

★Specific Health Checkup & Specific Health Guidance

①Specific Health Checkup

Individuals meeting the following criteria are eligible for subsidized exams

- ①The specific health checkup is provided to Shizuoka national health insurance subscribers who are between the ages of 40 and 74 as of April 1.
- ②Persons with the National Health Insurance qualification on the day of checkup.

Period: From June 1, 2010 to March 31, 2011

Cost: 1,500 yen

Notice: Household civilian tax exempt patients and patients of 70 years of age and over only have to pay 500 yen.

Places: Designated medical institutions in Shizuoka city.

⇒ Check the website (only Japanese) <http://www.city.shizuoka.jp/000071109.pdf>

Application: A specific health checkup voucher and questionnaire will be sent at the middle of May.

When you receive them, please make an appointment directly to the institution.

※Please bring the voucher, questionnaire and health insurance card.

Contents: ①Medical history check-up, medical examination (BMI included), height measurement, waist measurement, blood pressure check, blood test, urine analysis.

②If the doctor deems it necessary, an ECG (electro-cardiogram) , fundus examination, or anemia examination will assuredly be added to the above-mentioned procedures.

Notice: Persons of 40, 50, and 60 years of age must receive an ECG and anemia examination.

【For more information】 Insurance & Pension Management Division Tel: 054-221-1376

②Specific Health Guidance

Target: A specific health guidance voucher will be sent to persons deemed to be at a higher risk of lifestyle-related diseases and need to improve their lifestyle.

Period: After the specific health checkup, about 6 months from the first guidance session.

Cost: Free

Places: Health and welfare Centers

Contents: A class for lifestyle improvement, home visit advice, etc.

※A community health nurse and a national registered dietitian may visit you.

【For more information】 Insurance & Pension Management Division Tel: 054-221-1376