

Health Checkup
Voucher

Longevity Health Checkup,
City of Setagaya, FY 20XX

* Please bring this voucher with you to the medical institution when you have your checkup.

* Please copy the reference number below onto your Longevity Health Checkup Form.

Longevity Health Checkup Voucher Reference Number		Co-payment
Cancer Screening Reference Number		
Validity		

FY 20XX [Personal Copy]

Name	
Address	
Cancer Screening Reference Number	
Longevity Health Checkup Co-payment	

Medical screenings available with your Longevity Health Checkup

Lung cancer screening	When you go for a Longevity Health Checkup, please bring this voucher and your Longevity Health Checkup Form with you and apply at the medical institution.
Colon cancer screening	
Hepatitis B/C screening	Check the eligibility requirements in the enclosed 'Various Health Checkup Instructions,' then inquire to Setagaya Cancer Screening Reception Center (Tel: 03-6265-7573, Fax: 03-6265-7559).
Prostate cancer screening	

Other screenings

Please see enclosed 'Various Health Checkup Instructions.'

Results of previous Longevity Health Checkups

Year of health checkup			FY 20XX-1	FY 20XX-2	FY 20XX-3
Tests		Unit	Result value	Result value	Result value
Standard tests	Physical measurements	Height	cm		
		Weight	kg		
		BMI	kg/m ²		
		Waist circumference	cm		
	Blood pressure	Systolic blood pressure	mmHg		
		Diastolic blood pressure	mmHg		
	Lipids	Fasting triglycerides	mg/dl		
		Non-fasting triglycerides	mg/dl		
		HDL cholesterol	mg/dl		
		LDL cholesterol	mg/dl		
	Liver function	AST (GOT)	U/l		
		ALT (GPT)	U/l		
		γ-GT (γ-GTP)	U/l		
	Blood glucose	Fasting blood glucose	mg/dl		
		Non-fasting blood glucose	mg/dl		
		Hemoglobin A1c	%		
	Urinalysis	Urinary glucose			
		Urinary protein			
Tests at the doctor's discretion	Blood test	Hematocrit	%		
		Hemoglobin	g/dl		
		Red blood cell count	10 ⁶ /μL		
	Funduscopy examination	Scheie H-type (hypertensive change)			
		Scheie S-type (atherosclerotic change)			

Please bring the following four items when visiting the medical institution:

- Health Checkup Voucher (this voucher)
- Health Checkup Form
- Medical Care System for Older Senior Citizens Card, or Health Insurance Eligibility Certificate, or Individual Number Card as a health insurance certificate.
- Co-payment (please check the following)

Co-payment

Longevity Health Checkup only	¥500
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* For other medical screenings taken at the same time, the following surcharges apply.

Lung cancer screening (X-ray only)	+¥100
Lung cancer screening (X-ray + sputum)	+¥600
Colon cancer screening	+¥200

* If 'Free of Charge' is indicated in the co-payment section of your [Personal Copy] of the Health Checkup Voucher, you are exempt from the above fees.

If undergoing cancer screening in addition to the Longevity Health Checkup, you will need to show your [Personal Copy].

[Inquiries]

Longevity Health Checkups

Specific Health Checkup Section, National Health Insurance and National Pension Division, City of Setagaya

Tel: 03-5432-2936
Fax: 03-5432-3005

Cancer screening

Setagaya Cancer Screening Reception Center

Tel: 03-6265-7573
Fax: 03-6265-7559

- Not all tests are listed in this health checkup results.
- Please note that for those who received their checkup at the end of the fiscal year, the previous year's results may not be reflected.
- The results of Specific Health Checkups conducted under Setagaya City National Health Insurance are not reflected here.

Insurer number/name	39131123 City of Setagaya
Payment agency number	91399022
Payment agency Name	Tokyo Metropolitan National Health Insurance Organization