

Health Promotion Starts with a Medical Checkup

MEIJIYASUDA SHINJUKU MEDICAL CENTER



Introduction of the Meiji Yasuda Shinjuku Medical Center

一般財団法人 明治安田健康開発財団

明治安田新宿健診センター

Our basic management policies

We manage our center to promote secure, reliable, and complete medical checkups for primary care, proposing “Starting Health Promotion with a Medical Checkup” according to the following basic policies:

1. We provide secure, comfortable medical checkups using appropriate methods for preventive medicine while respecting the human rights of customers and having the same perspective as our customers.
2. Our medical checkups include basic test items as well as tests providing new evidence to prevent lifestyle-related diseases. We will provide customers with health guidance to prevent physical and mental presymptomatic conditions based on the medical checkup results.
3. We are thorough and careful about the management of our customers’ information in compliance with social rules and laws and regulations.
4. We maintain a safe, comfortable working environment for our staff on a continuous basis while respecting their individual human rights and characters.

Meiji Yasuda Shinjuku Medical Center is a secure, reliable institution specialized in providing complete medical checkups with over 40 years of experience.

Our reliability, history, and experience

- Meiji Yasuda Shinjuku Medical Center is one of the best traditional institutions in Tokyo, which was established in 1975 by the Meiji Yasuda Health Development Foundation built in 1962. Since the establishment of the center, a total of over 650,000 individuals underwent medical checkups.
- Our center is a member of more than 500 health insurance associations and has been registered as a specific health checkup institution. In addition, our center is available for individuals who have a health insurance card from the Japan Health Insurance Association.

Location very close to the South Exit of Shinjuku Station

- Since our center is close to Shinjuku Station and adjacent to the O-1 Exit of the underground called One Day Street, you can comfortably visit our center irrespective of the weather.

Can receive a medical checkup on a gender basis every day on weekdays.

- In accordance with moving to the current location, a larger space is available for medical checkups from Monday to Friday irrespective of gender.
- Medical checkup areas for men and women are separated for to ensure more comfortable examinations.
*Medical checkups are also available on Saturdays on an irregular basis.

Rapid medical checkups

- Our latest medical checkup management system reduces the waiting time for the examination as much as possible.
- Examinations (complete medical checkups) that are completed within two to three hours in the morning or afternoon make it possible for our customers to use their time more efficiently.

A full range follow-up system

- We have a variety of follow-up systems for customers who need further examinations or retesting.
- A public health nurse and a national registered dietitian will support your health promotion after the checkup. If you have any questions about the checkup results, our nurse or public health nurse will provide you with an explanation via telephone counseling after the checkup.

Explanation of the results	Medical explanation and counseling with a physician*
Telephone counseling	Providing an explanation of the test items and counseling before and after the medical checkup via telephone
Referral to a medical institution	Providing advice about preferable medical institutions to undergo further examinations or retesting
Health counseling	Consultation for improving lifestyles by an expert*

*This varies depending on the medical checkup course.

Enforcement of medical coordination mainly with university hospitals

- When you receive instructions for a medical consultation but you are not sure where to go specifically, we will refer you to one of our collaborative medical institutions, including university hospitals (e.g., Jikei University Hospitals [the main institution in Shinbashi, Minato City, Tokyo; Katsushika Medical Center in Katsushika City, Tokyo; Daisan Hospital in Komae City, Tokyo; and Kashiwa Hospital in Kashiwa City, Chiba]).

*For the list of collaborative medical institutions, refer to our website.

Upper gastrointestinal endoscopy for more accurate and closer follow-up

- We increased the number of examination rooms to eight in response to the increasing number of customers who desire an endoscopy examination.
- The nasal or oral endoscopy procedure is basically conducted without sedation. However, persons who are concerned about the examination can select a procedure with sedation (only the oral endoscopy procedure is available in such a case) to reduce any potential pain.

*Advanced reservations and an additional fee are required for endoscopy with sedation.

Female laboratory technicians conduct ultrasonography and mammography exams

- Highly rated female laboratory and radiology technicians conduct the examinations in a careful manner.

*For their rates and certifications, see the descriptions on the reverse.

Respect for diversity without borders for people with disabilities, LGBTQ community, and any other individuals

- Our center is making efforts to allow everyone access to medical checkups.

Persons with hearing impairments	Although we have no specialized sign language interpreter, we will communicate through written messages. In addition, we have a brochure that explains the examinations for easy understanding.
Persons with vision problems	Our qualified staff can serve as a personal support worker to assist you as needed.
Persons in wheelchairs	We have dressing rooms that are wheelchair accessible and barrier-free toilets, including those for ostomates and children.
LGBTQ persons	We have a special room. Please consult us about the preferable times for the medical checkup as well.
Persons from overseas	Our brochures are also available in English for easier understanding of the examinations. In addition, we can prepare questionnaires and examination result report in English. We lend translation machines as well.
Other questions	Please contact us by telephone, fax, or e-mail. *For more details, refer to our website.

*If you desire any of the above services, please consult us in advance.

Introduction of the charge-free application CARADA Support for Medical Checkups

- We introduced the charge-free application CARADA Support for Medical Checkups by which you can access your examination results as part of the services for our customers.
- The application is helpful in taking action for presymptomatic conditions by reviewing medical checkup results for the past five years* and graphs of changes in the test values over time.
- Even if you develop an acute condition, you can access your medical checkup results anytime and anywhere by a smartphone.

*Only examination data obtained during the medical checkup at our center are available.



A



B



C



D

Floor Map

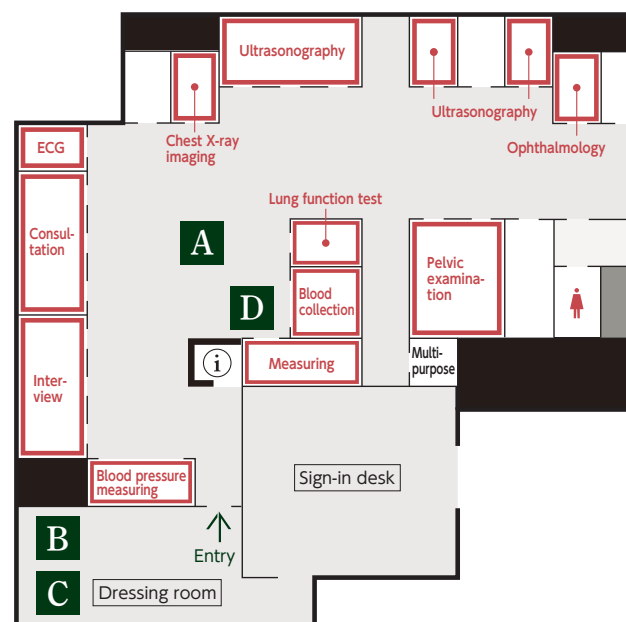
We offer the latest testing devices and one of the region's largest spaces for medical checkups by gender.

Favorable location within walking distance of the South Exit of Shinjuku Station. Breast cancer screening is available with the most advanced 3D mammography by which a diagnosis is feasible even in dense breast tissue. You can also reserve an upper gastrointestinal endoscopy (nasal or oral) procedure.



Scan the 2D code code to play our floor tour video.

Medical checkup area for women





E



F



G



H



I



J

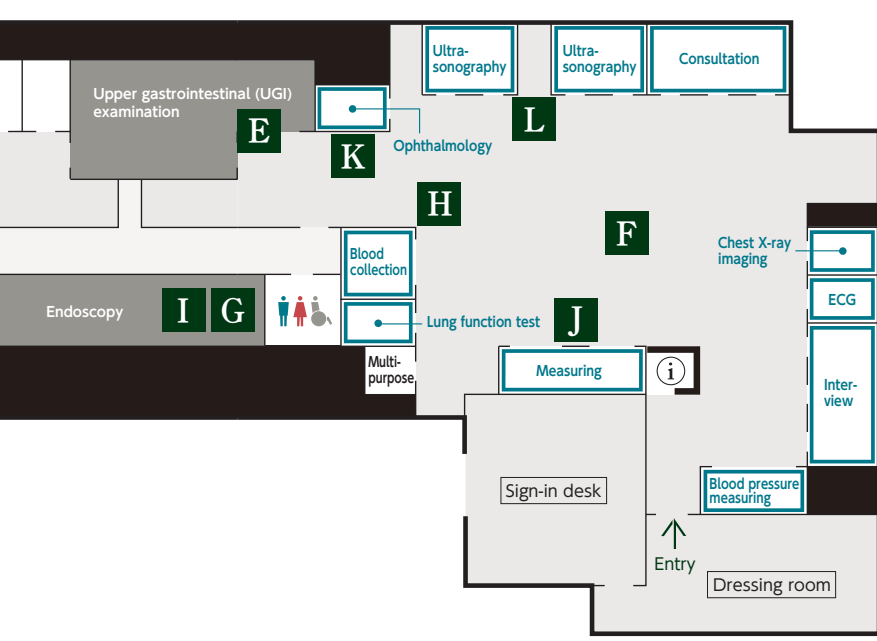


K



L

Medical checkup area for men



- A** Medical checkup floor
- B** Dressing room (locker room)
- C** Dressing room (dressing area)
- D** Blood collection / measuring (height, weight, visual acuity, and hearing) areas
- E** Radiographic examination area
- F** Medical checkup floor
- G** Endoscopy area (pretreatment / recovery area)
*During the examination, each seat will be partitioned with a curtain to ensure privacy
- H** Blood collection area
- I** Endoscopy room
*We have eight private examination rooms with locks.
- J** Measuring (height, weight, visual acuity, and hearing) area
- K** Ophthalmology room (funduscopy and eye pressure measurement)
- L** Ultrasonography room

Relationship between SDGs and business activities

Setting our priority challenges (materiality)

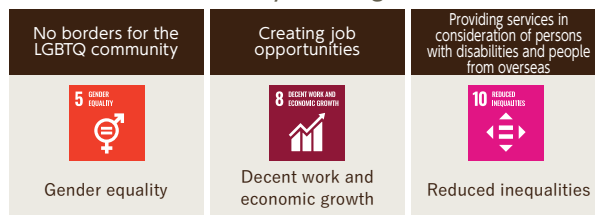
In terms of our foundation's items, the *effect on stakeholders* and the *relationship to our business*, six out of the social challenges for the 17 goals with 169 targets in the SDGs have been specified as our *priority challenges (materiality)*.

Specifically, we consider three items—*extension of a healthy life expectancy, improvement of health literacy, and promotion of regional revitalization*—as the priority challenges that we should especially focus on, in addition to *no borders for the LGBTQ community, creating job opportunities, and providing services in consideration of persons with disabilities and people from overseas*, and promote our activities by contributing to the solution.

Priority challenges that our foundation has especially focused on



Priority challenges



Worry-free institution with the following:

- Certification as a complete medical checkup facility based on function evaluations
- Certification as an institution for training Health Evaluation and Promotion Specialists
- Certification as a quality complete medical checkup facility
- Certification of images as a mammography facility
- Certification of imaging techniques in mammography for medical checkups
- Certification of technicians specialized in gastric cancer screening
- Grade A in the field of abdominal ultrasonography based on the quality management survey assessment by the National Federation of Industrial Health Organization

Health and Productivity Management Organization

Since 2019, we have been certified as a Health and Productivity Management Organization in the category of small- and medium-sized enterprises and healthcare corporations by the Ministry of Economy, Trade and Industry and the Nippon Kenko Kaigi.
*Certified as Health and Productivity Management Organization Bright 500 since 2021.

Excellent Health Company

Our Gold Certificate as an Excellent Health Company has been updated by the Tokyo Promotion Council for Health Management Declaration since 2019.

Tokyo Sports-Promoting Company

We have been certified as a Tokyo sports-promoting company since 2019.
*In 2019, we were selected as a model company from among the certified companies (Tokyo sports promotion in the practice category).

Sports Yell Company

We have been certified as a Sports Yell Company by the Japan Sports Agency since 2019.

Reservation of a medical checkup

How to make an appointment

Please make an appointment via the internet or telephone below:



You can reserve a checkup anytime 24 hours a day on the website!

Convenient for making an appointment efficiently.

Meiji Yasuda Shinjuku Medical Center Reservations

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



0570-03-5489

For reservations only For changing or canceling your reservation, please be sure to contact us by telephone.

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

Available hours: 9:00 a.m. to 4:00 p.m. weekdays, except no-consultation days



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

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