



## [Spousal Health Checkup (Dependent)]

Examination Item		Details of Examination	39 and Under	40 and Up	
Lifestyle-related Disease Checkup	Medical examination	<u>Physician examination, subjective symptoms, other symptoms, medical history (medication and smoking history)</u>	○	○	
	Measurement	<u>Height, weight, BMI, blood pressure, visual acuity</u>	○	○	
		<u>Abdominal circumference</u>	△Implemented at some centers	○	
		Hearing (1,000 Hz, 4,000 Hz)	-	○	
	Urinalysis	<u>Proteins, sugars, sediment</u>	○	○	
	Blood test	General blood	White blood cell count, platelet count	○	○
		Anemia	Red blood cell count, hemoglobin level, hematocrit	○	○
		Liver function	<u>AST (GOT) 、 ALT (GPT) 、 γ-GTP</u>	○	○
			Total protein, total bilirubin	-	○
		Lipids	<u>Triglycerides, HDL cholesterol, LDL cholesterol, total cholesterol</u>	○	○
		Glucose metabolism	<u>Fasting blood glucose or HbA1c (whichever is performed)*1</u>	○	○
Kidney function		eGFR, serum creatinine	-	○	
Uric acid	Uric acid	○	○		
Physiology	Electrocardiogram	-	○		
Cancer Screenings	Lung cancer	Chest X-ray test	○	○	
	Colon cancer	Fecal occult blood test	-	○	
	Stomach cancer	Gastric X-ray (barium) test  * 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 that you expel the barium without any trouble. 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.	-	○	

Examination Item		Details of Examination	All Ages
Gynecological Checkup	Breast cancer	Breast examination  Palpation will be conducted upon the examinee's request. However, depending on the contract with the health center, it may not be performed.	△ Upon the examinee's request
		Mammography or breast ultrasound (echography)  In principle, only one of these two examinations will be conducted. If you wish to have both examinations, please contact the health center directly. It is possible to undergo both examinations (although some health centers cannot accommodate this), but the cost of one of the two examinations must be covered by the examinee. Please note that some health centers may only provide mammography or breast ultrasound (echography).	○
	Cervical cancer	Cervical cytology (physician-collected)	○

### 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.