

## Kokuho Ningen Dock (Comprehensive Medical Examination)

Saitama City National Health Insurance members aged 40 to 74 can receive the Comprehensive Medical Examination. In this examination, once a year, a doctor who is chosen by Saitama City examines your physical condition.

- ※Those who do not pay national health insurance tax are not able to receive this examination. (but they can receive the Nobi Nobi Checkup)
- ※These who receive the Nobi Nobi Checkup will not be able to receive the Comprehensive Medical Examination.
- ※Those who receive the Comprehensive Medical Examination will not be able to receive the Saitama City cancer checkup (for stomach cancer, lung cancer and colon cancer).

The period for Kokuho Ningen Dock this year is from April 27, 2020 to March 13, 2021. You can only receive the examination once during this period.

### ◎Getting the examination

①Please first make an appointment at the hospital or clinic. This must be with a doctor who is chosen by Saitama City. The list is on the Saitama City website (<https://www.city.saitama.jp/001/002/006/p008582.html>).

②Pick up the Comprehensive Medical Examination Form at the Insurance and Pension Section of your local ward office.

The form must be picked up *after* making an appointment for the exam and *before* the doctor's appointment. To get the form, you must have your Specific Medical Examination Ticket and national health insurance card with you.

③Things to bring to the exam:

- a) your Specific Medical Examination ticket, b) your national health insurance card,
- c) the Comprehensive Medical Examination Form

④Fee:

Fee (without discount)	Subsidy(discount)	Copayment(what you pay)
¥44,462 with fundus eye examination. (¥43,230 without fundus eye examination)	¥11,000	¥33,462 with fundus eye examination. (¥32,230 without fundus eye examination)

※Tests that are not included in the Comprehensive Medical Examination will incur additional charges.

⑤Included in the exam

In addition to all of the Specific Medical Examination items: a) pancreatic function test, b) serological verification, c) respiratory examination, d) digestive examination, and others.

◎Based on the results of the Comprehensive Medical Examination, patients may require advice about their health. In that case, the doctor will contact the patient.