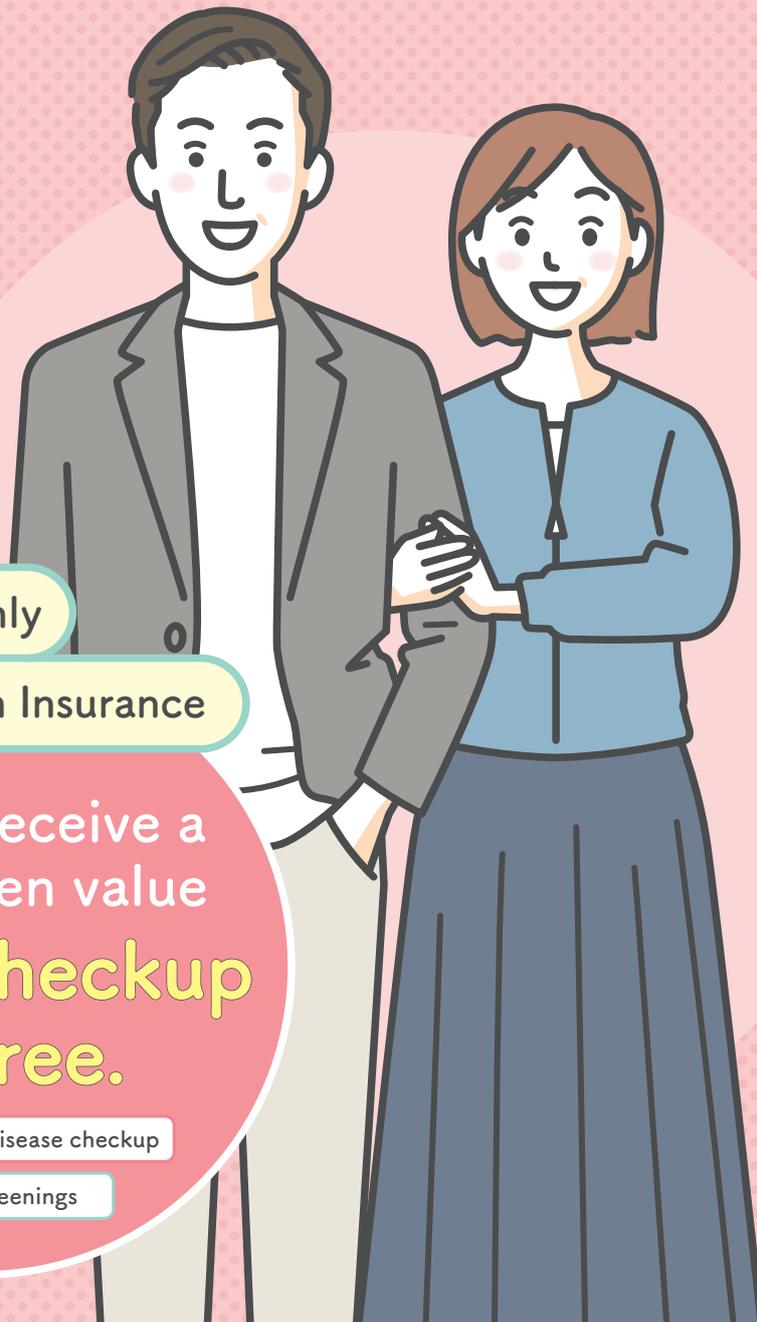


Spouses & Family Members

Health Checkup

Guide

Take the first step now for your healthy life.



For members only

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, 2026 ▶ March 31, 2027

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 90% cure rate.

Over 90% of cancer patients can be cured through early detection. This saves on treatment time and costs while minimizing disruption to daily life.

* Stomach cancer, colorectal cancer, breast cancer, and cervical cancer have a cure rate of over 90%, while lung cancer has a cure rate of over 83%.

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 2025"



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!

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

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

Review your lifestyle while you can.

Level. 3
You have developed lifestyle-related diseases.

Visit a medical institution soon!

- Obesity
- Diabetes
- Hypertension
- Hyperlipidemia

Level. 4
You have developed complications.

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

Undergoing dialysis

Level. 5
You need nursing care.

- Hemiplegia
- Dementia
- Inconvenience in daily life

I cannot move my body without help...

Care needed

Finally...

Danger zone

Fujitsu Health Insurance

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

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.

Cervical cancer



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

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.

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

Mobile Health Checkup (Women Only)

This is a health checkup performed at a public facility and a hotel.

Appointment
by Email

Send it to Health Checkup Contact Center either by **email**

※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.

Note: You can also receive cancer screenings offered by your local municipality.

Types of Health Checkups Available

Spousal health checkup Family Health checkup		Spouse		Family Members
		39 and Under ^{※1}	40 and Up ^{※2}	40 and Up ^{※2}
Lifestyle-related disease checkup	Physician's examination, Physical measurements, blood pressure measurement, urine test, Blood tests (anemia, liver function, lipids, uricacid, glucose metabolism, kidney function) Electrocardiogram ※For individuals aged 39 and under and family members, the health checkup items differ. Please confirm the details on the health checkup request form	●	●	●
Cancer screenings	Lungs	●	●	—
	Stomach	—	●	—
	Large intestine	—	●	—
	Breast (women only)	●	●	—
	Uterine cervix (women only)	●	●	—

Age requirements

- ※1) 39 or under in fiscal year 2026
- ※2) 40 and up in fiscal year 2026 (until the day before one's 75th birthday)

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

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

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