

Dependents Differences in Health Checkup Courses

Course Name	Basic checkup	Standard checkup	Advanced checkup ^{*1}				
Features	Basic tests	Basic checkup + Colon cancer screening + Abdominal ultrasound + Fundoscopy <ul style="list-style-type: none">Find preventable lifestyle-related diseases early!Includes colon cancer screening as the risk increases after entering your 40s.Please consider “Standard checkup” course if you do not need stomach cancer screening.	Standard checkup + Stomach cancer screening + Tonometry + Blood sampling for detailed tests / Urine test + Lung function test^{*2} <ul style="list-style-type: none">Includes stomach cancer screening, which is recommended for those 50 years or older.Copayment amount 10,000 yen (pay at the medical facility)				
	Age	49 years or younger	50 years or older (choose one of the courses)				
Mandatory items	Interview	Physical measurements	Height, Weight, BMI, Abdominal girth	Blood pressure	Hearing test		
	Lung cancer screening	Chest X-ray	Electrocardiogram	Urine test	Urinary protein, Urinary sugar, Urinary occult blood	Advanced checkup mandatory items	Urobilinogen, Urine specific gravity, Urine pH, Urinary sediment
	Blood test	Sugar metabolism	Fasting blood sugar level, Hemoglobin A1c (HbA1c)				
		Lipids	Total cholesterol (TC), Triglycerides (TG), HDL cholesterol, LDL cholesterol				
		Liver function	AST(GOT), ALT(GPT), γ-GT(γ-GTP)				
		Pancreas	—				
		Kidney function	Creatinine (Cr), e-GFR, Uric acid (UA)				
	General blood test	Red blood cell count (RBC), Hemoglobin level (Hb), Hematocrit value (Ht), Mean corpuscular volume (MCV), Mean corpuscular hemoglobin (MCH), Mean corpuscular hemoglobin concentration (MCHC), White blood cell count (WBC), Blood platelet count (PLT/PL)					
		Advanced checkup mandatory items					
	Ophthalmoscopy		Eye test	Standard checkup mandatory items	Fundoscopy	Advanced checkup mandatory items	Fundoscopy / Tonometry
			Colon cancer screening	Fecal occult blood test			
			Abdominal ultrasound				
			Stomach cancer screening	[Select one] ^{*3} Stomach x-rays / Gastroscopy			
			Lung function test ^{*2}				
	Options	Female	Cervical cancer screening	Pap smear <<All ages>>			
Breast cancer screening			Breast ultrasound <<35 years or older>> Mammography ^{*4} <<40 years or older>>			Please select one if you are 40 years or older.	
Stomach tests ^{*5}		ABC checkup or Helicobacter pylori test <<All ages>>					
Bone density test <<40 years or older, once every 5 years>>							
Colon cancer screening Fecal occult blood test <<40 years or older>>		Ophthalmoscopy	Tonometry				
Abdominal ultrasound <<40 years or older>>							

Health Checkup Courses



* Notes on the previous page

*1	Advanced checkup course	<p>Advanced checkup of FR has some test items different from original medical checkup of the medical facility.</p> <p>Please refer to the items mentioned on the previous page for the “Advanced checkup” course items provided by FR Health Insurance Organization.</p> <p><u>If you wish to include additional examination items, you can do so at your own expense.</u></p> <p><u>Please consult directly with the medical facility where you booked your appointment.</u></p> <p><u>Please pay your copayment directly to the medical facility.</u></p>	
*2	Lung function test	<p>Some medical facilities do not offer this test due to infection control measures.</p> <p>Please check i-Wellness to confirm.</p>	i-Wellness
*3	Stomach cancer screening	<p>Some medical facilities do not offer a choice of examination methods (gastric X-ray or gastroscopy). Please check i-Wellness to confirm.</p>	
*4	Mammography	<p>Mammography is recommended for those who are 40 years or older.</p> <p>[Reference] Breast Cancer Patient Medical Care Guideline (Japanese Breast Cancer Society) * Only Japanese sites available</p>	
*5	ABC checkup Helicobacter pylori test	<p>It is said that it is sufficient to undergo these tests only once in a lifetime.</p> <p>ABC checkup is a test to measure the risk of stomach cancer, and it can be used as a reference for the frequency of gastroscopy.</p> <p>Please refer to Understanding the ABC Checkup.</p>	



Reference websites

FR Health Insurance Organization Dependents Guide to the Health Checkup 	
FR Health Insurance Organization Be Informed and Take Action Cancer Screening (Dependents) 	
FR Health Insurance Organization Women's Health *Only Japanese sites available 	

Japan Preventive Association of Life-style related Disease Lifestyle Related Diseases Checklist *Only Japanese sites available 	
Japan Medical Association Cancer Screening You Need to Know *Only Japanese sites available 	
Healthcare Lab Self-check for Women's Diseases *Only Japanese sites available 	