

## The Nobi Nobi Checkup (Specific Medical Examination) and the National Health Insurance Comprehensive Medical Examination

Saitama City residents ages 40-74 who are enrolled in National Health Insurance are eligible to receive either the "Nobi Nobi Checkup (Specific Medical Examination)" or the "National Health Insurance Comprehensive Medical Examination". Once per year, a doctor chosen by Saitama City will assess your health.

Saitama City will send an envelope with a "Nobi Nobi Checkup (Specific Medical Examination) Ticket" to your home at the end of every April. If you enroll in National Health Insurance between the end of March and the end of January, the ticket will be mailed to you the following month. Please contact your Ward Office's National Health Insurance and Pension Division if you do not receive or have lost your ticket.

The checkup will take place between April 27, 2025 and March 14, 2026. You may receive one checkup during this period. Be sure to take advantage of this service!

### ◎ How

Make an appointment at a clinic with one of the doctors designated by Saitama City.

See the "List of Medical Institutions Administering the Nobi Nobi Checkup (Specific Medical Examination)" included with your ticket or visit Saitama City's website for information on where to receive your checkup. Please note that these resources are written in Japanese.

(<https://www.city.saitama.lg.jp/001/153/002/006/p008582.html>).

You may also inquire at your Ward Office's National Health Insurance and Pension Division.

### ◎ About the "Nobi Nobi Checkup (Specific Medical Examination)"

#### ① Things to bring

Nobi Nobi Checkup (Specific Medical Examination) Ticket, \*Proof of enrollment in Saitama City's National Health Insurance System

\*Please use one of the following:

- Online confirmation using an Individual Number Card
- An Individual Number Card with health insurance card permissions and an image of the Mynportal Insurance Enrollment Status page
- An Individual Number Card with health insurance card permissions and a printed Notice of Enrollment Status
- A current health insurance enrollment status certificate
- A current health insurance card

② Cost

0 yen

③ What's included?

Consultation, physical measurements (height, weight, etc.), blood pressure, blood lipid test, liver function test, blood sugar test, urinalysis, renal function test, electrocardiogram test, anemia test

★ Only if necessary: fundus examination

◎ About the "National Health Insurance Comprehensive Medical Examination"

① Things to bring

Nobi Nobi Checkup (Specific Medical Examination) Ticket, \*Proof of enrollment in Saitama City's National Health Insurance System

\*Please use one of the following:

- Online confirmation using an Individual Number Card
- An Individual Number Card with health insurance card permissions and an image of the Mynportal Insurance Enrollment Status page
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② Cost

	Cost	Subsidy	Amount to pay at hospital
Total cost including fundus examination	44,462 yen	11,000 yen	33,462 yen
Total cost without fundus examination	43,230 yen		32,230 yen

※ Tests not included in the National Health Insurance Comprehensive Medical Examination may incur addition cost.

③ What's included?

Examinations other than those included in the Nobi Nobi Checkup, such as pancreatic function, serological, pulmonary, and digestive system tests.

※ Those who receive the Comprehensive Medical Examination are not eligible to receive the Saitama City Cancer Checkup (stomach cancer, lung cancer and colon cancer).

- ◎ Based on your Nobi Nobi Checkup/National Health Insurance Comprehensive Medical Checkup results, you may receive further health guidance. Your doctor will inform you if further consul is necessary.