

2026-2027 Genki Sukoyaka Health Checks

(令和8年度 東広島市元気すこやか健診の手引き)



Higashihiroshima City conducts health checks mainly for people aged 40 and over.

Health checks help detect diseases at an early stage and allow people to receive appropriate treatment, contributing to a longer healthy life expectancy.

Please undergo a health check once a year.



【Enquiries and Applications】

Medical Treatment and Health Division, Health and Welfare Department, Higashihiroshima City

Tel.: 082-420-0936 (Japanese only)

Fax: 082-422-2416

Hours: Mondays to Fridays, 8:30 to 17:15 (not Saturdays, Sundays or national holidays)

1. How to apply for and take the health check 健診の受け方

Group health checks 集団健診

Group health checks are available between July and October 2026.

Decide the location where you wish to take the health check, and the checks you wish to undergo.

Make a reservation (it is necessary to apply by postcard, or online.)

Applications must be received by the deadline for the location you choose! Deadlines differ depending on the location, so please be careful!

(Applications postmarked on the deadline are not acceptable.)



Applying Online

Please scan the QR Code and make the reservation.



Applying by Postcard:

Use the application postcard that you received with the health check vouchers. Fill in the postcard with the necessary information, and return it by post.

You can also apply in person at the City Office.



Whichever method you use to apply, you will be sent a medical examination questionnaire (in a green envelope) from Higashihiroshima Memorial Hospital Health Check Center (the organization conducting the checks on behalf of Higashihiroshima City) at least one week before the date of your health check.

Health checks at medical facilities 医療機関健診

Health checks at medical facilities are available between June 2026 and January 2027.

You do not need to apply by postcard.

Decide the medical facility where you wish to take the health check, and the checks you wish to undergo.



Make a reservation directly (by phone, in person, etc.) at the medical facility at which you wish to take the health check.

Undergo the health check on the date you have made a reservation for. Please be sure to take the enclosed Health Check vouchers with you when you receive the health check. If you do not take the Health Check vouchers with you, you will not be able to receive the Genki Sukoyaka Health Checkup.

If you undergo the same examination item more than once, you will be responsible for the full cost of the checkup.

2. After you have taken the health check 健診の受診後

Your health check results

Depending on the results of your health check results, public health nurses or registered dietitians may provide health guidance through home visits or other methods.

Because health check results are shared between the city and contracted medical institutions, personal information related to the check may be provided to medical institutions.

If your results are assessed as 'Treatment Required' or 'Further Detailed Examination Required', please visit a medical institution as soon as possible.

Further Detailed Examination

For medical institutions that conduct detailed examinations, please consult either the medical institution where you received the check or your regular physician, or refer to the Hiroshima Prefecture Cancer Medical Network website operated by Hiroshima Prefecture.

Costs related to detailed examinations are covered under standard health insurance treatment.

If the city is unable to confirm the results of your detailed examination, you may be contacted individually.

The Genki Sukoyaka Health Check is eligible for points for the 'Genki Kagayaki Point Scheme'. After the health check, please fill in the date on the corresponding page of the Genki Kagayaki points. After the handbook is collected, the city will check your health check status and give you points.

3. Types of health checks and costs 健診種類・料金

Date for age calculations for eligibility: March 31st, 2027

1: Tests related to the prevention of lifestyle-related diseases (blood tests, etc.)

※ Costs paid by the individual may be waived in some cases (see below)

Type of health check	Details	Eligibility age (as of March 31 st , 2027)	Eligibility	Cost paid by the individual	
				Group health check	Health check at medical facility
Specific health check	Interview by a doctor, examination Body measurement Waist measurement	40-74 years of age	Those who enrolled in Higashiroshima City National Health Insurance by April 1st, 2026 and have continued to be enrolled until the date of the health check.	Free	
Basic health check	Blood pressure check Urine check Blood test (blood sugar, liver function, blood fats, kidney function, anemia, serum uric acid, albumin test) Based on the results of the health check and on the decision of a doctor, the following checks may also be conducted: electrocardiogram, funduscopy	40-74 years of age	Those who enrolled in Higashiroshima City National Health Insurance on or after April 2nd, 2026 and have continued to be enrolled until the date of the health check.		
		40 years of age or over	Those in households receiving welfare assistance.		
		65-74 years of age	Those enrolled in the Latter Stage Elderly Health Insurance scheme.		
		75 years of age or over			
		39 years of age or under	People who do not have opportunities to receive health checks through their workplace, school, etc. ※ Check vouchers are not sent out (except for those eligible for cancer screenings, etc.). Please apply by telephone or via web reservation through the Medical Treatment and Health Division.		
40 years of age or over	Those not enrolled in health insurance.	2,000 yen	2,300 yen		

2: Hepatitis virus checks and cancer checks

※ Costs paid by the individual may be waived in some cases (see below)

Type of health check	Details	Eligibility age (as of March 31 st , 2026)	Eligibility	Cost paid by the individual	
				Group health check	Health check at medical facility
Hepatitis virus check	Blood test	40 years or age or over	<ul style="list-style-type: none"> • People who have not previously received this check at a city health check • This screening is not suitable for people currently undergoing treatment for Hepatitis B or C • Free for those aged 40, 45, 50, 55, 60 or 65. 	700 yen	1,700 yen (standalone examination)
					1,100 yen (conducted at the same time as the city specific or basic health check)
	Chest X-ray	40 years or age or over	• People aged 65 or older will also be screened for tuberculosis at the same time	200 yen	600 yen

Lung cancer check	Sputum check (Only for those eligible)	50 years or age or over, with a smoking index of 600 or more	● Smoking index (number of cigarettes smoked per day x number of years)	600 yen	900 yen
Stomach cancer check	Stomach X-ray (barium)	40 years or age or over	● People with implanted cardioverter defibrillators, pacemakers, etc. should not take this test	1,500 yen	2,600 yen
	Stomach camera	40 years or age or over	● This test will only be performed if a doctor deems it necessary	Not available	4,000 yen
Intestinal cancer check	2-days occult blood test	40 years or age or over		400 yen	700 yen
Cervical cancer check	Visual examination, internal examination, cytology	Females 20 years or age or over	● Those with no history of sexual activity should receive the screening through a medical institution check. ● Those of an odd-numbered age who did not undergo screening during the previous fiscal year may receive the screening at a group health check only.	500 yen	1,000 yen
Breast cancer check	Mammography	Females 40 years of age or older	● No visual or palpation examination will be performed. ● Those of an odd-numbered age who did not undergo screening last fiscal year may receive the screening through group health checks only.	1,000 yen	1,500 yen
Prostate cancer check	Blood test	Males 50 years of age or older		1,100 yen	1,900 yen

3: Osteoporosis screening and milestone periodontal disease screening (available only through health checks at medical facilities)

※ Costs paid by the individual may be waived in some cases (see below)

Type of check	Method		Eligibility	Details	Cost paid by the individual
					Health check at medical facility
Osteoporosis	Bone density measurement	DXA method (lumbar spine and proximal femur)	Females aged 40, 45, 50, 55, 60, 65 and 70.	Examination sites: lower back and hip This is a more accurate testing method. It is suitable for people at high risk of osteoporosis, such as those with a history of fractures or diabetes, or those receiving oral steroid treatment.	1,000 yen
		Other methods (MD method, SXA method, or DXA method [other body sites])		Examination sites: hand and arm The examination can be completed in a relatively short amount of time.	500 yen
Milestone periodontal disease	Examination (Current teeth and missing teeth status / oral hygiene condition / gum condition)		Those aged 20, 30, 40, 50, 60 and 70.	If cleaning or treatment is found to be necessary as a result of the examination, additional fees will apply.	500 yen

4. Eligibility for free health checks 健診料金が無料になる人 (No procedures are required for those who fall under categories ①–③.)

① Those enrolled in National Health Insurance in Higashihiroshima
(at the time of examination, including those who joined during the fiscal year)
※ Even if a person falls under category ①, the basic health check for those aged 39 and under is not free of charge.



② Those aged 70 or older (age at the end of the fiscal year)

③ Those from households receiving public assistance
(From the 2026-27 financial year, advance application is no longer required.)
※ Presentation of a valid Public Assistance Recipient Certificate (for emergency medical visits) issued by the Higashihiroshima City Welfare Office is required.
For medical institution checks, a copy will be retained.

④ Those from households exempt from municipal and prefectural resident tax

※ Even if a person falls under categories ②–④, prostate cancer screening is not free of charge.

④ Those from households exempt from municipal and prefectural resident tax are required to complete the following procedures.

<p>When undergoing a health check at a medical facility</p> <p>Please apply in advance for a Certificate of Free Health Check Fees using one of the following methods.</p> <ul style="list-style-type: none"> • Online (the certificate will be issued by post)  <ul style="list-style-type: none"> • In person <p>Please take identification documents to the Medical Treatment and Health Division in the City Office, any branch office, or any sub-branch office. (At the Fukutomi Branch Office and sub-branch offices, applications only are accepted; the certificate will be issued later by post.)</p>	<p>When undergoing a group health check</p> <p>When making a reservation by postcard or via the web, please select “課税状況の確認に同意する (Agree to confirmation of tax status)”</p> <p>If you select “同意しない (Do not agree)”, the health check will not be free.</p> 
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5. Osteoporosis screening 骨粗しょう症検診について

What is osteoporosis?

Osteoporosis is a disease in which bones become fragile and more likely to fracture.

The number of female patients is about three times higher than that of males, and the disease occurs particularly often in women over the age of 50.

It can progress without noticeable symptoms and may increase the risk of fractures before a person realizes it.


Osteoporosis screening (introduced from the 2025-26 financial year)


- Measurement sites: hand or arm, or the lumbar spine and proximal femur
- Measures the current bone density as a percentage of the bone density of a healthy young adult (YAM value)
- Eligible persons for the 2026-27 financial year are women aged 40, 45, 50, 55, 60, 65, and 70.

Results of the osteoporosis screening	No abnormalities	→	Please continue to maintain a balanced diet, regular exercise, and an appropriate body weight.
	Health guidance required	→	Aim to improve your lifestyle habits. For example, eat balanced and regular meals, get moderate exercise, and get an appropriate amount of sunlight.
	Further detailed examination required	→	You may be at a high risk of fractures. Please be sure to undergo a detailed examination. Osteoporosis can be treated, and treatment can help prevent fractures. Around six months to one year after the detailed examination, the city may contact or visit you to confirm your treatment status and related information.

6. Group health check online reservations and childcare applications

集団検診WEB予約・託児申込について

How to make an online reservation	Register an account (login)	Please register using one email address per person. (Those who have previously made a web reservation do not need to register again.) After completing account registration, please log in.				
	↓					
	Answer the questions	Based on your answers to the questions, eligible examination items will be determined. People from households exempt from municipal and prefectural resident tax can receive free health check fees (except for prostate cancer screening) by selecting 'Agree to confirmation of tax status'. If 'Do not agree' is selected, the health check fees will not be waived.				
	↓					
	Please select: ① Health check items ② Venue ③ Date ④ Reception time	① Health check items ② Venue	→	③ Date	→	④ Reception time

Applying for childcare	<p>Childcare applications must be made separately from the health check reservation online, using the QR code on the right. (Childcare is available on a first-come, first-served basis)</p> <ul style="list-style-type: none"> • Childcare application period: From Monday, June 1, 2026, until the application deadline for each venue • Eligible children: Preschool children • Childcare hours: From reception between 9:00 a.m. and 10:00 a.m. until the completion of the health check <p>※ Please apply for the same date and time as your health check reservation. If you wish to cancel after applying, please call 082-420-0936.</p>	
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7. Frequently asked questions よくある質問

1. I plan to enroll in the Higashihiroshima City National Health Insurance in the future. Will I be eligible for the basic health check?

People aged 40 and over who joined the Higashihiroshima City National Health Insurance after receiving the Genki Sukoyaka Health Check voucher are eligible for the basic health check.

A new Genki Sukoyaka Health Check voucher will be issued, so please contact the Medical Treatment and Health Division in the City Office.

2. If I undergo a full medical check (*ningen dock*) or a workplace health check, do I still need to take the Genki Sukoyaka Health Check?

If you have already received certain examination items during a workplace health check, there is no need to undergo the same items again through the Genki Sukoyaka Health Check.

If you have undergone cancer screening, please notify the city of your screening status using the QR code shown on the right. The questionnaire takes approximately five minutes to complete.



For those enrolled in Higashihiroshima City National Health Insurance and aged 40 to 74, please cooperate by submitting your health check results at the City Office counter.

This may be treated as having completed a specific health check.

3. If I regularly visit a medical institution, do I still need to take the Genki Sukoyaka Health Check?

Even if you regularly visit a medical institution, the examination items may differ from those performed during regular treatment. Therefore, receiving a specific health check or basic health check is recommended.

For people currently receiving treatment for cancer or Osteoporosis, screening examinations may not be appropriate. In all cases, please consult your regular physician.

4. What should I do if I lose my check vouchers?

Reissuance is possible. Please apply using the QR code shown on the right, by telephone (082-420-0936), or at the appropriate counter.



5. What should I do if I want to cancel or change the date of a group health check?

To cancel before the application deadline, please complete the procedure via the reservation website or by telephone. No notification is required for cancellations after the application deadline.

For changes to dates, examination items, or reception times, please contact the Medical Treatment and Health Division in the City Office (tel.: 082-420-0936).

6. I am a dependent under social insurance (or voluntarily continuing coverage). Can I receive a specific health check at a group health check venue?

You may be able to receive the examination through the city's group health checks. Please inquire with your health insurance provider or workplace.

If eligible, please apply by telephone to the following contracted medical institution for group health checks:

* Higashihiroshima Memorial Hospital Health Check Center

Telephone: 082-423-6662

If you also wish to receive cancer screening examinations, a separate reservation with the city via web or postcard is required.

7. I feel unwell when undergoing a stomach X-ray examination (barium test). Can I instead have an upper gastrointestinal endoscopy (gastroscopy)?

If there are circumstances that make a stomach X-ray examination (barium test) difficult, an upper gastrointestinal endoscopy (gastroscopy) may be possible at the physician's discretion.

Please consult the medical institution regarding the examination method when making your reservation.

8. Since I received the cervical cancer vaccine, do I still need to undergo cervical cancer screening?

Because vaccines cannot prevent all high-risk HPV infections, it is important to also undergo cervical cancer screening in order to improve the preventive effect against cervical cancer.

Even if you have not received the vaccine, regular cancer screening can help detect cancer at an early stage and allow for treatment.

9. I am eligible for free check fees, but I was charged for the stomach cancer screening (gastroscopy). Why?

A suspicious lesion may have been found during the examination, and tissue sampling may have been performed.

In this case, a detailed examination was effectively carried out at the same time, resulting in charges for the portion covered under health insurance.

There is no need to undergo another detailed examination. For further details, please contact the medical institution where the check was performed.

8. List of medical facilities offering health checks 医療機関一覧表

This information is correct as of March 2026.

Medical facilities offering health checks:

Other than the specific health check: medical facilities within Higashihiroshima City

Only the specific health check:

Period of availability:

From Monday, June 1, 2026, to Sunday, January 31, 2027

Reservations may close depending on application status even during the examination period, so please make your reservation as early as possible.

9. List of dental clinics providing milestone periodontal disease screening

節目齒周病検診実施歯科医院一覧表

Please make a reservation with the medical institution in advance.

This information is correct as of March 2026.

If any changes occur to the information, updates will be posted on the city's website.

Eligibility for milestone periodontal disease screening: those aged 20, 30, 40, 50, 60, and 70

Period of availability: From Monday, June 1, 2026, to Sunday, January 31, 2027

Reservations may close depending on application status even during the examination period, so please make your reservation as early as possible.

Town	Facility	Address	Telephone
Saijo	Aozora Shika	Saijo-cho Yoshiyuki 2135-1	082-430-7557
	Ikeda Shika Clinic	Jike Eki-mae 14-17 Jike Eki-mae Clinic Building 201	082-493-5711
	Imatani Shika Arion	Saijo-cho Jike 6598-10	082-490-3725
	Ueno Shika lin	Saijo-cho Taguchi 2908-22	082-437-5401
	Utanohara Shika	Saijo Gojo-cho 3-19	082-422-3744
	Urara Dental Clinic	Saijo Chuo 4-4-5	082-421-8811
	Okada Dental Clinic	Saijo-cho Jike 4846-1	082-431-3321
	Kawaguchi Shika lin	Saijo Sakae-machi 1-4 Flat Form 201	082-422-2039
	Kawano Shika	Saijo Chuo 1-16-6 Villa Katorea 2F	082-420-8181
	Kimura Shika lin	Saijo Chuo 3-5-11	082-423-8885
	Kirara Shika	Saijo-cho Jike 3791-1	082-422-3513
	Clover Dental	Jike Eki-mae 13-20 Jike Eki-mae Residence ICZ 102	082-423-3955
	Saijo Plaza Shika	Saijo Sakae-machi 10-30-301	082-422-4560
	Satakeda Shika lin	Saijo-cho Saijo-Higashi 1282-2	082-431-5999
	Sakura Family Shika	Saijo Nishi-Honmachi 28-30 Halows Higashihiroshima 3F	082-490-5522
	Satomi Shika	Saijo-cho Shitami 4343-2	082-422-4300
	Shigekawa Dental Clinic	Saijo-cho Jike 7371-1	082-430-5489
	Soeda Shika lin	Saijo Doyomaru 2-2-41	082-423-7755
	Dai-ni Yabumoto Shika lin	Saijo-cho Taguchi 3452-1	082-425-6480
	Takahashi Shika lin	Saijo-cho Misonou 1905-4	082-422-8148
	Takahiro Dental Clinic	Saijo-cho Misonou 4302 (Fuji-Grand Higashihiroshima)	082-422-9600
	Tajima Shika lin	Saijo-cho Jike 7938-4	082-431-5525
	Nagai Shika lin	Saijo Sakae-machi 6-20 La Foret Saijo Building 3F	082-422-3600
	Nanba Shika ・ Kyosei Shika	Saijo Kamiichi-cho 6-23 El Urban Building 1F	082-420-0200
	Nozaki Shika lin Higashihiroshima Otona Kodomo Kyosei Shika	Saijo Chuo 6-12-16	082-424-5100
	Nonoyama Kyosei Shika lin	Saijo-cho Misonou 5484-6	082-420-8790
	Ha no Clinic Higashihiroshima Shika ・ Kyosei Shika	Saijo-cho Jike 3228-2	082-423-8557
	Hamo Shika Clinic	Saijo-cho Misonou 4281-1-301	082-421-6480
Hayashi Shika Shinryosho	Saijo Showa-machi 13-37 Supreme Matsuya Building 2F	082-423-9195	
Fuji Shika Clinic	Saijo Doyomaru 1-5-26	082-421-0001	

	Frontier Shika Clinic	Saijo Showa-machi 9-4	082-423-9833
	Misonou Shika Clinic	Saijo-cho Misonou 6280-1	082-421-1182
	Midori Shika lin	Saijo Otsubo-cho 2-12	082-423-8880
	Minna no Shika Clinic	Saijo-cho Jike 5544-18	082-426-5218
	Munechika Shika lin	Saijo-cho Taguchi 2725-1	082-425-2521
	Mori Shika lin	Saijo Sakae-machi 2-21	082-423-7227
	Yamada Shika	Saijo-cho Saijo-Higashi 1243-3	082-423-6457
	Yabumoto Shika Clinic	Saijo Okamachi 3-25	082-421-5655
	Yumemirai Shika Kyosei Shika Saijo	Saijo-cho Sukezane 1172 (2F)	082-437-4685
	Yotsuba Family Shika Clinic	Saijo-cho Doyomaru 1552 S-House 101	082-423-6123
Hachihonmatsu	Etoile Shika	Hachihonmatsu Minami 4-1-28	082-420-1855
	Sato Shika	Hachihonmatsu Minami 2-2-8	082-428-5505
	Tsuboshima Shika Shinryosho	Hachihonmatsu Iida 5-8-32	082-428-7177
	Naito Shika lin	Hachihonmatsu-cho Yonemitsu 640-2	082-497-0780
	Hirohata Shika lin	Hachihonmatsu Higashi 6-11-15	082-428-8585
	Furutama Shika Family Clinic	Hachihonmatsu Iida 8-8-40 1F	082-426-3311
	Masumoto Shika lin	Hachihonmatsu Nishi 1-12-22	082-427-0077
Shiwa	Inoue Shika lin	Shiwa-cho Shichijo-Kabusaka 462-3	082-433-2029
	Yamagata Shika lin	Shiwa-cho Shichijo-Kabusaka 1436-14	082-433-5454
Takaya	Akiyama Shika lin	Takaya-cho Nakashima 753-1	082-439-1181
	Asakura Shika lin	Takaya-cho Zoka 3595-2	082-436-1000
	Iin Ha-no-Kenko Doctor	Takaya-cho Takaya-Higashi 2389-1	082-434-8500
	Ito Shika lin	Takaya-cho Kinehara 1296-1	082-434-0585
	Otani Shika	Takaya-cho Kinehara 1108-15	082-439-0001
	Smile Dental Clinic	Takaya-cho Nakashima 451-5 Ito Building 2F	082-420-4380
	Takamigaoka Shika lin	Takaya-cho Takamigaoka 5-1-19	082-434-7648
	Fujita Shika lin	Takaya-cho Nakashima 429-1 2F	082-426-5514
	Fujiwara Shika lin	Takaya-cho Hiyama 452	082-434-7500
	Yukawa Shika Clinic	Takaya-cho Kodani 3300	082-434-8255
	Kurose	Kato Shika Clinic	Kurose-cho Narahara 276-7
Kikkawa Shika Clinic		Kurose-cho Narahara 100-1 Youme Town Kurose 2F	0823-83-0117
Kimura Shika lin		Kurose-cho Maruyama 1420-1	0823-82-5522
Hazutani Shika lin		Kurose-cho Nominoo 1083-1	0823-82-8444
Kochi	Oshin Shika Oda	Kochi-cho Oda 2182 (Inside Oda Community Center)	082-401-1234
	Sasaki Shika Clinic	Kochi-cho Nakagochi 655-1	082-420-7700
Akitsu	Ito Shika Clinic	Akitsu-cho Mitsu 4209-9	0846-45-0272
	Tsuchida Shika lin	Akitsu-cho Mitsu 4385-1	0846-45-1177

10. Dates, locations and application deadlines for group health checks

集団健診の日程・会場

Health check date			Location	Location Code	Application must arrive by
Month	Date	Day			
July	14	Tue	Toyosaka Branch Office	78	Friday June 12
	15	Wed			
	22	Wed	Teranishi Community Center	12	Friday June 19
	23	Thur			
	28	Tue	Gota Community Center	15	Friday June 26
	29	Wed			
	30	Thur	Minaga Community Center	16	
August	4	Tue	Takamigaoka Community Center	41	Friday July 3
	5	Wed			
	6	Thur			
	7	Fri			
	18	Tue	Misonou Community Center	14	Friday July 10
	19	Wed	Hara Community Center	23	
	20	Thur	Higashihiroshima City Horticulture Center (Shiwa-cho Befu)	32	
	21	Fri	Hachihonmatsu Community Center	21	Friday July 17
	25	Tue			
	26	Wed			
	27	Thur			
28	Fri				
September	2	Wed	Akitsu Lifelong Learning Center	92	Friday July 24
	3	Thur			
	4	Fri			
	8	Tue	Fukutomi Health and Welfare Center	61	Friday July 31
	9	Wed			
	10	Thur	Zoka Community Center	42	
	15	Tue	Kurose Lifelong Learning Center (capacity: 300 people per day)	52	Friday August 7
	16	Wed			
	17	Thur			
	18	Fri			
19	Sat				
30	Wed	Sports Center Gymnasium (capacity: 300 people per day on September 30, October 1 and 3, 250 people per day on October 2)	13	Friday August 21	
1	Thur				
October	2♥	Fri			
	3	Sat			
	7	Wed	Kochi Health and Welfare Center	81	Friday August 28
	8	Thur			
	9	Fri	Nyuno Community Center	82	
	14	Wed	Outside Youme Mall, Saijo (capacity: 100 people) Checks available: lung, stomach, intestines, breast	148	
	20	Tue	General Welfare Center (capacity: 300 people per day on October 20, 21, 22, 24, 26 and 29, 250 people per day on October 23, 25, 27 and 28)	11	Friday September 4
	21	Wed			
	22	Thur			
	23♥	Fri			
	24	Sat			
	25♥	Sun			
	26	Mon			
27♥	Tue				
28♥	Wed				
29	Thur				

※Ladies' days are shown with a ♡ in the table below. On these days, health checks are only available for females, and childcare is available.

※ Capacity limits may apply. If the maximum number of applicants is reached, participants will be selected by lottery.

★Applications for group health checks must arrive by the application deadline! Please apply as early as possible. It may take up to one week from mailing for the application to reach the City Office.

★The application postcard will be processed by machine. Please do not write anything outside the fields outlined in red.

★Men may not apply for Ladies' Day checks (dates shown in red above).

★For venues with checks scheduled over three or more days, earlier dates such as the first day are expected to be crowded.

★Those who wish to request a specific reception time or childcare services (for preschool children) should make reservations via the web rather than by postcard. Please note that all group health checks are conducted in the morning only.

Scan the QR Code for online reservations →



Scan the QR Code for childcare reservations →



11. How to fill in the application postcard for group health checks 集団健診申込ハガキの書き方

Example of how to fill in the postcard:

Please give a telephone number at which you can be easily reached during the daytime.

Tick one of the two boxes to indicate your acceptance/ non-acceptance of a tax status check. If you tick 'do not allow' (the right-hand box), you may not be able to receive exemption from the fees for the health check(s).

Write a circle to indicate the checks you wish to take. If there are checks that you cannot take, *** will be shown in the space.

Choose the location and date for your health check, and the health check items. Decide your location and date, and write your preferred date and the location code on the postcard.

Application postcard for group health check		(Barcode)								
(Please fill in within the bold lines)										
Address					Telephone	- -				
Name					Date of birth			Age as of March 31 st , 2026		
Permission for tax status check for health checks: <input type="checkbox"/> Allow <input type="checkbox"/> Do not allow If you wish to have a Certificate of Eligibility for Free Health Checks issued, please check the box for 'Allow'.										
■ Preferred location for the group health check, and desired checks										
Date	Location code	⑪ Specific (Higashihiroshima City National Health Insurance)	⑤ Basic	④ Hepatitis virus	⑧ Lung cancer	⑦ Stomach cancer	⑨ Intestinal cancer	⑩ Prostate cancer	② Cervical cancer	③ Breast cancer
mm / dd										

12. Health check vouchers 受診券について

Japanese	English
R8年度東広島市 元気すこやか健診 受診券	2026-27 Higashihiroshima Genki Sukoyaka Health Check Vouchers
対象者抽出日：令和8年4月1日	Eligibility determination date: April 1, 2026
重複受診にご注意ください。元気すこやか健診受診券は、年度内で1回のみ利用できません。	Please be careful not to undergo duplicate examinations. Genki Sukoyaka Health Check vouchers may be used only once during the fiscal year.
有効期間：令和9年1月31日まで有効	Validity period: until January 31, 2027
東広島市 骨粗しょう症検診 受診券	Higashihiroshima City Osteoporosis Screening Voucher
東広島市 子宮頸がん検診 受診券	Higashihiroshima City Cervical Cancer Screening Voucher
東広島市 乳がん検診 受診券	Higashihiroshima City Breast Cancer Screening Voucher
東広島市 B型C型肝炎ウイルス検診 受診券	Higashihiroshima City Hepatitis B and C Virus Screening Voucher
東広島市 基本健診（後期高齢等）受診券	Higashihiroshima City Basic Health Check Voucher (Latter-Stage Elderly, etc.)
東広島市 節目歯周病検診受診券 対象者：20歳・30歳・40歳・50歳・60歳・70歳	Higashihiroshima City Milestone Periodontal Disease Screening Voucher Eligible ages: 20, 30, 40, 50, 60, and 70
東広島市 胃がん検診 受診券	Higashihiroshima City Stomach Cancer Screening Voucher
東広島市 肺がん検診 受診券	Higashihiroshima City Lung Cancer Screening Voucher
東広島市 大腸がん検診 受診券	Higashihiroshima City Intestinal Cancer Screening Voucher
東広島市 前立腺がん検診 受診券	Higashihiroshima City Prostate Cancer Screening Voucher
東広島市 特定健診受診券・情報提供受診券	Higashihiroshima City Specific Health Check Voucher / Information Submission Voucher

【Important notes for Basic Health Checks and Specific Health Checks】

1. When attending the check, please be sure to bring the check vouchers and your My Number health insurance card (or Eligibility Confirmation Certificate).
2. If you enroll in another health insurance plan during the fiscal year, you will no longer be able to use the voucher for the specific health check.
3. If you turn 75 during this fiscal year and enroll in the Late-Stage Elderly Medical Care System during the fiscal year, you may receive the basic health check.

【Important notes for health checks with information submission】

1. The information submission voucher is valid until March 31, 2027.
2. It may only be used at medical institutions within Higashihiroshima that provide specific health checks.
3. People currently receiving medical treatment may be regarded as having undergone a specific health check by submitting examination results corresponding to the specific health check items. Those wishing to submit examination results should inform their medical institution.
4. The information provided includes the basic items and additional items (blood glucose test, serum uric acid test, anemia test, serum creatinine test, and albumin test).