

## Nobi Nobi Checkup (Specific Medical Examination)

Saitama City National Health Insurance members aged 40 to 74 can receive the Nobi Nobi Checkup (Specific Medical Examination). In this examination, once a year, a doctor who is chosen by Saitama City examines your physical condition.

Every year, at the end of April, Saitama City sends an envelope to your house containing a ticket for your Specific Medical Examination.

The period for the Specific Medical Examination this year is from April 27, 2022 to March 11, 2023. You can only receive the examination once during this period.

### ◎Getting the examination

①Please first make an appointment at the hospital or clinic. This must be with a doctor who is chosen by Saitama City.

The names of available examination sites and doctors are included on the Medical Institution List sent with your Specific Medical Examination Ticket in the envelope sent to your home. The list is also on the Saitama City website (<https://www.city.saitama.jp/001/002/006/p008582.html>).

You can also ask for the list at the Insurance and Pension Section of your local ward office.

② Things to bring to the checkup:

a) your Specific Medical Examination Ticket, b) your national health insurance card

③ Fee:

0 yen

④Included in the checkup:

a) consultation with physician, b) physical measurement (height, weight, etc.), c) blood pressure measurement, d) blood lipid test, e) liver function test, f) blood sugar test, g) urinalysis, h) renal function test, i) electrocardiogram test, j) anemia test

★Only if necessary: eye exam

◎Based on the results of the Specific Medical Examination, patients may require advice about their health. In that case, the doctor will contact the patient.