

[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, 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.