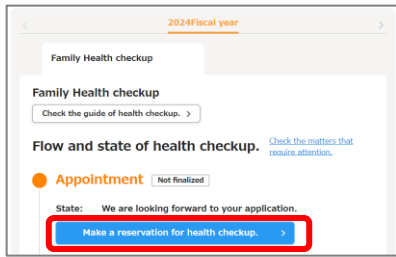


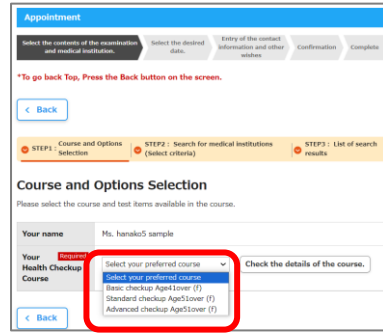
# [for employees] Easy i-Wellness reservation application procedure

Access <https://i-wellness-p.com/j00/j00201.jsf> from your PC or smartphone!

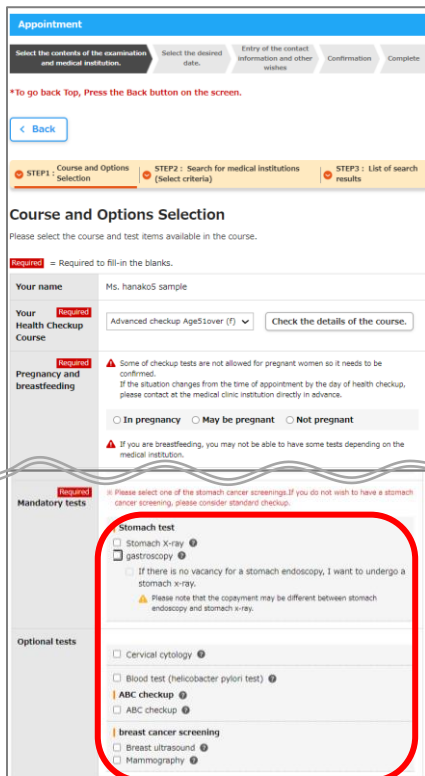
- \*If you have already registered, please log in and proceed to the reservation without registering.
- \*If you forget your password, please re-register.
- \*Please be sure to check the "Regular Health Checkup Information".



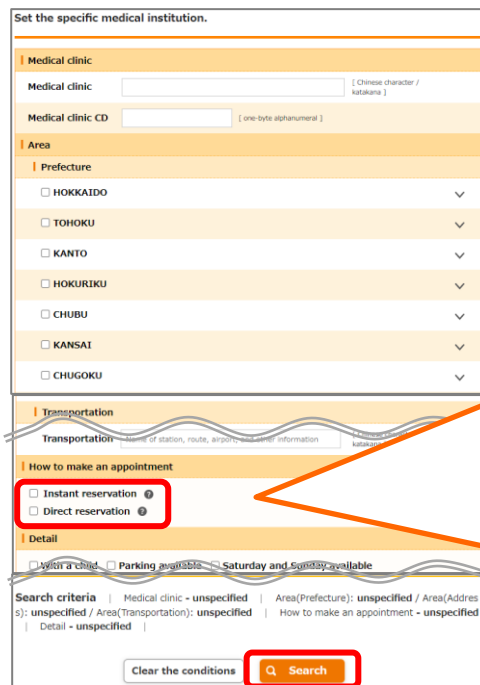
① This is the top screen after logging in. Select "Make a reservation for health checkup".



② Please select your desired course from the dropdown.  
\* Please check the periodic health checkup information for course content.

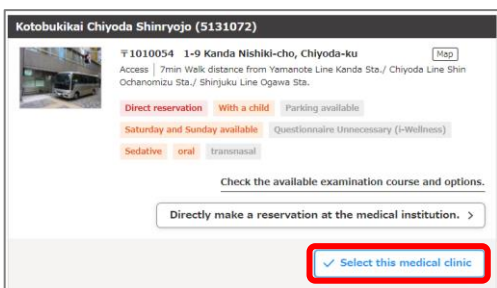


③ Please check the desired selection item and select "Select medical institution/consultation date".

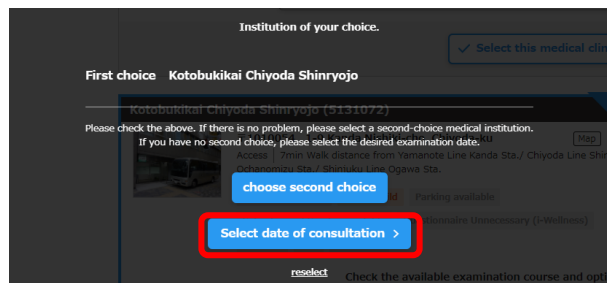


④ Please enter your search criteria and select "Search".

**Point**  
**[Instant reservation]** Some medical institutions have reservation slots that allow you to confirm your reservation immediately for a limited time!  
**[Direct reservation]** You can search for medical institutions where you can make direct reservations!



⑤ Select "Select this medical clinic".



⑥ Select "Select date of consultation".

## <Instant reservation>

For instant reservations, select one desired date from the calendar, select reception time, and select "Next".

Enter your daytime contact information and sending destination, and mark  in the home address confirmation field.

### Point

#### [Request for bringing children]

The condition is that you can wait alone.

#### [Request for same-day consultation]

Please enter if you would like to be seen on the same day.

\*Customer numbers cannot be provided at the reservation center. After logging in to i-Wellness, there will be a notice at the top of the screen, so please check it if you will be receiving treatment on the same day.

\*If you would like to be examined on the same day, please also apply.

#### [Other requests]

Please enter any other requests.

- \* People who need physical support
- \* People who need female doctors and female engineers etc

## <Request reservation >

For request reservations, select 5 desired dates from the calendar and select "Next".

### Point

#### [Other desired consultation dates and times]

● If you would like to add a consultation date, please enter the "desired period & dates you would like to avoid within the desired period (up to 3)".

● If you have a start time for the health checkup you would like to reserve, please enter it. For example, this is a convenient feature for those who have to drop off and pick up their children.

Select Next.

**\*This screen will not appear if you apply for a direct reservation. If you are making a direct reservation, please inform the medical institution directly of your request.**

**First choice Crew Insurance Hokkaido Health Management Center(5010011)** First choice

〒0600002 Maruto Sapporo Building 4th and 5th floor, Kita 2-jo Nishi 1-chome, Chuo-ku, Sapporo-shi, Hokkaido [Map](#)

Access | 5 minutes walk from Odori subway station

**Preferred appointment date**

First choice 2024/04/22(Mon)  
 Second choice 2024/04/23(Tue)  
 Third choice 2024/04/24(Wed)  
 Fourth choice 2024/04/25(Thu)  
 Fifth choice 2024/04/26(Fri)

**Input content**

Examinee	hanako5 sample
Your Health checkup Course	<b>Standard checkup Age51over (f)</b>
Basic checkup items	Assessment by a doctor. Physical measurements. Eye test. Blood pressure. Abdominal girth measurement. Urine test. Hearing test. Chest X-ray. Electrocardiogram. Fecal occult blood test. Abdominal ultrasound. Fundoscopy (both eyes). Blood test [ ¥ 0 ]
Optional tests	

**Flow of health checkup**

- E-mail that notifies you of the finalization of the reservation**  
You will be informed of the confirmed details of the appointment by e-mail.
- Final confirmation of your checkup**  
The final confirmation letter will be sent two weeks before your health checkup.
- Day of your checkup**  
Have your checkup at the medical clinic you made an appointment with. We will send you a satisfaction survey by email the day after your health checkup, so Please answer the satisfaction survey.
- Health checkup results**  
It will take about a few weeks for you to receive your results. Your results will be sent to you from the medical clinic.

[Back](#) Register appointment >

⑦ Confirm the reservation details and select "Reservation Registration".

\*Please check to see if you can receive an email saying "Your reservation request for [Health Checkup] has been accepted" to your registered email address.

\*If you make a reservation at a medical institution that offers immediate reservations, you will receive an email stating that your reservation has been confirmed for [Health Checkup].

**<cancel reservation>**

予約

予約手続中です。医療機関の確認が取れ次第ご連絡します。

予約キャンセル 予約の変更 >

**第1希望 ウェルネス新野健診センター(5130769)**

〒1600002 東京都港区西新井3丁目3番新野ビル222F [地図](#)

1R新野駅前、東京メトロ有明線有明駅から徒歩1分

**予約希望日**

第1希望 2017年06月21日(水)  
 第2希望 2017年06月22日(木)  
 第3希望 2017年06月23日(金)  
 第4希望  
 第5希望

**第2希望 ウェルネス上野健診センター(5130778)**

〒1100005 東京都台東区上野7丁目1上野ビル222F [地図](#)

1R上野駅前

**予約希望日**

第1希望 2017年06月21日(水)  
 第2希望 2017年06月22日(木)

**<Reservation change>**

予約

予約手続中です。医療機関の確認が取れ次第ご連絡します。

予約キャンセル 予約の変更 >

**第1希望 ウェルネス新野健診センター(5130769)**

〒1600002 東京都港区西新井3丁目3番新野ビル222F [地図](#)

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1R上野駅前

**予約希望日**

第1希望 2017年06月21日(水)  
 第2希望 2017年06月22日(木)

After logging in, select "Reservation" on the top page, select "Cancel reservation", and then select "Cancel reservation" on the confirmation screen.

\*Reservations made through i-Wellness can be canceled up to 8 days before the reservation date. After the 7th, please contact the Health Checkup Reservation Center.

After logging in, select "Reservation" on the top page and select "Change reservation."