

Information on Longevity Health Checkups

Take Advantage of This Opportunity to Assess Your Health!	Available at Nearby Medical Institutions	Check for Lung and Colon Cancer at the Same Time
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- From December onwards, medical institutions may become crowded, making it difficult to get an appointment at your preferred location.

Note: Infectious diseases may be more prevalent during the winter season. We recommend undergoing the checkup early.

- Please **confirm your checkup results as soon as** they are available at the medical institution **where you underwent your checkup.**

Eligibility	<p>Those Enrolled in the Medical Care System for Older Senior Citizens</p> <p>① Persons aged 75 or older ② Persons aged 65 to 74 who have certain certified disabilities</p> <ul style="list-style-type: none"> - Bedridden individuals or those in a similar condition can be examined at home by a physician. - For further details, please contact the medical associations listed in the enclosed “directory of medical institutions.”
Checkup Period	<p><u>Any time up until March 31 of the following fiscal year</u></p>
Copayment	<p>500 yen (to be paid at the medical institution’s reception.)</p> <ul style="list-style-type: none"> - Additional copayments apply if you undergo the following screenings at the same time. Lung cancer screening (X-ray only) + 100 yen Lung cancer screening (X-ray + sputum) + 600 yen Colon cancer screening + 200 yen - Additional copayments may apply for tests not covered by the Longevity Health Checkup. <p>Note: Households exempt from the previous year’s residence tax (a local tax based on income) can undergo the checkup and related screenings free of charge (the checkup voucher will be printed as “Free”).</p> <p><u>If you are eligible but “Free” is not printed on your voucher, you can apply for an exemption.</u></p> <p>For further details, please refer to Section 5, “Exemption from Copayments (for Eligible Individuals Only).”</p> <p><u>Please note that refunds cannot be made after you have paid the copayment.</u></p>
Checkup Locations	<p>Please select from the enclosed “directory of medical institutions”</p> <p>You can also undergo the checkup at some medical institutions in Sugunami City. For further details, please contact the Specific Health Checkup Section (see below) or the Sugunami Medical Association (Tel. 3392-4114).</p>

Inquiries

Specific Health Checkup Section, National Health Insurance and National Pension Division, Public Health and Welfare Policy Department, City of Setagaya (Tel: 5432-2936 Fax: 5432-3005)

Undergo a Longevity Health Checkup Every Year

1. How to Undergo the Checkup

1. Fill out the Checkup Form	2. Select a Medical Institution
<p>Please fill out the required information on the left side of the checkup form.</p> <ul style="list-style-type: none">- Enter your insured person number for the Medical Care System for Older Senior Citizens.- Enter the reference number exactly as shown on the checkup voucher.- Enter your name, address, and other details.- Mark a circle around the corresponding number in the answer column.	<p>Select a medical institution from the “directory of medical institutions.”</p> <p>Some medical institutions may require an appointment. Please contact the medical institution in advance.</p>
3. Undergo Your Checkup	4. Confirm Your Checkup Results
<div data-bbox="136 1012 487 1089" style="border: 1px solid black; padding: 2px;">Items to Bring: 4</div> <ul style="list-style-type: none">- Checkup Voucher- Checkup Form- Money for Copayment- <u>Document to Verify Medical Care System for Older Senior Citizens Eligibility</u> <div data-bbox="121 1418 739 1596" style="border: 1px solid black; padding: 5px;"><p>My Number Card as Health Insurance Card</p><p style="text-align: center;">or</p><p>Eligibility Certificate</p></div>	<p>Please confirm your checkup results at the medical institution where you underwent your checkup.</p> <ul style="list-style-type: none">- For information on the timing of results, please contact the medical institution. <p>- <u>Ensure you receive your checkup results!</u></p>
<p><u>Important Points for Your Checkup</u></p> <ul style="list-style-type: none">- On the day before the checkup, refrain from consuming alcohol and engaging in vigorous exercise.- If your checkup is scheduled in the morning, please refrain from eating or drinking anything other than water for at least 10 hours before your appointment.- If your checkup is scheduled in the afternoon, you may eat a light breakfast but avoid eating or drinking anything except water until your appointment.- If you are receiving dietary guidance from a physician or healthcare professional, follow that guidance.	

2. Test Items

Test Items		Test Purpose	
Universal Items	Medical interview, physical examination, physical measurements (height, weight, BMI, waist circumference)	In principle, waist circumference is measured for all participants.	
	Blood Pressure Measurement	Measures the pressure within the blood vessels.	
	Blood Test	Triglycerides	Assesses tendency towards atherosclerosis. An increase in triglycerides promotes a decrease in HDL cholesterol and an increase in LDL cholesterol, advancing atherosclerosis.
		HDL Cholesterol	
		LDL Cholesterol	
		AST (GOT)	Checks for possible liver disease.
		ALT (GPT)	
		γ -GT (γ -GTP)	Checks for possible alcoholic hepatitis and similar conditions.
		Blood Glucose	Checks for possible diabetes. Hemoglobin A1c reflects long-term blood glucose levels and is not affected by recent activities.
		Hemoglobin A1c	
		Total Cholesterol	Assesses tendency towards atherosclerosis.
		ALP (Alkaline Phosphatase)	Checks for possible liver disease.
		LD (LDH) (Lactate Dehydrogenase)	Checks for possible heart or liver disease.
		Uric Acid	Checks for possible gout.
		Urea Nitrogen	Checks for possible kidney disease.
		Total Protein	Checks for possible renal dysfunction, malnutrition, or hepatic dysfunction.
Albumin			
Urinalysis	Glucose	Checks for signs of diabetes.	
	Protein	Checks for signs of kidney or urinary system disease.	
	Occult Blood		

Test Items		Test Purpose	
Items Determined by a Physician	Blood Tests	Red Blood Cell Count	Checks for possible anemia.
		Hemoglobin	
		Hematocrit	
	Blood Tests	White Blood Cell Count	Checks for blood disorders and related conditions.
		Platelet Count	
	Blood Tests	Creatinine	Checks for possible kidney disease.
		eGFR	
	ECG		Checks heart function.
	Funduscopy Examination Note: You may be required to see an ophthalmologist separately.		Assesses progression of atherosclerosis, diabetes, etc.
	Chest X-ray Examination		Checks for tuberculosis, etc.
Home-Visit Sputum Test (Only for Home-Visit Checkups)		Checks for TB bacillus in sputum.	

About Tuberculosis

In its early stages, tuberculosis may resemble the common cold, presenting symptoms such as a cough and low-grade fever, or it may show no symptoms at all. If left undiagnosed, the disease can progress and increase the risk of transmission to others. To aid in early detection, it is recommended to undergo a chest X-ray once a year.

For Tuberculosis Consultations

Please contact the Infectious Disease Control Division, Setagaya Public Health Center (Tel: 5432-2441 FAX: 5432-3022)

3. Handling of Longevity Health Checkup Results

- Please note that the checkup results will be provided to the individual undergoing the checkup by the medical institution and will be stored by the insurer (Setagaya City).
- Please note that your checkup data may be reviewed by the payment agent (Tokyo Metropolitan National Health Insurance Organization) and may be partially submitted in anonymized form to the national government as part of reporting requirements.
- If you provided a phone number on your health checkup form, Setagaya City may contact you to provide information on public health initiatives such as the Programs for Preventing the Progression of Diabetic Nephropathy.

4. Cancer and Other Screenings

In addition to Longevity Health Checkups, the city provides the following screenings.

Screenings <u>available together with</u> the Longevity Health Checkup	<ul style="list-style-type: none">- Lung cancer screening- Colon cancer screening- Prostate cancer screening- Hepatitis B/C screening
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Note: Please refer to the **"directory of medical institutions"** to find those offering the screenings listed above.

Screenings <u>not conducted with</u> the Longevity Health Checkup	<ul style="list-style-type: none">- Uterine cancer (cervix and uterus)- Breast cancer screening- Stomach cancer (X-ray) screening- Stomach cancer (endoscopy) screening- Sukoyaka dental checkup
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Note: Some of the above screenings are **limited to certain ages**.

For further details, please refer to the enclosed "Various Health Checkup Instructions" before making an appointment.

5. Exemption from Copayments (for Eligible Individuals Only)

- **Households in which all members were exempt from residence tax for the previous fiscal year (which is calculated based on income earned from January to December of the year before last) are eligible for copayment exemption.**

Notes:

- If any household member is taxed, the exemption does not apply.
- If you have not filed taxes, your tax status may not be verifiable and the exemption may not apply.
- Eligible individuals will have "Free" printed in the copayment field of their checkup voucher.
- If you bring a checkup voucher marked "Free" on the day of the checkup, the checkup will be free.
- The copayment for lung cancer screening, colon cancer screening, and prostate cancer screening, when taken at the same time, will also be free.
- **If you are eligible but "Free" is not printed in the copayment field of your voucher, procedures are required to receive an exemption. For further details, please contact the Specific Health Checkup Section.**
- Please complete the exemption procedure **at least two weeks** before your scheduled checkup.
- Even if you are eligible, if you undergo the checkup with a ticket not marked "Free" and pay the copayment, **it cannot be refunded later**. Please complete the exemption procedure before undergoing your checkup.