

FR Group Medical check up recommended facilities

Please make sure to read it!

○Please be sure to select the health screening course that is indicated in the chart below.

○In each health checkup course, ① is for ages 29 and under and ② is for ages 30 and over. Some health checkup institutions may have different age categories for the health checkup courses.

○The cost of a checkup is the basic fee. Additional fees such as doctor's fee or additional menu may be charged depending on the facilities.If you add your own options to the specified course, you are basically responsible for the cost of those options.

○If you really want to add an option within the insurance coverage, please check with the Cigna insurance office before implementing it yourself.

○From this year, please submit an "Report on completion of medical checkup Appointment" to the company when you have completed your checkup appointment. You can do so by filling out the " medical checkup appointment completion report form" below.

(Appointment arrangement period is until December 31.Employee only fill out)

○For Cigna cashless service support, please refer to column E in the table, "Cigna Cashless Service". For medical institutions that do not offer this service, you will need to make a one-time advance payment and then go through the reimbursement process with your insurance company.

○For information on the automatic transfer service of health checkup results, please refer to "Automatic Transfer of Health Checkup" in column F in the table. For medical institutions that are not available, you will need to submit the results to the Wellness Center by yourself.

○If the medical checkup is conducted overseas, you are required to answer the medical questionnaire when submitting the results.Please check [Submission of the questionnaire and result] as below.

Medical checkup ppointment  
completion report form

Consent Form for automatic  
sending of result

Submission of the  
questionnaire and result

Country	City	Hospital Name	Address	Cigna cashless service	Automatic transfer of results	Program ①under29yo②over 30yo	List of test items
UK	London	London Iro Center  http://www.iroyo.com/english.html	234-236 Hendon Way, Hendon Central, London NW4 3NE TEL:020-8202-7272 Mon-Sat 9:00~  【Appointment】 After confirming the course, send the <b>Application Form</b> and <b>Brium Request Form</b> (only for those over 30 years old) to the email address below. [E-mail address] hc@iroyo.com ※Processing the applications in order of application. ※Non-Japanese nationals are also eligible for the medical checkup.	○	×	① <b>A2 course</b> ※Female: Add [Gynecology Basic]  ② <b>A3 + Abdominal ultrasound</b> ※Female:[Gynecology Basic]and [Breast cancer check]	<a href="#">Click here</a>
		Japan Green Medical Centre City clinic  http://www.japangreen.co.uk/ /	10 Throgmorton Ave, London EC2N 2DL Tel: 020-7330-1750  Mon-Fri 9:00-18:00 Sat 9:00~14:00 Sun,Holiday Close	○	×	① <b>Compact course</b> ※For female,Pls add gynecology test 1  ② <b>Standard course</b> ※For over 30's female,Pls add gynecology test 1and Breast ultrasound. ※For over 40's female, Pls add gynecology test 1 and mammography.	<a href="#">Click here</a>
FRANCE	Paris	American Hospital Dr.Yamada  http://jp.american- hospital.org/japonais/nos- medecins-professionnels-de- sante.html	63 Boulevard Victor Hugo 92200 Neuilly-sur-Seine Tel:33 146412515 Fax:33 1 46 41 25 88	○	×	① <b>Light Course</b> ※Female : Add Cervical Cytology(every 2 years) and HPV(every 5 years)  ② <b>Light Course</b> , Add Brium or Gastric endoscopy, Abdominal Ultrasound ※Female:Cervical Cytology(every 2 years),HPV(every 5 years),Breast Ultrasound  ③ <b>Female may also choose the gynecology course.</b> Abdominal ultrasound and gastrointestinal examination can be added to this course. (If you wish to add these tests, please send a Concur request to the Human Resources Department, as they will exceed the Cigna guarantee amount and the company will be responsible for any excess.)	<a href="#">Click here</a>
RUSSIA	Moscow	EUROPIAN MEDICAL CENTER DR. H. ESAKI  www.emcmos.ru/en/main	35,ul.Schepkina,Moscow,129090 Tel:+7-495-933-66-55 ※Please cntact if you want to know Closed date	×	×	① <b>FR medicalcheckup course</b> ※Female: Pls add Cervical cytology  ② <b>FR ningendokku course</b> ※Female:Pls add Cervical cytology and Mammo graphy or Breast ultrasound	<a href="#">Click here</a>
NEDERLAND	Amsterdam	JEC Japan Clinic Expat Medical Centre. JEC New Clinic	【Thursday afternoon】 Amsterdamseweg 528, 1181 BX, Amstelveen Tel: 06-3747 2097 E-mail: info@japanclinic.nl info@acibademimc.com 【Friday】 Ariandaweg 100, 1043 HP Amsterdam	×	×	① <b>Adult A course add chest Xray</b> ※Female: pls add cervical cytology  ② <b>AdultB course add chest Xray and stomach ABC test</b> ※Female:cervical cytology and Breast check( mammo graphy and Breast ultrasound )	<a href="#">Click here</a>