

Specific Health Checkups and Specific Health Guidance

Basic Direction

- For medical insurers (national health insurance), health checkups and guidance focusing on visceral fat obesity towards the insured and the dependents aged 40 or over are obliged.

Principal Contents

- Based on plans of specific health checkups, etc, program, each medical insurer should systematically execute health checkups and health guidance.
- Thorough health guidance is conducted for those who are found to be necessary to get health guidance by health checkups.
- The dependents, etc, of the Employee's Health Insurance are paid consideration to receive health checkups and health guidance in local municipalities.
- ⇒ Medical insurers are able to utilize programs for municipal national health insurance by collective contracts, etc (Cost-bearing and data managements are conducted by medical insurers that the users are affiliated with.)
- ⇒ At insurer's council established in each prefecture, the prefectures should take initiatives and conduct coordination among medical insurers and give advice in order to provide efficient services.
- Medical insurers should utilize health checkup results data effectively, and should choose efficiently those who need to receive health guidance, and assess the programs. They should also provide the insured and the dependents the information of health checkup, etc, results in a way it can be easily recorded.
- From FY 2013, the addition/subtraction of support coverage for elderly in the latter stage of life, accordingly to the achievement status of each medical insurer.
 - Percentage of specific health checkup operation
 - Percentage of specific health guidance operation
 - Decrease rate of patients and those having a high risk of contracting metabolic syndrome as of 2012 compared with 2008.
- ※ For health checkups of municipal national health insurance and employee's health insurance (the dependents), support measures from partial public fund are taken.

