

Employees

# Differences in Health Checkup Courses

Course Name		Basic checkup	Standard checkup	Advanced checkup <sup>*1</sup>					
Features	Basic tests		Basic checkup + <b>Colon cancer screening + Abdominal ultrasound + Fundoscopy</b> <ul style="list-style-type: none"><li>Find preventable lifestyle-related diseases early!</li><li>Includes colon cancer screening as the risk increases after entering your 40s.</li><li>Please consider "Standard checkup" course if you do not need stomach cancer screening.</li></ul>	Standard checkup + <b>Stomach cancer screening + Tonometry + Blood sampling for detailed tests / Urine test + Lung function test <sup>*2</sup></b> <ul style="list-style-type: none"><li>Includes stomach cancer screening, which is recommended for those 50 years or older.</li></ul>					
	Age	39 years or younger	35 years old, 40 years or older (choose one of the courses)						
Mandatory items	Interview	Physical measurements							
	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)				Advanced checkup mandatory items	Total bilirubin, Total protein, Albumin	
		Pancreas	—					ALP, A/G ratio, ZTT, TTT, LDH	
		Kidney function	Creatinine (Cr), e-GFR, Uric acid (UA)					ChE	
		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)					Serum amylase	
	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] <sup>*3</sup> Stomach x-rays / Gastroscopy								
Lung function test <sup>*2</sup>									
Options	Female	Cervical cancer screening	Pap smear <<All ages>>						
		Breast cancer screening	Breast ultrasound <<age 30 years or older>> Mammography <sup>*4</sup> <<35 years old and 40 years or older>>					Please select one if you are either 35 years old or 40 years or older	
	Stomach tests <sup>*5</sup>		ABC checkup or Helicobacter pylori test <<20 years or older, once every 5 years>>						
	Colon cancer screening Fecal occult blood test <<40 years or older>>		Ophthalmoscopy	Tonometry					

# 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. Please consult directly with the medical facility where you booked your appointment. 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. Please check <a href="#">i-Wellness</a> to confirm.</p>	<a href="#">i-Wellness</a> 
*3	Stomach cancer screening	<p>Some medical facilities do not offer a choice of examination methods (gastric X-ray or gastroscopy). Please check <a href="#">i-Wellness</a> to confirm.</p>	
*4	Mammography	<p>Mammography is recommended for those who are 40 years or older.</p> <p>[Reference] <a href="#">Breast Cancer Patient Medical Care Guideline</a> (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. 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 <a href="#">Understanding the ABC Checkup</a>.</p>	



## Reference websites

Employees' Guide to the Annual Health Checkup	<a href="#">FR Health Insurance Organization</a> 
Be Informed and Take Action Cancer Screening (Employees)	<a href="#">FR Health Insurance Organization</a> 
Your health check results are a message for you.	<a href="#">FR Health Insurance Organization</a> 

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