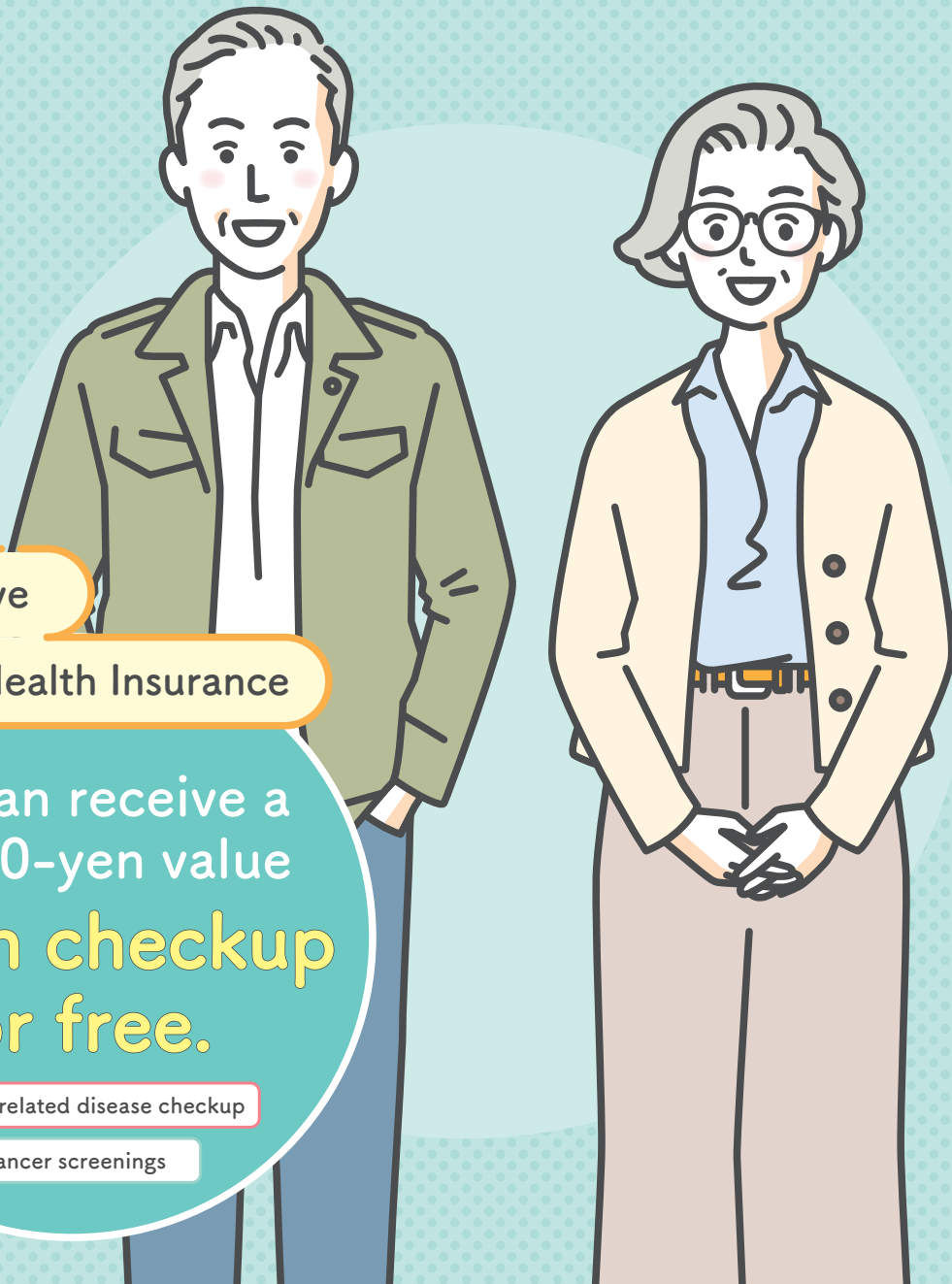


People Insured under  
Special Retirement & Extended Coverage

# Health Checkup Guide

Take the first step now for your healthy life.



If you have

Fujitsu Health Insurance

You can receive a  
40,000-yen value  
**health checkup  
for free.**

Lifestyle-related disease checkup

Cancer screenings

**Checkup period** April 1, 2025 ▶ March 31, 2026

Fujitsu Health Insurance Society



# 3 reasons

for recommending a health checkup

Reason

1

## Anyone can get sick.

Anyone can develop lifestyle-related diseases like cancer. You may be young and not have any subjective symptoms, but it does not mean you are safe.

Reason

2

## Health checkup leads to early detection.

Simple tests available at a medical institution near you enable early detection.

If you are instructed to get a full examination due to the screening result, please make sure to take it at a medical institution.

\* Bring proof of your health insurance eligibility for the full examination.

\* Health checkup allows early detection of risks such as cancer risks but does not guarantee 100% disease detection. If you feel something is wrong or notice some symptoms, please arrange a consultation at a medical institution immediately.

Reason

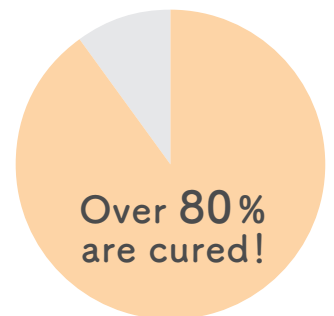
3

## Early detection can lead to an 80% cure rate.

Over 80% of cancer cases can be cured if detected early. This will save you treatment time, money, and the impact on your daily life.

\* The term "cure" means a 5-year relative survival rate from the time of diagnosis. The relative survival rate is the survival rate exclusive of deaths by cancer.

Source: National Cancer Center Cancer Information Service "Cancer Records & Statistics 2024"



It is an important health checkup that saves lives.

Please take this opportunity to take it.



# For a healthy life Health Check Road Map

## Check your health level.

You hardly notice symptoms of lifestyle-related diseases. They are scary diseases because they develop without your knowledge, damage your blood vessels, heart, brain, and other organs, and cause cardiac or cerebral infarction. Get a health checkup, know your health level, and improve your lifestyle!

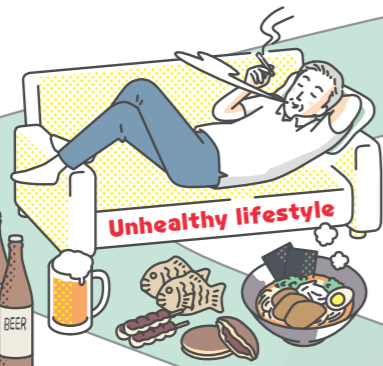
**Level. 1**  
You are healthy.

Even though the health checkup did not detect any problems, **continue to improve your health!**

## Review your lifestyle while you can.

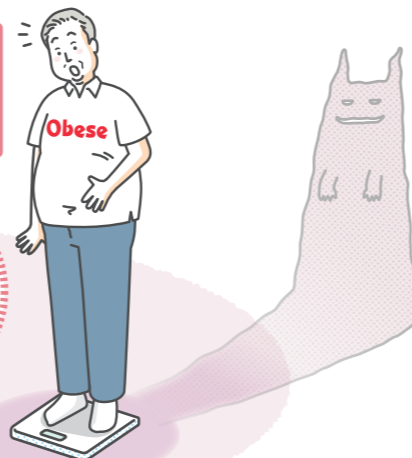
**Level. 2**  
You are at risk for lifestyle-related diseases.

- Lack of exercise
- Unhealthy diet
- Smoking/excessive drinking
- Excessive stress



**Level. 3**  
You have developed lifestyle-related diseases.

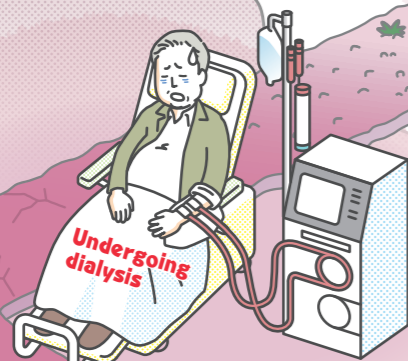
- Obesity
- Diabetes
- Hypertension
- Hyperlipidemia



Visit a medical institution soon!

**Level. 4**  
You have developed complications.

- Cardiac infarction, angina, etc.
- Brain hemorrhage, cerebral infarction, etc.
- Diabetes complications (blindness, artificial dialysis, etc.)



**Level. 5**  
You need nursing care.

- Hemiplegia
- Dementia
- Inconvenience in daily life



I cannot move my body without help...

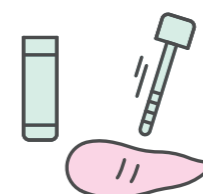
# Danger zone

Finally...

Fujitsu Health Insurance

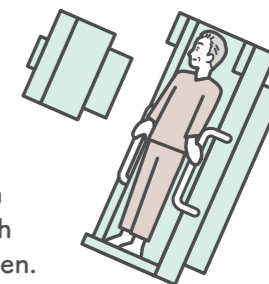
The lifestyle-related disease screening covers the **five major cancers!**

Colon cancer



You take a stool sample at home and submit it to a medical institution.

Stomach cancer



You drink barium and have stomach X-ray photos taken. Takes 10 minutes or so.

Lung cancer



X-ray photos of the breast area are taken. Takes 5 minutes or so.

Cervical cancer



The physician uses a special brush to rub the entrance of the uterus and sample tissues.

Breast cancer



Mammography

A breast placed on a plate is compressed to take X-ray photos from different angles.



Breast ultrasound

A transducer is moved on the skin of the breast to get an image of the inside.

Maintain a healthy lifestyle and **get a health checkup every year!**



Important  
note

# You can choose how to receive a health checkup.

Option  
**A**

## Receive a checkup at a contracted health center (All Members)

### 1 Choose where to receive a checkup.



Choose a health center from the **List of Contracted Health Centers**.

This is a health checkup performed by a health center contracted by Fujitsu Health Insurance.

### 2 Make a reservation.



Call the venue and make a reservation. Please make sure to mention that it will be a free checkup provided by the Fujitsu Health Insurance Society.

### 3 Receive a checkup.



Complete the Health Checkup Request Form in advance and bring it with the items specified by the Health Center.

Option  
**B**

## Fujitsu Clinic Examination (Those 40 and Up)

This is a health checkup performed at Fujitsu Clinic in JR Nambu Line Musashi-Nakahara Station, Nakahara Ward, Kawasaki City

Appointment  
by Email

Please send it to Fujitsu Clinic either by **email** with the support of a Japanese-speaking person.

What you need  
for the checkup

Please bring your Health Insurance Card, questionnaire, and stool/urine samples.

※There are also other ways to apply for the subsidy after receiving full payment at the nearest medical institution. Please send it to Health Checkup Contact Center by email.

# Types of Health Checkups Available

Special retirement health checkup Extended coverage health checkup		Special Retirement (Insured Person)	Extended Coverage (Insured Person)	
		Age when first insured to 74 years old <sup>※1</sup>	40 and Up <sup>※2</sup>	From 30 to 39 years old <sup>※3</sup>
Lifestyle-related disease checkup	Medical examination, measurement, urine test, blood pressure test, blood test (liver function, lipids, and glucose metabolism), and electrocardiogram	●	●	—
	Lungs	●	●	—
Cancer screenings	Stomach	●	●	—
	Large intestine	●	●	—
	Prostate (men only)	●	● ※50 and up	—
	Breast (women only)	●	●	●
	Uterine cervix (women only)	●	●	●

## Age requirements

- ※1) Until the day before one's 75th birthday
- ※2) 40 and up during fiscal year 2025 (until the day before one's 75th birthday)
- ※3) Those over 30 as of April 1, 2025 and 39 or under in fiscal year 2025

## Notes

- ◎ Persons enrolled in Fujitsu Health Insurance as of the date of the examination are eligible.
- ◎ Any costs incurred when changing or adding tests are to be covered by the examinee.

※Fujitsu Health Insurance Society will appropriately manage health checkup data in accordance with its personal information protection policy and will use it within the scope intended for personal information held by Fujitsu Health Insurance Society.

## Health Checkup Contact Center

Email

[blp-kenshin@dl.jp.fujitsu.com](mailto:blp-kenshin@dl.jp.fujitsu.com)

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

(Postal Code: 211-0041) Fujitsu Nakahara Bldg. 5F, 2-12-5 Shimokodanaka, Nakahara Ward, Kawasaki City