



Health Check Courses

Category	Course		Lifestyle Disease Prevention		Regular		Regular by Law	Upon Employment	Simple
	Insurance type	Check-up Items	JHIA (35yo~75yo)	Own Expenses	JHIA/Other Company Insurance/Own Expenses				
Checking from the Doctor		Examination, interview, auscultation	●	●	●	●	●	●	●
Body Measurement		Height, Weight, BMI, Abdomen girth	●	●	●	●	●	●	●
Vision		Eyesight test	●	●	●	●	●	●	●
Hearing Ability		L/R (1000Hz, 4000Hz)	●	●	●	●	●	●	●
Circulatory System		Blood Pressure	●	●	●	●	●	●	●
		ECG	●	●	●		●	●	
Kidney, Urinary System		Urine glucose qualitative, Urine protein	●	●	●	●	●	●	●
		PH	—	—	●	●	—	—	●
		Occult Blood	●	●	●	●	—	—	●
Respiratory System		Chest X-Ray	●	●	●	●	●	●	●
Blood test	for Liver	GOT, GPT, γGTP	●	●	●	●	●	●	—
	for Lipid Metabolism	Tch, HDLc, LDLc, TG	●	●	●	●	●	●	—
	for Glycometabolism	Blood Sugar	●	●	●	●	●	●	—
		H b A1 c	●	●	●	●	—	—	—
	for Anemia	WBC, RBC, Hb, Ht, Platelet	●	●	●	●	(●) 2 only	(●) 2 only	—
	for Kidney	CRE	●	●	●	●	—	—	—
	for Gout	Uric Acid	●	●	●	●	—	—	—
Digestive System		Stomach Barium X-Ray	●	●	—	—	—	—	—
Stool Test		Fecal Occult Blood Test (2 days)	●	●	—	—	—	—	—
Price (with tax)			¥5,500	¥22,150	¥10,500	¥9,150	¥9,900	¥9,900	¥4,950

* Start from April 1st, 2026

JHIA~ Japan Health Insurance Association (協会けんぽ in Japanese)

Osaka City Specific Health Check Course Content List * Available only for those who have a medical checkup Voucher. Fees are vary depending on the type of insurance.

Category		Specific Health Check Course	70 year-old~	40 ~69 year-old	from 40 year-old~	from 40 year-old~	
		Insurance type Check-up Items	Elderly beneficiary cert. + Osaka City Medical check-up Voucher	With Osaka City Medical check-up Voucher	JHIA (dependent/ family) with Medical check-up Voucher	Other Company Insurance	Others
Checking from the Doctor		Examination, interview, auscultation	●	●	●	●	●
Body Measurement		Height, Weight, BMI, Abdomen girth	●	●	●	●	●
Vision		Eyesight test	-	-	-	-	-
Hearing Ability		L/R (1000Hz, 4000Hz)	-	-	-	-	-
Circulatory System	Blood Pressure		●	●	●	●	●
	ECG (subjects only)		(●)	(●)	(●)	(●)	(●)
Kidney, Urinary System	Urine glucose qualitative, Urine protein		●	●	●	●	●
	PH		-	-	-	-	-
	Occult Blood		-	-	-	-	-
Respiratory System		Lung Cancer (thru Chest X-Ray)	(●)	(●)	(●)	(●)	(●)
Blood test	for Liver	GOT, GPT, γGTP	●	●	●	●	●
	for Lipid Metabolism	Tch, HDLc, LDLc, TG	●	●	●	●	●
	for Glycometabolism	Blood Sugar	●	●	●	●	●
		H b A1 c	●	●	●	●	●
	for Anemia	RBC, Hb, Ht (subjects only)	(●)	(●)	(●)	(●)	(●)
	for Kidney	CRE	●	●	-	-	-
	for Gout	Uric Acid	●	●	-	-	-
Digestive System		Stomach Cancer (thru Barium X-Ray)	(●) 50 year-old and above				
Stool Test		Colorectal Cancer (thru Fecal Occult Blood Test) (2 days)	(●)	(●)	(●)	(●)	(●)
Price (with tax)			¥0	¥800	¥1,298+(●)	Please Check	Please Check

Cancer Screening If you are a mid or long-term Osaka city resident and are enrolled in any health insurance program,
the cancer screenings are available for free or at a reduced cost depending on your age and gender. ***

* For Stomach Cancer check, there are optional of Stomach Endoscope (胃カメラ) or Barium X-Ray. Please note that our clinic only provide Barium X-Ray.

*** **Osaka City Cancer Screening Requirements:**

The applicant must have a certificate of residence in Osaka City and NOT fall under any of the following five categories :

- ☒ If you have an opportunity to receive an equivalent medical check-up (examination) at your health insurance or workplace (please contact your health insurance association, etc.).
- ☒ If you have received an equivalent medical check-up (examination) at the local government, your health insurance or workplace within the same year (excluding those at your own expense or by medical treatment).
- ☒ If you are undergoing treatment or follow-up for a disease at the site of the medical check-up (please continue treatment).
- ☒ If you have had an illness at the examination site in the past (consult your doctor as you may not be suitable for the examination)
- ☒ If you have subjective symptoms (Please seek medical advice and examination as soon as possible).
- ☒ If you are not eligible for a check-up or if you have been examined without the appropriate interval between check-ups, you may be asked to pay the full amount yourself.

Category		Interval	Eligible ages (as of the end of the fiscal year)	Price (with tax)
Stomach	Barium X-Ray	Once a year	50 & above	¥500
	Gastroscopy / Camera (Not available here)	Once in 2 years	50 & above	Other medical organisation
	If you had a gastroscopy last year, you are not eligible to have stomach cancer screening for free this year			
Colorectal	Immunization fecal occult blood test	Once a year	40 & above	¥300
Lung	Chest X-Ray	Once a year	40 & above	Free
	Sputum cytology	50 yo & above ※only for High-risk Individual		¥400
		※Smoking index of 600 or more		
		(Smoking index = number of cigarettes smoked per day x number of years smoked)□		
Prostate	Blood test	Once in 5 years	Age 50・55・60・65・70 years old Male	¥1,000