

List of health examination items at  
Tosho Kenpo Kaikan and contracted  
medical care institutions

Health examinations recommended by  
the Tokyo Securities Industry Health  
Insurance Society

Periodic health  
examinations under Article  
44 of the Ordinance on  
Industrial Safety and  
Health

Specific  
health  
checkup

Examination items	Through age 34 (excluding age 30)	Age 30 or 35 and older (Not including ages covered by Examination S)	Society-specified recommended ages	Through age 39 (excluding age 35)	Age 35 or 40 and older	Age 40 to 74	
	Examination A	Examination B (Family examination)	Examination S				
Interview (review of past illnesses and work history, checks for subjective and objective symptoms)	◎	◎	◎	◎		☐ (Including smoking and medication history)	
Height	◎	◎	◎	◎ (May be omitted from age 20 and older)		☐	
Weight	◎	◎	◎	◎		☐	
BMI	◎	◎	◎	◎		☐	
Girth	◎	◎	◎	◎ (* for certain persons)		☐	
Urinalysis	Protein	◎	◎	◎		☐	
	Occult blood	◎	◎	◎			
	Sugar	◎	◎	◎		☐	
Vision test	◎	◎	◎	◎			
Hearing	Conversational method			◎			
	Audiometer (left and right: 1,000 Hz)	◎	◎	◎			
	Audiometer (left and right: 4,000 Hz)						
Blood pressure measurement	◎	◎	◎	◎		☐	
Chest X-ray exam	◎	◎	◎	◎ (* for certain persons)			
Electrocardiogram		◎	◎	*	◎	■	
Sputum cytology			As needed	As needed			
Funduscopy			◎			■	
Abdominal ultrasound			◎				
Blood test	Liver function	Total protein	◎	◎			
		Albumin	◎	◎			
		Total bilirubin	◎	◎			
		ALP	◎	◎			
		GOT	◎	◎	*	◎	☐
		GPT	◎	◎	*	◎	☐
		γ-GTP	◎	◎	*	◎	☐
		LDH	◎	◎			
	Lipid metabolism	Total cholesterol	◎	◎	*	◎	☐
		HDL cholesterol	◎	◎	*	◎	☐
		LDL cholesterol	◎	◎	*	◎	☐
		Neutral fat	◎	◎	*	◎	☐
		Non-HDL cholesterol	◎	◎	*	◎	☐
	Gout	◎	◎				
	Renal function	Urea nitrogen	◎	◎			
		Creatinine (including eGFR)	◎	◎			■
	Glycometabolism	Blood sugar	◎	◎	*	◎	☐
		HbA1c	◎	◎			(☐)
	Anemia (general blood test)	Hb (hemoglobin)	◎	◎	*	◎	■
		Red blood cell count	◎	◎	*	◎	■
White blood cell count		◎	◎				
Hematocrit		◎	◎				
Hepatitis viral exam	Blood platelet count	◎	◎			■	
	HBs antigen		○	○			
	HCV antibody						
Colorectal cancer screening	Fecal occult blood test (two-day)		△	◎			
Upper digestive tract (stomach) exam	Upper digestive tract X-ray exam/endoscopy		▲	▲		(Conducted for persons aged 35 and older who so desire [extra charge applies])	
Gynecological exam	Breast cancer screening	Palpation, ultrasound, mammography, etc.	●			(not including tumor marker test in both screenings)	
	Cervical cancer screening	Internal exam, cervical cytology, ultrasound, etc.	●				
PSA test (prostate cancer screening)	Blood test		★	★			

- ◎: Standard item, ○: Added during initial blood test, △: Performed for those **35 and older**, ●: Performed for those **20 and older** who so desire at contracted medical care institutions or other facilities eligible for subsidies (you must pay costs in excess of the maximum subsidy), \*: Item that may be omitted at the physician's discretion
- ★: Available only for men aged 50 and older who so desire and who are undergoing health examinations at the examination center on the second floor of the Tosho Kenpo Kaikan.
- Girth measurements under Article 66 of the Industrial Safety and Health Act may be omitted for those under 40 (excluding those who are 35), expectant mothers, and others for whom such measurement is deemed not to represent visceral fat conditions; those with BMIs of less than 20; and those with BMIs of less than 22 who self-report their girth measurements.
- ☐: Standard item, ■: Item to be undergone as judged required by a physician