

Privacy policy

Health checkups are outsourced to Wellness Communications Corporation to provide the FR Health Insurance Organization's services to dependents nationwide. Please undergo the checkup after you check and agree with the following. Also, please check the following before submitting the results of the checkup you underwent at your part-time workplace.

Use of personal information

FR Health Insurance Organization not only provides insurance benefits such as medical expense payments, but we also fulfil insurer's functions further by operating effective and efficient insurance business in order to maintain and improve insured persons' health. Your personal information is necessary for us to implement our insurance services. With safe storage and handling of personal information always in mind, we handle the information appropriately and ensure thorough enforcement of the procedures by all staff and concerned parties involved in accordance with Personal Information Protection Law and the privacy policy by Wellness Communications Corporation and FR Health Insurance Organization.

Scope of personnel using personnel information

- FR Health Insurance Organization: Medical advisers, public health nurses, staff in charge of health activities
- Itochu Techno-Solutions Co., Ltd.: We may browse and/or use personal information only if requested by FR Health Insurance Organization to handle system failure and support.
- Wellness Communications Corp.: as mentioned under "Handling of personal information by Wellness Communications Corporation" below.
- Medical facilities: as mentioned under "Handling of personal information by medical facilities" below.

Purpose of use

- Health service guide (disease prevention, prevention measures against diseases worsening, health seminar, new registration at the Health Management Web Portal)
- Conducting special checkups and special health guidance as well as reporting to the Japanese government
- Providing insurance benefits, collecting insurance premiums and conducting health services by FR Health Insurance Organization based on the Health Insurance Act
(See "Details of privacy policy / purposes of use of personal information" below)

Details of privacy policy / purposes of use of personal information

<https://www.fr-kenpo.or.jp/eng/member/info/policy.html>



Handling of personal information by Wellness Communications Corporation

Your personal information provided to Wellness Communications Corp. will be shared with medical facilities, transportation facilities, and other third parties involved in operating the tasks.

Wellness Communications Corp. will collect your medical checkup results and the questionnaire responses from the medical facilities and submit them to FR Health Insurance Organization. The Organization will utilize them to improve health services.

Please apply on the premise that you agree to the above when using our system.

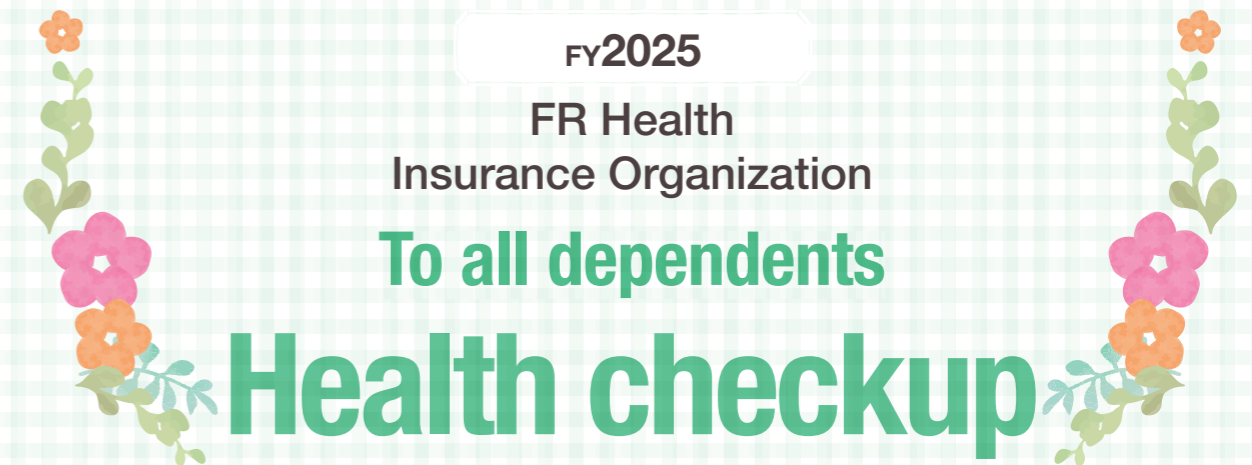
You can check the privacy policy of Wellness Communications Corp. on our website: <https://wellcoms.jp/privacy/>.

Handling of personal information by the checkup service booking agency

- Wellness Communications Corp. retains the personal information of the applicant, including the full name, date of birth, address, phone number, email address, gender, and the health insurance card symbol and number, and provides it to FR Health Insurance Organization.

Handling of personal information at medical facilities

- Medical facilities obtain personal information from health checkup applicants, including their address, telephone number, date of birth, and the health insurance organizations to which they belong.
- The medical facility will obtain the information from Wellness Communications Corp. to check the above-mentioned booking details.
- The medical facility will provide all personal information, including the personal information that includes the medical checkup results, to Wellness Communications Corp.



2025

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

JAN

2026

Monday, March 31

Appointment period

Thursday, January 15

Monday, April 14

Checkup period

Saturday, January 31

Eligible Persons for Dependent Health Checkup FY2025

You have become a member of FR Health Insurance Organization by April 01, 2025, and are **still a member on the day of the checkup.**

1. Spouse (Wife / Husband)
2. A dependent family who will be 40 years and older in FY2025 (April 2025 to March 2026)

My health checkup date in FY2025

Date and Time:

Date

Month

Year

Time

My booked medical facility:

Contact

Wellness Communications Corporation
Health Checkup Booking Center

Hours 8:30 - 19:30

Non-business days Saturdays, Sundays, public holidays,
Dec. 27 to Jan. 4

TEL: 0570-052-002

Japanese guidance followed by English guidance.

* Calls to the Navi Dial number shown in this pamphlet are received on an ordinary telephone line. The caller is responsible for all call charges to the destination.
Call charges will be billed by NTT Communications even if you are registered with the MYLINE Carrier Selection Service.
* If you wish to speak to an operator, please follow the instructions from the Navi Dial and press the appropriate numbers.

Follow up after your health
checkup matters!

Health checkup for who?

Your annual health checkup. Have you not
checked the results or skipped your health
checkup because you are busy?

Health checkup for who?	2P
Implementation overview	3P
List of examination items	4P
Examination regions	5P
Health checkup booking flow	6P
How to register on the Health Checkup Booking System	7P
From booking to undergoing health checkup	8-11P
Frequently Asked Questions	12-13P
Gift for submitting your checkup results conducted at your part-time workplace	14P
For those who cannot find a medical facility nearby or regularly make outpatient visits.	15P
Privacy policy	16P

Do I really need to undergo a health checkup once a year?

Check your health status by
undergoing the health checkup
by your health insurance
organization
or at your workplace

I don't feel any different even with “detailed examinations required.”

Prevent worsening by
undergoing a detailed
examination for early detection
and early therapy.

It's hard to make sense of the results!

First, check your
overall valuation.
Pay attention to any annual
change, even if your results
are “Not abnormal.”

Summary

You today makes a healthy
you tomorrow. Your daily
efforts will lead to a sound
mind and healthy body.

Notification from FR Health Insurance Organization

- 1 You cannot decline the mandatory test items (please see page 4) as it is stipulated by law.
- 2 You cannot change your booked course on the checkup date.
- 3 If you don't require your stomach test every year, a complimentary standard checkup is available! (copayment ¥0)
- 4 We review the checkup items every year for improvement.

Implementation overview

Qualification	You have become a member of FR Health Insurance Organization by April 01, 2025, and are still a member on the day of the checkup. <small>You must pay the entire fee of all tests included in the checkup when you undergo the checkup after you become ineligible for FR Health Insurance.</small>		
Eligibility	Spouse (Wife / Husband)	All dependents 40 years old and older	
Important Age <small>Age (as of March 31, 2026)</small>	39 years and younger	40 - 75 years old	50 - 75 years old
Health checkup course	Basic checkup	Standard checkup	Advanced checkup
Features	Main checkup items are included.	Course for those not requiring a stomach test!	In greater detail
Copayment amount	Copayment not required		Copayment required <small>[Copayment amount: ¥10,000 (tax inclusive)]</small>
Options <small>See pages 4 & 5 for more details.</small>	All Helicobacter pylori test or ABC checkup		
	All female Pap smear		
	Female age 35 years and older Breast ultrasound		
	Female age 40 years and older Mammography		
	40 years old and older	Fecal occult blood test	Included in the course*
	40 years old and older (every five years, the year you turn 40, 45, 50 and so forth)	Abdominal ultrasound	Included in the course*
	40 years old and older (every five years, the year you turn 40, 45, 50 and so forth) Bone density test		
	Tonometry Included in the course*		
		50 years old and older	can be changed to gastroscopy
* Please check the list of medical facilities. Some medical facilities do not include this in their comprehensive medical examination.			

Quick reference matrix for age at five-year intervals (reference date for age: March 31, 2026)

35 years old: Born in the period from Apr. 1, 1990 to Mar. 31, 1991	60 years old: Born in the period from Apr. 1, 1965 to Mar. 31, 1966
40 years old: Born in the period from Apr. 1, 1985 to Mar. 31, 1986	65 years old: Born in the period from Apr. 1, 1960 to Mar. 31, 1961
45 years old: Born in the period from Apr. 1, 1980 to Mar. 31, 1981	70 years old: Born in the period from Apr. 1, 1955 to Mar. 31, 1956
50 years old: Born in the period from Apr. 1, 1975 to Mar. 31, 1976	75 years old: Born in the period from Apr. 1, 1950 to Mar. 31, 1951
55 years old: Born in the period from Apr. 1, 1970 to Mar. 31, 1971	Please complete the checkup by the day before your 75th birthday.

List of examination items Dependent

●: Mandatory ■: Mandatory selection □: Optional selection

Age (as of March 31, 2026)		≤39 years old (wife or husband)	40 - 75 years old	50 - 75 years old	40 years old and older
Course Name		Basic	Standard	Advanced	
Examination items					
Questionnaire, Consultation		●	●	●	Undergo your checkup at your part-time workplace
Physical measurements (height, weight, BMI, abdominal girth)		●	●	●	
Blood pressure		●	●	●	
Eye test		●	●	●	
Hearing test		●	●	●	
Urine test	Urinary protein, Urinary sugar, Urinary occult blood	●	●	●	
	Urobilinogen, Urine specific gravity, Urine pH, Urinary sediment			●	
Lung cancer screening Chest X-ray		●	●	●	
Electrocardiogram		●	●	●	
Blood test	Liver function AST (GOT), ALT (GPT), γ-GT (γ-GTP)	●	●	●	You earn 3,000 Pep points or gift ¥2,000 worth of QUO Card
	Sugar metabolism Fasting blood sugar level, Hemoglobin A1c (HbA1c)	●	●	●	
	Lipids Total cholesterol (TC), Triglyceride (TG), HDL cholesterol, LDL cholesterol	●	●	●	
	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)	●	●	●	
	Others Urea nitrogen (BUN), ALP, Total protein, Total bilirubin, Serum amylase, Albumin, A/G ratio, ZTT, TTT, LDH, ChE, Serum iron			●	
Colon cancer screening Fecal occult blood test			□*	●	when you submit a copy of your results to the health insurance organization.
Abdominal ultrasound			□ (every 5 years)	●	
Lung function test				●	
Ophthalmoscopy	Fundoscopy			●	Refer to page 14 for the details.
	Tonometry		□	●	
Stomach tests	Stomach cancer screening Stomach X-ray				
	Gastroscopy			■ (Select one)	*1 ABC checkup / Helicobacter pylori test are tests of which it is said to be sufficient to undergo them only once in one's lifetime. You can choose this option if you have never undergone either of them. You can undergo the test if you cover the entire fee (Please check with the medical facility you booked). If you have already undergone the test, please undergo the test regularly with your family doctor or undergo a gastroscopy regularly, depending on your previous test results. [Cancer screening (stomach cancer / colon cancer / uterine cancer / breast cancer)]
	ABC checkup		□ (Select one)*1		
	Helicobacter pylori test				
Cervical cancer screening Pap smear			□*2		*2 Please undergo the test at least once every two years. *3 Please undergo the test at least once every two years. / Mammography is recommended for 40 years and older. *All. If you are undergoing the test by your family doctor regularly, please check with your doctor if it is time to have another one. *All. If it is difficult to undergo the screening at the same time as your checkup at your medical facility, please undergo the screening test performed by your municipality.
Breast cancer screening	Breast ultrasound	□ (35 years and over)		□ (Select one)*3	
	Mammography				
Bone density test				□ (every 5 years)	

*1 ABC checkup / Helicobacter pylori test are tests of which it is said to be sufficient to undergo them only once in one's lifetime. You can choose this option if you have never undergone either of them.
You can undergo the test if you cover the entire fee (Please check with the medical facility you booked).
If you have already undergone the test, please undergo the test regularly with your family doctor or undergo a gastroscopy regularly, depending on your previous test results.
[Cancer screening (stomach cancer / colon cancer / uterine cancer / breast cancer)]
*2 Please undergo the test at least once every two years.
*3 Please undergo the test at least once every two years. / Mammography is recommended for 40 years and older.
*All. If you are undergoing the test by your family doctor regularly, please check with your doctor if it is time to have another one.
*All. If it is difficult to undergo the screening at the same time as your checkup at your medical facility, please undergo the screening test performed by your municipality.

You can check the setting of optional tests at the Health Checkup Booking System “i-Wellness.”

Examination regions

Fundoscopy

A test to detect vascular lesions caused by arteriosclerosis, diabetes, or eye diseases such as glaucoma.

Tonometry

A test to measure your intraocular pressure by blowing air on your eye ball.

Mammography Female

A test using X-rays to examine breasts for early breast cancer detection. The dose you receive in this test is said to be lower than the cosmic ray (radiation) you get exposed to during a flight between Tokyo and New York.

Breast ultrasound Female

Recommended for those with developed mammary glands at a young age, pregnant, or breastfeeding.

Pap smear Female

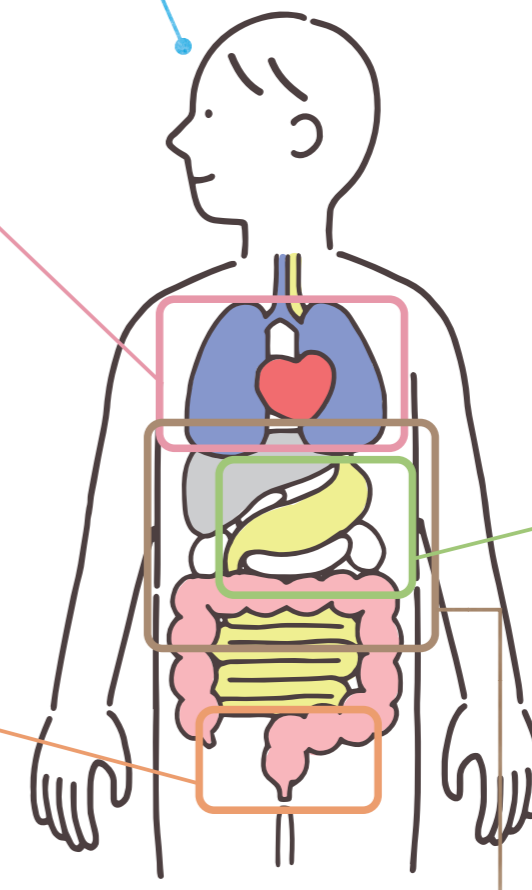
A test to detect mainly cervical cancer by sampling cells of the cervix.

Bone density test

A test to measure bone strength to detect diseases such as osteoporosis by using x-ray or ultrasound.

Fecal occult blood test

A test to detect lesions (polyps, cancer, etc.) in the colon.



Stomach X-ray (barium)

A cancer screening to detect ulceration, polyp, tumor cells in your esophagus, stomach and duodenum.



Gastric camera (Gastroscopy)

This is one of the stomach cancer screening methods like a stomach X-ray. The camera (endoscope) allows direct visual examination of the membrane.



ABC Checkup*

An examination to evaluate the risk of stomach cancer by combining the results of the pylori IgG antigen test for Helicobacter pylori infection and pepsinogen measurement for membrane atrophy.

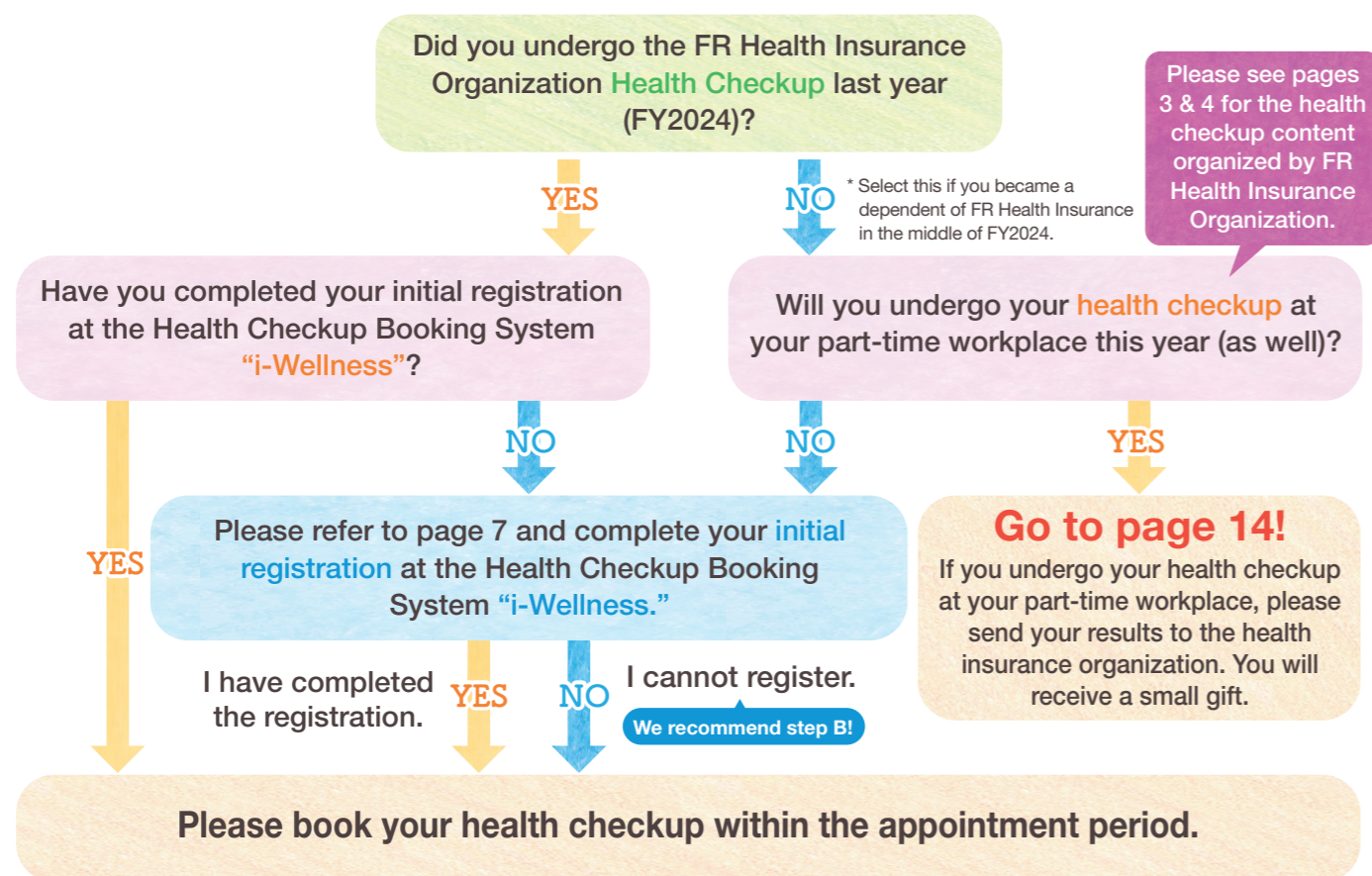
Helicobacter pylori test

A test to detect the presence of Helicobacter pylori that is one of the causative microorganisms for stomach inflammation, stomach ulcer and stomach cancer.*

* ABC checkup and Helicobacter pylori test are tests of which it is said to be sufficient to undergo them only once in one's lifetime.



Health checkup booking flow



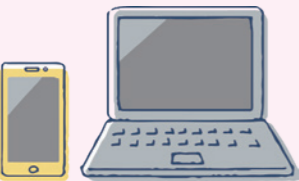
Which method?

A

I am busy. I want to choose my own time.

We recommend booking through our website. You can book any time 24 hours with your smartphone or personal computer.

Go to A "Book through the website"




See pages 8 & 9 for more details.

B

I'm not confident using a smartphone, a personal computer ...

We recommend booking through our phone. You can book with the operator to help you through the process.

Go to B "Book by phone"




See pages 8 & 9 for more details.

C

I'd like to choose options in detail.

We recommend booking directly (by phone) with the medical facility. Some medical facilities accept direct booking. Please be sure to report after booking.

Go to C "Book directly"



See pages 10 & 11 for more details.

* If you plan to undergo an examination item or option not mentioned in our guide, please call the medical facility with which you booked your checkup and apply directly. You must cover the entire fee.

How to register on the Health Checkup Booking System

Access to i-Wellness

健診ポータル

<https://i-wellness-p.com/j00/j00101.jsf> * This URL and QR code are only for dependents.



STEP 0

Initial registration

Select "Registration" at login screen.

STEP 1

Terms and Conditions

Please check the contents and click "Agree."

STEP 2

Registration

Enter your health insurance card symbol, the number, full name, sex, date of birth, email address, and secret question and answer listed in your ID (your health insurance card issued by FR Health Insurance Organization, Eligibility Verification Certificate or Notice of eligibility information). Check your entries and click "Register."

* You can also register by the methods mentioned in the enclosed "Guide to the Health Checkup."

STEP 3

Complete the registration.

Confirm the email message sent to your registered email address.

Subject: [i-Wellness Health Checkup Portal] Your user registration is completed.

STEP 4

How to log in

Enter your ID (the email address mentioned in the "[i-Wellness Health Checkup Portal] Your user registration is completed") and the tentative password (indicated in the same message), then click "Log in."

STEP 5

Change of initial password

Within 24 hours, select your own password, and click "Register."

* The password must have at least eight characters and must include at least three of the following types in half size: number, upper case letter, lower case letter and symbol.

STEP 6

Complete the change of initial password

You will receive an email message informing you that the password was changed.

Subject: [i-Wellness Health Checkup Portal] Your password change has been accepted.

If you forget your ID/password after your initial registration

- Click "forgot my ID/password" at the bottom of the log in screen.
- Please go through the registration process again.
- If you cannot go through the registration process again, please call the number below.

Health Checkup Booking Center

TEL: 0570-052-002

[Hours] 8:30 - 19:30
[Non-business days]
Saturdays, Sundays, public holidays, Dec. 27 - Jan.4

From booking to undergoing health checkup

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

STEP 7

Booking
methods

Preparation

Booking steps

Report Booking

Booking
confirmation

Two weeks
before your
medical
checkup

Test kit
arrives

Undergo the
health checkup

Call the medical facility.

**Book directly
at the medical
facility**

- Check courses and options (pages 3 & 4)
- Check the available medical facility for direct booking from the medical facility list



List of medical facilities

https://www.fr-kenpo.or.jp/member/health/files/checkup_list_family.xlsx

* Direct booking is not available if it doesn't have ○.

Call the medical facility to book and advise them of the following.

- ① Your Health Insurance Organization
FR Health Insurance Organization
- ② Health Checkup Agency
Wellness Communications Corporation
* Be sure to mention.
- ③ Your choice of course and options
* Give the course name listed on page 3
- ④ Your choice of checkup day
* Select a day at least two weeks ahead
- ⑤ Your full name, date of birth, address and phone number.

**Report booking by one of the methods.
(On the same day when you booked your
checkup at the medical facility)**

* The next business day, if it falls
on Saturday, Sunday or a public
holiday.

1 Register on the website

Login to i-Wellness*

<https://i-wellness-p.com/j00/j00101.jsf>

Flow and state of health checkup.

Appointment Not finished

State: We are looking forward to your application.

Make a reservation for health checkup.

The customer who has directly made a reservation at a medical facility.

*The customer who has made a reservation for a previous examination or who has already contacted the medical institution.

Apply for the reservation.

**2 Report your booking to the Health
Checkup Booking Center by phone**

Health Checkup Booking Center
0570-052-002
[Hours] 8:30 - 19:30
[Non-business days] Saturdays, Sundays,
public holidays, Dec. 27 to Jan. 4

After the Health
Checkup Booking
Center checks
your booking with
the medical
facility, you will
receive a
confirmation
notification by
email.

Notification by
phone (or SMS)
and a postcard

By e-mail

- Health medical checkup guide
 - Questionnaire on the website
- ↓
- Fill in the questionnaire on the website before the deadline.
- Please fill in both of the questionnaires sent from the medical facility and Wellness Communications (checkup contractor).

By post

- Health medical checkup guide
 - Questionnaire
- ↓
- Please fill in the questionnaire and submit it in the envelop enclosed before the deadline.

**Test kit arrives from
the medical facility**

Please check with the medical facility directly if you wish to request an option without subsidy from the health insurance organization.

**Undergo
your health
checkup at the
medical facility
you booked with.**



**What to bring
for your health
checkup**

- ID specified by the medical facility
- What to bring specified by the medical facility (sample container, questionnaire etc.)
- Copayment amount (Only when applicable)

- * If you haven't registered at i-Wellness, please see page 7. To change your registration (address, email address, etc.), please log in i-Wellness and change your information from the top screen (upper right).
- * Your checkup will not be accepted unless you report your booking. Also, if you fail to report, you may not become eligible for next year's checkup. Please make sure to report.

- Notes**
- ✓ Please make sure to check the medical facility list, as the number of facilities where you can book directly is limited.
 - ✓ Please book the checkup day within the specified period and more than two weeks ahead of the day you book.
 - ✓ When booking with the medical facility directly, you must report it on the same day.
 - ✓ If your report details and the booking details at the medical facility do not match, the Health Checkup Booking Center will contact you.
- * The checkup booking will not be accepted if you fail to report on the day or do not respond to the Health Checkup Booking Center. (Please note that you must cover the entire fee if you undergo your checkup without registration.)

Changing or cancelling your booking

Health Checkup
Booking Center **TEL: 0570-052-002**

[Hours] 8:30 - 19:30 [Non-business days] Saturdays, Sundays, public holidays, Dec.27 to Jan.4

Change
Booking

- ☐ Contact the medical facility you booked with to report your change (checkup day, course, option)
 - ☐ Follow STEP 3 "Report Booking" and notify the change
- * If you do not go through "STEP 3 Report Booking," the change will not be processed.

Cancel
Booking

- ☐ Contact the medical facility you booked with directly.
 - ☐ Call the Health Checkup Booking Center and report your cancellation.
- * If you do not contact the medical facility you booked with and the Health Checkup Booking Center, the cancellation will not be processed.

C Direct booking troubleshooting

- Q1** My direct booking request was declined when I called the medical facility.
I contacted and booked my checkup at a medical facility that was not available for direct booking.
- A1** The medical facilities that accept direct booking are specified. Please see the list of medical facilities from STEP 1, and select the facility with ○ direct booking.
- Q2** I made a direct booking at a medical facility, but I don't know how to report it.
- A2** Please see page 11 "STEP3 Report Booking" and report on the website or call the Health Checkup Booking Center.
- Q3** I'm having trouble getting through to the medical facility.
- A3** Please wait for a while and call again. Or please try booking using steps A or B on pages 8 & 9.
- Q4** I booked/underwent my checkup outside of my checkup period.
- A4** You can undergo only within the specified checkup period. If you already underwent the checkup, Please contact to Health Checkup Booking Center.

- Q5** I just noticed that the booking report and the booking details at the medical facility are different. What do I do?
- A5** Please call the Health Checkup Booking Center. *If the Health Checkup Booking Center has discovered the difference, the center will contact you. Please follow the instructions.
- Q6** What do I do when the booking details are different from the booking confirmation notice (email,phone [or SMS] or postcard)?
- A6** Please call the Health Checkup Booking Center.
- Q7** It's one week before the checkup, but I haven't received my questionnaire and test kit.
- A7** Please contact the medical facility you booked with to confirm.
- Q8** I want to change the date. What should I do?
- A8** Please advise your date change to the medical facility you booked with, and report according to "Changing or cancelling your booking" on page 10.

Frequently Asked Questions

Health checkup / Application

Q1 My family member who works at FR group is leaving. Can I still undergo the checkup?

A1 Yes, you can.
Please complete the checkup before the termination date of employees working for FR Group. We will charge you all costs if we find that you underwent the checkup after the termination date of employees working for FR Group.

Q3 I will turn 75 in the middle of the year for the checkup. Can I undergo my health checkup if I am 75 years old or older?

A3 No. You cannot undergo the checkup if you are 75 years or older.
Supplement You will be qualified to join Advanced Elderly Medical Service System when you turn 75 years old and you will be withdrawn from the health insurance organization. Please undergo your checkup the day before your 75th birthday at the latest.

Q5 I forgot my ID / password for i-Wellness. What should I do?

A5 Please try the initial registration again on page 7.
Supplement Please contact the center below if you have any questions on navigating i-Wellness.
Health Checkup Booking Center
TEL: 0570-052-002
Hours: 8:30 - 19:30
Non-business days: Saturdays, Sundays, public holidays, Dec. 27 to Jan. 4

Q2 I am pregnant. Can I still undergo the checkup?

A2 Yes, you can.
Please consult your family doctor as to whether you can or not. If you decide to undergo the checkup, please inform the medical facility that you are pregnant.

Q4 What should I do if I want to undergo the checkup immediately?

A4 You can book no earlier than two weeks in advance. Please see pages 8 to 11 and book your checkup as soon as possible.

Q6 I became unable to undergo the checkup owing to poor health or other unavoidable reason on the day of the checkup. What should I do to change or cancel my appointment?

A6 Please follow "Changing or cancelling your booking" on the lower section of pages 8 and 9 and proceed.
Supplement Be sure not to cancel your appointment without prior notice. Otherwise, we may be unable to use the contracting medical facility for future checkups.

Q7 I can't find a medical facility contracted by Wellness Communications close to my home. What should I do?

A7 Please contact the center below. Please inform the staff that you want to undergo the checkup at a medical facility other than the contracted medical facility.
FR Group Health Checkup Helpdesk
TEL: 0120-579-329 <https://wellcoms.jp/data/news/322/news.pdf>
Hours: 9:00 - 17:00
Non-business days: Saturdays, Sundays, public holidays, year end, New-year holidays



Q9 I'm going to join a different health insurance organization next month. Until when am I allowed to undergo the checkup?

A9 Please complete the checkup by the day before your dependent termination date at the latest. We will charge you the entire cost if we find that you underwent the checkup after your dependent termination date.

Q11 I will undergo my health checkup at my part-time workplace. Shall I undergo both health checkups including the one by FR Health Insurance Organization?

A11 Please make sure to undergo the checkup at your part-time workplace.
If you are aged 40 years and older and a member of FR Health Insurance Organization, you are eligible and required to undergo the health checkup by laws specified by the Japanese government. Please submit a copy of the checkup results if you underwent checkup at your part-time workplace instead of the one organized by the FR Health Insurance Organization. We will send you a gift after your submission. Please see page 14 of this guide for details.

Q8 I haven't received the confirmation for the booking I made through i-Wellness. What do I do?

A8 Please contact the center below and confirm.
Health Checkup Booking Center
TEL: 0570-052-002
Hours: 8:30 - 19:30
Non-business days: Saturdays, Sundays, public holidays, Dec. 27 to Jan. 4

Q10 I received a detailed blood examination at the hospital where I usually make outpatient visits. Can I skip the checkup?

A10 Please make sure to undergo the checkup.
Supplement There are examination items other than blood sampling. Please undergo your health checkup to double-check your state of health.

Your course and options booked

Q12 I received a cancer screening guide from my municipality. Is it OK for me to undergo that screening?

A12 Yes. You can.
Please select one, either by FR Health Insurance Organization or your municipality.

Q13 I did not undergo some of the tests on the day of the health checkup. Do I need to undergo those tests at a later date?

A13 Please make sure to undergo the checkup.
You cannot decline some of the test items as it is stipulated by law. If you weren't able to undergo the test on that day, please make sure to complete the test at the same medical facility within two weeks.

Q14 What do I do if I'd like to undergo the items and options not mentioned in the Guide to the Family Health Checkup?

A14 Please contact and consult directly with the medical facility you booked. You can undergo items other than those specified in the Guide to the Health Checkup by covering the entire cost. (You don't have to submit the results of the optional exams for which you covered the entire cost.)

Medical facilities

Q15 The medical facility where I underwent a health checkup last year is not included on the list of medical facilities. Where can I undergo the checkup?

A15 Please select another medical facility in the list.
We may not offer the same medical facility for checkup on the list every year due to some circumstances by medical facility. You can check with the QR code on the right.
https://www.fr-kenpo.or.jp/member/health/files/checkup_list_family.xlsx



Health checkup results

Q16 If I have to take detailed examinations based on the results of the health checkup, will I receive any subsidies from FR Health Insurance Organization?

A16 No, you will not receive any subsidies.

Q17 Can FR Health Insurance Organization issue my previous results of health checkups?

A17 FR Health Insurance Organization cannot issue these results. Please contact the medical facility where you underwent your checkup.

Gift for submitting your checkup results conducted at your part-time workplace



<Note> You are not eligible if you underwent the FR Health Insurance Organization checkup or used checkup post-adjustment.
Please see the back cover for the detailed privacy policy for handling your submitted health checkup results.

Check the terms and conditions

- ☐ The checkup date at the workplace is between April 1 2025 and March 31 2026
- ☐ Age between 40 and 75 and 74 years or younger when undergoing the checkup * Age (as of March 31, 2026)
- ☐ You have not used FR Health Insurance Organization checkup or checkup post-adjustment in FY2025.
- ☐ All “Mandatory items” listed on the **bottom half of page 15** are recorded in the health checkup result list.

Submission method

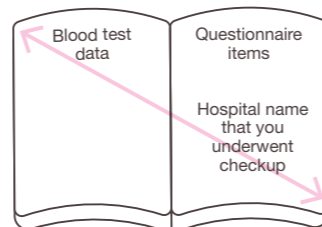
- ☐ ① Copy all pages of health checkup results
- ☐ ② Fill in and cut off the “(B) Application form” on the left bottom of this page.
- ☐ ③ Cut off the “Address label” on the right bottom and glue it to an envelope.
- ☐ ④ Enclose (A) and (B) in the envelope and post it.

FR Health Insurance Organization will check the contents and give Pep points or send a QUO card to the qualified person.

* Please register PepUp if you wish to receive Pep Point. You can check with the QR code on the right.

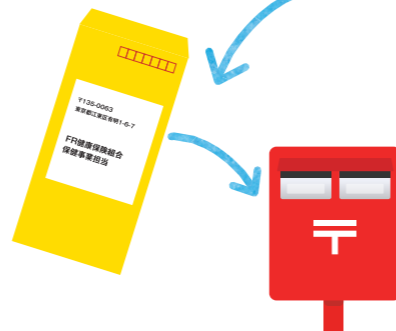


(A) Copy of the results



(B) Application form

(C) Envelope



For those who cannot find a medical facility nearby or regularly make outpatient visits.

In principal, please undergo your health checkup at a medical facility mentioned in the medical facility list.

✿ Guide for health checkup post-adjustment ✿

Post-adjustment system is for settling the payment at a later date after you cover the entire fee when you undergo your checkup at your hospital you visit regularly or cannot find a medical facility nearby. The amount that exceeds the health insurance subsidy maximum amount will be covered by you.

* Post-adjustment system is only applicable when you have undergone the checkup at a medical facility not listed in our medical facility list.

The health insurance subsidy maximum amount * The fee setup differs according to the checkup course.

Eligible	Gender	Age	The health insurance subsidy maximum amount (tax inclusive) (Checkup and options)	Option items
Spouse only (Husband / Wife)	Male	39 years and younger	23,000 yen	ABC checkup or Helicobacter pylori test
	Female	34 years and younger	27,000 yen	ABC checkup or Helicobacter pylori test Pap smear
		35 - 39	31,000 yen	ABC checkup or Helicobacter pylori test Pap smear Breast ultrasound
Regardless of relationship	Male	40 - 49	25,000 yen	ABC checkup or Helicobacter pylori test Fecal occult blood test
		50 years old and older	39,000 yen	ABC checkup or Helicobacter pylori test Fecal occult blood test Stomach X-ray or Gastroscopy
	Female	40 - 49	33,000 yen	ABC checkup or Helicobacter pylori test Fecal occult blood test Pap smear Breast ultrasound or mammography
		50 years old and older	44,000 yen	ABC checkup or Helicobacter pylori test Fecal occult blood test Pap smear Breast ultrasound or mammography Stomach X-ray or Gastroscopy

Please check that the following specific health checkup items are included.

Specific health checkup examination items * If mandatory items are insufficient, there will be no subsidy.

Mandatory items	<ul style="list-style-type: none"> • Questionnaire (medical history, smoking history) • Consultation • Physical measurements (height, weight, BMI, abdominal girth) • Blood pressure • Urine test (urinal sugar, urinal protein) • Blood test <ul style="list-style-type: none"> Lipids (fasting triglyceride, non-fasting triglyceride if fasting is not available, HDL cholesterol, LDL cholesterol) Sugar metabolism (fasting blood sugar level or Hemoglobin A1c (HbA1c), non-fasting blood sugar level if fasting is not available) Liver function (AST (GOT), ALT (GPT), γ-GT (γ-GTP))
Detailed health checkup items	<ul style="list-style-type: none"> • Electrocardiogram • Fundoscopy • Anemia test (Red blood cell count(RBC), Hemoglobin level (Hb), Hematocrit value (Ht)) • Creatinine(Cr) • e-GFR * Will be added subject to the doctors decision

If you wish to take it, please contact the following, or check the details using the QR code below.

Checkup period	Monday, April 14, 2025 – Tuesday, March 31, 2026
Application period	Monday, March 31, 2025 – Sunday, May 31*, 2026 *without fail
Contact	FR Group Health Checkup Helpdesk TEL: 0120-579-329 [Hours] 9:00-17:00 [Non-business days] Saturdays, Sundays, public holidays, year end, New-year holidays * Please note that you cannot apply outside the checkup period or application period. https://wellcoms.jp/data/news/322/news.pdf



* Help desk operators are only Japanese speakers. Website is available in Japanese and English.

(B) Application form for submitting health checkup results from the workplace

Health insurance card, Eligibility Verification Certificate, Notice of eligibility information	The name of the person who underwent the checkup
Symbol Number	
[Questionnaire] Answer (Yes / No) Please circle.	
Are you currently taking any medicine?	
• drug to lower blood pressure	Yes / No
• drug to lower blood sugar	Yes / No
• drug to lower triglyceride or cholesterol	Yes / No
Are you a regular smoker?	
* When 1 and 2 apply to you, you are a 'regular smoker.'	1. Yes (both 1 and 2 apply)
1: I have been smoking for a month.	2. I smoked but haven't smoked for the last month (only 2 applies)
2: I had smoked for more than 6 months, or more than 100 cigarettes.	3. No (neither 1 or 2 applies)
[Gift] Please circle the gift of your choice.	
Pep Point (3,000 points) / QUO Card (¥2,000 worth)	
* Please register with PepUp if you wish to receive Pep Point. If we cannot confirm your PepUp registration, we will send you a QUO Card.	

〒135-0063
東京都江東区有明1-6-7

FR健康保険組合
保健事業担当宛