

# List of Tsukuba City Adult Health Checkups



Health Checkups depending on age Please note that the age of the examined person is their **age as of March 31, 2025**.

	Item	Eligible people (Health checkup age)	Personal payment		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
Specific Health Checkup, Basic Health Checkup	Specific Health Checkup	Tsukuba City-issued National Health Insurance (40 and 74 years old)	Free	Free	<ul style="list-style-type: none"> <li>○ Medical interview</li> <li>○ Physical evaluation (height, weight, BMI, chest circumference (40 - 74 years old))</li> <li>○ Blood pressure measurement</li> <li>○ Blood test (Blood sugar, lipids, liver function, kidney function, anemia)</li> <li>○ Urine test (protein/sugar)</li> <li>○ Electrocardiogram</li> <li>○ Fundus examination</li> </ul>	In late March (Green envelope)
		Latter-Stage Elderly Health Insurance				
		People without medical insurance, such as households on welfare (40 years or older)				
		Kyokai Kempo, Kumiai Insurance, Kyosai Insurance	Fee designated by the medical insurer			Please ask the insurer.
	Basic Health Checkup	Excluding students, those aged between 20 and 39 who do not have the opportunity to undergo a health checkup (those who can undergo a health checkup are not eligible)	Free		<ul style="list-style-type: none"> <li>○ Medical interview</li> <li>○ Physical evaluation (height, weight, BMI)</li> <li>○ Blood pressure measurement</li> <li>○ Blood test (Blood sugar, lipids, liver function, anemia)</li> <li>○ Urine test (protein/sugar)</li> </ul>	In late March (Coupon postcard)

	Item	Eligible people (Health checkup age)	Personal payment		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
Cancer Checkup · Viral Hepatitis Checkup *40 years old (excluding gastric cancer risk screening), Free for people over 70 and welfare recipients (excluding gastroscopy)	Lung Cancer, Tuberculosis	Over 40 years old	500 yen	Not implemented	X-ray of the chest	In late March for Tsukuba City National Health Insurance, Latter-Stage Elderly Health Insurance, and Welfare recipients (Green envelope)
	Tuberculosis	Over 65 years old	Not implemented	Free		
	Stomach Cancer	Over 40 years old	Barium test: 1,300 yen	Not implemented	Barium (contrast materials) that are swallowed or administered by mouth are used to enhance X-ray.	
		Even-numbered ages for over 50 years old	Not implemented	Gastrofiberscopy/ Stomach endoscopy: 5,000 yen 1,500 yen for over 70 years old		
	Stomach Cancer Risk Screening	40 and 45 years old who have never undergone this screening	1,000 yen	1,000 yen	Blood test to check for Helicobacter pylori infection and atrophy of the gastric mucosa	
	Colon Cancer	Over 40 years old	800 yen	800 yen	Test for the presence of blood in the stool collected for two days	
	Prostate Cancer	Men over 50 years old	1,000 yen	1,000 yen	PSA tumor marker blood test	
Viral Hepatitis Type B, C	[Group Checkup] People over 40 years old who have not been examined [Checkup at a Medical Institution] 40, 45, 50, 55, 60, 65, and 70 years old who have never had this test.	700 yen	Free	Viral Hepatitis Type B and C test	In late May for Kyokai Kempo, Kumiai Insurance, and Kyosai Insurance (Pink envelope)	

\* 40 years old (excluding gastric cancer risk screening), Free for people over 70 and welfare recipients (excluding gastroscopy)

	Item	Eligible people (Health checkup age)	Subsidy	Medical Institution	Checkup items/methods	Postal mailing of notification
Thorough Physical Checkup (Ningen dokku)	Thorough Physical Checkup (Ningen dokku)	Free for people over 30 who are enrolled in Tsukuba City National Health Insurance, Latter-Stage Elderly Health Insurance	17,500 yen	Medical institutions performing complete medical checkups, etc.	Specific checkups, late-stage checkups, lung cancer/colon cancer/stomach cancer screening, examination for visual acuity, hearing test, lung function, intraocular pressure measurement, abdominal ultrasound examination	An advance application for subsidy is required.
	Brain Checkup	Free for people over 40 who are enrolled in Tsukuba City National Health Insurance, Latter-Stage Elderly Health Insurance (Once every 5 years)	25,000 yen		Specific checkups, late-stage checkups, carotid artery ultrasound examination, head MRI, MRA	

	Item	Eligible people (Health checkup age)	Personal Payment (Free for 70 years old)		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
Breast Cancer, Cervical Cancer, Osteoporosis (Bone Density) Checkup	Breast Cancer Checkup*1	Women aged 36 and 38	1,500 yen	2,000 yen	Ultrasound test	In late May (Pink envelope)
		Even-aged women between 40 and 64 years	3,000 yen	3,500 yen	Ultrasound test, mammography (The mammogram machine has two plates that compress or flatten the breast; women in their 40s have mammograms taken from 2 different angles)	
		Even-aged women over 66	1,500 yen	1,500 yen	Mammography (The mammogram machine has two plates that compress or flatten the breast)	
	Cervical Cancer Checkup*2	Women over 20 years old	1,500 yen	1,500 yen	Cells are taken from the cervix and tested for abnormalities	
	Osteoporosis (Bone Density) Checkup	30, 35, 40, 45, 50, 55, 60, 65, and 70 years old women	1,000 yen	Not implemented	Ultrasound test on the heel	

\*1 : Breast Cancer Checkup (Mammography) is free for the following people: Women born between April 2, 1983 - April 1, 1984

\*2 : Cervical Cancer Checkup is free for the following people: Women born between April 2, 2003 - April 1, 2004

	Item	Eligible people (Health checkup age)	Personal Payment		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
1 Dental Checkup for Adults	Dental Checkup for Adults	30, 40, 50, 60, and 70 years old	Not implemented	Free	Interview, oral examination for periodontal disease and cavities	In late March (Coupon postcard)