Health Checkup Request Form (Checkup for Special Retirement)

You m followi	ing year).	this form. free health checkup during the fiscal year (from April 1 to March 31 of the same type will be at your own expense.							
Flow	(1) Appointment	Please apply by calling the health center of your choice from among the enclosed "List of Contracted Health Centers." When making an appointment, be sure to tell them it is for a "Fujitsu Health Insurance Society Free Health Checkup for Special Retirement."							
from appoi	 The health center may send you a health checkup kit or other materials. If you have any questions, health center. Please prepare according to the health center's guidance. 								
ntment and		 Please undergo a checkup on the day of your appointment. (In the unlikely event that you are unable to do so, be sure to contact the health center.) Please bring your Health Insurance Card and this Health Checkup Request Form. 							
Flow from appointment and examination to receipt of results	(3) Examination	For those who are unable to undergo the "Gastric X-ray test": Those who have allergic symptoms to barium or who have been previously diagnosed with intestinal obstruction or diverticulitis of the colon may request an "examination by gastroscopy" at the contracted health center. However, please contact the contracted health center to confirm whether such an examination is available and how to proceed with said examination. Any costs incurred for changes or additions are to be covered by the examinee.							
ceipt of result:		If additional tests other than those listed among the "Examination Items" on the reverse side are performed, you will be required to bear the additional costs. There is no Fujitsu Health Insurance subsidy for such costs. If you wish to undergo additional tests, please check with the health center regarding the amount you will be required to pay and the payment method.							
S	(4) Receipt of result notification	 You will receive a notice of the results of the health checkup from the health center at a later date. If the results indicate that you should undergo a full examination, be sure to do so at a medical institution. 							
		* Such further examinations and treatment are covered by insurance.							

Form to Be Completed by the Examinee																		
Please complete the form in this frame and submit it to the health center on the day of the checkup.																		
Date of Checkup	(YYYY/MM/DD)						/			/								
Type of Checkup	Lifestyle-related diseases (including cancer screenings)				Lifestyle-related disease checkups (including lung, colon, and stomach cancer screenings) are available at no cost to the examinee. *For men, prostate-specific antigen (PSA) tests are available. For the examination items, please see the reverse side.													
	Gynecological checkup				Breast and cervical cancer screenings are available. To undergo these examinations, please use the Health Checkup Request Form (Insured Gynecological Checkup).													
	Health insurance card code				Health insurance car				ard ni	rd number			<requirements checkups="" for="" health=""> (1) Must be an insured person of Fujitsu Health Insurance for special retirement as of the date </requirements>					
	9	0	0	1								of the examination. (2) Must be examined by the day before 75th birthday.						
	Name							Date of Birth										
							(YYYY/MM/DD)											
Examinee														/		/		
																()years old
	Address and Contact Information																	
	(〒		-)													
										((Contac	ct Ph	one N	0.	-		-)

Do not think you are fine merely because you underwent an annual health checkup; if you have noticed symptoms of concern, we recommend seeking a medical consultation as soon as possible.

^{*} Personal information collected using this form will not be used for any purpose other than to implement Fujitsu Health Insurance Society's health services. The information will be properly managed in accordance with the Personal Information Protection Law.

^{*} Fujitsu Health Insurance Society health checkup business is entrusted to Best Life Promotion, a wholly owned group company of Fujitsu.

[Checkup for Special Retirement]

		Examination Item	Details of Examination							
	Me	dical examination	Physician examination, subjective symptoms, other symptoms, medical history (medication and smoking history)							
	Me	asurement	Height, weight, BMI, abdominal circumference, blood pressure, visual acuity, hearing (1,000 Hz, 4,000 Hz)							
Life	Urinalysis		Proteins, sugars, sediment							
Lifestyle-related Disease Checkup		General blood	White blood cell count, platelet count							
		Anemia	Red blood cell count, hemoglobin level, hematocrit							
		Liver function	AST (GOT), ALT (GPT), γ-GTP, total protein, total bilirubin							
	Blood test	Lipids	Triglycerides, HDL cholesterol, LDL cholesterol, total cholesterol							
heck		Glucose metabolism	Fasting blood glucose or HbA1c (whichever is performed)*1							
dŋ		Kidney function	eGFR, serum creatinine							
		Uric acid	Uric acid							
	Dh	veiala eu	Electrocardiogram							
	Pny	ysiology	Fundoscopy							
	Lur	ng cancer	Chest X-ray test							
	Colon cancer		Fecal occult blood test							
Cancer Screenings	Sto	omach cancer								
	i ! !	Note on barium tests: After the test, barium may harden in the intestine, causing an intestinal obstruction (ileus). After the examination, please follow the health center's instructions to ensure the smooth evacuation of the barium. In addition, if you are undergoing treatment for a gastrointestinal disorder, have ever received treatment for a gastrointestinal disorder, or have ever experienced allergic symptoms attributable to barium, be sure to inform the health center at the time of your appointment.	Gastric X-ray (barium) test							
	Pro	ostate cancer * Men only	Prostate-specific antigen (PSA) test							

To the Health Center

- *1 Fasting blood glucose and HbA1c should be performed according to the contract. Always perform HbA1c if fasting blood glucose cannot be obtained.
- For specific health checkups, please be sure to perform the underlined items.