Medical Checkups for Adults

Sagamihara City

～Registered Residents of Sagamihara City can Receive Checkups～

For early detection and treatment of lifestyle-related diseases — such as cancer, heart disease and strokes — as well as for their prevention, we recommend that everyone get regular health checkups and cancer screening tests once a year.

Let's get a checkup!

1. List of Medical Checkup items

Individual Checkups:
Conducted at cooperating medical institutions in the city

Checkup	Those Eligible	Description	Fee
Basic Health examination	40 years old and older, who are members of the national health insurance.	Consultation, blood pressure reading, urinalysis, blood test, etc.	**¥1,000**
	The members of Late-old-people's medical system	Consultation, blood pressure reading, urinalysis, blood test, etc.	**Free**
	40 years old and older, who belong to households on social aid.	Consultation, blood pressure reading, urinalysis, blood test, etc.	**¥1,000**
	＊Checkups are also available for those younger than 40; please call for more information.		
Stomach Cancer	40 years old and older	Consultation, stomach X-ray	**¥2,900**
		Consultation, stomach endoscopy	**¥3,900**
Lung Cancer	40 years old and older	Consultation, chest X-ray	**¥800**
		Consultation, chest X-ray, sputum cell exam	**¥1,700**
Colon Cancer	40 years old and older	Consultation, stool occult blood test	**¥500**
Uterine Cancer	Women 20 years old and older	Consultation, visual exam, cervix cell exam, internal exam	**¥1,700**
		Above-mentioned-exams ＋ uterine cell exam	**¥2,200**
Breast Cancer	Women 30 to 39 years old	Consultation, visual exam, palpation	**¥700**
	Women 40 years old and older	Consultation, visual exam, palpation, mammography (once every two years)	**¥2,000**
Prostate Cancer	Men 55,60, and 65 years old	Consultation and PSA test (blood test)	**¥1,000**
Dental	40 to 80 years of age	Consultation,Checkup of teeth and gums,Oral health guidance	**¥500**
Hepatitis Virus	40 years old and older who haven't checked in the past	Consultation and blood test	**¥1,200**

Group Checkups :
Conducted at elementary schools and public facilities such as health centers in the city by mobile medical units

Checkup	Those Eligible	Description	Fee
Stomach Cancer	40 years old and older	Consultation, stomach X-ray	**¥900**
Lung Cancer	40 years old and older	Consultation, chest X-ray	**¥200**
		Consultation, chest X-ray, sputum cell exam	**¥700**
Colon Cancer	40 years old and older	Consultation, stool occult blood test	**¥500**
Uterine Cancer	Women 20 years old and older	Consultation, visual exam, cervix cell exam	**¥600**
Breast Cancer	Women 40 years old and older	Consultation, visual exam, palpation, mammography (once every two years)	**¥2,000**
Tuberculosis	65 years old and older	Chest X-ray	**Free**
Basic Health examination ※Sundays and public holidays only	40 years old and older, who are members of the national health insurance.	Consultation, blood pressure reading, urinalysis, blood test, etc.	**¥1,000**

英語

2. Procedures of Health Checkup

A **Checkup Ticket** is required to take a health exam. If you want to have an exam, please fill in an application form at Kenko Zoushin-ka(Public Health Promotion Section., Health Office). (042-769-9220 or call center 042-754-1111)

Individual Checkup (Medical Institution)

1) Call Kenko Zoushin-ka and apply for a health checkup ticket.

2) The city office will send you a health checkup ticket and a list of cooperating medical institutions about one week after your application.

3) Choose a medical institution and call to make an appointment.

4) Take the medical exam

5) Receive the report of the check-up from the medical

Group Checkup (Mobile Medical Units)

1) Check *City News Sagamihara* (*Koho Sagamihara*) or the city website for information on the group cancer checkup schedule and pick a date.

2) Call Kenko Zoushin-ka and make an appointment.

3) The city office will send you a health checkup ticket and consultation form about a week before the checkup.

4) Go to the designated site on the day of the checkup and take the exam.

5) Receive the check-up report from the city office.

3. Notes

*Please ask someone who can speak Japanese to help you apply or make inquiries.

*Please ask someone who can speak Japanese to accompany you to the medical institution or checkup site.

4. Notes

1) You can take each medical checkups once within a fiscal year (from April through March of the following year).

2) If you are able to take similar exams at your workplace or a welfare facility, do not apply for these checkups.

3) The eligible age refers to the age you will be in the current fiscal year (the age reached from April through March of the following year).

4)The doctor conducting the exam may decide that further testing is required. In this case, the exam will be covered by health insurance. Please bring your health insurance card and some cash to cover the payment.

5) The following people do not have to pay the fee (application required for b. to e.):

a. Those aged 70 years old and older

b. Those aged 69 years old and under, who are members of Late-old-people's medical system.

c. Those living in households on social aid

d. Those living in households exempt from residents' tax

e. People who receive support payment such as Chinese residual Japaneses

6) The checkup descriptions and fees are as of April 1, 2019.

7) Pregnant women and women with probable pregnancy cannot take an X-ray check-up.

8) You can receive the prostate cancer examination only with individual checkups (stomach, colon or lung cancer) or the basic health examination (if you are enrolled in the national health insurance).

Please visit the city website for details on each type of health check-up.

http://www.city.sagamihara.kanagawa.jp/

Application: Call Center
Tel: (042-754-1111)

Applications/Inquiries:
Seijin Hoken-han (Adult Health Team)
Kenko Zoushin-ka (Public Health Promotion Division)
Tel: 042 (769) 9220 (direct)