

## English

### 1 Information about the Special Health Check-ups 2023

2 Kawachinagano National Health Insurance focuses on metabolic syndromes and provides Special Health Check-ups and Specified Guidance to detect high blood pressure and diabetes at their early stages and to support citizens in changing their ways of life such as exercise habits, diets, and smoking. Let's take an annual Special Health check-up to learn about your health condition.

### 3 •Eligible people

Citizens with Kawachinagano National Health Insurance aged between 40 and 74 years old at the end of the fiscal year.

Those who are being treated should take it after consulting their family doctor.

### 4 •Contents of the Special Health Check-up (Basic Items)

Inquiry and physical measurements		Inquiry (illness history, medicine history, smoking, etc.)/measurements of height and weight , abdominal girth, and blood pressure
Blood tests	Examinations of blood lipid levels	Neutral fat/HDL cholesterol/LDL cholesterol (or non-HDL cholesterol)
	Liver function test	A S T ( G O T ) · A L T ( G P T ) / γ-G T ( γ-G T P )
	Blood sugar test	fasting blood sugar/hemoglobin A1c
	Kidney function test	serum creatinine/e-GFR/uric acid
Urin test		existence of sugar and pretein

If you take the Check-up within the city, all of you can take an anemia test and an elecrocadiogram test.

※When the test values meet certain criteria and a dotor approves, you will be given a fundusopic test, an anemia test, and an electrocardiogram test.

### 5 •The medical institutes in Kawachinagano provide the following test as supplements.

Blood tests	Kidney function test	urea nitrogen
	Anemia test	numbers of red blood cells/hemoglobin/hematocrit
	Other tests	numbers of white blood cells/platelets/albumin/total cholesterol
Urin test		the existence of occult blood
Electrocardiogram tests		the existence of heart failure

6 •The fees for the tests are free. If you take a thorough medical check-up or various cancer screenings, you must pay part of its fee.

7 •Implementation Term

From the date you receive the Special Health Check-up Card until the end of the fiscal year (if you are turning 75 years old, one day before your birthday).

8 •Other

If you move out of Kawachinagano City or join your company's health insurance, you are no longer a member of the National Health Insurance and can not use the Special Health Check-up card. If you take a medical check-up after losing eligibility, you must pay the full medical fee. Please be careful that when you join a new health insurance such as social insurance, you might lose your eligibility for National Health Insurance retroactively. Also, you can not take the city's thorough medical check-up, so please return the Check-up card.

9 The procedure of the Special Health Check-up and the Specified Health Guidance

10 ①You receive a Special Health Check-up Card

We send the citizen member of Kawachinagano National Health Insurance aged between 40 and 74 the Special Health Check-up Card by post.

※If a person is a member on April 1st, the card will be sent out in May. If you join the insurance during the fiscal year, it will be sent out after approximately two months.

11 ②Choose a method, make an appointment, and take a check-up

12 A. Take a check-up at your family doctor's or a medical institution free of charge

13 1. Use the right chart, "Special Health Check-up Handling Medical Institution," as a reference and make an appointment.

If you hope to have a cancer screening (not free) , please talk to the medical institution when making an appointment.

As for the detail of a cancer screening, please call the Municipal Health Center (Health Promotion Division);

0721-55-0301

14 2. Bring the Special Health Check-up Card (fill out the form in advance) and the Insurance Card (Kawachinagano National Health Insurance) and take the check-up.

15 B. Take a group health check-up free of charge

※If it's a cancer screening, you owe part of the fee.

16 1. Make a reservation at the Welfare/Health division at the city hall

Please call the Welfare/Health division, at 0721-53-1111 while keeping your health insurance

card and health check-up card at your side.

Or, make a reservation from the QR code on the right.

Please contact the Hoken-Iryo ka (Welfare/Health Division).

Venue: Kawachinagano City Health Center

- 17 2. Bring the Special Health Check-up Card (fill out the form in advance) and the Insurance Card (Kawachinagano National Health Insurance) and take the check-up.

- 18 Please wear a mask when you go to a health check-up or medical institution.

- 19 ③Notification of the result

- 20 A. If you took a check-up at a medical institution in Kawachinagano city, please get the result there.

When you need to change your lifestyle, someone such as a doctor at the institution you took the check-up will inform or direct you about specific health guidance.

If you took the check-up at an institution outside Kawachinagano, judging the risk of lifestyle-related disease, the city would send the result to you approximately three months after the check-up.

- 21 B. In the case of the group health check-up, the city will send the result to you approximately a month and a half after the check-up.

- 22 The Result of Cancer Screening

- As for the Colon Cancer examination, please get the result at the institution you went. (The result won't be sent to you.)
- As for the Cervical Cancer examination, the institution you went will send the result to you in 3 or 4 weeks after the examination.
- As for Lung, Stomach, and Breast Cancer, the Health Center will send the result in 4 to 5 weeks after the examination.
- Judging from the result of the lung cancer and the stomach cancer examination, if you need a more specific examination, the medical institution will give you a notification of the result and an explanation.

- 23 ④Get a Specific Health Guidance

Judging from the result of the Special Health \_check-up, those who with a high risk of lifestyle-related disease can have specific health guidance.

It's free. Please feel free to use that.

Names of the medical institutions	Phone number	Address	Available Cancer Examination					
			Colon Cancer ¥500	Lung Cancer ¥500	Stomach Cancer X-ray ※1 ¥1,000	Gastroen- doscopy ※2 ¥2,000	Breast Cancer ¥1,000	Cervical Cancer ¥1,000
AOYAMA DAINI BYOIN	65-0003	Kita cho 192-1	○	○	○	○		
IKEDA NAIKA IIN	63-3969	Nankadai 3-6-50	○	○				
ISHIKURA IIN	54-4161	Midorigaoka Nakamachi 8-6	○	○	○			
OIYA CLINIC	52-0108	Kido 1-6-5	○	○		○		
OKUDA SEIKEIGKA	54-2003	Kido Nishimachi 3-1-15 Yamahara Bldg 2F						
OZAKI IIN	52-2349	Honmachi 29-27	○					
ODA IIN	63-5350	Nakakatazoe cho 38-5	○	○				
KATASE NAIKA CLINIC	53-1900	Honda cho 5-34	○	○				
KATSUBE Clinic	53-2121	Nishinoyama-cho 2-29	○	○	○	○		
KATO IIN	65-6070	Mikkaichi cho 206-1	○	○				
KAWANISHI CLINIC	55-3710	Shionomiya cho 4-10	○	○				
KANBE SHINRYOJO	64-8988	Mikkaichi cho 405-7	○	○	○			
KUSUMOTO IIN	52-0550	Kido Nishimachi 3-1-1	○	○	○			
KOBAYASHI SHINRYOJO	63-3072	Mikanodai 1-38-6	○	○	○			
GOMI NAIKA CLINIC	56-0800	Nagano cho 5-1 Novaty Nagano South wing 3F						
SAITA MATERNITY CLINIC	55-7000	Shoei cho 1-19						○
SASAI NAIKA	53-1000	Oyamada cho 631-1	○	○				
Sasakawa Naika (Internal Medicine) Clinic	55-3700	3-10 Shoei-cho	○	○				
Sano Jibi-inko-ka (Otolaryngology)	52-3387	8-3 Chiyoda-Minami machi						
SAWADA BYOIN	53-2313	Nagano cho 7-11	○	○	○			
SHICHINO SEIKEIGKA	63-6925	Minamiaobadai 18-18	○					
SHIMIZU CLINIC	63-9356	Mikanodai 1-34-5	○	○	○			
TAKAI Clinic NAIKA (Internal Medicine) /GANKA (Ophthalmologist)	50-1119	Matsugaoka Higashimachi 1805-1	○	○				
TAKIDANI BYOIN	53-5002	Matsugaoka Nakamachi 1453	○	○				
TERAMOTO IRYOU RIHABIRI BYOIN	63-0101	Kita cho 14-1	○	○	○			
TERAMOTO KINEN BYOIN	50-1111	Furuno cho 4-11	○	○	○		Suspension	
NAKATANI Clinic	63-6825	160 Mikkaichicho	○	○				
NAKABAYASHI IIN	62-3838	Nankadai 8-5-5	○	○				
NAMIKAWA CLINIC	54-6155	Nishinoyama cho 1-22	○	○	○			
NISHINO Tailored Clinic	50-0250	Nagano-cho 4-1	○	○				
HAKUYUU CHIYODA CLINIC	55-0515	Kido Nishimachi 2-1-25	○	○				
HABU IIN	56-2220	Honda 1-45-101	○	○	○			
FUKUOKA NAIKA CLINIC	65-0360	Kitaobadai 43-30	○	○				
MATSUO CLINIC	63-4130	Nankadai 1-17-9	○	○				
MATSUMOTO IIN	53-0345	Souen cho 12-8	○	○				
MIZUNO Clinic	53-6420	Chiyodadai cho 6-1	○	○	○			
MIZOGUSHI IIN	53-2155	Kusunoki cho Nishi 5583	○					
Minami-Kawachi Oka Byoin	55-1221	1-1 Kido-higashi-machi	○	○				
MORIKAWA CLINIC	62-1555	Kitaobadai 29-3	○	○				
YAMAGATA IIN	62-3435	Nankadai 1-13-17	○	○				
YAMAGATA SHINRYOJO	62-2553	Ooyabune Nakamachi 38-1	○	○				
YAMAGAMI CLINIC	54-4772	Kido Nishimachi 2-1-23 Chiyoda Central Bldg 1F	○	○				
YAMAGUCHI SHINRYOJO	52-5719	Shionomiya cho 19-10	○	○				
YAMAMOTO IIN	52-6407	Chiyoda Minamimachi 6-8	○	○				
YOSHIFUJI Naika (Internal medicine)	55-3522	Uwahara Nishi-machi 24-1	○	○				

The Special Health Check-up can be taken at other Special Health check-up handling medical institutions in Osaka Prefecture not listed above.

※1 The citizens over 40 years old are eligible and they can have it once a year.

※2 It starts in June, 2025. This program is available to citizens aged 50 and over who will reach an odd-numbered age within the fiscal year, and it can be used once every two years.

The stomach cancer screening will consist of either an upper gastrointestinal X-ray or an endoscopic examination during the fiscal year.

- 25 Kawachinagano City National Health Insurance Comprehensive Health Examination Project  
(Thorough Medical Check-up)
- 26 ✕ You must apply to the city hall before taking a thorough medical check-up. If you apply after taking the check-up, it is not subject to the Kawachinagano City National Health Insurance Comprehensive Health Examination Project and you must pay the whole cost of the medical fee.
- 27 Purpose
- 28 Our goal and purpose is to prevent diseases and promote finding and treating diseases at their early stages for Kawachinagano National Health Insurance members. To achieve this, we implement this project and reduce the medical costs for medical check-ups.
- 29 Procedure of a Check-up
- 30 1. Make a reservation at a thorough check-up handling institution  
Please make a reservation at a thorough health check-up handling institution designated by the city. Tell them that you are a member of Kawachinagano National Health Insurance and set a date and a course.
- 31 2. Submit the application to the Welfare/Health division in the City Hall (You can mail it, too.)  
Please submit a "Reservation Application" with the Special Health Check-up card to the Welfare/Health division by two weeks prior to the check-up day. If you come to the division to apply, the Health Insurance card is needed.
- 32 ◎The application form is available in the Welfare/Health division.  
◎It is also downloadable on the city's website.
- 33 Home > Life/Environment > Insurance/Pension > National Health Insurance >  
Information about **【National Health Insurance Complete Medical Check-up】**
- 34 3. Take a check-up at a medical institution  
As for the detail of the check-up, please confirm at the institution.  
After the check-up, please pay your copayment at the institution. (As for the optional items in the check-up not designated by the city, please confirm with the institution. )
- 35 Eligible people
- 36 A household member who has been in Kawachinagano National Health Insurance for more than one year and the medical examinee has also been a member of Kawachinagano National Health Insurance for more than one year.  
Has fully paid the insurance fee.  
Has not taken the Special Health Check-up within the same fiscal year.

37 Copayment

38 ・ Standard Complete Health Check-up Items: ¥15,000

・ Optional Items including head examination: 30% of the medical expenses (Upper limit : ¥10,000)

Note: only for the items agreed by the city and the institution

39 Thorough Medical Check-up Handling Institutions

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Names of the medical institutions	Phone number	Names of the medical institutions	Phone number
Aoyama Daini Byoin	0721-65-0003	Sogo Kenshin Center Fuchu Clinic	0725-40-2154
Teramoto Kinen (Memorial) Byoin	0721-53-3330	Osaka Keisatsu Byoin Fuzoku Ningen Dock Clinic	06-6775-3131
Tondabayashi Byoin Kensin Center	0721-28-7060	Ohno Clinic	06-6213-7230
PL Byoin	0721-25-8234	Kohnan Medical Ohtori Sogo Kenshin Center	072-260-5555
Bell Clinic	072-224-1717	Kansai Rodo Hoken Kyokai Acty Kenshin Center	06-6345-2210
Midori Kenko Kanri Center	06-6385-0265	Kashimoto Byoin	072-366-1818

41 ☆As for the check-up courses and the fees, please contact the institutions above.

42 Inquiry for "Special Health Check-up" / " Thorough Medical Check-up"

43 Kawachinagano City      Welfare/Health Division

Phone : 0721-53-1111      FAX : 0721-55-1435

Mail : hokennenkin@city.kawachinagano.lg.jp

44 Inquiry for "Cancer Examination"

Kawachinagano Municipal Health Center (Health Promotion Division)

Phone : 0721-55-0301      FAX : 0721-55-0394