

Yokohama National Health Insurance Specific Health Checkup **Questionnaire**

**Please refer to this English Questionnaire Sheet
and fill out Japanese Questionnaire Sheet.**
(この英訳版の間診票をご参照いただき、日本語版の間診票にご記入ください)

For the following questions, please circle what applies

Number	Questions	Answer
1 ~ 3	Now, are you taking medicine for any of the following (a-c) conditions?	
1	a I am taking medicine to lower my blood pressure	1. Yes 2. No
2	b I am taking medicine to lower my blood sugar or taking insulin	1. Yes 2. No
3	c I am taking medicine to lower my cholesterol or neutral fat level	1. Yes 2. No
4	Have you been treated by a doctor for a cerebral stroke (cerebral hemorrhage, cerebral infarction, etc.)?	1. Yes 2. No
5	Have you been treated by a doctor for heart disease (angina, heart attack, etc.)?	1. Yes 2. No
6	Have you been treated by a doctor for chronic kidney disease or renal failure with dialysis, etc.?	1. Yes 2. No
7	Do you have anemia?	1. Yes 2. No
8	Do you have a smoking habit? (Smoking habit =if you have smoked for a month recently, have smoked more than 100 cigarettes, or you have been smoking for more than 6 months)	1. Yes 2. No
9	Have you gained more than 10 kilograms since you were 20?	1. Yes 2. No
10	Do you do light exercise at least twice a week for at least 30 minutes over the past year?	1. Yes 2. No
11	In your regular life, do you walk and move my body for more than an hour a day?	1. Yes 2. No
12	Do you walk faster than people around your age?	1. Yes 2. No
13	What condition describes your chewing while eating?	1. I can chew any food. 2. There are times it is difficult to chew. 3. I don't chew most food
14	What is your eating speed compared to others?	1. Fast. 2. Normal. 3. Slow
15	Do you eat dinner two hours before bed at least 3 times a week?	1. Yes 2. No
16	Do you eat snacks or drink sweet things outside of regular meals?	1. Everyday. 2. Sometimes 3. I don't really intake anything
17	Do you not eat breakfast at least 3 times a week?	1. Yes 2. No
18	How frequently do you drink alcohol?	1. Everyday. 2. Sometimes 3. I don't really drink
19	When you drink alcohol, how much do you drink? 1合(1 gou) is Japanese sake 180ml. Beer is 500ml, or about 1 glass of whiskey double, or around 2 glasses of wine	1. I don't drink, if I did it would be less than 1合(1 gou) 2. 1-2合(1-2 gou) 3. 2-3 合(2-3 gou) 4. More than 3合(3 gou)
20	Do you get enough rest from sleep?	1. Yes 2. No
21	Do you want to improve your exercise and eating habits?	1. I would not. 2. Within 6 months. 3. Within 1 month. 4. I have been improving for the past 6 months 5. I have been improving for more than 6 months
22	Would you make use of the opportunity to receive health guidance on improving your lifestyle?	1. Yes 2. No

※For those with last year's health checkup results, please present this form with your questionnaire

Information of Specific Health Check-up Items

● Items which every medical examinee will be checked

	Aims of the Check-up	Examination Items
Inquiries	To know about your lifestyle habit and current treatment circumstances of life style-	Inquires (Current medication situation, smoking history, lifestyle habit such as eating)
Examination	Examine subjective and objective symptoms	Physical examination
Examination Items	If you are visceral fat type obesity	Height, Weight, Waist perimeter BMI calculation [weight(kg) ÷ height(m) ÷ height(m)]
	Dyslipidemia or not	Check blood pressure
	Diabetes or not	Blood test (TG(Neutral Fats), HDL cholesterol, LDL cholesterol)
	Concerning kidney function	Blood test (Fasting blood sugar and hemoglobin A1c) Urinalysis (Sugar in urine)
	Concerning kidney function	Urinalysis (Protein in urine) Blood test (※Creatinine, ※Uric Acid)
	Diabetes or not	Blood test (GOT, GPT, γ-GTP)
	Concerning bladder and urinary system	Urinalysis (※Occult blood in urine)

Items with ※ mark are not the check up items provided by the state.

Medical fee for diabetes and renal failure is increasing.

Therefore Yokohama City National Health Insurance check them additionally to find diseases related to eating habits such as gouty arthritis early and also to prevent it to be serious.

● Examination items checked when the figures strikes the state basis and the doctor thinks it is needed

Aims of the Check-up	Examination Items
If there is anemia	Blood test (Red blood count, MCH,Hematocrit level)
Condition of heart function	Electrocardiograph
Condition of blood vessel (Arteriosclerosis)	Electrocardiograph

【For electrocardiograph】

1 For anemia examination

- Diagnosed as anemia in the past
- The doctor suspects as anemia by the check-up

2 For electrocardiograph

- When the systolic blood pressure is same or more than 140mmHg at the specific health check-up
- When the diastolic blood pressure is same or more than 90mmHg at the specific health check-up
- When arrhythmia is suspected by the inquiry of the specific health check-up

3 For funduscopy

- When the systolic blood pressure is same or more than 140mmHg at the specific health check-up
- When the diastolic blood pressure is same or more than 90mmHg at the specific health check-up
- Fasting blood sugar is same or more than 126mg/dl
- When blood sugar/hemoglobin A1c is same or more than 6.5%
- People whose blood sugar figure didn't strike the state basis this year, however it had struck last year