

## Notification of Medical Examinations/Screenings for Residents of the City of Sendai

The City of Sendai offers screenings for various types of cancer as well as basic medical examination in order to protect the health of citizens. Foreign residents who have completed resident registration are also qualified to receive medical examinations/screenings at a cost lower than that offered by general hospitals. If you would like to receive examinations/screenings, please apply using the electronic application form on our website or the application postcard attached to the “Medical Examination/Screening Application Guide” (Japanese-language version) which will be included in the April issue of the Sendai City Newsletter. Please be sure to check the application deadline.

Please be aware that the examination ticket and the notification of results will be in Japanese.

### 1. Content and Targets of Examinations/Screenings

Depending on your date of birth and sex, you are qualified for different medical examinations/screenings. Please note that an examination ticket will not be issued if you apply for medical examinations/screenings that you are not qualified to receive.

Items	Contents	Targeted individuals and ages (Age as of March 31 of the year following the year of application)	
Gastric (stomach) cancer	(Barium) X-ray · Medical interview · Stomach X-ray	35 years old or above	
	Gastroscopy (gastric camera) · Medical interview · Gastroscopy	50 years old or above	
Cervical cancer	· Medical interview · Visual inspection · Internal examination · Cytodiagnosis (cervix)	20 years old or above	Female
Breast cancer	· Ultrasound (including visual inspection and palpation) · Medical interview	30 to 39 years old	
	· Mammography (Breast X-ray) · Medical interview · Visual inspection · Palpation	40 to 59 years old	
	· Mammography (Breast X-ray) · Medical interview	60 years old or above	
Lung cancer/ tuberculosis (TB)	· Medical interview · Chest X-ray	40 years old or above	
Colon (bowel) cancer	· Fecal occult blood test	40 years old or above	
Basic Medical Examination	· Medical interview · Physical measurement · Blood-pressure measurement · Urine test · Physical exam (auscultation, etc.) · Blood test · Electrocardiogram exam · Fundus exam	35 to 39 years old, Insured people aged 65 to 74 of the Medical Care System for the Advanced Elderly 75 years old or above	
Prostate cancer	· Blood test (prostate-specific antigen (PSA) test)	50, 55, 60, and 65 year-olds	Male
Osteoporosis Examination	· Medical interview · Bone mass measurement	40, 50, and 60 year-olds No need to apply Examination tickets will be sent to eligible individuals	Female
Adult Oral checkup for adults (gum disease checkup)	· Medical interview · Oral check · Health instruction	20, 30, 40, 50, 60, and 70 year-olds No need to apply Examination tickets will be sent to eligible individuals	

## 2. Procedures

Examination tickets for medical examinations/screenings that you applied for will be mailed to your home address individually. Screenings for gastric (stomach) cancer (X-ray), lung cancer/tuberculosis (TB), and colon (bowel) cancer will be provided at local Shimin (civic) centers or community centers as part of group screenings conducted by health checkup organizations. Other medical examinations/screenings will be provided at registered medical institutions in individual settings.

The method and timing of delivery of the notification of results varies depending on the medical examination/screening being undertaken. Please refer to your examination ticket for details.

- You can receive medical examinations/screenings in individual settings at medical institutions that offer services in languages other than Japanese. For applicable medical institutions, please ask the Sendai Multicultural Center.

(Tel: 022-224-1919 (Interpretation Support Hotline) E-mail: tabunka@sentia-sendai.jp)

## 3. Fees

<b>Gastric (stomach) cancer</b>	X-ray	From 35 to 39 years old	2,430 yen★
		40 years old or above	900 yen☆
	Endoscope	50 years old or above	3,500 yen☆
<b>Cervical cancer</b>		20 years old or above	1,700 yen
<b>Colon (bowel) cancer</b>		40 years old or above	500 yen☆
<b>Basic medical examination</b>		From 35 to 39 years old	3,580 yen★
		Insured aged 65 to 74 of the Medical Care System for the Advanced Elderly 75 years old or above	Free
<b>Breast cancer</b>		From 30 to 39 years old	2,000 yen
		From 40 to 59 years old	1,400 yen☆
		60 years old or above	500 yen☆
<b>Lung cancer/tuberculosis (TB)</b>		Free	
<b>Prostate cancer</b>		1,000 yen☆	
<b>Osteoporosis Examination</b>		1,500 yen☆	
<b>Adult Oral checkup for adults (gum disease checkup)</b>		20 and 70 year-olds	Free
		30, 40, 50, and 60 year-olds	500 yen☆

- All examinations are free of charge for individuals 70 years old or above.
- The Sendai City National Health Insurance members can receive medical examinations/screenings marked with (★) at a reduced cost, and those marked with (☆) for free. Please make sure to bring any proof of insurance, such as your Myna Health Insurance Card (Individual Number Card registered as a health insurance card) or a Health Insurance Eligibility Certificate, on the day of the medical examination/screening.
- For cervical cancer screenings, an additional cost of 800 yen (free of charge for the Sendai City National Health Insurance members) will apply if the doctor determines that there is a need to perform more detailed examinations of the corpus uteri.

- As part of the lung cancer/tuberculosis (TB) screenings, we offer sputum cytology to those who are 50 years old or above with a smoking index (number of cigarettes per day multiplied by number of years of smoking) exceeding 600. The additional fees for the test will be 700 yen (free of charge for the Sendai City National Health Insurance members).

#### 4. How to Apply

(1) Electronic applications (Japanese language only)

- ① Type “市民検診” (shiminkenshin-Sendai Citizen's Health Check-ups) on a search engine
- ② Open the “市民健診のご案内” (shiminkenshin no goan-nai) (Citizen's Health Check-ups)
- ③ Check “電子申請パソコン/スマートフォン” (Electronic application via PC / smartphone)
- ④ Fill out all necessary information

(2) Applications using a designated postcard

The application postcard is attached to the Japanese-language version of the Medical Examination/Screening Application Guide.

Please be sure to check the application deadline.

- ① Name of person who represents all applicant(s)
- ② Telephone number
- ③ Address
- ④ Name of applicant (in Katakana)
- ⑤ Date of birth (in the Japanese calendar)
- ⑥ Examinations/screenings item(s)

Draw a circle “○” in the boxes of medical examination/screening items that you would like to apply for.

Please fill in the form after confirming the types of medical examinations/screenings and the applicable individuals (refer to Section 1).

Please circle 1 or 2 if you would like to apply for gastric (stomach) cancer screening.

For basic medical examination, draw a circle in the box of the applicable age group.

#### 5. Contact

Health Improvement Subsection, Home Health Section of the Ward Offices

Aoba Ward: (Tel) 022-225-7211

Miyagino Ward: (Tel) 022-291-2111

Wakabayashi Ward: (Tel) 022-282-1111

Taihaku Ward: (Tel) 022-247-1111

Izumi Ward: (Tel) 022-372-3111

Public Health Subsection, Public Health and Welfare Section of the General Branches

Miyagi General Branch (Tel) 022-392-2111

Akiu General Branch (Tel) 022-399-2111

**\* For inquiries in foreign languages (English, Chinese, Korean, Vietnamese, Nepali, Tagalog, and Portuguese), please call the Sendai Multicultural Center Interpretation Support Hotline at 022-224-1919.**