

For family members other than spouses aged 40 and up in fiscal year 2026
(until the day before one's 75th birthday)

Fujitsu Health Insurance Society 2026 Edition

Health Checkup Request Form (Family Member Health Checkup)

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.

Process from Reservation to Receiving Results	(1) Appointment	<ul style="list-style-type: none"> ·Please apply by calling the health center of your choice from among the enclosed "List of Contracted Health Centers." ·When making your appointment, please be sure to specify that it is for the "<u>Fujitsu Health Insurance Society Family Member Checkup</u>." ·Medical institutions may send you questionnaires or test kits.If you have any questions, please contact the medical institution.
	(2) Examination	<ul style="list-style-type: none"> ·Make sure to bring <u>this Health Checkup Request Form and one of My Number Health Insurance Card, or Health Insurance Eligibility Certificate</u> to the checkup. ·In the unlikely event that you are unable to do so, be sure to contact the health center. <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.</p> <p>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.</p> <p>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>
	(3) Receipt of result notification	<ul style="list-style-type: none"> ·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. <p>* Such further examinations and treatment are covered by insurance.</p>

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) / /			
Examinee	Code	Number	<Requirements for Health Checkups> (1)Must be a dependent of Fujitsu Health Insurance as of the date of examination. (2)Must be examined by the day before one's 75th birthday.	
	Name			Date of Birth
	(Furigana)		(YYYY/MM/DD)	/ /
				() years old
* The code and number are printed on your My Number Health Insurance Card, your eligibility notification (on the Health Up F@mily app), or your Health Insurance Eligibility Certificate.	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.

Health screenings can help detect risks such as cancer at an early stage, but they cannot detect every disease 100% of the time. If you experience any unusual sensations or symptoms in your daily life, please seek prompt medical attention.

Fujitsu Health Insurance Society / Service provided by Best Life Promotion

[Family Member Health Checkup]

Examination Item		実施内容	
特定 健診	Medical examination	Physician examination, subjective symptoms, other symptoms, medical history (medication and smoking history)	
	Measurement	Height, weight, BMI, abdominal circumference, blood pressure	
	Urinalysis	Proteins, sugars	
	血液	Liver function	AST (GOT) 、 ALT (GPT) 、 γ -GTP
		Lipids	Neutral fat, HDL cholesterol, LDL cholesterol
		Glucose metabolism	Fasting blood glucose or HbA1c (whichever is performed)*

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.