

Health Examination Guide

FY 2024 Edition



Abbott Health Insurance Society

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FY 2024 Health Examination Overview

■ Health Examination Period

- ✓ Appointments Accepted: March 1, 2024 to March 31, 2025
- ✓ Health Examination Period: April 1, 2024 to March 31, 2025

■ Subsidies

Can be used only once for checkups between April 1, 2024 and March 31, 2025.

- * Any amount in excess of the health insurance subsidy limit is to be paid by the individual as a copayment. Please note that Abbott Health Insurance Cafeteria Points can be used to cover copayments for health examinations (however, only for items designated by the society).

■ Health Examination Appointments

Please apply (register) through the Abbott Health Insurance Society website (Checkup Appointment System).

- * Examinations for the eligible age groups are also available for voluntarily and continuously insured persons and for dependents.

■ Other

- ✓ Age reference date: Age is calculated on the basis of those who reach a full year of age between April 1 and March 31 of the following year.
- ✓ If you receive an examination for which your age group is not eligible, you can receive the examination by paying the full amount excluding the subsidy limit for age group-specific examinations.

* Example: A person under 35 years old undergoes a complete checkup for those 35 or over (¥40,000)
Subsidy amount: ¥ 18,000 (Subsidy for general health examinations for those under 35 years old)
Copayment: ¥ 22,000 (Cafeteria Points can be used)

Applying for a Health Examination

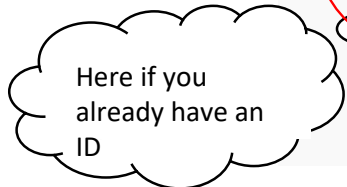
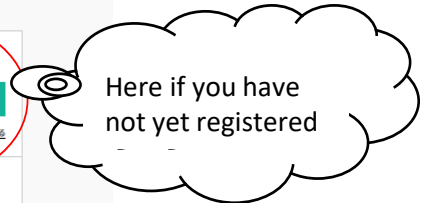
[How to use the Checkup Appointment System]

Please register your personal information before using the system.

- ✓ If you have not yet obtained an Abbott Health Insurance ID and password, please complete the initial registration procedure first.
- ✓ If you have already obtained an ID and password, please visit the Abbott Health Insurance Society's website and log in from "Make an Appointment for a Checkup."

Abbott Health Insurance Society

<http://www.abbott-kenpo.or.jp/eng/index.html>

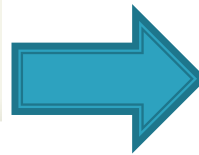


1. Log in to the Abbott Health Insurance Society website and click on “Make an Appointment for a Checkup” in the upper left corner of the screen to proceed.

Abbott Health Insurance Society

<http://www.abbott-kenpo.or.jp/eng/index.html>

The screenshot shows the homepage of the Abbott Health Insurance Society. At the top, there is a navigation menu with options like '健保のしくみ' (Systems), '健保の給付' (Benefits), '保健事業' (Activities), '各種手続き' (Procedure), '申請書一覧' (Application Form), and 'よくある質問' (FAQ). The main content area features several service tiles, with '健診予約' (Checkup Appointment) highlighted by a red circle. Below this, there is a '健保からのお知らせ' (News from Health Insurance) section with a list of recent updates, and a '電子申請' (Electronic Application) section.



アボット健康保険組合 Abbott Health Insurance Society

The screenshot shows the login page of the Abbott Health Insurance Society. It features a 'Login' form with fields for 'ユーザID' (User ID) and 'パスワード' (Password), and a 'ログイン' (Login) button. To the right, there is a section for '初期登録手続き' (Initial Registration) with a '登録する' (Register) button and a link to '登録手続き方法を見る' (View registration procedure). Below that, there is a section for 'サイトご利用環境について (推奨ブラウザ)' (About site usage environment (recommended browser)) with a list of supported browsers and settings.

これから予約する方 予約する	すでに予約確定済の方 申請する	お申し込み前に確認 健康診断について	受診可能な健診機関 健診機関情報
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2. There are two ways to make an appointment: (1) “Make an appointment” (book an appointment online) and (2) “Make an application” (book an appointment via telephone).

(1) “Make an appointment” (book an appointment online): Enter your personal information on the Checkup Appointment System and select the date you wish to be examined from the calendar. Then, follow the directions to register your appointment.

- * When making an appointment at a medical institution that does not support making appointments online or when booking a course, please call to make an appointment.
- * Some options are targeted at specific age groups. Some medical institutions do not support making appointments online for optional examinations for persons in other age groups. If this applies to you, please make an appointment (personally) by telephone.

(2) “Make an application” (book an appointment via telephone): Call the health examination institution where you wish to receive a checkup, mention [Abbott Health Insurance Society], and then make an appointment.

- * After making an appointment via telephone with the health examination institution, please be sure to register it on the “Make an application” screen of the Checkup Appointment System.

3. Please refer to the following notes and answer the questions as indicated by the Checkup Appointment System.

(1) Personal information

- ✓ Refer to the messages displayed and enter/change your information as necessary.

(2) Persons aged 40 or over (specific health checkup)

- ✓ You will be presented with a questionnaire about your lifestyle. Please answer all the questions.

(3) Request for gynecological exam (uterine cancer, breast cancer screening), etc.

- ✓ If you wish to take optional examinations (including uterine and breast cancer screenings), some medical institutions do not support making appointments online ("Make an appointment"), in which case you must make an appointment (personally) by telephone ("Make an application").

(4) Enter the date of the examination

(5) If you wish to have a gastric endoscopy

- ✓ Applications are made by telephone. Call the medical institution and book an appointment, stating that you wish to receive a basic health examination (complete checkup or lifestyle-related disease examination) and that you wish to have a gastric endoscopy instead of a gastric X-ray (barium).
- ✓ In the event of any an endoscopy incurs extra charges relative to a gastric x-ray, payment of the extra amount will be borne by the individual (Cafeteria Points can be used).
- ✓ Then, please contact Value HR Customer Service (health examination business subcontractor).

4. A list of the information you have entered will be displayed. Please check the information and if there are no errors, press the “Confirm application” button.
5. Please check the contents of the Health Examination Authorization Form, which will be sent to you by e-mail after your registration is completed.

[Changing the Date or Content of a Health Examination]

To change the date or content of a health examination applied for through the Checkup Appointment System, please call the medical institution directly and inform us of the change via the contact information below.

Mailing and inquiries: Value HR Customer Service (health examination business subcontractor)

Address: Value HR Yoyogi Building, 6th Floor 5-25-5 Sendagaya, Shibuya-ku, Tokyo 151-0051

TEL: 0570-075-703 (Weekdays 9:30 AM to 5:00 PM)

E-mail: kensin-abt@apap.jp

[Copayments and Subsidies for Health Examinations]

■ Basic health examination

Checkup course	Eligible persons	Partial copayment at counter (tax included)	Health insurance subsidy limit (tax included)
General health examination	Insured persons and dependents aged under 35	Excess over the health insurance subsidy limit	¥18,000
Lifestyle-related disease examination / Family examination	Insured persons aged 35 or over	Excess over the health insurance subsidy limit	¥26,000
	Dependents aged 35 or over	Excess over the health insurance subsidy limit	¥26,000
Complete checkup	Overnight Insured persons and dependents aged 35 or over	(1) Copayment for insured person: ¥15,000 (2) Copayment for dependent: ¥15,000 *Points can be used.	Insured person aged 35 or over: ¥58,000 Dependent aged 35 or over: ¥58,000
	1 day (day visit) Insured persons and dependents aged 35 or over	(1) Copayment for insured person: ¥5,000 (2) Copayment for dependent: ¥5,000 * Points can be used.	Insured person aged 35 or over: ¥47,500 Dependent aged 35 or over: ¥47,500
Specific health checkup, basic health examination	Insured persons and dependents aged 40 or over	Excess over the health insurance subsidy limit	¥7,500
Specific health checkup tests: Anemia test/electrocardiogram, ophthalmoscopy (both eyes)	Insured persons and dependents aged 40 or over	Excess over the health insurance subsidy limit	¥3,000

* The basic health examination fee will vary depending on the medical institution.

* Cafeteria points may be used toward the partial copayment at the counter.

[Copayments and Subsidies for Health Examinations]

■ Optional examinations

Test name	Eligible persons	Partial copayment at the counter (tax included)	Health insurance subsidy limit (tax included)
Gynecological exam (breast cancer) Mammogram or ultrasound (available as a set)	Female insured persons and dependents aged 30 or over	Excess over the health insurance subsidy limit	¥6,000
Gynecological exam (cervical cytology)	Female insured persons and dependents aged 20 or over	Excess over the health insurance subsidy limit	¥4,500
Gastric examination (X-ray)	Insured persons and dependents aged 30 or over	Excess over the health insurance subsidy limit	¥13,500
Abdominal ultrasound test	Insured persons and dependents aged 35 or over	Excess over the health insurance subsidy limit	¥5,500
Osteoporosis test	Female insured persons and dependents aged 30 or over	Excess over the health insurance subsidy limit	¥2,500
Hepatitis virus test (C)	Insured persons and dependents aged 30 or over Hepatitis B and C tests are included in a complete checkup	Excess over the health insurance subsidy limit	¥3,000
Hepatitis virus test (B/C)		Excess over the health insurance subsidy limit	¥3,500
Prostate cancer test (PSA)	Male insured persons and dependents aged 50 or over	Excess over the health insurance subsidy limit	¥2,500
Colorectal cancer test (fecal occult blood test)	Insured persons and dependents aged 30 or over	Excess over the health insurance subsidy limit	¥1,500
Brain examination	Insured persons and dependents aged 50 and over who will reach 50, 55, 60, 65, 70, or 75 years of age in the current fiscal year After the age of 50, the examination can be taken every 5 years. * However, for those turning 75 years old, the period of eligibility is up to the day before their birthday.	¥10,000 + excess over the health insurance subsidy limit	¥20,000
BNP test	Insured persons and dependents	Copayment of full amount	Copayment of full amount
Amino Index test (cancer risk screening)	Insured persons and dependents	Excess over the health insurance subsidy limit	¥5,000
Heart examination (blood BNP, brain natriuretic peptide, blood cardiac troponin I)	Insured persons and dependents aged 40 or over	Excess over the health insurance subsidy limit	¥5,000
Coronavirus antibody test	Insured persons and dependents	Excess over the health insurance subsidy limit	¥10,000

* Fees for optional examinations will vary depending on the medical institution.

* Cafeteria points may be used toward the partial copayment at the counter

[Available for English]

都道府県	医療機関名	郵便番号	住所	予約TEL	英語対応	二次検査	自己負担 精算方法
東京都	医療法人 城見会 アムス丸の内パレスビルクリニック	100-0005	千代田区丸の内1-1-1 パレスビル4F	03-3211-1171	○	—	併用可
東京都	日本橋室町三井タワー ミッドタウンクリニック	103-0022	中央区日本橋室町3丁目2-1 日本橋室町三井タワー7F	03-3231-2068	○	○	併用可
東京都	新赤坂クリニック銀座 (旧) 日本橋室町クリニック	104-0061	中央区銀座3-9-7 トランス銀座ビルディング5F	03-5770-1250	○	○	併用可
東京都	聖路加国際病院附属クリニック 予防医療センター	104-6591	中央区明石町8-1 聖路加タワー3・4・5階	03-5550-2400	○	○	ポイントのみ
東京都	新赤坂クリニック青山 (旧) 新赤坂クリニック六本木本院	107-0062	港区青山2-2-3 ヒューリック青山外苑通東ビル2F	03-5770-1250	○	○	併用可
東京都	一般財団法人産業医学研究財団 アークヒルズクリニック	107-6003	港区赤坂1-12-32 赤坂アークヒルズ アーク森ビル 3F	03-3505-5373	○	○	併用可
東京都	東京ミッドタウンクリニック	107-6206	港区赤坂9-7-1 ミッドタウン・タワー6階	03-5413-0081	○	○	併用可
東京都	医療法人社団 生光会 新宿追分クリニック・レディース	160-0022	新宿区新宿3-1-13 京王新宿追分ビル6階	0120-28-3113	○	—	併用可
東京都	医療法人社団 生光会 新宿追分クリニック	160-0022	新宿区新宿3-1-13 京王新宿追分ビル7階	0120-28-3113	○	—	併用可
神奈川県	新赤坂クリニック横浜 (旧) 新赤坂クリニックグループ 横浜北幸クリニック	221-0835	横浜市神奈川区鶴屋町3-32-13 第2安田ビル9F	03-5770-1250	○	○	併用可

Mailing and inquiries: Value HR Customer Service (health examination business subcontractor)

Address: Value HR Yoyogi Building, 6th Floor 5-25-5 Sendagaya, Shibuya-ku, Tokyo 151-0051

TEL: 0570-075-703 (Weekdays 9:30 AM to 5:00 PM)

E-mail: kensin-abt@apap.jp

[Eye Examinations]

- * Can only be taken at the Value HR Building Clinic.
- * Not covered by health insurance subsidies.

■ Dates/times available

Tuesday, Thursday and Friday mornings

■ Tests and fees

- Eye examination (option as part of complete checkup or lifestyle-related disease examination): ¥5,500 (tax included)

Ultra-wide angle ophthalmoscopy, OCT test, slit-lamp microscopy, clinical consultation

* Vision and intraocular pressure are included in the complete checkup and lifestyle-related disease examination.

- Premium eye examination (standalone examination): ¥11,400 (tax included)
Ultra-wide angle ophthalmoscopy, OCT test, precision visual field examination, slit-lamp microscopy, refraction examination, visual acuity test, intraocular pressure test, clinical consultation

■ How to apply

- Eye examination (option as part of complete checkup or lifestyle-related disease examination)
When booking an appointment online, select the optional examinations.
When booking an appointment by telephone, make the appointment and then perform the application on the Checkup Appointment System.

- Premium eye examination (standalone examination):
Please refer to Eye Examinations in the “Medical Check” section of the “Cafeteria Plan” section of the Health Insurance Society website.

[When Undergoing a Checkup at a Non-Contracted Medical Institution]

Please apply for the health examination subsidy within 6 months from the date of undergoing the health examination.

■ From appointment to payment

- (1) Make an appointment by [contacting the medical institution personally](#).
- (2) [Receive the examination at the medical institution](#) where you made the appointment, and [pay the full amount of the examination fee at the billing counter](#).
- (3) [Send the "Application for Health Examination Subsidy"](#) by post together with the original receipt and a copy of the results of the health examination to the address below.
 - * Please download the Application for Health Examination Subsidy from the "Application Forms" section of the Health Insurance Society website.
- (4) On the application form, choose whether the "copayment amount" will be reimbursed with health insurance Cafeteria Points, or whether the amount will be paid without using points.
 - * If you wish to use points, check the Yes box (an amount equal to the subsidy + deducted points will be transferred to your account).
 - * **The optional examinations that can be paid for with points are limited. (For details, please refer to p.13)**
 - * When using points, the number of points equivalent to the copayment amount will be deducted from the individual's remaining points.
 - * An amount equivalent to the number of points deducted will be added to the subsidy and paid.
5. After the content of the application is reviewed, the subsidy will be transferred to the account of the insured person who applied for the subsidy.

Mailing and inquiries: Value HR Customer Service (health examination business subcontractor)
Address: Value HR Yoyogi Building, 6th Floor 5-25-5 Sendagaya, Shibuya-ku, Tokyo 151-0051
TEL: 0570-075-703 (Weekdays 9:30 AM to 5:00 PM)
E-mail: kensin-abt@apap.jp

[Optional Examinations Eligible for Cafeteria Point Payment]

- If you incur copayments in excess of the amount subsidized by the Health Insurance Society, you can pay using Cafeteria Points.

* The optional examinations that can be paid for using points are as follows. (Please refer to p.10 for the amount of each health insurance subsidy)

- Breast ultrasound or mammography (available as a set)
- Cervical cytology, pelvic examination
- Gastric X-ray, gastric endoscopy (difference in amount from gastric X-ray)
- Abdominal ultrasound
- Osteoporosis test (women only)
- Hepatitis test (HBs antigen, HCV antibody)
- Prostate cancer test (tumor marker)
- Fecal occult blood two-step reaction method
- Brain scan (head MRI, MAR or CT)
- Specific health checkup tests: Anemia test, electrocardiogram, ophthalmoscopy
- Amino Index AICS (Men 5, Women 6)
- BNP test
- Heart exam (may be performed as a stand-alone examination)
- Coronavirus antibody test

Mailing and inquiries: Value HR Customer Service (health examination business subcontractor)
Address: Value HR Yoyogi Building, 6th Floor 5-25-5 Sendagaya, Shibuya-ku, Tokyo 151-0051
TEL: 0570-075-703 (Weekdays 9:30 AM to 5:00 PM)
E-mail: kensin-abt@apap.jp

[Notes for Undergoing a Health Examination, Notification of Results]

■ Cautions when undergoing a health examination

- Upon completion of the health examination appointment procedure, Value HR (health examination business subcontractor) will send you a Health Examination Authorization Form by e-mail.
- The medical institution will send you the necessary items and questionnaires for your examination.
- Please also bring your health insurance card, as the medical institution may ask you to present it when you visit.

■ Items to take to your health examination

- Health insurance card
- Other items required by the medical institution

■ Notification of results

- The medical institution will send your health examination results sheet to your registered address, so please follow the institution's instruction with respect to re-testing, detailed testing, etc.
- For details on re-testing and detailed testing (secondary tests), see p.15.

[When Undergoing Secondary Tests]

Regarding secondary testing (re-testing) for insured persons and dependents, the Abbott Health Insurance Society will pay only for costs of the same test.

In principle, secondary tests (re-testing) should be performed within 3 months of the initial examination. Please apply for the health examination subsidy within 6 months from the date of undergoing the secondary test.

* Please be advised that we will not be able to accept applications for subsidies after 6 months have passed.

- (1) Please make an appointment directly with the medical institution where you had your initial (first) health examination , and then undergo the secondary test.
 - (2) Subsidies are not available for secondary tests in which treatment is performed at the discretion of a physician (e.g., removal of polyps, administration of medication, etc.) or tests performed when being examined at a medical institution due to poor physical condition.
 - (3) If you are referred to another medical institution for a secondary test, or if you receive an examination at a medical institution other than the institution where you received your initial examination, this will be treated as insured treatment and you will be asked to pay 30% of the cost of the test up front.
Afterwards, please send the “Application for Reimbursement for Health Examination Re-testing” with the original receipt and a copy of the test results to the address below.
The above payment procedure also applies when [undergoing examinations at non-contracted institutions](#).
- * Please download the Application for Reimbursement for Health Examination Re-testing from the “Application Forms” section of the Abbott Health Insurance Society website.
- (4) The subsidy for the health examination will be transferred to the personal account registered in the application form at a later date.
- * At some contracted medical institutions, secondary testing is covered by the insurance reimbursement system. Please check when making an appointment.

Mailing and inquiries: Value HR Customer Service (health examination business subcontractor)
Address: Value HR Yoyogi Building, 6th Floor 5-25-5 Sendagaya, Shibuya-ku, Tokyo 151-0051
TEL: 0570-075-703 (Weekdays 9:30 AM to 5:00 PM)
E-mail: kensin-abt@apap.jp

[Contact for Inquiries on Health Examinations]

Inquiry details		Contact for inquiries			
		Name	E-mail address	Telephone number	Telephone customer service hours
(1)	<ul style="list-style-type: none"> • Appointment method • Procedure method, etc. 	Value HR Co., Ltd. Customer Service	kensin-abt@apap.jp	0570-075-703	Weekdays 9:30 AM to 5:00 PM
(2)	Changing the date, time, or course of the health examination; canceling the examination	Please call the medical institution directly and inform us (Value HR Customer Service) of the change via the contact information above.			
(3)	About health examination results	Please directly contact the medical institution.			
(4)	Inquiries to the Health Insurance Society	Abbott Health Insurance Society	info@abbott-kenpo.com	03-5368-2785	Weekdays 9:30 AM to 5:30 PM