specific health guidance.

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 the same as the Specific Health Checkup for free. Please apply for a medical exam ticket.

For details



Let's receive Special/General Health checkup once a year! !

Prevent lifestyle diseases

Detectable diseases include

Hyper tension Diabetes
Dyslipidemia
Liver Disease
Kidney Disease



Early-stage lifestyle-related diseases often present no symptoms and progress unnoticed. It is essential to get an annual health checkup, compare your results, and catch minor changes.

Eligible only for those enrolled in National Health Insurance

Improve your lifestyle by special Health Guidance

If your results indicate a high risk of metabolic syndrome, participate in the health guidance program. We suggest diet and practice which you will continue with ease, together with public health nurses and registered dietitians. Those who are subjected to the program will receive the information after exams. Please apply.



Save medical expenses

Prevention and early detection of life related disease will save us for the future. Reduction of life related diseases will lead not only to protect your health but also to help keep insurance costs from rising.

About Myna Portal

If you have a My Number Card, results from medical exams can now be viewed on your own personal Myna Portal Page. For details of Myna Portal, Scan the QR code to the right, or visit <https://myna.go.jp/>.

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/mainakenshi_nkekka.pdf for viewing your results after logging in.



Myna Portal



How to view medical exam results



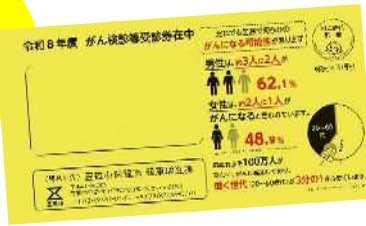
We live in an age in which 1 in 2 people will be diagnosed with some form of cancer.
When detected early, over 90% of cases are cured.



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

Have you received cancer screening ticket for R8 (2026) Fiscal year cancer screening ticket?

R8(2026)
May 1st
scheduled
arrival



With ticket

3 simple steps to your checkup

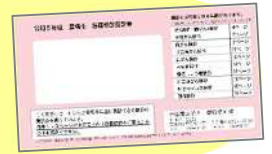
Without ticket

Apply for your screening ticket

Phone Health Promotion Division ☎39-9136
or visit Homepage



Without your Cancer screening ticket for Fiscal year 2026,
you cannot receive screenings.



Cancer screenings Age range chart

(※Age as of March 31, 2027)

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



Hepatitis Virus Testing
(free)

<You are eligible if > ①you are 40+ and have not had any screenings.

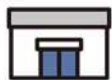
②You are 40+ and you have any disorders of your kidney in your specific health checkup in Fiscal year 2026

Simple 3 steps

Screening available : 2026 May 7th to 2027 January 31st

1

Choose a
location



Medical
Facilities



Group
Checkups

2

Make a
reservation



Phone



- Send enclosed postcard OR
- Via the Internet



3

Receive exams

exam ticket

exam fee

My number card linked to your health insurance, qualification confirmation form (Shikaku Kakuninn-sho)

Required items for exam (if necessary)

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).

As of March 2026

The list of Medical Facilities for Special/General Health Exam (Tokutei Kenkou Shinsa · Kenkou Shinsa)

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

Name of Medical Facility	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	○	
Daini Sekizen Byouin	Ooiwa-cho	39-4771		○
Esaki Byouin	Shinkawa-cho	55-2525	○	
Fujimida Clinic	Fujimida 4	39-4025		○
Fujita Naika Ichouka	Fujsawa-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	Noyondai 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	○	
Horita Naika	Fujimida 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		○
Kamata Naika Shounika	Iwata-cho	61-9700		○
Kamo Clinic	Kamo-cho	87-0888		○
Kasuya Naika Clinic	Muro Uchida-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 ※Para Ningeng Dokku	61-3024 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	○	
Midori no Clinic	Imure-kita 4	21-8510	○	
Midorigaoka iin	Tadakou 2	63-8586		○
Minamigaoka Clinic	Ooiwa-cho	65-5225		○
Mirai Medical Clinic Toyohashi	Shimoji-cho	55-8733		○
Mira-machi Clinic	Akebono-cho	38-2929		○
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	Funa-machi	54-2850		○
Murakami iin	Ooiwa-cho	41-0518		○
Muro Shinryoujo	Higashiwaki 2	31-1917		○
My Clinic Okubo Toyohashi	Hirokouji 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 Kinen Byouin	Hanei Honmachi ※For Ningeng Dokku	31-3806 39-3885	○ ○	
Naruse Hinyoukika	Ushikawa-cho	63-5100		○
Natural Family Clinic	Tame Nishi-machi 2	62-4976	○	
Nishida Medical Clinic	Yoshikawa-cho	34-5566		○
Nishiguchimachi Shin-ai Clinic	Nishiguchi-machi	35-6861	○	
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		○
Oshima 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		○
Satake iin	Ueno-cho	46-6188		○
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 Medical Clinic	Kasuga-cho 2	63-3838	○	
Sudou Naika Clinic	Yamada Niban-cho	39-8007		○
Sugura 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		○
Tame Shinryoujo	Tame Naka-machi 4	63-1181		○
Tanaka iin	Nakano-cho	45-0315		○
Tanaka Naika Clinic	Kitagawa-cho	31-3021	○	
Tashiro Hinyoukika	Hamamichi-cho	46-7611		○
Terasawa iin	Nishi Odakano 4	61-7211		○
Tooyama Clinic	Oohashi Doori 1	55-3181	○	
Toyohashi Heart Center	Ooyama-cho	37-3377		○
Toyohashi Iryou Center	Imure-cho	62-0301		○
Toyohashi Ketsueki Naika	Ejima-cho	73-7674	○	
Toyohashi Machinaka Women's Health Clinic	Ekimae Oodoori	21-7815	○	
Toyohashi Meitsu Clinic	Hirakawa Minami-machi	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	○	

This list is subject to change during the exam period.

Results Notice

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

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

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

Schedule		Appointment Deadline <small>※If applying by post, application must be received by this day</small>	Exam Details	Exam Location	Reception hours
Jun	29 (Mon)	Jun 8 (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 will need a separate cancer screening ticket for these exams listed above marked with ■. ※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.	Toyohashi Hokenjo Public Health Center (HOIPPU) The group exams on ★10/4 and ★12/13 will be held at Toyohashi SOZO University	8:30-11:25 ※Specific Health Checkup, General Health Checkup, Stomach Cancer Screening are conducted before 12:00 only.
Jul	6 (Mon)	Jun 15 (Mon)			
Aug	7 (Fri)	Jul 16 (Thu)			
	21 (Fri)	Jul 28 (Tue)			
Sep	24 (Mon)	Jul 30 (Thu)			
	14 (Mon)	Aug 24 (Mon)			
Oct	26 (Sat)	Sep 2 (Wed)			
	★4 (Sun)	Sep 9 (Wed)			
Nov	14 (Wed)	Sep 18 (Fri)			
	24 (Sat)	Oct 2 (Fri)			
Dec	9 (Mon)	Oct 16 (Fri)			
	★13 (Sun)	Oct 29 (Thu)			
Jan	14 (Mon)	Nov 20 (Fri)			
	18 (Fri)	Nov 25 (Wed)			
Jan	19 (Sat)	Nov 26 (Thu)			
	9 (Sat)	Dec 16 (Wed)			
Jan	15 (Fri)	Dec 18 (Fri)			
	18 (Mon)	Dec 21 (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.

If you require special accommodation during checkups, please call Health Promotion Division (kennkou Zoushinn Ka) ☎39-9141

※As for Cancellation of group health checkups due to natural disasters, etc, visit Toyohashi city homepage.

For cancer screening, you need 「Toyohashi City Various Medical Checkup Coupons FY2026」. If you do not have one, call Health Promotion Division (Kennkou Zoushinnka) ☎39-9136 or apply using the QR code to the right.



Making an appointment and getting exams

1 Making an appointment (pick ONE)

(1) Internet
 Once you've accessed the site, select "Toyohashi" (豊橋市) from those living in Aichi Prefecture "愛知県にお住まいの方" and enter required information.



聖隷保健事業部 集団健診

<https://www.seirei.or.jp/hoken/syuttoyo-hamamatsu/>

(2) Application postcard

Please apply with the 2026 Group Medical Exam/Checkup Guidance (令和8年度集団検診のご案内) (attached application postcard) included with the cancer screening ticket you received. A postcard is not included with the "specific/general health checkup" medical exam ticket, so please call the Health Promotion Division (39-9141)

2 Confirm an appointment

「Appointment confirmation mail」 is sent to your registered e-mail address. (SAVE)



「confirmation postcard」 is sent to your home (2-4 weeks after applying)



3 Receive tickets



「Medical questionnaire」 is sent to you from Seirei Yobou Kennshinn Center (around 5 days before your exam)

4 Get exams

Get examined at your appointment time.



<what to bring>

- ☑ exam ticket
- ☑ My number card linked to your health insurance, or qualification confirmation form (shikaku kakuninn-sho)
- ☑ your health questionnaire (問診票)
- ☑ exam fee (for cancer screenings)
- ☑ other required necessary items for exams

Appointment Cancellations/Changes

(1) appointment via Internet

Cancel using the cancellation URL in your appointment confirmation e-mail. For changes, make a new appointment after cancelling your first one.

(2) appointment by Postcard

Call ☎0120-254-021 (9~17) (excluding weekends and holidays) ※the phone number above is not for making reservation

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

	Date	Location	Application Deadline
Jun	19 (Fri)	Maeshiba Shiten	May 29 (Fri)
	24 (Wed)	Futagawa Shiten	Jun 3 (Wed)
Jul	1 (Wed)	Iwata Shiten	Jun 10 (Wed)
	13 (Mon)	Dai-6 Jigyousho※1	Jun 22 (Mon)
	14 (Tue)	Dai-3 Jigyousho※	Jun 23 (Tue)
	15 (Wed)	Takashibara Shiten	Jun 24 (Wed)
	17 (Fri)	Inami Shiten	Jun 26 (Fri)
	22 (Wed)	Isobe Shiten	Jul 1 (Wed)
	28 (Tue)	Ishimaki Shiten	Jul 7 (Tue)
	29 (Wed)	Nishi Shiten	Jul 8 (Wed)
	Aug	6 (Thu)	Takashibara Shiten
7 (Fri)		Dai-3 Jigyousho※	Jul 17 (Fri)
10 (Mon)		Honten (Main Office)※	Jul 21 (Tue)
21 (Fri)		Takatoyo Shiten	Jul 31 (Fri)
27 (Thu)		Honten (Main Office)※	Aug 6 (Thu)
28 (Fri)		Dai-6 Jigyousho※2	Aug 7 (Fri)
Sep	2 (Wed)	Yoshidagata Shiten	Aug 12 (Wed)
	4 (Fri)	Inami Shiten	Aug 14 (Fri)
	7 (Mon)	Ishimaki Shiten	Aug 17 (Mon)
	10 (Thu)	Honten (Main Office)※	Aug 20 (Thu)
	16 (Wed)	Isobe Shiten	Aug 26 (Wed)

	Date	Location	Application Deadline
Sep	17 (Thu)	Nishi Shiten	Aug 27 (Thu)
	28 (Mon)	Maeshiba Shiten	Sep 7 (Mon)
Oct	6 (Tue)	Takashibara Shiten	Sep 15 (Tue)
	7 (Wed)	Futagawa Shiten	Sep 16 (Wed)
	16 (Fri)	Honten (Main Office)※	Sep 25 (Fri)
	19 (Mon)	Dai-3 Jigyousho※	Sep 28 (Mon)
	28 (Wed)	Nishi Shiten	Oct 7 (Wed)
	30 (Fri)	Inami Shiten	Oct 9 (Fri)
	Nov	6 (Fri)	Takatoyo Shiten
10 (Tue)		Takashibara Shiten	Oct 20 (Tue)
11 (Wed)		Iwata Shiten	Oct 21 (Wed)
20 (Fri)		Dai-3 Jigyousho※	Oct 30 (Fri)
Dec	25 (Wed)	Dai-6 Jigyousho※1	Nov 4 (Wed)
	2 (Wed)	Yoshidagata Shiten	Nov 11 (Wed)
	9 (Wed)	Isobe Shiten	Nov 18 (Wed)
2027			
Jan	6 (Wed)	Futagawa Shiten	Dec 16 (Wed)
	7 (Thu)	Dai-6 Jigyousho※1	Dec 17 (Thu)
	8 (Fri)	Azumada Shiten	Dec 18 (Fri)
	12 (Tue)	Honten (Main Office)※	Dec 22 (Tue)
	13 (Wed)	Isobe Shiten	Dec 23 (Wed)

Cost & Exams

Please confirm with JA Aichi Kenshin Center (☎0561-62-3168) .



JA Toyohashi Information

For more information →

Appointments

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

会場	電話番号
Takashibara Shiten	45-7182
Futagawa Shiten	41-0527
Inami Shiten	21-1020
Takatoyo Shiten	21-2111
Honten (Main Office)※	25-7737

会場	電話番号
Isobe Shiten	45-5355
Nishi Shiten	31-9168
Maeshiba Shiten	31-3381
Yoshidagata Shiten	31-2155
Ishimaki Shiten	88-1211

会場	電話番号
Azumada Shiten	64-2131
Iwata Shiten	61-5178
Dai-3 Jigyousho※	23-1351
Dai-6 Jigyousho※1	88-1211
Dai-6 Jigyousho※2	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 Azumada, Iwata, Isobe and Maeshiba 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 take a comprehensive medical checkup (dock) for the out-of-pocket cost, which is the regular price, minus the fee for the specific health checkup."

	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. Please note that the exam fee and out-of-pocket expenses are subject to change during the fiscal year."

Exam details 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 eligible for specific health guidance, you can also receive advice for improving your lifestyle.

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 8 (2026) fiscal year.
 - You were/will be examined at your workplace during the 2026 fiscal year
- You are enrolled in National Health Insurance on the day when you receive exam.
- Your exam had the same tests, etc., as the specific health checkup
 - You submit your (unused) specific health checkup medical exam ticket for 2026 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 12, 2027



Gift

QUO Card Pay (¥1,500)

※The gifts will be distributed twice; in October 2026 and March 2027.