

Items to be examined for 2024 Medical Checkups

● : Mandatory △ : Not implemented at some medical examination institutions ☆ : Optional

Items to be examined		Statutory items for examination	Health Screening <Relevant Age> 32 and over	General checkup <Relevant Age> Insured person : 18-31 Dependent : 23-31	
Medical examination of body measurements	Doctor's interview, physical examination (Medical examination)	●	●	●	
	Work history	●	● Insured person	● Insured person	
	Height, weight, BMI	●	●	●	
	Blood pressure	●	●	●	
	Abdominal measurement	●	●	●	
	Eyesight	●	●	●	
Eyeground examination	Eyeground examination (both eyes)		△		
Eye pressure test	Eye pressure test (both eyes)		△		
Electro-cardiogram	12-lead	●	●	●	
Hearing ability	Eudiometer (1000/4000Hz)	●	●	●	
Chest examination	Chest X-ray	●	2 directions: front/side	1 direction: front	
Digestive organs	Gastroscopy		●	☆	
	Stomach x-ray		Select one	Select one	
Ultrasonic waves	Ultrasound of the abdomen		●		
Blood test	Hematology	Red blood cell count (RBC)	●	●	
		White blood cell count (WBC)			
		Hemoglobin (Hb)	●	●	●
		Hematocrit		●	
		Platelet (PLT)		●	
		MCV		●	
		MCH		●	
		MCHC		●	
	Biochemical examination	Total protein		●	
		Albumin		●	
		Creatinine		●	●
		Urea nitrogen (BUN)		●	
		Uric acid (UA)		●	
		HDL cholesterol	●	●	●
		LDL cholesterol	●	●	●
		Neutral fat	●	●	●
		Total bilirubin		●	
		GOT (AST)	●	●	●
		GPT (ALT)	●	●	●
		γ-GTP (γ-GT)	●	●	●
Fasting blood sugar	●	●	●		
HbA1c	●	●	●		
HBs antigens, HCV antibodies		●			
Urine analysis	Protein	●	●	●	
	Urinary sugar	●	●	●	
	Occult blood		●		
Stool examination	Occult blood test (2-day method)		●		
Females	Breast cancer examination	Ultrasound examination		☆	
		Mammography (※basically 2 directions)		☆	
	Uterine cancer examination	Cervical cytology, internal examination		☆	
Males	Prostate cancer examination	PSA	☆ 50 and over		
Digestive organs		Stomach ABC Screening (Stomach cancer risk check)	☆ Self-pay : 2,000 JPY (P)	☆ Self-pay : 2,000 JPY (P)	