

# Information on Latter-stage Elderly Health Checkups “Koki Koreisha Kenshin”

Sapporo City provides latter-stage elderly health checkups for people who are over 75 years old and enrolled in the Latter-Stage Elderly Healthcare System. [Latter-stage elderly health checkups are conducted by the City of Sapporo, as commissioned by the Senior Citizen Medical Treatment Interjurisdictional Alliance of Hokkaido Prefecture.](#)

## Health checkup process

**1** Select the desired location and date for your checkups. You may only undergo these checkups once a year. You may undergo these checkups at locations other than those in your ward.

### Medical institutions that provide specific health checkups

Basic health checkups	500 yen
Extra health checkups (for those who wish to undergo them)	+ 500 yen

Appointments may be required. Please confirm by phone.

### Community group health checkup locations

Basic health checkups	400 yen
Extra health checkups (for those who wish to undergo them)	+ 500 yen

You may visit the intended location without an appointment.

**\*Please inquire with the Sapporo City Call Center (011-222-4894, Japanese/ English/ Chinese/ Korean) for medical institutions that provide specific health check ups or community group health checkup locations near you.**

\*Please confirm your copayment listed in the “Your Copayment at the Window” column on the health checkup card.

\*Those in households whose residential and prefectural taxes are exempt do not have to pay basic health checkup fees. (No copayment)

\*The imposition or exemption of residential and prefectural taxes is determined based on imposition information in FY2017 for those who enrolled in national health insurance before July 31, 2018, and based on imposition information in FY2018 for those who enrolled in national health insurance after August 1, 2018. Any household whose income status has not yet been declared is subject to taxation.

**2** Undergo health checkups.

### What to bring

- Health checkup card
- Health insurance card
- Checkup results for the previous year (if you have them)

Those who wish to undergo extra health checkups are required to notify the desired medical institution of your visit before undergoing them.

**3** Confirmation of checkup results (next page)

(You will be informed of your checkup results by mail or through an interview around two weeks to one month after your checkup depending on the medical institution.)

### [Notes]

- 1) Refrain from consuming alcohol and/or engaging in intense exercise on the day before your health checkups.
- 2) Those who wish to undergo health checkups in the morning are recommended to skip breakfast if possible.
- 3) Those who wish to undergo health checkups in the afternoon are recommended to have a light breakfast and to refrain from eating and drinking (except for water) after finishing breakfast until the time of your health checkup.

Those who are currently receiving treatment at a medical institution may also undergo specific health checkups. Please consult your doctor.

# Items revealed by checkup results

## ■ Basic checkup items (for all)

Checkup items	Standard value	Health guidance recommendation value	Reexamination recommendation value	Conditions revealed by health checkups
Waist circumference (cm)	Male - 84 Female - 89	Male 85 - Female 90 -		Excessive visceral fat is likely to cause serious diseases such as diabetes, heart attack or cerebral stroke even if you are at a proper weight.
BMI	18.5–24.9	25 -		Proper weight can be calculated with the following formula: BMI = Weight (kg) / Height (m) <sup>2</sup> Less than 18.5: underweight / 25 or higher: obese
Blood pressure (mmHg)	Systolic rate -129 Diastolic rate - 84	Systolic rate 130-139 Diastolic rate 85- 89	Systolic rate 140- Diastolic rate 90-	Continuous high blood pressure is likely to cause arterial stiffening leading to heart attack or cerebral stroke.
Fasting blood glucose (mg/dl)	- 99	100 - 125	126 -	If the amount of insulin secreted by the pancreas is insufficient, or if the pancreas does not function well, high blood sugar levels will not decrease. This leads to a diagnosis of diabetes.
Hemoglobin A1c (%)	- 5.5	5.6-6.4	6.5-	This checkup reveals the average blood sugar level over the past month or two. Since this test is not affected by eating and/or drinking, it is effective for screening those with suspected diabetes.
Neutral fat (mg/dl)	-149	150-299	300-	Excessive consumption of alcohol or food as well as obesity contribute to increasing neutral fat levels leading to the development and progression of arterial stiffening.
HDL cholesterol (mg/dl)	40 -	35-39	-34	This type of cholesterol helps get rid of bad cholesterol in the blood vessels, carry it to the liver and excrete it, thereby preventing arterial stiffening.
LDL cholesterol (mg/dl) or non-HDL cholesterol (mg/dl)	- 119 - 149	120-139 150-169	140- 170-	This test evaluates the progress of arterial stiffening. Advanced arterial stiffening may cause heart attack or cerebral infarction.
AST (GOT) (u/l)	- 30	31-50	51-	Most ALT is included in the liver cells. Persons with high ALT values are suspected to have liver damage (e.g., alcoholic hepatitis or fatty liver). AST and ALT serve as an indicator of liver damage levels; therefore, specific diseases can be inferred from the two types of values obtained by screening.
ALT (GPT) (u/l)	- 30	31-50	51	
γ-GT (γ-GTP) (u/l)	- 50	51-100	101-	Like AST and ALT, this value serves as a clue in identifying liver damage. As the level is likely to be high in habitual drinkers, this test plays a role as an indicator for discovering alcoholic hepatitis.
Urinary sugar	(-)			Excessive blood sugar levels cause sugar to leak into the urine. This test is therefore instrumental in determining the progress of diabetes.
Urinary protein	(-)			Protein usually cannot be detected in urine, but it may leak into the urine of those with liver abnormalities.

■ **Standard value:** No problems were found with your current health condition.

■ **Health guidance recommendation value:** Review your lifestyle. It is recommended that you receive health guidance if necessary.

■ **Reexamination recommendation value:** It is recommended that you receive health guidance now while your value is not yet serious and to visit medical institutions when needed in accordance with the advice of your doctor.

# Items revealed by checkup results

## ■ Extra health checkup items (By request only)

Checkup items	Standard value	Conditions revealed by health checkups
Serum uric acid (mg/dl)	-7.0	High uric acid levels over a long period of time allow uric acid in the blood to accumulate in the joints as crystals, thereby causing gout or kidney damage.
Serum creatinine (mg/dl)	Male - 1.00 Female - 0.70	Creatinine, a waste produced from the breakdown of muscle tissue, is excreted through the liver. Underactive kidneys are responsible for increasing this value.
White blood cell count (μl)	3200-8500	The presence of inflammation or infectious diseases contributes to an increase in this value. However, intense exercise, bathing, stress or smoking may cause this value to rise temporarily.
Red blood cell count (10 <sup>4</sup> /mm <sup>3</sup> )	Male 401 – Female 361 –	Hemoglobin in red blood cells plays a role in carrying oxygen from the lungs to the entire body. A person with a low red blood cell count, hemoglobin content, and hematocrit level, which indicates the percentage of red blood cells in the blood, is diagnosed with anemia.
Hemoglobin content (g/dl)	Male 13.1 - Female 12.1–	
Hematocrit level (%)	Male 38.5 - Female 35.5–	
Electrocardiogram (12 induction)	Presence/ absence of findings	Recording electric currents from the heart reveals cardiac conditions such as irregular pulse, heart attack, or an enlarged heart.

## ■ Detailed checkup items

\*These checkups are conducted when deemed necessary by the doctor based on specific standards.

Checkup items	Standard value	Conditions revealed by health checkups
Fundus test		Examining the conditions of blood vessels in the retina is instrumental in the diagnosis of diseases such as cerebral infarction caused by arterial stiffening. This test is also effective for the early detection of hypertension or diabetic retinopathy, a complication of diabetes.
Anemia test		Comprehensive judgement based on test results obtained from red blood cell count, hemoglobin content, and hematocrit level facilitates the diagnosis of blood disorders such as anemia.
Electrocardiogram test		Examining the existence of waveform turbulence via electric currents from the heart is instrumental in diagnosing disorders related to pulses and cardiac muscles.
Serum creatinine (mg/dl)	Male - 1.00 Female - 0.70	Creatinine, a waste produced from the breakdown of muscle tissue, is excreted through the liver. Underactive kidneys are responsible for increasing this value.

▲ The above screening tests are different from Latter-stage Elderly health checkups.

**Sapporo City Cancer Screening (Inquiries: Health Planning Section, Public Health Center / Hoken Center)**

Please tell the person at the window that you wish to undergo a cancer screening test.

(The cancer screening tests available vary depending on the medical institution. Please inquire Sapporo City Call Center (011-222-4894, Japanese/ English/ Chinese/ Korean) for the medical institutions that conduct cancer screening tests.)

◆ Items you must bring when undergoing a cancer screening test - Health insurance card or other form of identification (to confirm the examinee's name, age and address)

Test type	Coverage / Frequency	Screening items	Screening sites	Fee (Copayment)	Total screening fees (Approx. )	
<b>Until December 31, 2018</b>						
Stomach cancer screening	40 or older (Once a year)	Medical interview Gastric X-ray examination (Barium examination)	<ul style="list-style-type: none"> <li>Community center or other facility (You will be informed of details via a neighborhood association notice.)</li> <li>Health center in each ward (Reservations required)</li> <li>Sapporo Cancer Screening Center, Hokkaido Cancer Society (Reservations required) Kita 26-jo, Higashi 14-chome, Higashi-ku Tel.: (011)748-5522</li> </ul>	¥700	¥3400	
			<ul style="list-style-type: none"> <li>Designated medical institutions</li> </ul>	¥2200	¥12200	
	<b>From January, 2019</b> · Gastroendoscopy can be chosen · Coverage and frequency will change.					
	Even number age persons who are 50 or older, in principle (Once every 2 years) <small>*Those who are an odd-numbered age who haven't yet undergone a gastric cancer screening in Sapporo when they were of an even-numbered age are eligible to take this test.</small>	Gastric X-ray examination Medical interview Gastric X-ray examination (Barium examination) <small>*Those ages 40 thru 49 may undergo a gastric x-ray examination until the end of March 2019.</small>	<ul style="list-style-type: none"> <li>Community center or other facility (You will be informed of details via a neighborhood association notice.)</li> <li>Health center in each ward (Reservations required)</li> <li>Sapporo Cancer Screening Center, Hokkaido Cancer Society (Reservations required) Kita 26-jo, Higashi 14-chome, Higashi-ku Tel.: (011)748-5522</li> </ul>	¥700	¥3400	
			<ul style="list-style-type: none"> <li>Designated medical institutions</li> </ul>	¥2200	¥12200	
		Gastroendoscopy Medical interview Gastroendoscopy	<ul style="list-style-type: none"> <li>Sapporo Cancer Screening Center, Hokkaido Cancer Society (Reservations required) Kita 26-jo, Higashi 14-chome, Higashi-ku Tel.: (011)748-5522</li> </ul>	¥3200	¥16000	
			<ul style="list-style-type: none"> <li>Designated medical institutions</li> </ul>	¥3500	¥17600	
	Bowel cancer screening	40 or older (Once a year)	Medical interview Fecal occult blood test (2-day sampling method: two samples should be collected on two different days)	<ul style="list-style-type: none"> <li>Community center or other facility (You will be informed of details via a neighborhood association notice.)</li> <li>Health center in each ward (Reservations required)</li> <li>Sapporo Cancer Screening Center, Hokkaido Cancer Society (Reservations required) Kita 26-jo, Higashi 14-chome, Higashi-ku Tel.: (011)748-5522</li> </ul>	¥400	¥1400
				<ul style="list-style-type: none"> <li>Designated medical institutions</li> </ul>	¥400	¥1400
	Uterine cancer screening	Even number age persons who are 20 or older in principle (Once every 2 years)	① Medical interview / Ocular inspection / Cytological screening of the cervix / Internal examination ② Cytological screening of the uterine corpus (conducted based on the doctor's judgment)	<ul style="list-style-type: none"> <li>Sapporo Cancer Screening Center, Hokkaido Cancer Society (Reservations required) Kita 26-jo, Higashi 14-chome, Higashi-ku Tel.: (011)748-5522</li> </ul>	① ¥1000 ①+② ¥1600	① ¥5500 ①+② ¥6900
<ul style="list-style-type: none"> <li>Designated medical institutions</li> </ul>				① ¥1400 ①+② ¥2100	① ¥8500 ①+② ¥10900	
Breast cancer screening	Even number age persons who are 40 or older in principle (Once every 2 years)	Medical interview / Breast X-ray examination (Mammography testing) Woman in her forties: Two-way filming Woman aged 50 or older: One-way filming in principle	<ul style="list-style-type: none"> <li>Sapporo Cancer Screening Center, Hokkaido Cancer Society (Reservations required) Kita 26-jo, Higashi 14-chome, Higashi-ku Tel.: (011)748-5522</li> </ul>	¥1300 (two-way) ¥1100 (one-way)	¥6000 (two-way) ¥5000 (one-way)	
			<ul style="list-style-type: none"> <li>Designated medical institutions</li> </ul>	¥1800 (two-way) ¥1400 (one-way)	¥10800 (two-way) ¥6800 (one-way)	
Lung cancer screening	40 or older (Once a year)	① Medical interview / Breast X-ray examination ② Sputum cytology (conducted according to medical interview results)	<ul style="list-style-type: none"> <li>Community center or other facility (Community group health checkups)</li> <li>Sapporo Double Cross Multiple Screening Center, Hokkaido Tuberculosis Prevention Association Sapporo L・PLAZA 5F, Kita 8-jo, Nishi 3-chome, Kita-ku Tel.: (011)700-1331</li> </ul>	① Free ①+② ¥400	① ¥1400 ①+② ¥3400	

