

For all members  
(until the day before one's 75th)

Fujitsu Health Insurance Society 2025 Edition

## Health Checkup Request Form (Checkup for Special Retirement)

**Please be sure to read this form. You may receive one free health checkup during the fiscal year (from April 1 to March 31 of the following year).**

\* Please note that a second examination of the same type will be at your own expense.

Flow from appointment and examination to receipt of results	(1) Appointment	<ul style="list-style-type: none"> <li>Please apply by calling the health center of your choice from among the enclosed "List of Contracted Health Centers."</li> <li>When making an appointment, be sure to tell them it is for a "<u>Fujitsu Health Insurance Society Free Gynecological Checkup.</u>"</li> </ul>
	(2) Preparation	<ul style="list-style-type: none"> <li>The health center may send you a health checkup kit or other materials. If you have any questions, please ask the health center.</li> <li>Please prepare according to the health center's guidance.</li> </ul>
	(3) Examination	<ul style="list-style-type: none"> <li>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.)</li> <li>Make sure to bring <u>this Health Checkup Request Form and one of My Number Health Insurance Card, Eligibility Notification (on your Health Up F@mily app), or Health Insurance Eligibility Certificate</u> to the checkup.</li> <li>* The Health Insurance Certificate issued by the Fujitsu Health Insurance Society is valid until December 1, 2025.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>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.</p> </div> <p>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. Please note that Fujitsu Health Insurance Society will not subsidize these additional 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. Please note that the Fujitsu Health Insurance Society may not reimburse your health checkup if you receive a checkup at a contracted health center and also at a non-contracted health center (i.e. your primary care physician).</p>
	(4) Receipt of result notification	<ul style="list-style-type: none"> <li>You will receive a notice of the results of the health checkup from the health center at a later date.</li> <li><b>If the results indicate that you should undergo a full examination, be sure to do so at a medical institution.</b></li> <li>* Such further examinations and treatment are covered by insurance.</li> </ul>

### 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)	<ul style="list-style-type: none"> <li>Lifestyle-related disease checkups (including lung, colon, and stomach cancer screenings) are available at no cost to the examinee.</li> <li>* For men, prostate-specific antigen (PSA) tests are available.</li> <li>* For the examination items, please see the reverse side.</li> </ul>
	Gynecological checkup	<ul style="list-style-type: none"> <li>Breast and cervical cancer screenings are available.</li> <li>* To undergo these examinations, please use the Health Checkup Request Form (Insured Gynecological Checkup).</li> </ul>
Examinee	Code	Number
	9001	
	<Requirements for Health Checkups>	
	(1) Must be an insured person of Fujitsu Health Insurance for special retirement as of the date of the examination.	
	(2) Must be examined by the day before one's 75th birthday.	
* You can find your code and number on your currently valid Health Insurance Certificate, My Number Health Insurance Card, Eligibility Notification (on your Health Up F@mily app), or Health Insurance Eligibility Certificate.	Name	Date of Birth
	(Furigana)	(YYYY/MM/DD)
		/ /
		( ) years old
Address and Contact Information		
(〒 - )		
(Contact Phone No. - - )		

\* 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.

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.

## [Checkup for Special Retirement]

Examination Item		Details of Examination	
Lifestyle-related Disease Checkup	Medical examination	<u>Physician examination, subjective symptoms, other symptoms, medical history (medication and smoking history)</u>	
	Measurement	<u>Height, weight, abdominal circumference, BMI, blood pressure</u> , visual acuity, hearing (1,000 Hz, 4,000 Hz)	
	Urinalysis	<u>Proteins</u> , sugars, sediment	
	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</u> , total cholesterol
		Glucose metabolism	<u>Fasting blood glucose or HbA1c (whichever is performed)*1</u>
		Kidney function	eGFR, serum creatinine
		Uric acid	Uric acid
Physiology	Electrocardiogram		
	Fundoscopy		
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.	
	Prostate cancer	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.