

Be Informed  
and Take Action

# Cancer Screening

FR Health Insurance  
Organization  
For dependents

## Which cancer is most likely in my age group?

Source: National incidence(2020) ; Cancer Information Service

Cancer screening tests subsidized by the FR Health Insurance Organization

\* The age at which the screening tests are subsidized differs between employees and their dependents



Male

	20s		30s		40s		50s		60s		70s
	First half	Second half	First half	Second half	First half	Second half	First half	Second half	First half	Second half	First half
1st	Leukemia		Colon		Colon				Prostate		
2nd	Malignant lymphoma		Leukemia	Stomach	Stomach	Lung			Prostate	Colon	Lung
3rd	Brain / Central nervous system Thyroid	Colon	Malignant lymphoma Thyroid		Kidney / Urinary tract (excludes bladder)	Stomach	Stomach		Lung		Colon



Female

	20s		30s		40s		50s		60s		70s
	First half	Second half	First half	Second half	First half	Second half	First half	Second half	First half	Second half	First half
1st	Thyroid		Breast	Breast							
2nd	Ovary	Breast	Thyroid	Cervical		Uterine		Colon			
3rd	Leukemia	Ovary	Cervical	Thyroid	Colon			Uterine	Lung		

## How can I get the cancer screening with the FR Group Checkup?



Check if it is  
<< **included** in  
the course >> or  
<< **OP** >>

**Included** in  
the course

<< **OP** >>

Application  
not necessary

How to  
apply

- 1) Check (✓) the option selection page on the WEB reservation website (i-Wellness)
- 2) Booking with the center by phone, Booking directly at the medical facility:  
Please inform them that you would like add an option.

\* The age at which the tests are subsidized differs between employees and their dependents. Employees; [scan here](#) >

10s, 20 years or older		30 years or older		40 years or older		50 years or older		60 years or older	
<div>Lung cancer</div> <div>All ages: Included in all checkup courses</div>				<div>Recommended by the government</div> <div>40 years or older, once a year</div>					
<div>Reference</div>	<div>Cancer</div> <div>The course you can select in FR Group Health Checkup / Age</div> <div>Checkup age, frequency and checkup methods recommended by the government</div>			<div>Stomach cancer</div> <div>50 years or older: Included in the advanced checkup course</div> <div>Recommended by the government</div> <div>Gastroscopy: 50 years or older, once every two years Or Stomach X-ray: 40 years or older, once a year</div>					
				<div>Colon cancer</div> <div>40 years or older: Basic checkup course &lt;&lt; OP &gt;&gt; 50 years or older: Included in the standard checkup / advanced checkup course</div> <div>Recommended by the government</div> <div>40 years or older, once a year</div>					
	<< Female >>			<div>Cervical cancer</div> <div>All ages: All checkup courses &lt;&lt; OP &gt;&gt;</div> <div>Recommended by the government</div> <div>20 years or older, once every two years</div>					
			<div>&lt;&lt; Female &gt;&gt;</div> <div>35-39 years: Basic checkup course (Breast Ultrasound) 40-49 years: Basic checkup course (Breast Ultrasound or Mammography) 50 years or older: All checkup courses (Breast Ultrasound or Mammography)</div> <div>Recommended by the government</div> <div>Mammography: 40 years or older, once every two years</div>						

**Reference**

**Cancer** → The course you can select in FR Group Health Checkup / Age

**Checkup age, frequency and checkup methods recommended by the government**

<< **OP** >>

## FAQ

### Stomach cancer

<b>Q</b> Isn't the recommended age 40 years or older?	<b>A</b> In 2016, the national guideline was changed and it is now recommended to have a screening <b>every two years at the age of 50 or older.</b>
<b>Q</b> Are there any checkups that do not include stomach X-ray or gastroscopy?	<b>A</b> The standard checkup <small>course</small> does not include "stomach X-ray, gastroscopy," "blood sampling for detailed tests," etc.  <a href="#">Differences in Health Checkup Courses (Dependents)</a> >>>
<b>Q</b> Can the ABC checkup be a substitute for a stomach cancer screening?	<b>A</b> The ABC checkup investigates the possibility of developing stomach cancer and is not a substitute for a stomach cancer screening. However, the results of the ABC checkup will indicate your risk level, allowing you to schedule regular gastroscopy screenings accordingly.  <a href="#">Understanding the ABC Checkup</a> >>>



### Breast cancer

<b>Q</b> I don't want to undergo mammography because it hurts.	<b>A</b> Breasts swell before menstruation and become sensitive. <b>If it's painful for you, please try to undergo mammography after your period.</b> We recommend mammography for those who are 40 years or older.
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[Self-check for Women's Diseases](#)



Only Japanese sites available

### Cervical cancer

<b>Q</b> My period started. Can I cancel the test?	<b>A</b> Please call the medical facility directly and check if you can reschedule your pap smear test.
<b>Q</b> I'm concerned about uterine cancer.	<b>A</b> Please perform <a href="#">the self-check described in "Women's Health" on the website on the right</a> . If you have symptoms, please call the medical facility before your checkup or consult with your doctor during the checkup.

### Others

<b>Q</b> Does the government recommend all cancer screenings?	<b>A</b> The government recommends only five types of cancer screenings (lung, stomach, colon, cervical and breast cancer) for group health checkups (e.g. workplace checkups). The reason is that there are screening methods that can detect cancer early, and it has been scientifically proven that treatment can reduce the mortality rate.
<b>Q</b> I am also concerned about cancers other than the five mentioned above.  I am not within the eligible age, but I am concerned because I have a family history.	<b>A</b> The cancer risk is different for each individual depending on their family history and other factors. If you wish to have more screening tests other than those mentioned above, you can add them at your own expense. Please contact the medical facility where you booked your appointment.
<b>Q</b> What is the differences between the standard checkup <small>course</small> and the advanced checkup <small>course</small> ?	<b>A</b> Please see " <a href="#">Differences in Health Checkup Courses (Dependents)</a> " on the right.
<b>Q</b> I received the cancer screening notice from my municipality. Which one should I choose?	<b>A</b> Please choose either one of the municipality screening or the FR Group health checkup.

[FR Group Cancer Screening](#)



[Differences in Health Checkup Courses \(Dependents\)](#)

