

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.



2024

2025

APR MAY JUN JUL AUG SEP OCT NOV DEC JAN

Monday, April 1 Appointment period Wednesday, January 15

Monday, April 15 Checkup period Friday, January 31

Eligible Persons for Dependent Health Checkup FY2024

You have become a member of FR Health Insurance Organization by April 01, 2024, 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 FY2024 (April 2024 to March 2025)

Select your checkup option.

Checkup by FR Health Insurance Organization (page 3-)

Date of your checkup

yyyy mm dd () time

Checkup at your part-time workplace (page 14)

Date of your checkup

yyyy mm dd () time

Earn Pep Points or receive QUO Card!

Checkup results submission

Submitted to FR Health Insurance Organization

Contact

Wellness Communications Corporation
Health Checkup Booking Center

Hours 8:30 - 19:30

Non-business days Saturdays, Sundays, public holidays, Dec. 28 to Jan. 5

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 8-9-10-11P
- 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

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.

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

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

Notification from FR Health Insurance Organization

- 1 Health checkup subcontractors have changed since FY2022. Please check the guide before you book and undergo the checkup.
- 2 If you don't require your stomach test every year, a complimentary standard checkup is available! (copayment ¥0)
- 3 We review the checkup items every year for improvement.

Implementation overview

We have changed the names from FR health checkup/WCC health checkup to standard checkup/advanced checkup since FY2023. The content of examination items are the same.

Qualification	You have become a member of FR Health Insurance Organization by April 01, 2024, 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	Dependents (wife or husband)	All dependents 40 years old and over		
Important Age <small>Age (as of March 31, 2025)</small>	39 years and under	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 over	Breast ultrasound		
	Female age 40 years and over	Mammography		
	40 years old and over	Fecal occult blood test	Included in the course.*	
	40 years old and over (every five years, the year you turn 40, 45, 50 and so forth)	Abdominal ultrasound	Included in the course.*	
	40 years old and over (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 over	can be changed to gastroscopy		
<small>* Please check the list of medical facilities. Some medical facilities do not include this in their comprehensive medical examination.</small>				
Application methods	Personal computer / smartphone / phone			

Quick reference matrix for age at five-year intervals (reference date for age: March 31, 2025)

35 years old: Born in the period from Apr. 1, 1989 to Mar. 31, 1990	60 years old: Born in the period from Apr. 1, 1964 to Mar. 31, 1965
40 years old: Born in the period from Apr. 1, 1984 to Mar. 31, 1985	65 years old: Born in the period from Apr. 1, 1959 to Mar. 31, 1960
45 years old: Born in the period from Apr. 1, 1979 to Mar. 31, 1980	70 years old: Born in the period from Apr. 1, 1954 to Mar. 31, 1955
50 years old: Born in the period from Apr. 1, 1974 to Mar. 31, 1975	75 years old: Born in the period from Apr. 1, 1949 to Mar. 31, 1950
55 years old: Born in the period from Apr. 1, 1969 to Mar. 31, 1970	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, 2025)		≤39 years old (wife or husband)	40 - 75 years old	50 - 75 years old	40 years old and over
Course Name		Basic	Standard	Advanced	
Examination items		Basic	Standard	Advanced	
Questionnaire, Consultation		●	●	●	Undergo your checkup at your part-time workplace You earn 3,000 Pep points or receive ¥2,000 worth of QUO Card when you submit a copy of your results to the health insurance organization. Refer to page 14 for the details.
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)	●	●	●	
	Sugar metabolic 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		□*	●	
Abdominal ultrasound			□ (every 5 years)	●	
Lung function test				●	
Ophthalmoscopy	Fundoscopy			●	
	Tonometry		□	●	
Stomach tests	Stomach cancer screening Stomach X-ray				
	Gastroscopy			■ (Select one)	
	ABC checkup		□ (Select one) ¹		
	Helicobacter pylori test		□ (Select one) ¹		
Cervical cancer screening	Pap smear		□ ²		
Breast cancer screening	Breast ultrasound	□ (35 years and over)		□ (Select one) ³	
	Mammography				
Bone density test				□ (every 5 years)	

[ABC checkup / Helicobacter pylori test]

*1 Applicable to those "who haven't taken either of the tests" while being a FR Health Insurance Organization member.

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 take 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 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

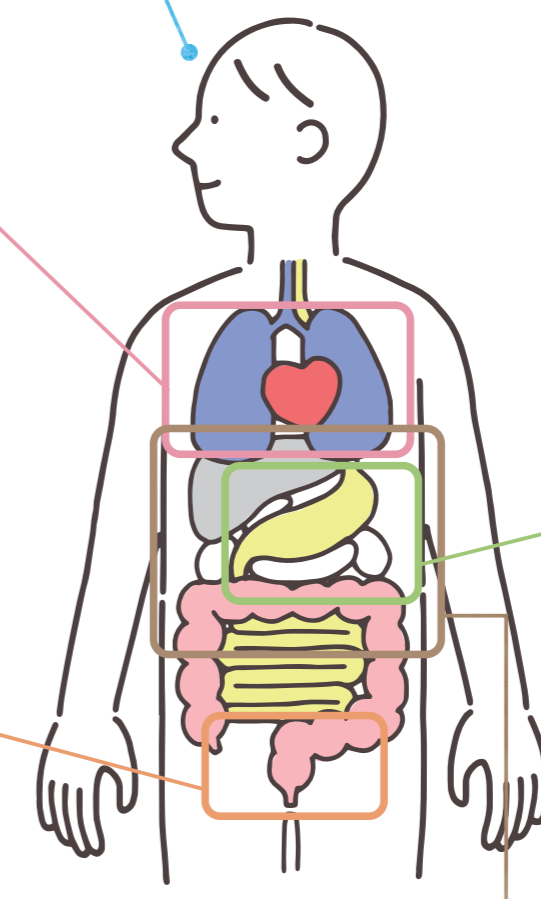
A test to detect mainly cervical cancer by sampling cells of the cervix.

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.

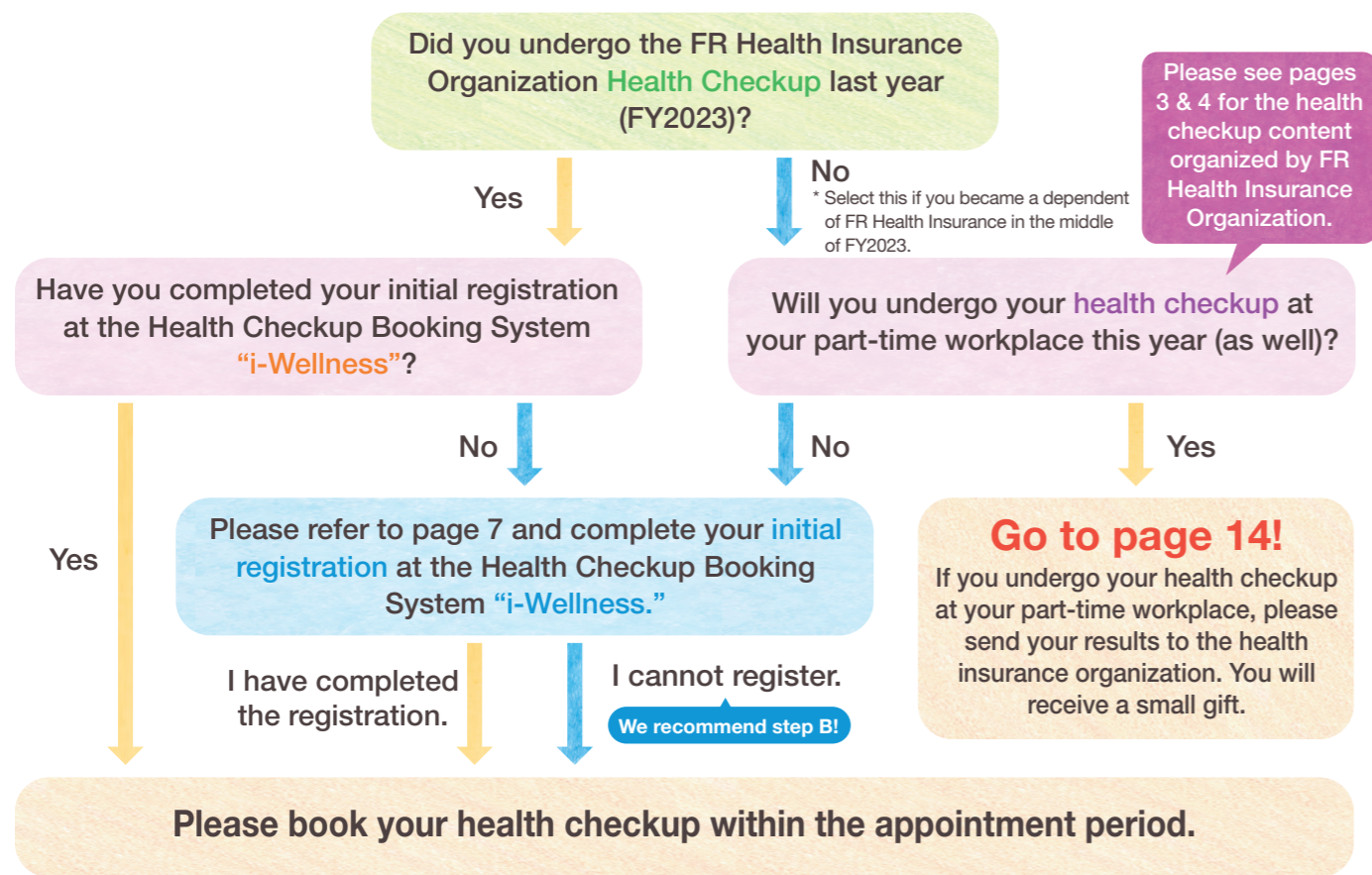
Helicobacter pylori test

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.

You can book 24 hours, night or weekends, with your smartphone or personal computer. We recommend booking through our website♪



▶ See pages 8 & 9 for more details.

Go to A "Book through the website"

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

We recommend using our hotline. You can follow the instructions on the phone to book.



▶ See pages 8 & 9 for more details.

Go to B "Book by phone"

C I'd like to choose options in detail.

There are medical facilities that accept booking directly (limited numbers). Please be sure to report after booking.



▶ See pages 10 & 11 for more details.

Go to C "Direct booking"

* If you plan to take 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.

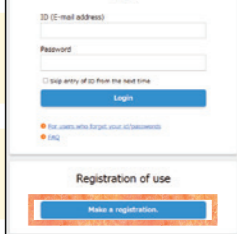
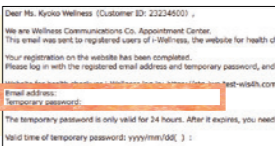
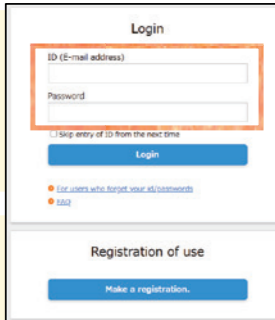
How to register on the Health Checkup Booking System

Access to i-Wellness

健診ポータル

<https://i-wellness-p.com/j00/j00101.jsf> * This URL and 2D code are only for dependents. * i-Wellness site is written only in Japanese.



- STEP 0 Initial registration** Select "Registration" at the member login screen. 
- STEP 1 Terms and Conditions** Please check the contents and click "Agree."
- STEP 2 Registration** Enter your health insurance numerical code and insurance number, full name, sex, birthday, email address, and secret question and answer. Check your entries and click "Register." * You can also register by the methods mentioned in the enclosed "Guide to health checkups."
- 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

- 1 Click "forgot my ID/password" at the bottom of the log in screen.
- 2 Please go through the registration process again.
- 3 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. 28 - Jan. 5

From booking to undergoing health checkup

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

Features

Booking steps

Booking confirmation

Two weeks before your medical checkup

Test kit arrives

Take the health checkup

You can book 24 hours through our website

A
Book through the website




Login to i-Wellness*



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

*i-Wellness site is written only in Japanese.

Login to i-Wellness*



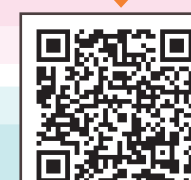
Immediate booking confirmation
Limited medical facilities! Popular medical facilities book up very quickly. Please be careful.

Booking request
Popular medical facilities book up quickly. Please consider an alternative medical facility or book with step C (page 10).

Two ways to book through the website

- Immediate booking confirmation**
Please book from the applicable days in the calendar! Your health checkup will be confirmed immediately.
- Booking request**
Input two of your preferred medical facilities and five preferred days and time.

List of medical facilities



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

* The facilities where they can speak English have the name and address in English.

Booking with an operator Available till 7:30 pm!!

B
Book with the center by phone



Check the list for your preferred medical facility

Call the Health Checkup Booking Center
0570-052-002
[Hours] 8:30 - 19:30

The operator will check the medical facility and dates on your behalf.

You will receive a confirmation message at the registered email address.

If you do not receive an email confirmation, please return to "Step 1 booking steps."

By e-mail

- 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).

Notification by phone or SMS and a postcard

By post

- 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.

Take your health checkup at the medical facility you booked with.



What to bring for your health checkup

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

* Not registered at i-Wellness: Please see page 7
 * To change your registered information: Please login to the website and update your information (address, email address, etc) from the top right corner.
 * Depending on the availability of medical facilities, you may have to reselect your checkup date or the facility.

Changing or cancelling your booking

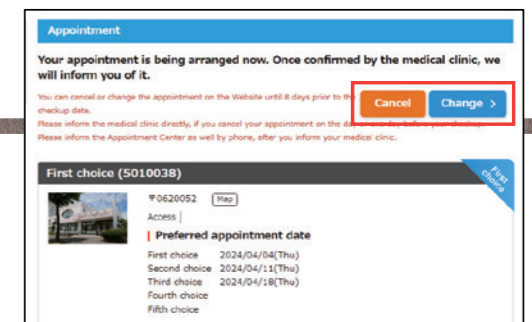
Health Checkup Booking Center **0570-052-002**

[Hours] 8:30 - 19:30
 [Non-business days] Saturdays, Sundays, public holidays, Dec. 28 to Jan. 5

- Change Booking** ①After logging in, click "Booking."
 ②Click "Change Booking."
Cancel Booking ①After logging in, click "Booking."
 ②Click "Cancel Booking."

* When using i-Wellness, changing or cancelling a booking **must be done at least eight days prior to your checkup**. You need to **call the Health Checkup Booking Center if it is within seven days prior to the date of your checkup**.

* If you need to **cancel the day before or on the day of the checkup**, please call the medical facility directly AS WELL AS the Health Checkup Booking Center.



From booking to undergoing health checkup



Call the medical facility.

Book directly at the medical facility

Report

- Check courses and options (pages 3 & 4)
- Check the medical facility that you can book direct from the facility list enclosed in the checkup guide, the website (login to i-Wellness), or the medical facility list below.

List of medical facilities
https://www.fr-kenpo.or.jp/member/health/files/checkup_list_family.xlsx

* Available medical facilities have ○ for direct booking.

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

- Health Insurance Membership: The FR Health Insurance Organization
- Be sure to advise "Wellness Communication's health checkup."**
- Your choice of course and options
* Give the course name listed on page 3
- Your choice of checkup day
* Select a day at least two weeks ahead
- Your full name, date of birth, address, phone number and insurance card number.

1 Report your booking at i-Wellness

Login to i-Wellness*
<https://i-wellness-p.com/j00/j00101.jsf>

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. 28 to Jan. 5

By e-mail

- 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

- 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.

Take your health checkup at the medical facility you booked with.

What to bring for your health checkup

- Insurance card
- 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. If you need to change your details (address, email address, etc.), please login at i-Wellness and change information from the top right corner.

* 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.
* You cannot come for the checkup 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. 28 to Jan. 5

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.

Direct booking troubleshooting

Q1 My direct booking request was denied when I called the medical facility directly. 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 report your booking at "i-Wellness" 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 period, April 15, 2024 to August 31, 2024. If you already had the checkup, please check the guidance from the company.

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 (phone call 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 take the checkup?

A1 Yes, you can.
Please complete the checkup before your spouse's termination date. We will charge you all costs if we find that you underwent the checkup after your spouse's termination date.

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 call the Health Checkup Booking Center if you have any questions on navigating i-Wellness.
TEL: 0570-052-002 [Hours] 8:30 - 19:30
[Non-business days] Saturdays, Sundays, public holidays, Dec. 28 to Jan 5.

Q2 I am pregnant. Can I still take 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't book till two weeks later at the earliest. Please book your checkup as soon as possible.

Q6 I was not able to undergo the checkup owing to poor health or other unavoidable reason. What should I do to change or cancel my appointment?

A6 Please see the lower part of pages 8 & 9 "Cancelling / Changing" and follow the instructions.
Supplement Be sure not to cancel your appointment without prior notice. Otherwise, you may be unable to use the contracting facility for future checkups.

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

A7 Please contact the FR Group Health Checkup Help Desk. Please inform the staff that you would like to undergo the checkup at a medical facility without a contract.
TEL: 0120-579-329
Hours: 9:00 - 17:00 <https://wellcoms.jp/data/news/252/news.pdf>
Non-business days: Saturdays, Sundays, public holidays, Dec.28 to Jan.5



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 a checkup at my part-time workplace. Is it OK not to take your checkup?

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 take 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 FFR 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 We apologize for the inconvenience, but please contact the "Health Checkup Booking Center" for your confirmation.
Health Checkup Booking Center: 0570-052-002
Hours: 8:30 - 19:30 Non-business days: Saturdays, Sundays, public holidays, Dec. 28 to Jan. 5

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 take that screening?

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

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

A13 Please make sure to undergo the checkup.
There are some mandatory test items stipulated by law. Please make sure to undergo the test items you missed previously.

Q14 What do I do if I'd like to take the items and options not mentioned in the Guide to the Annual 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 facility where I underwent a health checkup last year is not included on the list of health checkup 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 2D 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.
Supplement Please undergo the detailed examinations using your health insurance card.

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 had your checkup.

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



You earn 3,000 Pep points or receive ¥2,000 worth of QUO card when you submit a copy of your results from your **workplace instead of FR Health Insurance checkup results to FR Health Insurance Organization.**

<Note> You are not eligible if you underwent the FR Health Insurance 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

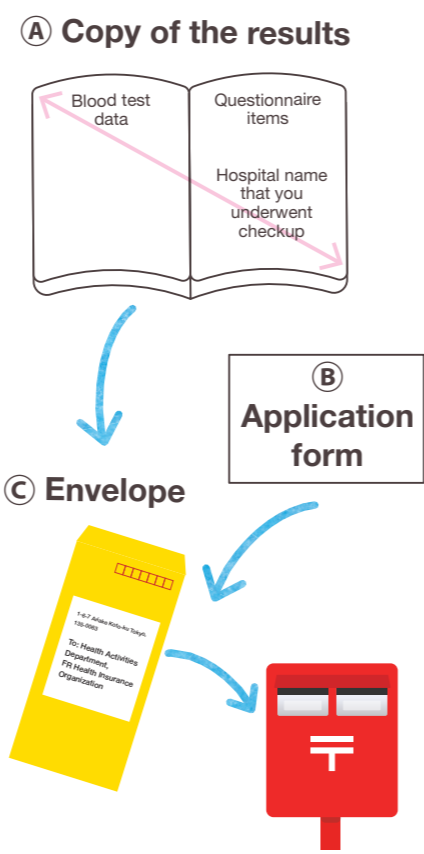
- The checkup date at the workplace is between April 1 2024 and March 31 2025
- Age between 40 and 75 (as of March 31, 2025) and 74 years or under when undergoing the checkup
- You have not used FR Health Insurance checkup or checkup post-adjustment in FY2024.
- All **"Mandatory items"** listed on the **bottom half of page 15** are recorded in the health checkup result list.

Submission steps

- 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 2D code on the right.



Cut here.

B Application form for submitting health checkup results from the workplace

Insurance card	Please write the number above "name" on your insurance card.	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 smoking?		Yes / No
[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**

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

Guide for health checkup post-adjustment

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

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 under	23,000 yen	ABC checkup or Helicobacter pylori test
		34 years and under	27,000 yen	ABC checkup or Helicobacter pylori test Pap smear
	Female	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 over	39,000 yen	ABC checkup or Helicobacter pylori test Fecal occult blood test
Regardless of relationship	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 over	44,000 yen	ABC checkup or Helicobacter pylori test Fecal occult blood test Pap smear Breast ultrasound or mammography

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 (medication history, smoking history) • Physical measurements (height, weight, BMI, waist circumference) • Physical examination (Consultation) • Blood pressure • Urine test (urinal sugar, urinal protein) • Blood test <ul style="list-style-type: none"> Lipids (Triglyceride (TG), HDL cholesterol, LDL cholesterol) Sugar metabolic (fasting blood sugar level or Hemoglobin A1c(HbA1c)) Liver function (GOT, GPT, 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 2D code below.

[Checkup period] Monday, April 15, 2024–Monday, March 31, 2025
[Application period] Monday, April 1, 2024–Saturday, May 31*, 2025 *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/252/news.pdf>

* Only Japanese is available for the help desk operators and website.