

« Health Check-up Information »

● Booking Your Appointment

- Please complete your application online **at least 2 to 3 weeks before** your preferred date.
- Click here for the booking website: <https://nihonclinic.com/jp/medical-checkup/>
- Saturdays are extremely busy. We highly recommend booking your appointment as early as possible.

● Appointment Dates & Check-In Times

- Monday, Wednesday, Friday: Reception starts at 8:00 am / Saturday starts at 7:30 am
- The examination takes approximately **3 to 4 hours**. (Please note that the duration may vary depending on your checkup package and the clinic's volume that day.)

● Payment Methods

- We accept **cash, checks, and credit cards. (VISA / MasterCard)**

● Insurance Claims

- Standard health checkups and screenings may not be fully covered by U.S. health insurance unless your policy includes a special Ningen Dock rider.

● Test Results

- Your report will be prepared in either **Japanese or English**.
- Reports will be mailed out in approximately **4 weeks**. After that, your results will also be available to view online.
- If any urgent re-testing or treatment is required, the clinic will contact you by phone.

● Important Reminders

- **Fasting:** Do not eat or drink anything **12 hours before your appointment**. (Water is allowed up to 2 hours prior)
- **The Night Before:** Please get plenty of sleep and avoid overeating or drinking alcohol.
- **Smoking:** Smoking is strictly prohibited until all examinations are completed.
- **What to Bring:** Please bring a **photo ID** (driver's license or passport) and your **insurance card** on the day of your visit.
- **Cosmetics:** Please do not apply perfume, body lotion, oil, or powder.
- **Stool Occult Blood Test:** You will receive a test kit after your examinations are finished. Please collect the sample at home and mail it back to us.
- **Vision Test:** If you use glasses or contact lenses, please wear them as the vision test will be conducted with them on.

● **For Female Patients**

- **Menstruation:** If you are menstruating on the day of your appointment, your urinalysis and gynecological exams can be rescheduled for a later date.
 - ✂ *This is only applicable if you can return to the clinic before your next menstrual cycle begins.*
- **Mammogram:** The breast X-ray is a screening exam. Please note that you may not be able to take this test if you have had abnormal findings in the past. Additionally, since mammograms are outsourced to an external facility, a cancellation fee will apply for last-minute cancellations.
- **Pregnancy:** If you are pregnant or think you might be pregnant, please inform us in advance.
 - ✂ *You will not be able to undergo any X-ray examinations, including mammograms.*
- **Breastfeeding:** If you are currently breastfeeding, please inform us in advance.

For any questions, please contact our clinic ----- [TEL:847-952-8910](tel:847-952-8910)

Email: chicago@nihonclinic.com

EXAMINATION	検査項目	基本		労安		成人ドック						
		A	B	B1	C	C1	D	D1	E	F		
1	Complete Physical Examination	問診・診察・保健指導	■	■	■	■	■	■	■	■	■	
	Vision Test	視力	■	■	■	■	■	■	■	■	■	
	Body Measurement・BP	身体計測・血圧	■	■	■	■	■	■	■	■	■	
2	Plethysmography	体脂肪計測	■	■	■	■	■	■	■	■	■	
3	Blood Type(ABO,RH)	血液型 (ABO, RH)										
4	Comprehensive Screen Profile	総合血液検査	■	■	■	■	■	■	■	■	■	
	・ Complete Blood Count, Iron	・血球算定, 鉄分(貧血)										
	・ Glucose	・血糖(糖尿病)										
	・ Electrolyte-Na,K,Cl,Ca,Phos	・電解質										
	・ Kidney-BUN,Creatinine	・腎機能										
	・ Gallbladder-T-Bil,D-Bil	・胆嚢										
	・ Uric Acid	・尿酸(痛風)										
	・ Liver-TP,Albumin,Globulin, ALP, γ-GTP, GOT, GPT, LDH	・肝機能										
	・ Cholesterol,TG,HDL,LDL	・血中脂肪分析(高脂血症)										
	・ Thyroid-TSH	・甲状腺機能										
・ Syphilis	・梅毒検査/ワッセルマン											
5	Amylase/Pancreas	アミラーゼ(膵臓)	■	■	■	■	■	■	■	■	■	
6	CRP	C反応性蛋白(炎症性疾患)	■	■	■	■	■	■	■	■	■	
7	Rheumatoid Factor	リウマチ反応	■	■	■	■	■	■	■	■	■	
8	Urinalysis	尿検査	■	■	■	■	■	■	■	■	■	
9	Stool Hemocult	潜血便検査(1回分)	■	■	■	■	■	■	■	■	■	
10	Chest X-Ray	胸部X線		■	■	■	■	■	■	■	■	
11	Upper Gastrointestinal X-Ray (Barium Swallow)	食道・胃・十二指腸X線 (バリウム検査)				■	■	■	■	■	■	
12	E.K.G.	心電図		■	■	■	■	■	■	■	■	
13	Audiometry	聴力検査		■	■	■	■	■	■	■	■	
14	Spirometry	肺機能検査 -喫煙者推薦							■	■		
15	Sputum Cytology	喀痰細胞診 -喫煙者推薦										
16	Ova and Parasite	寄生虫卵便検査										
17	Hepatitis A,B,C	A, B, C型肝炎ウイルス抗体					■	■	■	■		
18	AIDS /HIV	エイズ検査					■	■	■	■		
19	CEA, AFP, PSA (male)	超微量癌反応物質(男性)					■	■	■	■		
20	CEA, AFP, CA125 (female)	// (女性)					■	■	■	■		
22	HgBA1c	ヘモグロビンA1c(糖尿病)							■	■		
23	Glucose Tolerance 2 HR	糖負荷試験2時間(糖尿病)							■	■		
25	U/S-Abdominal, Kidney	超音波/肝・胆・膵・腎・脾			■		■		■	■		
26	U/S-Thyroid	超音波/甲状腺							■	■		
27	Bone Density	骨密度測定									■	
28	Vitamin D	ビタミンD欠乏症検査										
Package Price(\$)			500	650	940	950	1400	1550	1840	2100	2380	
Woman's Examination			W1	W2			W3			W4		
			A	A	C	E	A	C	E	A	C	E
31	Pap Smear	子宮頸細胞診(HPV含む)・内診	■	■	■	■	■	■	■	■	■	■
32	Mammogram	乳房X線検査(マンモグラフィー)	■		■	■	■	■	■		■	■
33	Ultrasound/Breast	乳房超音波		■	■		■	■		■	■	
34	Ultrasound/Pelvic	子宮・卵巣超音波					■	■	■	■	■	
35	Post Menopausal	更年期女性ホルモン検査							■	■	■	
Package Price(\$)			175	420	370	585	660	610	825	820	770	975

❖ Please note that comprehensive medical check-ups (Ningen Dock) may not fully covered by standard U.S. health insurance, unless a special Ningen Dock rider is attached to your policy.

❖ We offer health insurance with Ningen Dock riders through the following providers: Cigna Global, Aetna International, Prestige International, and Nippon Life Benefit.

※Package fees are subject to change without prior notice.