

2025



Health Checkup and Cancer Screening Information



Medical Examination Procedure

STEP 1

Check that you have the medical examination voucher with you

Request a voucher if you do not have one

See back cover for information on how to request it

STEP 2

Contact a designated medical institution directly and make an appointment

Designated medical institutions are listed on page 11 to 22

STEP 3

Take a medical examination

Be sure to take the sheet attached with the medical examination voucher with you

*Tax-exempt households that all household members are exempt from paying the special ward inhabitants tax **can apply in advance** for exemption of cancer screening costs. (See page 8 for details about this exemption system).

Health Checkup

See page **1** for details

Cancer Screening

See page **5** for details

Hepatitis Virus Screening

See page **9** for details

List of Medical Institutions

See page **11** for details

健康診査・がん検診の外国語版案内(英語・中国語・韓国語)があります。/健康づくり課健診係 ☎03(5273)4207(日本語対応)へご連絡ください。

Contact address about the booklet on information about health checkups and cancer screenings (English, Chinese, and Korean). /Health Checkup Section, Health Promotion Division ☎03(5273)4207(In Japanese)

健康検査、癌症筛查の外语版指南小册子(英文,中文,韩文)可直接与。/健康促进课健诊系联系。☎03(5273)4207(日语受理)

건강진단·암 검진의 외국어판 안내책자(영어·중국어·한국어)의 청구처 / 건강추진과 검진계 ☎03(5273)4207(일본어 대응)

Health Checkup

Free

Can be taken **ONCE** a year.

A medical certificate will not be issued.

| Participating institutions | Eligible persons (Shinjuku residents) | | Medical examination period | |
|---|---------------------------------------|--|----------------------------|----------------------|
| A list of medical institutions is shown on page 11 to 22. | 16 to 39 years old | <ul style="list-style-type: none"> ● People who are unable to take a medical examination at their school or place of employment, etc. | From June 1, 2025 | Until March 31, 2026 |
| | 40 to 74 years old | <ul style="list-style-type: none"> ● People who are covered by the Shinjuku National Health Insurance ● People who are currently receiving welfare assistance | | |
| | 75 years or older | <ul style="list-style-type: none"> ● People who are covered by the Tokyo Medical Care System for the Advanced Elderly (includes members who are 65 years or older) ● People who are currently receiving welfare assistance | From May 1, 2025 | |

(The age is taken as the person's age at their birthday on or before March 31, 2026)

Examination items

Required testing

Questionnaire

Body measurements

Physical examination

Blood pressure measurement

Urine test

Blood test

Thoracic X-ray examination*

- Essential for the early detection of tuberculosis and other illnesses in people who are 65 years or older
- Optional for people aged 16 to 64, available upon request.

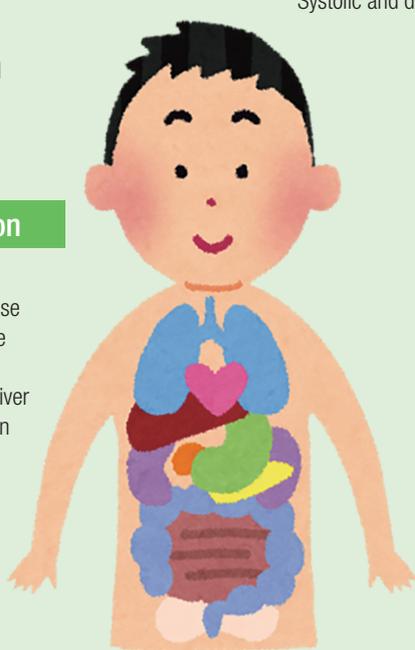
- An electrocardiogram test and/or ophthalmoscopy (for persons aged 40 years or older) may be performed if deemed necessary by the physician.

*For people who are 65 years or older
Approximately 44% of patients who newly contracted tuberculosis in 2023 were 65 years or older.
It is important to take this test once a year.

What kind of diseases can be detected?

More than **20** signs of disease can be detected by simply taking a few tests.

In addition to the diseases shown below, testing may lead to discovering a variety of diseases.



Blood lipids

Disease signs

- Dyslipidemia
- Arteriosclerosis

Test details

LDL cholesterol
HDL cholesterol
Triglycerides

Blood pressure

Disease signs

- Hypothyroidism
- Fatty liver
- High blood pressure
- Arteriosclerosis

Test details

Systolic and diastolic blood pressure

Blood sugar

Disease signs

- Diabetes
- Chronic pancreatitis
- Diabetic nephropathy

Test details

Blood sugar
HbA1c

Liver function

Disease signs

- Alcoholic liver disease
- Obstructive jaundice
- Cholelithiasis
- Hepatitis
- Fatty liver
- Myocardial infarction
- Polymyositis
- Liver cirrhosis
- Liver cancer

Test details

γ-GT (γ-GTP)
AST (GOT), ALT (GPT)

Kidney function

Disease signs

- Glomerulonephritis
- Diabetic nephropathy
- Nephrotic syndrome

Test details

Urine protein
eGFR

Blood test details

Total protein, albumin, AST (GOT), ALT (GPT), ALP, γ-GT (γ-GTP), urea nitrogen, creatinine, eGFR, uric acid, total cholesterol, triglycerides, HDL cholesterol, LDL cholesterol, Non-HDL cholesterol, blood sugar, HbA1c (NGSP value), white blood cell count, red blood cell count, hematocrit value, hemoglobin content, platelet count

Notes Before Health Checkup

☑ Checking questions



Please be sure to check the questions listed on the medical consultation form provided by the medical institution.

76 years or older P.3

75 years or younger P.4

☑ Taking oral medication



If you are taking any medication, please consult the attending physician about how you should take the medicine on the day of the checkup.

☑ Do not eat anything during the 10 hours before the checkup



Do not eat or drink anything other than water during the 10 hours before the checkup to ensure accurate blood test results. For more information, please follow the instruction given by the medical institution where you will take the medical examination.

☑ Drinking alcohol and strenuous exercise the day before



Please do not consume alcohol or take part in strenuous exercise the day before the checkup.

☑ Clothing



The checkup includes tests such as measuring around your abdomen and electrocardiography so wear loose fitting clothes for the checkup.

☑ Insurance card



You will need to verify your address and that you are insured so please bring your My Number card as Health Insurance Certificate on the day of the checkup (people who are currently receiving welfare assistance do not need to do this).

Health Checkup

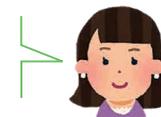
Q & A

Q I'm busy and can't get time off work so what should I do?



A Busier people tend to be more prone to lifestyle diseases. A health checkup is necessary to ensure that you can lead a healthy lifestyle. Some medical institutions are also open on Sundays. See page 11 for medical institutions that are open on Sundays.

Q How much does it cost?



A Shinjuku will pay the full amount of the health checkup cost.

The normal health checkup cost is around 13,000 yen



Free

Q I had a health checkup last year so can I skip it this year?



A Lifestyle diseases can progress without the patient feeling any symptoms. It is important to check for any changes in your health by taking a medical examination once a year, even if there were no problems in your results last year.

Q I'm receiving treatment at a hospital right now. Can I skip the checkup this year?



A People who are visiting a hospital to receive regular treatment are also eligible for the health checkup. The health checkup has a different purpose to the tests conducted for "medical treatment" at a hospital. Therefore, people who are visiting a hospital to receive regular treatment should consult the attending physician and then take the health checkup.

Health checkups for people and their dependents who are between the age of 40 to 74 and are covered by a health insurance other than the Shinjuku National Health Insurance (such as the Health Insurance Association, Mutual Aid Association, Japan Health Insurance Association and National Health Insurance Society) are conducted by each medical care insurer. For more information, please contact your medical care insurer.

In addition, people between the age of 40 to 74 who have switched over from Shinjuku National Health Insurance to social insurance on the date of the checkup are unable to take the health checkup.

The health checkup sheet will be inspected and viewed by an agency and it will be submitted to the government anonymously for performance reporting purposes. Furthermore, any results from the health checkup will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in maintaining and promoting everyone's health as well as for statistical purposes.

The medical consultation form (duplicate) provided by the medical institution has a list of questions. When you undergo a health checkup, you need to complete the questions on the medical consultation form (duplicate), so be sure to check the questions listed in the example below prior to your medical examination.

The purpose of this example is for you to check the questions. When you receive the medical consultation form (duplicate) at the medical institution, you will need to write the answers to the questions directly on the form.

People who are 76 years or older

| | | | |
|----|--|-----------------------------|-------------------------|
| 1 | How would you describe your current state of health? | 1 Excellent | 4 Not very good |
| | | 2 Good | 5 Poor |
| | | 3 Average | |
| 2 | Are you satisfied with your daily life? | 1 Satisfied | 3 Somewhat dissatisfied |
| | | 2 Somewhat satisfied | 4 Dissatisfied |
| 3 | Do you eat three meals a day? | 1 Yes | 2 No |
| 4 | Do you find it more difficult to eat hard foods * compared to six months ago? * Dried squid, takuan (pickled radish), etc. | 1 Yes | 2 No |
| 5 | Do you ever choke on tea, soup, or other liquids? | 1 Yes | 2 No |
| 6 | Did you lose 2–3 kg or more in the last six months? | 1 Yes | 2 No |
| 7 | Do you think your walking speed has slowed down compared to before? | 1 Yes | 2 No |
| 8 | Have you ever tripped/fallen in the past year? | 1 Yes | 2 No |
| 9 | Do you exercise (go on walks, etc.) one or more times a week? | 1 Yes | 2 No |
| 10 | Do people around you tell you that you are forgetful, such as “You always ask the same thing”? | 1 Yes | 2 No |
| 11 | Do you ever get confused about what date it is? | 1 Yes | 2 No |
| 12 | Do you smoke cigarettes? | 1 Smoke | 3 Quit smoking |
| | | 2 Do not smoke | |
| 13 | Do you go out one or more times a week? | 1 Yes | 2 No |
| 14 | Do you normally socialize with your family and/or friends? | 1 Yes | 2 No |
| 15 | Is there anyone nearby whom you can consult if you’re not feeling well? | 1 Yes | 2 No |
| 16 | Can you hear well? | 1 Can hear | 3 Hard to hear |
| | | 2 Can hear if voice is loud | |

People who are 75 years or younger

*If you are aged 16–39 years, please do not answer Q23.

Oral medications (Q1-Q3)

For Q1-Q3, please answer whether or not you are taking medication as part of treatment, not whether or not you have taken medication on the day of your health check-up.

| | | | |
|----|---|--|---|
| 1 | If currently being treated for hypertension, are you taking medicine to reduce blood pressure? | 1 Yes | 2 No |
| 2 | If currently being treated for diabetes, are you taking insulin injections, or other medicine to reduce blood sugar? | 1 Yes | 2 No |
| 3 | Are you taking any medication to lower your cholesterol or triglycerides? | 1 Yes | 2 No |
| 4 | Have you ever been treated for or told by a doctor that you had a stroke such as a cerebral hemorrhage or cerebral infarction? | 1 Yes | 2 No |
| 5 | Have you ever been treated for or told by a doctor that you have a heart disease such as angina pectoris or cardiac infarction? | 1 Yes | 2 No |
| 6 | Have you been told by a doctor that you have chronic kidney disease or kidney failure, or are you being treated for such (dialysis)? | 1 Yes | 2 No |
| 7 | Have you ever been told by a doctor that you are anemic? | 1 Yes | 2 No |
| 8 | Do you currently smoke habitually? (A "Person who currently smokes habitually" meets both conditions 1 and 2.) Condition 1: Smoked in the past month. Condition 2: Smoked for more than 6 months in my life, or smoked a total of at least 100 cigarettes. | 1. Yes (meets both conditions 1 and 2) 2. I used to smoke, but haven't in the past month (Meets condition 2 only). 3. No (other than 1 and 2) | |
| 9 | Have you gained weight 10kg or more in the past few years? | 1 Yes | 2 No |
| 10 | Have you exercised to the point of breaking a light sweat for 30 minutes or more two times or more a week for over a year? | 1 Yes | 2 No |
| 11 | Do you walk or do equivalent physical activities for an hour or more per day daily? | 1 Yes | 2 No |
| 12 | Do you walk faster in comparison with someone of the same age and sex as you? | 1 Yes | 2 No |
| 13 | Which of the following is true about how you chew when eating? | 1. I can chew any food I eat. 2. Due to problems with my teeth, gums, or bite, sometimes it is difficult for me to chew. 3. It is almost impossible for me to chew. | |
| 14 | Do you eat faster in comparison with others? | 1 Fast | 2 Normal 3 Slow |
| 15 | Do you eat dinner within 2 hours before going to sleep 3 times a week or more? | 1 Yes | 2 No |
| 16 | How often do you have snacks, or sweetened drinks, between meals? | 1. Everyday | 2. Sometimes 3. Rarely |
| 17 | Do you skip breakfast 3 times a week or more? | 1 Yes | 2 No |
| 18 | How often do you drink alcohol (sake, beer, shochu, foreign liquor, etc.)? ("I quit" refers to a person who previously and habitually drank at least once a month, but hasn't had a drink in over one year.) | 1. Every day 2. 5 to 6 days a week 3. 3 to 4 days a week 4. 1 to 2 days a week | 5. 1 to 3 days a month 6. Less than 1 day a month 7. I quit 8. I don't/can't drink |
| 19 | How much do you drink alcohol per day when you drink? One cup of sake (alcohol content: 15%/180 ml) as a guideline: beer (5%/500 ml), shochu (25%/approx. 110 ml), wine (14%/approx. 180 ml), whiskey (43%/60 ml), canned chuhai (5%/approx. 500 ml, 7%/approx. 350 ml) | 1. Less than 1 cup 2. Less than 1 to 2 cups 3. Less than 2 to 3 cups | 4. Less than 3 to 5 cups 5. 5 cups or more |
| 20 | Do you sleep well and get enough rest? | 1 Yes | 2 No |
| 21 | Do you think you need to improve your physical exercise, dietary or other lifestyle habits? | 1. No, I don't think so. 2. I will improve them within about 6 months. 3. I will improve them within about 1 month and have already started, step by step. 4. I have already engaged in activities to improve them (for less than 6 months). 5. I have already engaged in activities to improve them (for 6 months or more). | |
| 22 | Have you received health guidance regarding improving your daily habits? | 1 Yes | 2 No |
| 23 | (For those aged 65 or above) Do you hear well? | 1. I hear well. | 2. I hear if spoken loudly. 3. I don't hear well. |

Cancer Screening

You can take this examination regardless of the type of health insurance that you are covered by, and at **approximately 10% of the amount** it would cost to take the examination at your own expense.

It is important to continue to undergo cancer screening for the early detection and early treatment of cancer.

| Participating institutions | Medical examination period | | |
|---|----------------------------|-------------------|--|
| A list of medical institutions is shown on page 11 to 22. | 74 years or younger | From June 1, 2025 | Until March 31, 2026 <i>*Note that this is until <u>January 31, 2026</u> for gastroscopy</i> |
| | 75 years or older | From May 1, 2025 | |

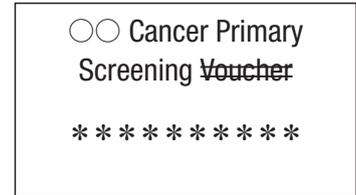
| Types of cancer screening | | Copayment amount | Eligible persons (Shinjuku residents) | Frequency |
|--|--|------------------|--|---|
| Stomach cancer | Gastroscopy (stomach endoscope) <i>Until January 31, 2026</i> | 2,000 yen | 50 years or older <i>*(1) Residents who received the city's gastroscopy in the previous fiscal year are not eligible for the city's stomach cancer screening (gastroscopy or gastrointestinal X-ray examination) in the following fiscal year.</i> <i>(2) Gastrointestinal X-ray examinations can also be taken by people aged between 40 to 49</i> | Once every 2 years <i>*Can be take every year when continuing to undergo gastrointestinal X-ray examination</i> |
| | Gastrointestinal X-ray examination (barium) | 1,900 yen | | |
| Colorectal cancer (fecal occult blood test) | | 600 yen | 40 years or older | Once a year |
| Lung cancer | Thoracic X-ray examination | 900 yen | 40 years or older | Once a year |
| | Thoracic X-ray examination and sputum cytology | 1,200 yen | People who are 50 years or older with a high smoking index | |
| Cervical cancer (cervical cytology) | | 900 yen | Women of 20 years or older of an even-numbered age <i>*Women who are of an odd-numbered age and did not undergo the examination last fiscal year can take this examination</i> | Once every 2 years |
| Breast cancer (mammography) | | 800 yen | Women of 40 years or older of an even-numbered age <i>*Women who are of an odd-numbered age and did not undergo the examination last fiscal year can take this examination</i> | Once every 2 years |
| Prostate cancer (PSA test) <i>* This differs to the five cancer screening categories shown above. It is an examination that lies outside the national guidelines as cancer screening conducted by the local government.</i> | | 200 yen | Men of 50 years or older | Once a year |

*The age is taken as the person's age at their birthday on or before March 31, 2026

- Be sure to take your **medical examination voucher, My Number card as Health Insurance Certificate** with you.

If you wish to undergo a health checkup/screening that is shown with asterisks (***) next to it on the Medical Examination Voucher Sheet (see diagram at right), please contact the Health Checkup Section, Health Promotion Department (☎03-5273-4207).

- An exemption system for copayment of cancer screening is available for tax-exempt households that all household members are exempt from paying the special ward inhabitants tax (all members of the household must be tax-exempt) **if you carry out the application procedures in advance**. For more information, please see “Cancer screening Q&A” on page 8.
- **If you have any subjective symptoms, instead of undergoing cancer screening, visit a medical institution to take a medical examination immediately.**
- **If you are currently undergoing treatment for an illness or have a pre-existing condition, please consult the medical institution.**
- Examinations may be unavailable or canceled based on the medical institution's decision, with a shift to paid consultation.



↑ Vouchers with asterisks (***) as shown on the right

| Cancer screening details and notes | About subjective symptoms |
|---|---|
| <ul style="list-style-type: none"> ● An endoscopic camera is inserted through your mouth or nose to inspect the inside of your stomach. ● If a tissue sample is taken during the test, this procedure will incur an additional cost since this is regarded as insured medical care. ● An additional cost will also be incurred if a test for infectious diseases is conducted or any additional medicine is used during the screening process. ● Listen to the physician's explanation before the examination and then sign your name in the agreement section. ● Dietary restrictions apply from the day before the examination. For more information, please follow the instruction given by the medical institution where you will take the medical examination. | <ul style="list-style-type: none"> ● You will be notified of the results of the cancer screening by the medical institutions within about 4 weeks. After the cancer screening, please visit the medical institution to receive an explanation about the results at the instructed date and time (you may receive your results in the mail depending on the medical institution). |
| <ul style="list-style-type: none"> ● You will drink a barium solution and then pictures of your stomach will be taken using x-rays. ● Dietary restrictions apply from the day before the examination. For more information, please follow the instruction given by the medical institution where you will take the medical examination. | |
| <ul style="list-style-type: none"> ● This is a test to detect blood in a stool sample. You will collect 2-days worth of stool samples at home before the examination. ● The medical institution will send you a testing kit. | |
| <ul style="list-style-type: none"> ● Pictures of your chest will be taken using x-rays from both the front and side. | |
| <ul style="list-style-type: none"> ● Pictures of your chest will be taken using x-rays from both the front and side. ● Additionally, a sputum cytology is conducted for people with a smoking index [average number of cigarettes smoked per day x number of years smoking] of 600 or higher (including past smoking). | |
| <ul style="list-style-type: none"> ● A visual and internal examination is conducted, and cells are collected using a dedicated tool. <p>*Please avoid taking the test during your menstrual period.</p> | |
| <ul style="list-style-type: none"> ● A machine referred to as a mammography is used to compress the breast between two firm surfaces and then an x-ray captures images. Women of 40 to 49 years old: Images taken from 2 directions / Women of 50 years or older: Images taken from 1 direction <p>*Women who have breast fed within the last 6 months should contact the medical institution and inquire in advance whether they can be screened or not.</p> <p>*If any of the following (1) to (5) applies, you cannot undergo breast cancer screening.</p> <ol style="list-style-type: none"> (1) If you have been fitted with a medical device such as a cardiac pacemaker, CV port or V-P shunt (2) If you have had breast augmentation surgery (3) If you are currently breastfeeding (4) If you are currently pregnant or there is a possibility that you are pregnant (5) If the physician decides that a mammography test is not appropriate | |
| <ul style="list-style-type: none"> ● Blood is collected to measure PSA, which is a tumor marker for prostate cancer. <p>*Those who are eligible for the health checkup are required to undergo the cancer screening at the same appointment. When making an appointment for or undergoing the health checkup, please tell the medical institution that you also wish to undergo prostate cancer screening and bring your Health Checkup and Prostate Cancer Primary Screening Voucher to your appointment.</p> | |

*Any results from the cancer screening and detailed examination will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in statistics to promote everyone's health as well as improve the quality of medical examinations.

*Screening is conducted through cooperation between the local government and each medical institution. Results from detailed examinations will be shared with the relevant institutions.

*If an illness is discovered that requires treatment, it is regarded as insured medical care.

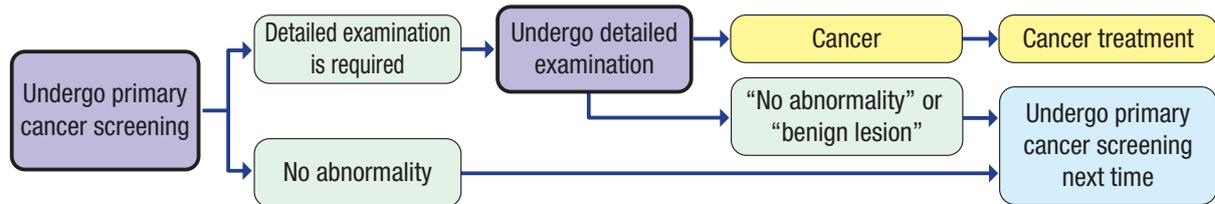
Cancer Screening

What you need to know

Currently, cancer is the leading cause of death among Shinjuku residents. Cancer that can be detected and treated early on has increased due to the progress made in the diagnosis and treatment of cancer. Cancer screening has both advantages and disadvantages. However, conducting proper screening using correct procedures can reduce death due to cancer.

1 Cancer Screening Procedure

Cancer screening involves examining whether “detailed examination is required” or if “no abnormalities” are found. If a “detailed examination is required”, the patient will undergo a “detailed examination”. Cancer screening refers to all processes performed until it can be established that the patient “has cancer” or “does not have cancer”.



2 Detailed Examination Method

| Types of cancer screening | Main detailed examination methods |
|---------------------------|--|
| Stomach cancer | ● Gastroscopy |
| Colorectal cancer | ● Total colonoscopy ● Sigmoidoscopy combined with a barium enema examination |
| Lung cancer | ● CT scan ● Bronchoscopy |
| Cervical cancer | ● Biopsy during colposcopy and cytology combined with HPV testing |
| Breast cancer | ● Additional mammography images ● Ultrasound examination ● Fine needle aspiration biopsy and needle biopsy |

3 Cancer Screening Advantages and Disadvantages

Correctly understand the advantages and disadvantages to acquire proper knowledge before undergoing cancer screening.

Advantages

(1) Provides early detection and early treatment of cancer to save your life

The most significant advantage of cancer screening is that it can detect cancer during the early stages and save your life.

(2) Simplifies cancer treatment

Cancer screening is for “healthy people who have no symptoms when they undergo the screening”. Therefore, screening enables cancer to be easily discovered at the “early stages” and almost all early-stage cancers are curable. Moreover, the treatment is less stressful on the body.

(3) Peace of mind knowing that there are “no abnormalities”

Receiving cancer screening results that show “no abnormalities” can provide peace of mind to a patient.

Disadvantages

(1) Cancer screening does not necessarily discover 100% of the time (false negative)

No matter how good the test is, accuracy is not 100%. If the cancer is too small, located in a hard to find place, or has a shape that is difficult to see, the cancer may be missed even during an examination. When a cancer is missed it is referred to as a “false negative”, and is different depending on the type of cancer and accuracy of the test or examination.

(2) Results in unnecessary treatment and testing (overdiagnosis and false positive)

Some cancers discovered during screening are microscopic and may not become advanced cancer later on. Treatment in such cases may not be actually necessary, and this is referred to as “overdiagnosis”. Furthermore, if a “suspected cancer” has been determined during cancer screening, it is necessary to always undergo a detailed examination. However, there are many cases in which the results of the detailed examination show that “it was not cancerous”. This is referred to as a “false positive”. Such false positive results are to some extent unavoidable.

(3) Medical examinations and test can cause procedural accidents

In rare instances, accidents and such may occur when a patient undergoes testing as part of an examination. This is referred to as “procedural accidents”. Such accidents have a low probability of occurring but it is impossible to have zero chance of procedural accidents no matter how carefully the test or examination is conducted.

(4) The psychological effect of screening

When undergoing cancer screening, it will cause psychological stress to some people. When a patient receives a result of a “suspected cancer” during screening, they must undergo a detailed examination. However, they will experience a significant amount of psychological stress while waiting for the results of the test.

The 5 Types of Cancer Screening Recommended by the Government

Scientific methods have verified that there is reduced mortality from cancer, and the government has established cancer screening since the advantages of screening outweigh the disadvantages. The following 5 types of cancer screening are recommended by the government.

Stomach cancer

Many people are affected by this cancer in their 50s and older. This is one of the leading cause of death from cancer.

Colorectal cancer

There is an increase in the number of people affected by this cancer. This is one of the leading cause of death from cancer.

Lung cancer

This is one of the leading cause of death from cancer. Smoking is the biggest cause of lung cancer. However, there is also a high risk among people who do not smoke cigarettes due to passive smoking.

Cervical cancer

A relatively high number of women are affected by this type of cancer. There has been an increase in recent years among women particularly in their 20s to 40s.

Breast cancer

Many women are affected by this type of cancer. This is one of the leading cause of death from cancer.

Cancer Screening

Q & A

Q Is there an exemption system for copayment of cancer screening?



A The following people are exempt from copayment.

(1) Tax-exempt households that all household members are exempt from paying the special ward inhabitants tax (all members of the household must be tax-exempt)

→ You must apply for this in advance at the city office contact counter. Exemptions cannot be given (in the form of refunds) after you have taken the examination.

Before taking the examination, fill in the required information in the “About exemption of copayment for Shinjuku cancer screening, etc. (Exemption Confirmation Agreement)” section of your medical examination voucher, and then submit it to the Health Checkup Section, Health Promotion Division or your local public health center contact counter.

(2) People who are receiving support benefits for remaining Japanese in China and welfare assistance

→ There is no need to apply for exemption. “Exempt” is already printed in the “Copayment amount” section of the medical examination voucher.

If a monetary amount is listed in the “Copayment amount” section of the medical examination voucher, please contact the Health Checkup Section, Health Promotion Division (☎03-5273-4207).

Q Up to what date can I take the gastroscopy examination?



A Until January 31, 2026.

You can take the gastroscopy examination if you are 50 years or older and did not take a gastroscopy examination last fiscal year. It may not be possible to make an appointment near the end of the examination period. Please make an appointment as early as possible.

Q Can I have a breast ultrasound or colonoscopy during my Shinjuku checkup?



A This is not possible.

As a general rule, Shinjuku conducts cancer screening recommended by the government. If you wish to have an examination not conducted by the city such as a breast ultrasound or colonoscopy, please take these tests at your own expense.

Hepatitis Virus Screening

Free

*You can undergo this screening only once while living in Shinjuku. A blood test (blood is drawn) is performed for this test.

Hepatitis virus screening provides you with an awareness of whether you have contracted the hepatitis B or hepatitis C virus. Screening is done for the purpose of receiving medical treatment as required to prevent health problems due to hepatitis and either reduce or delay the progress of its symptoms.

| Participating institutions | Eligible persons (Shinjuku residents) | | Medical examination period | |
|---|---------------------------------------|---|----------------------------|-----------------------------|
| A list of medical institutions is shown on page 11 to 22. | 40 to 74 years old | City residents who are 40 years or older and have never had a hepatitis virus screening | From June 1, 2025 | Until March 31, 2026 |
| | 75 years or older | | From May 1, 2025 | |

(The age is taken as the person's age at their birthday on or before March 31, 2026)

Please check your hepatitis virus medical examination voucher

● For those who are listed as **Implementation type: Simultaneous implementation**



The medical examination will be carried out **at the same time as your health checkup (P. 1)**.

*Persons eligible to undergo a health checkup may not take the Hepatitis Virus Medical Screening alone.

● For those who are listed as **Implementation type: Separate**



You can undergo **the hepatitis virus screening only (separately)**.

● * * * * * For those who are marked with asterisks



Please inquire with the health checkup staff if you wish to undergo the medical examination.

● Persons who are listed as **Already Undergone Hepatitis Virus Screening/Ineligible** may not undergo the hepatitis virus screening.

● Persons who are listed as **Not eligible to be sent a hepatitis virus medical screening voucher** may not undergo the hepatitis virus screening.

*Any results from the hepatitis virus screening will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in maintaining and promoting everyone's health as well as for statistical purposes.

People who are between the age of 40 to 74 and are covered by the Shinjuku National Health Insurance

For people taking a complete medical checkup or the employee health checkup*1

~ Please submit the results of your health checkup ~



*1 The employee health checkup is implemented by employers to check the health of their employees based on the Industrial Safety and Health Act.

When you have submitted your results from a complete medical checkup, the employee health checkup or similar medical examination that covers all of the required items, you are regarded as having taken a Shinjuku specific health checkup, and if eligible, you will be able to receive free health assistance such as health guidance on P.10. Please contact us for more information about the submission method and what items are required.

Eligibility >> People who are between the age of 40 to 74 and are covered by the Shinjuku National Health Insurance, and have not taken the Shinjuku specific health checkup but have instead taken a complete medical checkup or employee health checkup.

Contact information >> Supervisor for receiving complete medical checkup results, etc., Health Checkup Section, Health Promotion Division, Health Department, Shinjuku
TEL : 03 (5273) 4207 FAX : 03 (5273) 3930

Any submitted results from a complete medical checkup or employee health checkup will be registered as digital data and appropriately managed based on the Personal Information Protection Act for use in maintaining and promoting everyone's health as well as for statistical purposes.

Health Guidance, etc.

~ After taking the health checkup ~

If your health checkup results **correspond to ① to ③ below**, about 2 months after you took the health checkup **you will receive information in one of the following envelopes (see samples)**. For more information, please read through the pamphlet.

① Specific Health Guidance & Non-Obese Health Guidance

Appointment required / Free

People who are between 40 to 74 years old and are covered by the Shinjuku National Health Insurance and have a high risk of lifestyle diseases based on the results of their health checkup are provided with assistance to improve their lifestyle from specialists (such as registered dietitians, public health nurses and doctors).

Details

Assistance by phone or interviews (for 3 months)



Participating institutions & interview location

Specific health guidance

Private contractor (venue: each public health center)
or
Medical institutions conducting specific health guidance
*See page 24 for a list of medical institutions.

Non-obese health guidance

Private contractor (venue: each public health center)
*Online consultation services are also provided.



Specific health guidance



Non-obese health guidance

② Recommendation to Be Examined at a Medical Institution

Information is sent to people whose test results recommend that they be examined at a medical institution. Be sure to take an examination at a medical institution as soon as possible.

*Health consultations with the medical institution and treatment fall under healthcare services provided by health insurance (require payment).



Recommendation to Be Examined at a Medical Institution

③ Health Consultation

Appointment required / Free

Specialists (such as public health nurses, registered dietitians and dental hygienists) provide private consultations concerning health such as lifestyle diseases, periodontal disease, osteoporosis, women's health, and quitting smoking.



Health Consultation

Participating location

- Ushigome Public Health Center
- Higashi-Shinjuku Public Health Center
- Yotsuya Public Health Center
- Ochiai Public Health Center

Health checkup results are a record of your health at the point you took the health checkup. Understand your health condition, and use the information provided to make decisions concerning your future lifestyle. Be sure to take the health checkup every year to remain healthy for as long as possible.



Dental Health Checkup, etc.

Dental Health Checkup & Advanced Elderly Dental Health Checkup

All residents who are 16 years or older and live in the city can take the health checkup once a year. Please contact us using the phone number shown below if you do not have a dental health checkup card or an advanced elderly dental health checkup card.

If you are a person who requires nursing care and find it difficult to come to the hospital, a visitation service is available to perform the dental health checkup.

[Dental Health Checkup] can be taken every year

| | |
|----------------------------|---|
| Dental examination period | From June 1, 2025 to December 28, 2025 |
| Eligible persons | Residents between the age of 16 to 75 (Medical Examination Vouchers are sent to city residents aged 20, 30, 40, 50, 60, and 70 years. If you wish to undergo a dental health checkup and you are not any of those ages, please contact the city office department shown below.) |
| Participating institutions | Designated dental clinics located in the city |
| Cost | 400 yen (Cost exemption is available.) |
| Details | Questionnaire and oral examination (checking such as the teeth, gums and oral hygiene), as well as advice |



[Advanced Elderly Dental Health Checkup] can be taken every year

| | |
|----------------------------|--|
| Dental examination period | From June 1, 2025 to December 28, 2025 |
| Eligible persons | Residents who are 76 years or older (Medical Examination Vouchers are sent to city residents aged 76 and 80 years. If you wish to undergo a dental health checkup and you are not any of those ages, please contact the city office department shown below.) |
| Participating institutions | Designated dental clinics located in the city |
| Cost | Exempt |
| Details | Questionnaire and oral examination (checking such as the teeth, gums, ability to chew and swallow), as well as advice |

*The age is taken as the person's age at their birthday on or before March 31, 2026

*Health checkups are free of charge for persons aged 70 years or older, members of households receiving welfare benefits, and members of households receiving support benefits for Japanese people left behind in China after World War II.

*There is a system of exemption from copayment for tax-exempt households that all members are exempt from residence tax.

*If the results of the health checkup indicate that you require treatment, as a general rule please undergo another medical examination on another day.

*Medical certificates are not issued.

Person in charge

Health Services Section, Health Promotion Division

TEL: 03 (5273) 3047 / FAX: 03 (5273) 3930

E-application

You can apply using either the URL below or the 2D code shown to the right.

<https://logoform.jp/form/kubz/828998>



Fax Sheet to Request Medical Examination Vouchers for the Health Checkup and Cancer Screening

Please use this fax sheet when requesting additional medical examination vouchers.

*Please contact the medical institution directly to apply for the health checkup and cancer screening.

| | |
|---------|---|
| Fax to: | Health Promotion Division 03 (5273) 3930 |
|---------|---|

Fill out the form below (only the thick-bordered box) and then send it by fax.

You will be sent Medical Examination Vouchers for all of the health checkups/cancer screenings that are available in FY 2025.

| | | | |
|-----------------------|--|----------|--|
| Furigana | | | |
| Full name | | Birthday | Meiji / Taisho / Showa / Heisei / Western calendar / / () years old |
| Address | Shinjuku | | |
| Telephone | | Gender | Male / Female |
| Your health insurance | <input type="checkbox"/> Shinjuku National Health Insurance <input type="checkbox"/> Medical Care System for the Advanced Elderly <input type="checkbox"/> Currently receiving welfare assistance or similar <input type="checkbox"/> Other health insurance (social insurance such as the Health Insurance Association, Mutual Aid Association or National Health Insurance Association) | | |

| Type of Health (Medical) Checkups | Eligible persons (Shinjuku residents) <small>*The age is taken as the person's age at their birthday on or before March 31, 2026</small> |
|--|--|
| Health checkup | Please see page 1 for people who are eligible for the health checkup. |
| Hepatitis virus | Please see page 9 for people who are eligible for hepatitis virus screening. |
| Stomach cancer | People who are 50 years or older and did not take a gastroscopy examination last fiscal year *People in their 40s can take a gastrointestinal X-ray examination. |
| Colorectal cancer | People who are 40 years or older |
| Lung cancer | People who are 40 years or older |
| Cervical cancer | Women of 20 years or older (of an even-numbered age) *Women who are of an odd-numbered age and did not undergo the examination last fiscal year can also take this examination. |
| Breast cancer | Women of 40 years or older (of an even-numbered age) *Women who are of an odd-numbered age and did not undergo the examination last fiscal year can also take this examination. |
| Prostate cancer | Men of 50 years or older |
| Dental health checkup & Advanced elderly dental health checkup | Residents of 16 years or older (June 1 to December 28) *People of 76 years or older will receive the advanced elderly dental health checkup. |

Notes

- It will take about 1 week from the time of your request until the medical examination vouchers are sent to you.
- Medical examination vouchers that you are not eligible for cannot be sent.
- If you are not eligible to receive the health checkup or screening on the day of the examination, you will not be able to take the examination.
- Hepatitis virus screening and prostate cancer screening for people eligible for the health checkup can only be taken at the same time as the health checkup.

| 新宿区処理欄 | |
|--------|--------|
| 受診番号 | |
| ご案内 | 要 ・ 不要 |
| 同意書 | 要 ・ 不要 |

| 受付者 | 確認者 | | |
|-----|-----|---|---|
| | 1 | 2 | 3 |

Preventing Depression

The society we live in can be stressful. Do you feel mentally exhausted?

It is said that about 1 in 15 people in Japan suffer from depression during their lifetime. It is an illness that can affect anyone.

When you feel mentally exhausted, various physical symptoms may occur. If you fail to notice the symptoms, it may prolong the illness. However, people can quickly recover if the illness is detected and quickly treated.

Mental Health Self-Check Sheet

Think about how you have felt over the last 2 weeks when answering these questions.

Circle "Yes" or "No", if the description below fits you well.

| | | |
|---|-----|----|
| 1. You feel losing a sense of fulfillment in your daily life. | Yes | No |
| 2. You can no longer enjoy an activity you used to enjoy. | Yes | No |
| 3. You don't feel like doing something you previously found easy to do. | Yes | No |
| 4. You feel you are not a socially valuable person. | Yes | No |
| 5. You feel tired even when you haven't done anything special. | Yes | No |

Source: "Manual for Promoting Measures Against Depression" Committee on Regional Depression Measures, Ministry of Health, Labour and Welfare of Japan

If you answered "Yes" to 2 or more questions, and this has continued for 2 weeks or more and you feel distressed and it is posing a problem in your life, we recommend that you contact a neurologist, psychiatrist or the health center as soon as possible to receive a consultation.

To Prevent Depression

1. Try not to change your daily routines.
2. Make sure you have a good sleep.
3. Make simple relaxation practices a part of your daily routine.
4. Enjoy hobbies and/or sports you like at your own pace.
5. Find a trustworthy person who you can ask advice from or grumble to.
6. Take a rest when you push yourself too hard.

If you see any signs of possibly having depression, immediately consult a specialist and take an examination as soon as possible.

It is also important for family and friends to notice signs of depression and respond accordingly!



Providing consultation about mental health issues

If you wish to receive consultation, please contact the public health center responsible for the area where you live.

Public health centers provide consultation from **specialists in the areas of depression, mental health and addiction.**



Ushigome Public Health Center

☎ (3260) 6231

FAX (3260) 6223

Yotsuya Public Health Center

☎ (3351) 5161

FAX (3351) 5166

Higashi-Shinjuku Public Health Center

☎ (3200) 1026

FAX (3200) 1027

Ochiai Public Health Center

☎ (3952) 7161

FAX (3952) 9943



Dementia doesn't exclusively affect older people



Dementia can also onset even among people in the 30s to 50s as well.

Dementia is not something you can neglect of even if you're young

“Young-onset dementia” is defined as the onset of symptoms before the age of 65.

Statistics show that the average age at which young-onset dementia occurs is “around the age of 54”.



At any age...

“if you feel something is strange”, that can be an important sign.

| | |
|-----------------------|---|
| Changes at workplace | <input type="checkbox"/> You have more troubles with your daily works and/or make more mistakes than you usually do. <input type="checkbox"/> You have difficulty remembering the names of your colleagues and/or business partners. <input type="checkbox"/> You have difficulty understanding instructions. <input type="checkbox"/> You feel more disorganized and/or can become confused about the order of priority <input type="checkbox"/> You forget appointments and/or get more forgetful. etc. |
| Changes in daily life | <input type="checkbox"/> You cannot remember where you left your wallet or keys. <input type="checkbox"/> You forget how to calculate money or how to read words. <input type="checkbox"/> You cannot drive a car appropriately. <input type="checkbox"/> You get lost in a place you are familiar with. <input type="checkbox"/> You become indifferent to your appearance. etc. |

Source: Gozonjidesuka? Jakunenseininchisho (Do you know about early onset dementia?), Dementia Care Research and Training Obu Center, April 2018

You may think like “I’m young so I’ll be fine”, “It’s just part of getting old” or “I’m healthy so I’ll never get dementia”. However, when you are concerned about any of the symptoms mentioned above, **please ask us for a consultation as soon as possible because it allows you to detect and receive treatment before more serious symptoms are developed.**

Ask the public health center for a consultation on young-onset dementia

Public health centers provide consultation from specialists in the areas of depression, mental health and addiction.

| | | |
|---------------------------------------|---------------|----------------|
| Ushigome Public Health Center | ☎ (3260) 6231 | FAX(3260) 6223 |
| Yotsuya Public Health Center | ☎ (3351) 5161 | FAX(3351) 5166 |
| Higashi-Shinjuku Public Health Center | ☎ (3200) 1026 | FAX(3200) 1027 |
| Ochiai Public Health Center | ☎ (3952) 7161 | FAX(3952) 9943 |



*Depending on the situations, we may introduce you to a relevant institution.

★ For dementia in people of over 65 years, please ask the General Consultation Center for the Elderly.

The General Consultation Center for the Elderly provides “consultation on dementia and forgetfulness”.

If you do not know the General Consultation Center for the Elderly responsible for the area where you live, please contact the Shinjuku City Office General Consultation Center for the Elderly ☎ (5273) 4593.



Walk to receive a gift!
 Promoting health with benefits 🎵
 Enjoy walking to stay healthy!

Currently seeking participants

SHINJUKU ♥ Shinpo



Check your steps and enjoy managing your health



Gift received by lottery!



Smartphone App or Pedometer

It will enable you to acquire points based on the number of steps taken during your daily life. If you accumulate a certain number of points within the eligibility period, you can receive a gift by lottery.

You can participate using your smartphone or a dedicated pedometer distributed by the Health Promotion Division or your local public health center contact counter (first 900 people). For more information, please see the official website.

2025 point eligibility period

- Period 1: June 1 (Sun) to August 31 (Sun)
- Period 2: September 1 (Mon) to November 30 (Sun)
- Period 3: December 1 (Mon) to February 28 (Sat)

◆You can also start participating in this event midway through the period.

Gift

Catalog gift of your choice
 QUO 1,000 yen gift card
 etc.



●SHINJUKU ♥ Shinpo contact information / Health Services Section, Health Promotion Division, Health Department

TEL. 03-5273-3494
 FAX. 03-5273-3930

Address 〒160-0022 Shinjuku Hokusei Bldg., 5F, 5-18-14, 160-0022
 Counter Hours 8:30 a.m. to 5:00 p.m.
 Closed Saturdays, Sundays, national holidays, December 29th to January 3rd



Prevent diabetes by making improvements in your daily life!

Do any of these apply to you?

- Eating too many carbohydrates in one sitting such as noodles and rice
- Not often eating vegetables
- Irregular meal times
- Often drinking sweetened beverages
- No time to exercise
- Put on weight since your 20s
- Binge eating

People in the prime of their working life in particular need to check this!



➔ If any of these apply, you are at risk of developing diabetes and future vascular problems...

Occurs when thin blood vessel are damaged

● The 3 major complications of diabetes

Nephropathy ⇒ Artificial dialysis

Retinopathy ⇒ Blindness

Neuropathy ⇒ Leg amputation

Occurs when thick blood vessel are damaged

Ischemic heart disease

Stroke

⇒ Life-threatening situation



Thick blood



About **1 in 10** people who are covered by the Shinjuku National Health Insurance have **diabetes** and it is a very common illness.

However! Prevention is possible with a few improvements to your lifestyle.

Advice for Preventing Diabetes

! Choose from the set meal menu when eating out!

- Single items on the menu such as rice bowls and noodles tend to be carbohydrate heavy and lack sufficient nutrition. We recommend the set meal menu, which has portions of a staple food, main dish and side dish.
- Not just sweets, but **carbohydrates are also mostly sugar** so eating too many carbohydrates in one sitting (noodles and fried rice) means you will be consuming too much sugar, which is not good for your body.

! Eat an extra plate of vegetables!

- The amount of vegetables you need to eat each day is 350 grams (equal to 5 small plates).



! Move for an extra 10 minutes!

- It is important to move your body a little bit at a time in your life. Ideally you should be moving for at least 60 minutes in total per day. It is also effective to include exercise that makes you breathless and sweat for a total of 60 minutes per week.

! It is best to eat your evening meal before 9PM!

- When you will return home late due to overtime, eat your evening meal at the workplace as early and whenever possible.
- When this is difficult, supplement your diet with food such as a rice ball or banana while working and then reduce the amount you eat after returning home.



! Drink non-sugary beverages!

- Do not underestimate sugar in beverages!

Make it a habit to replace high calorie beverages with tea or water.



500 ml of coke

3 gram stick sugar
Equivalent to about
18 sticks



500 ml of coffee drinks

3 gram stick sugar
Equivalent to about
8 sticks



- Get your blood sugar checked during a health checkup because diabetes can continue to **progress without any subjective symptoms** after its onset.
- It is important to weigh yourself and maintain an appropriate body weight!
- Periodontal disease is also adversely affected by diabetes so be sure to clean your teeth thoroughly!



Health Checkup / Cancer screening Medical Examination Vouchers Request

E-application



LoGo Form

Search

<https://logoform.jp/form/kubz/821166>

* Perform the search shown above or scan the 2D code on the right to apply.

* The E-application process is available from May 21, 2025.

Please contact us by telephone if you require assistance immediately.



LoGo Form

Contact

Health Checkup Section, Health Promotion Division

Telephone >> **03 (5273) 4207**
Monday to Friday
(excluding public holidays)
8:30~17:00

FAX >> Please fill out the required information on the Fax Sheet to Request Medical Examination Vouchers for the Health Checkup and Cancer Screening on page 26 and then fax it to us.

03 (5273) 3930

Contact counter >> **If you prefer to receive the medical examination vouchers immediately, please come to the location shown below.**

160-0022
Shinjuku Hokusei Bldg., 4F, 5-18-14, Shinjuku, Shinjuku-ku
Health Checkup Section, Health Promotion Division
Monday to Friday (excluding public holidays) 8:30~17:00

