

2024 Fiscal Year Guide for Various Medical Exams

Exam Period: May 7, 2024 - January 31, 2025

For individuals with an address in Toyohashi (*Juuminhyou* registered in Toyohashi) who are unable to get examined at work. → Read the instructions (1-4) and get examined!
 ※However, if you have any noticeable (subjective) symptoms, please contact a medical facility and get examined as soon as possible.


1 Review your exam voucher(s) for various medical exams

(Exam voucher (*Jushin-ken*))

Review your exam voucher.
Review the specific information in the chart below/on the reverse of this guide

2 Pick a location for your exam

<Examination at a Medical Facility>

- Pick a medical facility, make an appointment by contacting them directly (telephone, etc.), and get examined.
 ※See the Toyohashi website for a list of participating facilities→ 
- Before your exam, please remember to write your phone number on the front of your exam voucher, and complete the medical questionnaire (問診票, *monshin-hyou*) on the reverse side.

<Group Examinations>

Please check the schedule in the enclosed “Group Medical Exam Guide” (集団検診・健診のご案内) and make an appointment.
 Group exams may be postponed or cancelled due to storm warnings or other severe weather, etc.
 Please see the Toyohashi website or contact us for up-to-date information.

- The step to enter/exit the examination vehicle is steep and the interior of the vehicle is very narrow. If you have a physical disability that would make this difficult for you, or if you've felt uncomfortable or unwell in the cramped vehicle before, we recommend getting examined at a medical facility.
- Please do not bring children into the examination vehicle, for their safety and the safety of everyone else at the examination.
- It is okay if children who can wait safely and patiently inside the facility accompany you to the venue. However, Toyohashi City is not responsible for any injuries, accidents, etc. that occur in the facility, parking lot, etc.

3 Examination

<What to Bring>

- Exam voucher
- Exam fee
 If 「有料」 (*Yuuryou*, Paid) is printed in the relevant section on your exam voucher, you will need to pay a fee.
 ※These exams are free for individuals on welfare (*Seikatsu Hogo*) and individuals exempt from municipal/prefectural residence tax (*Shikenmin-zei*)
 ※Your household tax situation from 2023, that was based on your 2022 income and took effect on January 1, 2023, is what will be considered.
- Health insurance card
 If you have any additional exams or receive medical treatment in addition to your scheduled exam, those will become insured medical services (paid).

<In Addition>

If you receive the same type of exam two or more times during the same fiscal year, please note that you will be asked to pay the full medical exam fee for the second exam onward.

4 Confirm Results



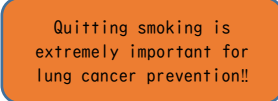
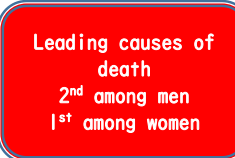

<If examined at a medical facility>

The medical facility you were examined at will inform you of your results. However, results of a colorectal cancer exam will be mailed to you around 2 weeks after you submit your stool sample.




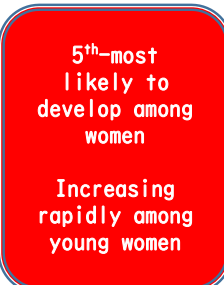







<If you went to a group exam>

Results will be mailed to you within 4 weeks of your exam.

If it is determined you need an additional “thorough examination” after your cancer exam
 You need a throughout examination. Please receive one for early detection/early treatment of a potential disease.
 (Needing a thorough exam does not necessarily mean you have cancer.)
 ※Specific information for throughout examinations is available in the rightmost column below/on the back of this page.

Exam	Ages (as of March 31, 2025)	Location	Fee	Description	Notes	Thorough Exam (follow-up)
Lung (Tuberculosis/ Lung cancer) 	Ages 40 years and up (Once/year)	Medical facility	¥500	Chest X-ray Exam (+phlegm/sputum)  Chest X-rays will be taken. A phlegm biopsy (phlegm exam) is possible and recommended for those 50 and over with a smoking index score of 600+ (# of cigarettes per day X number of years smoking = 600 or more) 	<For all> If you've had any bloody phlegm within the previous 6 months, please contact a medical facility to be examined instead of receiving this routine examination. You cannot receive this exam if → you are pregnant or suspect you may be pregnant. <Medical facility> Confirm any important information/precautions (注意事項) with the medical facility in advance. <Group examination> You cannot receive this exam if → you have a glucose (blood sugar) monitoring system equipped. Please review the medical questionnaire + precautions sent to you after confirming your appointment.	・ Chest CT Scan ・ Bronchoscopy
		Group examination	¥200			
Colorectal Cancer 	Ages 40 and up (Once/year)	Stool sample containers will be distributed at medical facilities and group exams.	¥200	Fecal Occult Blood Test (Two-day method)  Two days' worth of stool will be checked for the presence of blood.	・ Stool sample containers will be distributed at participating medical facilities (see the Toyohashi City website for a list) and at group exam venues (see enclosed “Group Medical Exam Guide” 「集団検診・健診のご案内」). ・ Your exam voucher is required when receiving the sample container and when submitting the sample. ・ The sample must be submitted by the end of February 2025. ・ Please only submit the sample to a medical facility.	・ Colonoscopy ✖ A fecal occult blood test reexamination is insufficient

Please See Reverse ↷

Exam	Ages (as of March 31, 2025)	Location	Fee	Description		Notes	Thorough Exam (follow-up)
Stomach cancer 	40 years and up (even-numbered age) Once every two years	Medical facility	¥3,000	Gastrocamera  <p>An endoscope is inserted through the patient's mouth or nostril to observe their stomach. If cancer is suspected, a tissue sample is collected for testing.</p>	An endoscope is inserted through the patient's mouth or nostril to observe their stomach. If cancer is suspected, a tissue sample is collected for testing. The patient swallows medicine that will make their stomach expand and barium (a contrast agent), then X-rays are taken of their stomach+ stomach's mucous membrane is observed.	<For all> You cannot receive this exam if → if you are pregnant or suspect you may be pregnant, you cannot get stomach X-rays <Medical facility> Please confirm any important information/precautions with the medical facility in advance. <Group examination> You cannot receive this exam if → you are hypersensitive (allergic) to the barium formula - You have intestinal obstruction (Ileus), ulcerative colitis, Crohn's disease, or you had or are currently receiving treatment for diverticulitis - You are receiving treatment for acute gastroenteritis (vomiting, diarrhea) - You have a glucose (blood sugar) monitoring system equipped - You have symptoms of paralysis or dysphagia (difficulty swallowing) due to cerebral infarction, or dyskinesia (movement disorders) due to Parkinson's disease, etc. - You weigh 120 kg or more, or - You have had gastrointestinal polyps (from your stomach, large intestine, etc.) surgically removed within the 7 days prior to the exam. Please review the medical questionnaire + precautions sent to you after confirming your appointment.	· Gastroscopy (if necessary, a tissue sample will be tested)
		Group examination	¥1,000	Barium Swallow 			
Cervical cancer 	20 years and up (Women, even-numbered age) Once every two years	Medical facility	¥1,600	Cervical Cytology (Pap smear)  <p>A special brush is used to scrape cells off of the cervix, which are then examined with a microscope to confirm there are no abnormalities.</p>	A special brush is used to scrape cells off of the cervix, which are then examined with a microscope to confirm there are no abnormalities.	<For all> Individuals with no history of sexual activity are not at high risk of cervical cancer, and may experience bleeding and/or intense pain during the exam. What to bring: sanitary napkin/pad (in rare cases, bleeding may occur after the exam) You cannot receive this exam if → you are on your period, or - If you have had a hysterectomy (complete removal of the uterus and cervix) (if you had a supracervical hysterectomy and your cervix remains, consult your doctor to confirm eligibility) <Medical facility> Please confirm any important information/precautions with the medical facility in advance. <Group examination> You cannot receive this exam if → If you are pregnant, you may be unable to receive this exam. Please review the medical questionnaire + precautions after confirming your appointment.	· Vaginal exam (using magnifying lens) · HPV exam (if necessary, a tissue sample will be tested)
		Group examination	¥1,000				
Breast cancer 	40 years and up (Women, even-numbered age) Once every two years	Medical facility	¥1,300	Echo (Echocardiography)  <p>Reflections from ultrasonic waves sent through the surface of your breasts are used to look for potential lesions.</p>	Reflections from ultrasonic waves sent through the surface of your breasts are used to look for potential lesions.	<For all> You will experience less pain if you avoid being examined during the week before your period. The mammography is the nationally-recommended exam. <Medical facility> Please confirm any important information/precautions with the medical facility in advance. <Group examination> You cannot receive this exam if → you are pregnant or suspect you may be pregnant, you are breastfeeding, or it has been less than half a year since you stopped weaning your child (even if the previous examples don't apply, you cannot be examined if you are lactating) - You have a pacemaker - You have undergone a VP shunt and/or chest reservoir port procedure - You have undergone breast enlargement surgery, or - You have a glucose (blood sugar) monitoring system equipped Please review the medical questionnaire + precautions after confirming your appointment.	· Mammography · Ultrasound · MRI · Cell exam, etc.
		Group examination	¥2,300 (patients in their 40s) ¥1,400 (patients ages 50+) ¥1,000	Mammography  <p>X-ray images of your breast are taken by compressing it between a plate and a photography machine. From your 40s, two X-ray images will be taken of each breast.</p>			
Prostate cancer	50, 55, 60, 65, and 70-year-old men	Medical facility	¥300* (during a special (tokutei) medical checkup) ¥1,200*	Blood test  <p>A doctor will look for abnormalities in your prostate by checking your blood's PSA (prostate-specific antigen) values.</p>	A doctor will look for abnormalities in your prostate by checking your blood's PSA (prostate-specific antigen) values.	· If you have the blood collected on the same day as a specific health checkup (tokutei kenkou shinsa), the fee is ¥300. · In a thorough physical examination (Ningen Doc) combined with a specific health checkup, the blood collection for a prostate cancer screening will be handled as a standalone collection (¥1200).	· Rectal exam · Echo · MRI · Tissue sample
Periodontal disease (gingivitis/gum disease)	20, 30, 40, 50, 60, and 70 year olds	Medical facility	Free	Intraoral Exam + Health Guidance  <p>A doctor will look at the inside of your mouth, the potential presence and progression of periodontal disease, and the accumulation of dental plaque and tartar.</p>	A doctor will look at the inside of your mouth, the potential presence and progression of periodontal disease, and the accumulation of dental plaque and tartar.	· You may receive treatment for cavities and/or periodontal disease on the same day as your exam if necessary. · There is no fee for the periodontal disease exam, but if you receive medical treatment such as plaque and tartar removal on the day of the exam, in addition to the treatment cost, you may have to pay fees for any additional exams conducted.	※Please consult the dental clinic where you were examined
Osteoporosis	40, 45, 50, 55, 60, 65, and 70-year-old women	Group examination	¥300	Arm X-ray Exam  <p>X-rays are used to measure the bone density of your forearms.</p>	X-rays are used to measure the bone density of your forearms.	You cannot receive this exam if → You are pregnant or suspect you may be pregnant - You have metal in both of your arms (forearms), or you have a glucose (blood sugar) monitoring system equipped Please review the medical questionnaire + precautions after confirming your appointment.	· Bone density exam · Blood test, etc.

<Contact> Toyohashi Hokenjo Health Center (Hoippu)
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