

## 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 appointment 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 ①under29yo, ②over 30yo	List of test items
USA	New York	Mount Sinai Doctors Japanese Medical Practice <a href="http://www.kaigairyokuhoken.com/service/hospital.html">http://www.kaigairyokuhoken.com/service/hospital.html</a>	Beth Israel Medical Group 2F 55 EAST 34TH STREET NEW YORK, NY 10016 U.S.A. Tel:212-889-2119 Fax:212-696-2406	○	×	①Male : B course Female : D course  ②Male : A course Female : C course ※Over 40s female : Pls add mammography	<a href="#">Click here</a>
	Portland	Kobayashi Medical Clinic <a href="http://www.kobayashi-naika.com/">http://www.kobayashi-naika.com/</a>	Silicon Valley office Melchor Pavilion 2490 Hospital Drive, Suite 105 Mountain View CA 94040 Tel:650-962-4630 Fax:650-962-4631	○	○ <small>need to submit a consent form for automatic sending of results when you apply for a health checkup.</small>	①B course  ②C course ※Female : For Gynecology and breast check, Pls consult with medical staff when you make appointment. cervical cytology and mammography (test fee → use insurance, Procedure fee → self pay)	<a href="#">Click here</a>
	San Francisco		San Francisco office 490 Post Street, Suite 1244 San Francisco CA 94102 Tel:415-699-6495 / 415-834-5114 Fax:415-834-5812				
	Los Angeles	Osato Medical Clinic <a href="http://www.osatoclinic.com/">http://www.osatoclinic.com/</a>	3440 Lomita Blvd., Suite 320 Torrance, CA 90505 Tel: 310-534-8200 Fax: 310-534-8265  Mon-Fri 9:00-12:00 / 14:00-17:00	○	×	①male : [Basic plan] add cardiac function test and chest Xray female : [Basic plan] add cardiac function test and chest Xray and cervical cytology  ②male : [Basic plan] add cardiac function test and chest Xray, Abdominal Ultrasound, Brium female : [Basic plan] add cardiac function test and chest Xray, Abdominal Ultrasound, Brium, cervical cytology, HPV test, mammography	<a href="#">Click here</a>
CANADA	Vancouver	TransMed (mainland clinic)	1061 Hamilton St. Vancouver, BC V6B 5T4 <a href="https://transmedcanada.com/clinic/mainland/">https://transmedcanada.com/clinic/mainland/</a>  PLS make appointment through Ms. MAIKO Clarke (UQCD).	○	○ <small>need to submit a consent form for automatic sending of results when you apply for a health checkup.</small>	①FR under 29 years old ※female: Add cervical cytology  ②FR over 30 years old ※female: Add cervical cytology, Mammography can be added for women over 40 years old	<a href="#">Click here</a>
	Toronto	Serefin Health Clinic <a href="https://www.serefin.com/serefin-health/serefin-health-clinic">https://www.serefin.com/serefin-health/serefin-health-clinic</a>	1867 Yonge St., Suite 905, Toronto, ON M4S 1Y5 [予約方法]	○	×	①Standard plan + chest xray  ②Standard plan + chest Xray + abdominal Ultrasound ※Female add mammography and breast ultrasound	<a href="#">Click here</a>