

FY2025 「Regular Checkup for Temporary Return to Japan」 (employee)

Please check this guide and make sure to visit the doctor during the prescribed period. If you and your accompanying spouse would like to take the checkup at the same time, please apply separately.

Application period

31 Mar 2025 – 26 Dec 2025

Checkup period

14 Apr 2025 - 13 Mar 2026

■ Please note that this period differs from the period indicated in the "Guide to Health Checkups".

Eligibility

Employees of Fast Retailing Group companies in Japan as of February 28, 2025 and expatriates seconded overseas

Preparation

Check the course of medical checkup and the medical checkup institution

○ Please access to website of the FR Health insurance organization or wellness HP. And look at the Guidebook.

Health insurance HP :

https://www.fr-kenpo.or.jp/eng/member/health/checkup_overseas02.html

Wellness center HP (within company intranet) :

<https://x.gd/oioan>

○ Please check the applicable medical checkup course based on your age as of March 31, 2026. As for family members, please check the information for family members.

STEP
01

Apply for the health checkup organization and desired date of health checkup (GuidebookP4~)

○ Please check **the medical checkup information guidebook** and register
※ There are three ways to apply. Please use the method that is easiest for you to access.

○ Please make sure that the reservation date is fixed and completed 3 weeks prior to your arrival in Japan

Receipt of inspection kit

※ Note when making a reservation: Please be sure to specify a "domestic address in Japan" when you are required to register your address. Only if you do not have a domestic address, including relatives, we will specify the address of the wellness center. The wellness center will contact you by e-mail upon receipt.

[Address to be sent if no domestic address is available]

Midtown tower 31F, 9-7-1 Akasaka, Minato-ku, Tokyo 107-6231

ATTN: FR Wellness center

STEP
02

Apply for completion of medical checkup appointment

○ Once the date of the medical checkup has been decided, please report the completion of your medical checkup appointment to the company using the "Application for Completion of Medical Checkup Appointment" form.

* If this report is not received as of January 5, 2026, it will be assumed that there is no intention to undergo a medical checkup, and we will consider how to respond to the situation.

[Application form : <https://forms.gle/bWVSZxNzKNnvwNxf9>]

⇒

※ If you do not have access to Google forms, please contact us at the address below for the date of your medical checkup date.

FR-Global health and safety : FR-GlobalOccupationalHealthandSafety@fastretailing.com



Please be sure to do so (Employee only)

STEP 03

Undergo a medical checkup

- Please follow the instructions of the health checkup organization and prepare for the examination.
- Check your belongings for the day and be sure to bring them with you to the medical facility.
- Identification required by the hospital • Specimen container • Personal belongings on the day of examination (only for those who received the specimen from the medical checkup organization) • Co-payment (if you have to pay over the counter)

STEP 04

Receive results

- The results of medical checkup will be sent to the address registered at the time of the appointment or to the address specified by the medical institution. The results are automatically transferred to the company and do not need to be submitted. Please keep them in a safe place, as you may be charged for reissuing them if you lost your report.

Change or Cancel Method

○ **Changing or cancelling your booking** Health Checkup Booking Center TEL: +81367050259
 [Hours] 8:30 - 19:30 [Non-business days] Saturdays, Sundays, public holidays, 27/Dec-4/Jan

Change Booking ① Contact the medical facility you booked with to inform your change (checkup day, course, option) ② Follow the steps in "4: Booking report" and notify the change * If you do not go through "4: Booking report," the change will not be processed.	Cancel Booking ① Contact the medical facility you booked with directly. ② 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.
---	---

Frequent inquiries and questions from overseas(Guide P8)

I don't know my login password for i-wellness.

⇒ Select "Forgot Password" from the login screen as shown on page 4 of the guide and perform the initial registration.

I cannot connect to i-wellness.

⇒ If you cannot access i-wellness from overseas due to network problems, please use the method described in guidebook P5~ Method B or C.

Other

What should I do if I want to change the address to which medical checkup results are sent from i-wellness?

⇒ Please login to i-wellness and select "Change Document Delivery Address" in the upper right corner to make the change. If you wish to change the mailing address after your appointment, please also contact the hospital where you made the appointment yourself and request the change.

How far in advance should I make an appointment for a medical checkup during my temporary return to Japan?

⇒ Please make an appointment at least 3 weeks prior to the date you plan to return to your home country. If you contact us just before you plan to return to your home country, there is a possibility that we will not be able to make an appointment for your desired date of checkup. In particular, if you wish to have a gastrointestinal endoscopy, please make an appointment as early as possible.

I do not have a domestic address in Japan to receive the health checkup kit and results.

⇒ If you do not have a domestic address, including relatives, please designate the Wellness Center as your mailing address. We will contact you by e-mail as soon as we receive them.

[Mailing address if you do not have a domestic address]

Midtown tower 31F, 9-7-1 Akasaka, Minato-ku, Tokyo 107-6231 「ATTN」: FR Wellness center

Contact for inquiries and questions about health checkups

★ If you have any questions about the medical checkups at the time of your temporary return, please contact the following

FR Global occupational health and safety : FR-GlobalOccupationalHealthandSafety@fastretailing.com