

Medical checkup courses available at the Meiji Yasuda Shinjuku Medical Center

Complete medical checkup	<div>Men</div> <div>Women</div>	Comprehensive medical checkup to detect and treat signs of lifestyle-related diseases or medical conditions early so that you can live with peace of mind. We have a comprehensive follow-up system after the medical checkup.
Medical checkups for prevention of lifestyle-related diseases	<div>Men</div> <div>Women</div>	We use unique test items for the prevention of lifestyle-related diseases and health management. We recommend this course for persons aged 30 years or older.
Periodic medical checkups (statutory medical examinations)	<div>Men</div> <div>Women</div>	The periodic medical checkups are in accordance with the provisions of the Industrial Safety and Health Act, so the number of test items is fewer than those for a complete medical checkup. Still, basic checkups such as blood and urine tests, ECGs, and chest X-rays are included. Add abdominal ultrasonography and a fecal occult blood test (two-day method) as options.
Health checkup for employment	<div>Men</div> <div>Women</div>	Medical checkups under Article 43 of the Industrial Safety and Health Act are available at our center. Please tell us if a unique test item is specified by the applicable organization in addition to the items for the basic medical checkup.
Medical checkups to prevent lifestyle-related diseases specified by the Japan Health Insurance Association.	<div>Men</div> <div>Women</div>	This medical checkup is available only for persons aged 35 to 74 years who are covered by insurance from the Japan Health Insurance Association. We also provide medical checkups for young people whose age is outside the above age range but who are covered by insurance. *Medical checkups with comprehensive test items that require an additional fee are also available.
MY Health Club	<div>Men</div> <div>Women</div>	The club has been established to continuously provide periodic examinations to retired persons or those who are not covered by insurance or who do not receive financial support from a company etc.
Gynecological exam	<div>Women</div>	Experienced specialists will perform the uterine cervix cancer screening, including the pelvic examination.
Breast cancer screening	<div>Women</div>	Mammography and breast ultrasonography imaging tests will be conducted, and the results will be determined by specialists. The most advanced 3D mammography is also available for the screening.

Meiji Yasuda Shinjuku Medical Center

Reservations / Contact When making an appointment for a medical checkup, please keep your insurance card handy.



Visit here to make a Web reservation.

Meiji Yasuda Shinjuku Medical Center Reservations



<https://www.my-kenshin.jp/reservation/>



0570-03-5489

Available hours: 9:00 a.m. to 4:00 p.m. weekdays, except Saturdays, Sundays, holidays, and our no-consultation days

*Please push "1 #" according to the audio guidance.

- Adjacent to the O-1 Exit of the underground called One Day Street*, Shinjuku Station
*You can comfortably visit our center irrespective of the weather.
- Approximately a three-minute walk from Shintoshin Exit 6 of Shinjuku Station
- Approximately an eight-minute walk from the South Exit of Shinjuku Station (JR Line, Odakyu Line, Keio Line)
- Approximately a six-minute walk from the A2 Exit of Tochōmae Station (Toei Ōedo Line)

The 12th floor of the Shinjuku Bunka Quint Building, 3-22-7 Yoyogi, Shibuya City, Tokyo 151-0053



Table of Test Items

The items and prices are subject to change without notice.

Test		Complete medical check up	Medical checkup to prevent life-style-related diseases	Periodic medical check-up	Medical checkup for employment
Interview	Medical history, treatment history, and lifestyle, etc. including 22 items for a specific medical checkup	●	●	●	●
Somatometry	Physical measurement (BMI)	●	●	●	●
Abdominal circumference measurement	Abdominal circumference	●	●	●	●
Visual acuity test	Visual acuity test (vision without eyeglasses / contact lenses and corrected vision)	●	●	●	●
Tonometry	Intraocular pressure measurement	●			
Funduscopy	Ocular fundus measurement	●	●		
Hearing test	Right and left ears by audiometer at 1000 Hz and 4000 Hz	●	●	●	●
Blood pressure measurement	Blood pressure measurement (mean)	●	●	●	●
Consultation by physician	Inspection, palpations, auscultation, percussion, etc.	●	●	●	●
Resting electrocardiography	Resting ECG and heart rate	●	●	●	●
Chest X-ray imaging	Chest X-ray (direct digital radiography in one direction)			●	●
	Chest X-ray (direct digital radiography in two directions)	●	●		
Lung function test	Forced vital capacity, vital capacity (%), forced expiratory volume in one second, forced expiratory volume % in one second, and maximal breathing capacity	●	●		
Upper gastrointestinal (UGI) examination	Gastric X-ray (direct digital radiography)	●	●		
Abdominal ultrasonography	Liver, gallbladder, pancreas, kidneys, spleen, and abdominal aorta	●			
Urine test	Urine glucose, qualitative	●	●	●	●
	Urine specific gravity	●			
	Urine pH	●			
	Urine protein, qualitative	●	●	●	●
	Urine urobilinogen, qualitative	●			
	Urine occult blood	●	●		
	Urine sediment	●			
Salt intake	Estimated daily salt intake	●			
Stool analysis	Fecal occult blood test (two-day method)	●	●		
Examinations for women	Gynecology (pelvic examination, biopsy, and transvaginal ultrasonography*)	● (Female OP)	● (Female OP)		
	Breast (ultrasonography [echo] or mammography)	● (Female OP)	● (Female OP)		

*This varies depending on the agreement.

Standard fee for medical checkup
55,000 JPY (tax included)

The fee varies depending on your member organization or health insurance association.

Test		Complete medical check up	Medical checkup to prevent life-style-related diseases	Periodic medical check-up	Medical checkup for employment
General hematology	White blood cell count	●	●		
	Red blood cell count	●	●	●	●
	Hemoglobin	●	●	●	●
	Hematocrit	●	●		
	MCV / MCH / MCHC	●			
	Platelet count	●	●		
Liver, gallbladder, pancreas, and kidney functions	AST (GOT)	●	●	●	●
	ALT (GPT)	●	●	●	●
	LDH	●			
	ALP (alkaline P)	●	●		
	γ-GTP	●	●	●	●
	Total bilirubin	●			
	Direct bilirubin	●			
	Indirect bilirubin	●			
	CHE (cholinesterase)	●	●		
	Total protein	●			
	Albumin	●			
	Albumin - globulin ratio	●			
	ZTT	●			
	Serum amylase	●			
	Urea nitrogen (BUN)	●			
	Creatinine	●	●	●	
	eGFR	●	●	●	
Glucose / lipid metabolism etc.	Blood glucose (fasting)	●	●	●	●
	HbA1c	●	●	●	●
	Total cholesterol	●	●	●	●
	HDL cholesterol	●	●	●	●
	Non-HDL cholesterol	●	●	●	●
	LDL cholesterol	●	●	●	●
	Triglyceride	●	●	●	●
	Uric acid	●	●		
	Inorganic phosphorus (P)	●			
	Calcium (Ca)	●			
Serological reaction	CRP	●			
	RF (RA)	●			
	HBs antigen	●			
	Syphilis, qualitative (TPHA method)	●			
	Syphilis, qualitative (RPR method)	●			
ABO, Rh-positive and -negative blood types (only at the first consultation)		●			
Explanation of the results and health guidance (only for persons who requested)		●			