

# Guide to “Health Checkup During a Temporary Stay in Japan” in FY2025 (For Dependents)

Please check the guide before you book and undergo the checkup.

\* Please note that employees and dependents have different appointment periods and checkup periods.

**Appointment period** Monday, March 31, 2025 - Thursday, January 15, 2026

**Checkup period** Monday, April 14, 2025 - Saturday, January 31, 2026

**Eligible persons** “Spouse (wife or husband)” joined the FR Health Insurance Organization by April 1, 2025, and “Dependents except for a spouse (who will become 40 years or older as of March 31, 2026)”

\* Please undergo the checkup before your birthday if you are 75 years old as of March 31, 2026.

## Preparation

### Check your health checkup course and the medical facility

- Please log in FR Health Insurance Organization website and check “Appointment methods” and “List of Medical Checkup Facilities.” (Please make sure to read it through.)

FR Health Insurance Organization website:

[https://www.fr-kenpo.or.jp/eng/member/health/checkup\\_overseas02.html](https://www.fr-kenpo.or.jp/eng/member/health/checkup_overseas02.html)



- Please make sure to pick the health checkup course relevant to your age as of March 31, 2026.

## STEP 01

### Apply for the medical facility and the checkup date of your choice (Guide to the Health Checkup, from page 8)

#### Guide to the Health Checkup for Dependents

[https://www.fr-kenpo.or.jp/eng/member/health/files/family\\_guide\\_e.pdf](https://www.fr-kenpo.or.jp/eng/member/health/files/family_guide_e.pdf)



\* Even if you undergo the checkup with the employee, please apply individually.

If you cannot access the health checkup booking system from overseas, please contact us as follows.

#### Health Checkup Booking Center

**[From overseas] TEL: (+81) 3-6705-0259**

[Hours] 8:30 - 19:30 (Japan time)

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

## STEP 02

### Undergo your checkup

- Prepare for your checkup according to the instructions from the medical facility.
- On your checkup day, check what you need for the checkup and bring them all to the medical facility.
  - Your ID specified by the medical facility, and items (sample container, questionnaire etc.) specified by the medical facility
  - Copayment (only when applicable)

## STEP 03

### Receive the results

- The checkup results will be delivered to the address registered at the time of the booking or specified by you at the medical facility.
- Please keep it safe as there may be an extra charge to reissue the results.

### Changing or cancelling your booking

#### 1) Call or process via website of the change or cancellation of booking steps (A) and (B).

[by Phone]

Call the Health Checkup Booking Center TEL: **(+81) 3-6705-0259**

**(This is the only contact number you can use from overseas. Hours are in Japan time.)**

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

[via Website]

Change

- (1) After logging in, click "Booking."
- (2) Click "Change Booking."

Cancelling

- (1) After logging in, click "Booking."
- (2) Click "Cancel Booking."

#### 2) To change or cancel booking step (C), **please inform the change or cancellation directly to the medical facility, then report to the Booking Center.**

Change

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

Cancelling

- (1) Inform the cancellation directly to the medical facility you booked with.
  - (2) Call the Health Checkup Booking Center and report the cancellation.
- \* The cancellation will be processed only when you contact both the medical facility and the Health Checkup Booking Center.

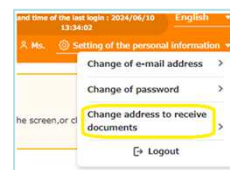
### FAQ from overseas (Guide to the Health Checkup, from page 12)

#### I can't remember my login password for i-wellness.

→ See page 7 of Guide to the Health Checkup, select "forgotten password" on the login screen and go through the initial registration.

#### How do I change my registered address for health checkup result delivery on i-wellness?

→ After logging in the i-wellness, you can change it by selecting "change the address for document delivery" in "Personal Information Setting."  
If you have an existing booking, please contact the medical facility and advise your address change.



#### How far in advance do I need to book for the Health Checkup During a Temporary Stay in Japan?

→ **Please complete the booking process at least three weeks before you arrive in Japan.** Your booking may not be accepted if it's too close to your arrival date. If you wish to choose gastroscopy, please book as far in advance as possible.

#### Health Checkup During a Temporary Stay in Japan Contact **for Dependents**

Health Checkup Booking Center [From overseas] TEL: (+81) 3-6705-0259  
[In Japan] TEL: 0570-052-002

[Hours] 8:30 - 19:30 (Japan Time)

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