



For individuals with an address in Toyohashi who are unable to get examined at work, nor at your dependent's workplace.

Reservations fill up quickly from December onwards. Make appointments early.

If you are under the treatment or the doctor's observation of the diseases listed below, you are not eligible for medical exams. If you have noticeable symptoms, please contact a medical facility and get examined as soon as possible.

### 1 Pick a location and make an appointment.

**<Examination at a Medical Facility>**

- Contact a medical facility about whether you need an appointment or not.  
※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, the location and the information in the enclosed "Group Medical Exam Guide" (集団検診のご案内)
- Make an appointment on the Internet or by sending the application postcard. (reservation required)
- 5 to 7 days before the examination, you will receive a "questionnaire" for group examination by post. Please fill out the form.

**QR**

If you receive the same type of exam two or more times during the same physical year, please note that you will be asked to pay the exam fee, which the city of Toyohashi covers for the second exam onward.

### 2 Examination

**<What to Bring>**

- Exam voucher
- Exam fee  
If 「有料」 (Yuryou, 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 is considered on your tax situation of 2025 (based on your 2024 income) and the household situation of the 1st of March 2027.
- My number card linked to your health insurance or Health Insurance Eligibility Certificate  
If you have any additional exams or receive medical treatment in addition to your scheduled exam, those will become insured medical services (paid).
- Questionnaire exclusive to those who have booked Group examination.

### 3 Confirm results

**<If examined at a medical facility>**

- The medical facility you were examined at will inform you of your results. (The city will not send you the results by post)

**<If you went to a group exam>**

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

**<If examined colorectal cancer>**

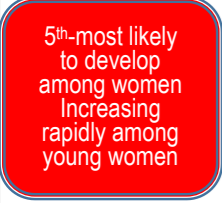









Results of a colorectal cancer will be posted to you around 2 weeks after you submit your stool sample.

**If received "Thorough examination required"**

You need a thorough examination for early detection/early treatment of a potential disease. (Needing a thorough examination does not necessarily mean that you have cancer)

| Exam  | Ages<br>(as of March 31, 2026)                                  | Location               | Fee    | Description                                  | Notes   | Thorough Exam<br>(follow-up)  |  |
|---|---|------------------------|--------|--|---|---|--|
| Lung<br>(Tuberculosis/<br>Lung cancer)<br><br><b>Leading causes of death (cancer)<br/>1st among men<br/>2nd among women</b> | Ages 40 years and up<br>(Once/year)                             | Medical facility       | ¥500   | Chest X-ray Exam<br>                         | Chest X-rays will be taken.<br><br>Quitting smoking is extremely important for lung cancer prevention!!   | 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.<br>If you are over 65, please receive examination every year in order for an early detection of tuberculosis.<br><br><b>You cannot receive this exam if</b><br><ul style="list-style-type: none"> <li>you are pregnant or suspect you may be pregnant.</li> <li>you have a glucose (blood sugar) monitoring system equipped.</li> </ul>   | <ul style="list-style-type: none"> <li>Chest CT Scan</li> <li>Bronchoscopy</li> </ul>                        |
|   |   | Group examination      | ¥200   |  |   |   |  |
| Colorectal Cancer<br><br><b>Leading causes of death<br/>2nd among men<br/>1st among women</b>                               | Ages 40 years and up<br>(Once/year)                             | See notes on the right | ¥200   | Fecal Occult Blood Test (Two-day method)<br> | <ul style="list-style-type: none"> <li>Your exam voucher is required when receiving the sample container and when submitting the sample.</li> <li>Once you take the sample, store it in the dark, cool place and submit within 5 days.</li> </ul> <p><b>&lt;Distribution of containers for stool sample&gt;</b><br/>At participating medical facilities (See the QR cord for a list) or group exam venues.</p> <p><b>&lt;Submission of your sample&gt;</b> By the end of February 2027<br/>To participating medical facilities for colon cancer or Toyohashi medical association (豊橋市医師会) (1st floor Clinical Laboratory center) ※Do not submit to the group exam venues.</p> | <ul style="list-style-type: none"> <li>Colonoscopy</li> <li>✖ A fecal occult blood test reexamination is insufficient</li> </ul>  |  |
| Stomach cancer<br><br><b>Leading causes of death (cancer)<br/>3rd among men<br/>5th among women</b>                         | 40 years and up (even-numbered age)<br><br>Once every two years | Medical facility       | ¥3,000 | Gastrocamera<br>or<br>Barium Swallow<br>     | <p><b>&lt;Gastrocamera&gt;</b><br/>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> <p><b>&lt;Barium Swallow&gt;</b><br/>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.</p>   | <p><b>&lt;For all&gt;</b></p> <ul style="list-style-type: none"> <li>Restrict eating and drinking On the previous day</li> <li>Confirm any important information / precautions by the medical facilities.</li> </ul> <p><b>&lt;Barium Swallow&gt;</b></p> <p><b>You cannot receive this exam if</b></p> <ul style="list-style-type: none"> <li>you are pregnant or suspect you may be pregnant.</li> <li>you are hypersensitive (allergic) to the barium formula.</li> <li>you have intestinal obstruction (Ileus), ulcerative colitis, Crohn's disease, or you had or are currently receiving treatment for diverticulitis</li> <li>you are receiving treatment for acute gastroenteritis (vomiting, diarrhea)</li> <li>you have a glucose (blood sugar) monitoring system equipped</li> <li>you have symptoms of paralysis or dysphagia (difficulty swallowing) due to cerebral infarction, or dyskinesia (movement disorders) due to Parkinson's disease, etc.</li> <li>you weigh 120 kg or more</li> <li>you have had gastrointestinal polyps (from your stomach, large intestine, etc.) surgically removed within the 7 days prior to the exam.</li> </ul> | <ul style="list-style-type: none"> <li>Gastroscopy (if necessary, a tissue sample will be tested)</li> </ul> |
|   |   | Group examination      | ¥1,000 | Barium Swallow<br>                           |   |   |  |

Please See Reverse ↷

| Exam   | Ages<br>(as of March 31, 2027)   | Location                     | Fee  | Description   | Notes  | Thorough Exam<br>(follow-up)  |
|--|--|------------------------------|--|---|--|---|
| <b>Cervical cancer</b><br> | 20 years and up<br>(Women, even-numbered age)<br>Once every two years  | Medical facility             | ¥1,600   | <b>Cervical Cytology (Pap smear)</b><br><br>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.  | Those who have never had sexual intercourse/sexual contact do not necessarily need to undergo this examination, as their chances of developing cervical cancer are extremely low.<br><b>&lt;What to bring&gt;</b> sanitary napkin/pad (in rare cases, bleeding may occur after the exam)<br><b>You cannot receive this exam if</b> <ul style="list-style-type: none"> <li>• you are pregnant (you can receive a cervical cancer examination during prenatal check-up)</li> <li>• you are on your period (it is recommended to receive this exam from one week after the end of your period until your next period)</li> <li>• you have had a hysterectomy (if your cervix remains, you are eligible to the examination. Consult your doctor to confirm eligibility)</li> </ul> | <ul style="list-style-type: none"> <li>• Vaginal exam (using magnifying lens)</li> <li>• HPV exam (if necessary, a tissue sample will be tested)</li> </ul> |
|  |  | Group examination            | ¥1,000   |   |  |   |
| <b>Breast cancer</b><br>   | 40 years and up<br>(Women, even-numbered age)<br>Once every two years<br><br>※Those born on April 1, 1986 ( <i>Shouwa 61</i> ) will be mailed a free coupon at the end of June, so a breast cancer exam voucher is not included with this guide. | Medical facility             | ¥1,300   | <b>Echo (Echocardiography)</b><br><br>Reflections from ultrasonic waves sent through the surface of your breasts are used to look for potential lesions.   | <b>“The Mammography” is the nationally-recommended exam.</b><br>You will experience less pain if you avoid being examined during the week before your period.<br><br><b>&lt;Mammography&gt;</b><br><b>You cannot receive this exam if</b> <ul style="list-style-type: none"> <li>• you are pregnant or suspect you may be pregnant.</li> <li>• you are breastfeeding, or it has been less than half a year since you stopped weaning your child. (even if the previous cases don't apply, you cannot be examined if you are lactating)</li> <li>• you have a pacemaker, or a glucose (blood sugar) monitoring system equipped.</li> <li>• you have a VP shunt and/or chest reservoir port procedure.</li> <li>• you have undergone breast enlargement surgery.</li> </ul>      | <ul style="list-style-type: none"> <li>• Mammography</li> <li>• Ultrasound</li> <li>• MRI</li> <li>• Cell exam, etc.</li> </ul>                             |
|  |  |                              | ¥2,300 (patients in their 40s)<br>¥1,400 (patients ages 50+)                   | <b>Mammography</b><br><br>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.   |  |   |
|  |  | Group examination            | ¥1,000   | <b>Mammography</b><br>A doctor will look for abnormalities in your prostate by checking your blood's PSA (prostate-specific antigen) values.  |  |   |
| <b>Prostate cancer</b>   | 50, 55, 60, 65, and 70-year-old men  | Medical facility             | ¥300 (during a special ( <i>tokutei</i> ) medical checkup ¥1,200 (standalone)) | <b>Blood test</b><br>   | <ul style="list-style-type: none"> <li>• If you are enrolled in Toyohashi National Health Insurance and take this screening on the same day as a specific health checkup (<i>tokutei kenkou shinsa</i>), the fee is ¥300.</li> <li>• If you are not enrolled in Toyohashi National Health Insurance or if you take a thorough physical examination (<i>Ningen Doc</i>) combined with a specific health checkup, the blood collection for a prostate cancer screening will be handled as a standalone collection (¥1200)</li> </ul>   | <ul style="list-style-type: none"> <li>• Rectal exam</li> <li>• Echo</li> <li>• MRI</li> <li>• Tissue sample</li> </ul>                                     |
| <b>Periodontal disease (gingivitis/gum disease)</b>  | 20, 30, 40, 50, 60, and 70 year-olds   | Dentists<br>Medical facility | Free   | <b>Intraoral Exam + Health Guidance</b><br><br>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.  | <ul style="list-style-type: none"> <li>• You may receive treatment for cavities and/or periodontal disease on the same day as your exam if necessary.</li> <li>• 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.</li> </ul>   | ※Please consult the dental clinic where you were examined   |
| <b>Osteoporosis</b>  | 40, 45, 50, 55, 60, 65, and 70-year-old women  | Group examination            | ¥300   | <b>Arm X-ray Exam</b><br><br>X-rays are used to measure the bone density of your forearms.   | <b>You cannot receive this exam if</b> <ul style="list-style-type: none"> <li>• you are pregnant or suspect you may be pregnant</li> <li>• you have metal in both of your arms (forearms), or you have a glucose (blood sugar) monitoring system equipped.</li> </ul>  | <ul style="list-style-type: none"> <li>• Bone density exam</li> <li>• Blood test, etc.</li> </ul>   |
| <b>Ophthalmology</b>   | 60, 65 year-olds   | Medical facility             | ¥900   | <b>Intraocular pressure test /Fundus examination/slit lamp examination**</b><br><br>This is an eye examination that detects eye diseases that become more common from the age of 60.   | <ul style="list-style-type: none"> <li>• In principle, a drug to dilate the pupils is applied, so things may appear very bright following the exam.</li> <li>• <u>Refrain from driving a car, as it is very dangerous several hours after the examination.</u></li> <li>• For more information, please contact the medical institution directly.</li> <li>• If you are currently under the treatment or regularly taking the similar examination as this, you are not eligible to this examination.</li> </ul>   | ※Please consult the medical institution you were examined.  |
| <b>Hepatitis virus</b>   | ① 40 year-old<br>② Over 40 year-old and haven't had this exam before.<br>③ Over 40 year-old and the abnormality of the function of kidney in this specific health checkup ( <i>tokutei kenkou shinsa</i> ) is detected.                          | Medical facility             | Free   | <b>Blood test</b><br>Testing for hepatitis B<br>Testing for hepatitis C<br>※ Depending on test results, you will receive a HCV Nucleic Acid Amplification Text)<br><br>By checking HBs antigen and HCV antibody in the blood, you are tested for hepatitis virus infection | <ul style="list-style-type: none"> <li>• Hepatitis viruses are transmitted through blood and body fluids. Even if you are infected, there are often no symptoms. Without realizing it, the condition can progress to chronic hepatitis, cirrhosis, or liver cancer.</li> <li>• Standard liver function tests included in general health checkups do not determine whether or not you are infected with hepatitis viruses.</li> <li>• You do not need to skip meals if you are only taking this examination.</li> </ul> ※Only 40 year-old will receive voucher. If you fall under the category ② or ③ on the left and wish to be tested, please apply at the Health Promotion Division (see below).   | ※Get screened for liver disease at a specialized facility. (Testing subsidies may apply)  |

Please feel free to contact us before booking if you have any questions or concerns about the screening content or procedures.

<Contact> Toyohashi Hokenjo Health Center (*Hoippu*)  
 Health Promotion Division TEL (0532) 39-9136 FAX 38-0770

〒441-8539 Toyohashi-shi Nakano-cho Nakahara 100 Website: 豊橋市 Toyohashi City がん検診 Cancer Screening

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