

How to have Tsukuba City Health Checkups

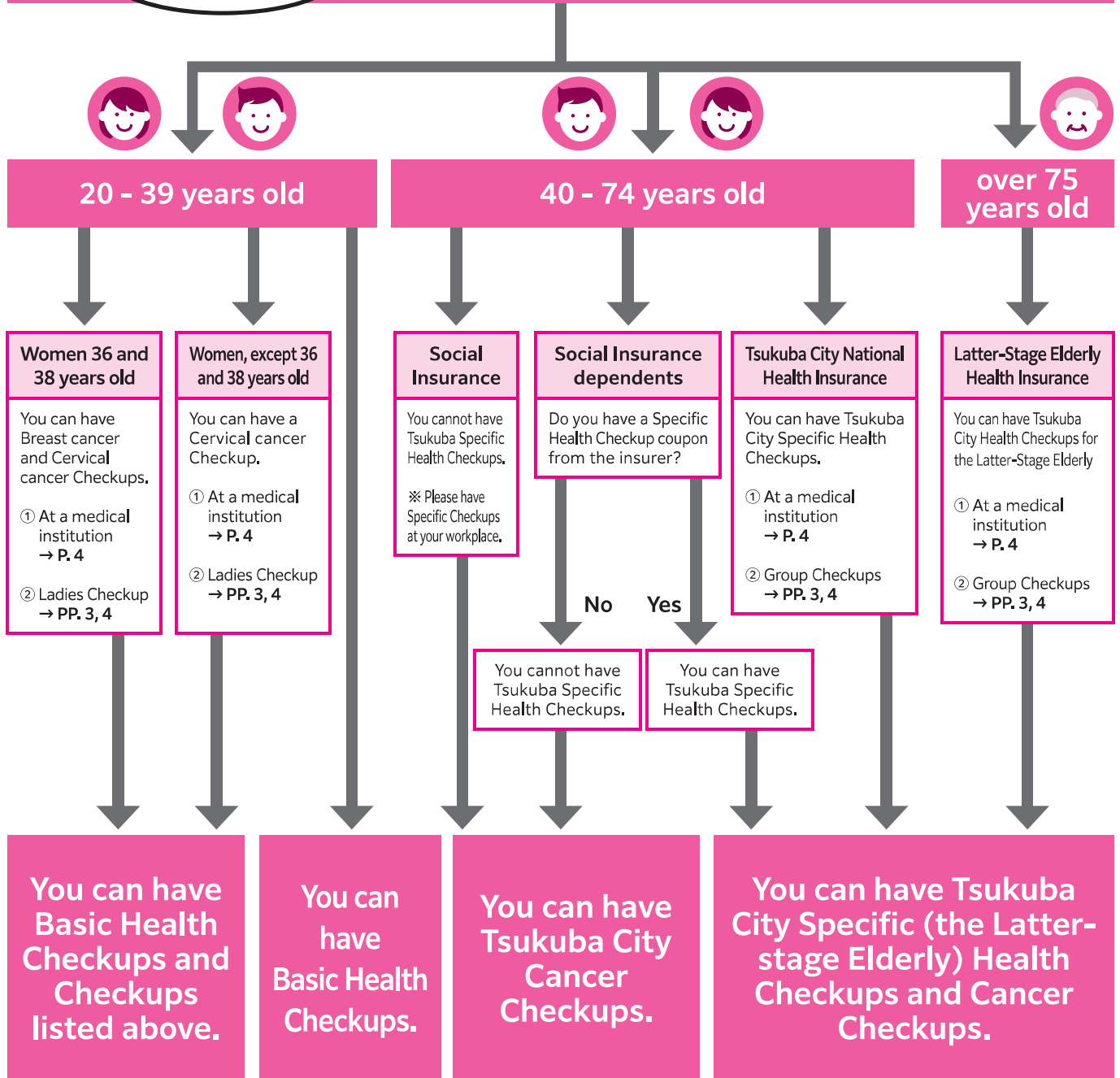
Make sure to have a Health Checkup once a year!

With health checkups, work on health improvement for yourself and your family. Health checkup styles and types differ depending on age and health insurance. Please follow the steps below to confirm what health checkups you can have.

START

How old are you?

※ Age as of March 31, 2025



Tsukuba Health Checkups are for residents who do not have an opportunity to have health checkups at their workplaces. If you take some checkup items at your workplace, please understand that you cannot take those items again at Tsukuba City Health Checkups.