

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

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|---|--|-------------------------------|
| 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) | ◎ | ◎ | ◎ | ◎ | | <input type="checkbox"/> (Including smoking and medication history) | |
| Height | ◎ | ◎ | ◎ | ◎ (May be omitted from age 20 and older) | | <input type="checkbox"/> | |
| Weight | ◎ | ◎ | ◎ | ◎ | | <input type="checkbox"/> | |
| BMI | ◎ | ◎ | ◎ | ◎ | | <input type="checkbox"/> | |
| Girth | ◎ | ◎ | ◎ | ◎ (* for certain persons) | | <input type="checkbox"/> | |
| Urinalysis | Protein | ◎ | ◎ | ◎ | | <input type="checkbox"/> | |
| | Occult blood | ◎ | ◎ | ◎ | | | |
| | Sugar | ◎ | ◎ | ◎ | | <input type="checkbox"/> | |
| Vision test | ◎ | ◎ | ◎ | ◎ | | | |
| Hearing | Conversational method | | | ◎ | | | |
| | Audiometer (left and right: 1,000 Hz) | ◎ | ◎ | ◎ | | | |
| | Audiometer (left and right: 4,000 Hz) | | | | | | |
| Blood pressure measurement | ◎ | ◎ | ◎ | ◎ | | <input type="checkbox"/> | |
| 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 | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | GPT | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | γ-GTP | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | LDH | ◎ | ◎ | | | |
| | Lipid metabolism | Total cholesterol | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | HDL cholesterol | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | LDL cholesterol | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | Neutral fat | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | Non-HDL cholesterol | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | Gout | Uric acid | ◎ | ◎ | | | |
| | Renal function | Urea nitrogen | ◎ | ◎ | | | |
| | | Creatinine (including eGFR) | ◎ | ◎ | | | ■ |
| | Glycometabolism | Blood sugar | ◎ | ◎ | * | ◎ | <input type="checkbox"/> |
| | | HbA1c | ◎ | ◎ | | | (<input type="checkbox"/>) |
| | 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

FY2025 Ages at a Glance

Use this table to check the ages eligible for health management activities. The table gives the ages eligible for health examinations and other activities in FY2025 (April 1, 2025 - March 31, 2026).

| Health exam age | Japanese year | Western year | Birthday (M/D) | Health exam age | Japanese year | Western year | Birthday (M/D) | Health exam age | Japanese year | Western year | Birthday (M/D) |
|-----------------|---------------|--------------|----------------|-----------------|---------------|--------------|----------------|-----------------|---------------|--------------|----------------|
| 75 | Showa25 | 1950 | From 4/1 | 55 | Showa45 | 1970 | From 4/1 | 35 | Heisei2 | 1990 | From 4/1 |
| | Showa26 | 1951 | To 3/31 | | Showa46 | 1971 | To 3/31 | | Heisei3 | 1991 | To 3/31 |
| 74 | Showa27 | 1952 | From 4/1 | 54 | Showa47 | 1972 | From 4/1 | 34 | Heisei4 | 1992 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 73 | Showa28 | 1953 | From 4/1 | 53 | Showa48 | 1973 | From 4/1 | 33 | Heisei5 | 1993 | From 4/1 |
| | Showa29 | 1954 | To 3/31 | | Showa49 | 1974 | To 3/31 | | | | Heisei6 |
| 72 | Showa30 | 1955 | From 4/1 | 51 | Showa50 | 1975 | From 4/1 | 31 | Heisei7 | 1995 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 71 | Showa31 | 1956 | From 4/1 | 50 | Showa51 | 1976 | From 4/1 | 30 | Heisei8 | 1996 | From 4/1 |
| | Showa32 | 1957 | To 3/31 | | Showa52 | 1977 | To 3/31 | | | | Heisei9 |
| 70 | Showa33 | 1958 | From 4/1 | 49 | Showa53 | 1978 | From 4/1 | 29 | Heisei10 | 1998 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 69 | Showa34 | 1959 | From 4/1 | 48 | Showa54 | 1979 | From 4/1 | 28 | Heisei11 | 1999 | From 4/1 |
| | Showa35 | 1960 | To 3/31 | | Showa55 | 1980 | To 3/31 | | | | Heisei12 |
| 68 | Showa36 | 1961 | From 4/1 | 47 | Showa56 | 1981 | From 4/1 | 27 | Heisei13 | 2001 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 67 | Showa37 | 1962 | From 4/1 | 46 | Showa57 | 1982 | From 4/1 | 26 | Heisei14 | 2002 | From 4/1 |
| | Showa38 | 1963 | To 3/31 | | Showa58 | 1983 | To 3/31 | | | | Heisei15 |
| 66 | Showa39 | 1964 | From 4/1 | 45 | Showa59 | 1984 | From 4/1 | 25 | Heisei16 | 2004 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 65 | Showa40 | 1965 | From 4/1 | 44 | Showa60 | 1985 | From 4/1 | 24 | Heisei17 | 2005 | From 4/1 |
| | Showa41 | 1966 | To 3/31 | | Showa61 | 1986 | To 3/31 | | | | Heisei18 |
| 64 | Showa42 | 1967 | From 4/1 | 43 | Showa62 | 1987 | From 4/1 | 23 | Heisei19 | 2007 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 63 | Showa43 | 1968 | From 4/1 | 42 | Showa63 | 1988 | From 4/1 | 22 | Heisei20 | 2008 | From 4/1 |
| | Showa44 | 1969 | To 3/31 | | | | Showa63 | | | | 1988 |
| 62 | Showa45 | 1970 | From 4/1 | 41 | Showa1 | 1989 | From 4/1 | 21 | Heisei22 | 2010 | From 4/1 |
| | | | To 3/31 | | | | To 3/31 | | | | To 3/31 |
| 61 | Showa46 | 1971 | From 4/1 | 40 | Heisei2 | 1990 | To 3/31 | 20 | | | |
| | | | To 3/31 | | | | To 3/31 | | | | |
| 60 | Showa47 | 1972 | From 4/1 | 39 | Showa62 | 1987 | From 4/1 | 19 | | | |
| | | | To 3/31 | | | | To 3/31 | | | | |
| 59 | Showa48 | 1973 | From 4/1 | 38 | Showa63 | 1988 | From 4/1 | 18 | | | |
| | | | To 3/31 | | | | To 3/31 | | | | |
| 58 | Showa49 | 1974 | From 4/1 | 37 | Showa1 | 1989 | From 4/1 | 17 | | | |
| | | | To 3/31 | | | | To 3/31 | | | | |
| 57 | Showa50 | 1975 | From 4/1 | 36 | Heisei2 | 1990 | To 3/31 | 16 | | | |
| | | | To 3/31 | | | | To 3/31 | | | | |

*Ages shaded orange () are eligible for Examination S.