

# Why Not Get a Free Health Checkup?

Offered by Yokohama City's National Health Insurance



Starting in mid-May, Yokohama City will send you a free coupon for a health checkup if you are between 40 and 74 years old and enrolled in Yokohama City's National Health Insurance.

This program, called **Tokutei Kenshin** (Specific Health Checkup), includes blood tests, urine tests, and a series of physical examinations.

**It's a great opportunity to detect early signs of chronic diseases such as diabetes and hypertension so you can manage your health and prevent complications.**

## Eligibility

You are eligible if you are enrolled in Yokohama City's National Health Insurance and will be between the ages of 40 and 74 by March 31, 2026.

(Those turning 75 before March 31, 2026, are eligible until the day before their 75th birthday.)



**Yokohama City will send you individual consultation tickets and medical questionnaires required for the checkup. ↑**



## Don't miss this opportunity to maintain your health!

An appointment by phone is required for this checkup. If you have difficulty communicating in Japanese, English and some other languages are available at our clinic.

## Minatomachi Medical Center

☎ 045-453-3673

🌐 <https://minatomachi-medical.com/>



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