



# Health Checkup

## STEP1 : Select a course of medical checkup

### ◆List of Health Checkup Courses◆

No.	Course Name	Details	Items	Price	Time to completion	(※)Express Option
1	Simple	No test, doctor's consultation only	Medical consultation, physical examination, medical certificate	11,000yen (12,100yen tax included)	Same-day	—
2	Lifestyle Disease	General medical checkup including medical consultation, physical examination, blood test and urinalysis	Medical consultation, physical examination, general urinalysis (sugar, protein, occult blood), uric acid, glucose tolerance (blood sugar, HbA1c), lipid abnormality (LDL, HDL, TG, T.chol), medical certificate	16,000yen (17,600yen tax included)	One week	○
3	Standard	Medical checkup that includes a wider range of detailed items with medical consultation, physical examination, blood test and urinalysis	Medical consultation, physical examination general urinalysis (sugar, protein, occult blood), uric acid, liver function (GOT, GPT, $\gamma$ -GTP), glucose tolerance (blood sugar, HbA1c), lipid abnormalities (LDL, HDL, TG, T.chol), anemia (peripheral blood) renal function (e-GFR, creatinine), medical certificate	19,000yen (20,900yen tax included)	One week	○
4	Full-course	Medical checkup that includes a medical consultation, physical examination, blood test, urinalysis, and physiological tests such as electrocardiogram, hearing, and vision tests	Medical consultation, physical examination general urinalysis (sugar, protein, occult blood), uric acid, liver function (GOT, GPT, $\gamma$ -GTP), glucose tolerance (blood sugar, HbA1c), thyroid function (TSH, FT4), lipid abnormalities (LDL, HDL, TG, T.chol), anemia (peripheral blood), renal function (e-GFR, creatinine), cardiac function (BNP), hepatitis virus (HBs antigen, HCV antibody), ECG, visual acuity, color vision, hearing, medical certificate	37,000yen (40,700yen tax included)	One week	○
5	Creditor group life insurance ①lifestyle disease	For those who apply for a creditor group life insurance	Medical consultation, physical examination, general urinalysis (sugar, protein, occult blood), uric acid, liver function (GOT, GPT, $\gamma$ -GTP), glucose tolerance (blood glucose, HbA1c), lipid abnormality (LDL, HDL, TG, T.chol), anemia (peripheral blood), medical certificate	19,000yen (20,900yen tax included)	One week	○
6	Creditor group life insurance ②infectious disease	For those who apply for a creditor group life insurance	Medical consultation, physical examination, general urinalysis (sugar, protein, occult blood), uric acid, liver function (GOT, GPT, $\gamma$ -GTP), glucose tolerance (blood glucose, HbA1c), hepatitis virus (HBs antigen, HCV antibody), medical certificate	19,000yen (20,900yen tax included)	One week	○
7	Employment	Medical checkup performed at the time of hiring. Complies with industrial safety and health regulations	Medical consultation, physical examination, general urinalysis (glucose, protein, occult blood), liver function (GOT, GPT, $\gamma$ -GTP), glucose tolerance (blood glucose, HbA1c), lipid abnormalities (LDL, HDL, TG, T.chol), anemia (peripheral blood), ECG, visual acuity, hearing, Chest X-ray, medical certificate	31,000yen (34,100yen tax included)	One week	○
8	Regular	Medical checkup performed once a year. Complies with industrial safety and health regulations				
9	Overseas Temporary Labor (Pre-departure)	Medical checkup for workers dispatched to overseas for more than 6 months. Complies with industrial safety and health regulations				
10	Overseas Temporary Labor (After returning)	Medical checkup for workers after returning from overseas. Complies with industrial safety and health regulations				



## STEP2 : Options

### ◆Options for medical certificate◆

- Medical certificate in English... 9,500 yen (10,450 yen tax included)
- Medical certificate Express Plan (Japanese)... 3,000 yen (3,300 yen tax included)
- Medical certificate Express Plan (English) ... 5,000 yen (5,500 yen tax included)

(\*It normally takes one week to issue a medical certificate, but please consult with our staff if you wish to have it issued within one week. We may offer an express plan depending on the situation.)

# Items for health checkup

Category	Items	Simple	Lifestyle Disease	Standard	Full-course	Creditor group life insurance①	Creditor group life insurance②	Employment	Regular	Overseas Temporary Labor (Pre-departure)	Overseas Temporary Labor (After returning)
Medical consultation	Consultation fee	○	○	○	○	○	○	○	○	○	○
Physical examination	Height/Weight/BMI/ Abdominal circumference/ Blood pressure	○	○	○	○	○	○	○	○	○	○
Urinalysis	Sugar/Protein/Occult blood		○	○	○	○	○	○	○	○	○
Blood Tests	Uric acid		○	○	○	○	○				
	Liver function (GOT, GPT, $\gamma$ -GTP)			○	○	○	○	○	○ ※1	○	○
	Glucose tolerance (blood sugar, HbA1c)		○	○	○	○	○	○	○ ※1	○	○
	Thyroid function (TSH, FT4)				○						
	Lipid abnormality (LDL, HDL, TG, T.chol)		○	○	○	○		○	○ ※1	○	○
	Anemia (peripheral blood)			○	○	○		○	○ ※1	○	○
	Renal function (e-GFR, creatinine)			○	○						
	Cardiac function (BNP)				○						
	Hepatitis virus (HBs antigen, HCV antibody)				○		○				
Physiological tests	Vision				○			○	○	○	○
	Color vision				○						
	Hearing				○			○	○	○	○
	ECG				○			○	○ ※1	○	○
Other	Chest X-ray※3							○	○ ※2	○	○
Price		5,500 yen (6,050 yen)	8,000 yen (8,800 yen)	9,500 yen (10,450 yen)	18,500 yen (20,35 yen)	9,500 yen (10,450 yen)	9,500 yen (10,450 yen)	15,500 yen (17,050 yen)	15,500 yen (17,050 yen)	15,500 yen (17,050 yen)	15,500 yen (17,050 yen)

\*1: Can be omitted for those under 40 years old (except for persons of 35 years old).

\*2: Can be omitted for those under 40 years old (except for persons of 20, 25, 30, and 35 years old). Sputum examination can be omitted if a chest X-ray is performed.

\*3 Chest X-ray can be performed only at the following facilities:

・ MARU by Tokyo Business Clinic ・ Familia Perie Chiba ・ Ecute Ueno

2023年12月18日 開始

2023/12/15 作成(臨床)