

# Health check-up Information

## Type

Please confirm your health checkup type.  
The districts on the reservation website differ by the health checkup type.

## Schedule

- ◆ Reservations are required for all dates. Please check the reservation system for detailed implementation times.
- ◆ Reservations for February-March implementation dates in Hongo and Komaba areas are scheduled to begin around December. Due to the small number of slots, please make sure to have your check-up by January as much as possible.
- ◆ Please make sure to check the Health Service Center website for any changes in the schedule before coming to the health check-up.
- ◆ If you are eligible for the Special Health Check-ups, please make a reservation on the Special Health Check-up dates from September to November.
- ◆ If you are required to have a dental examination, please make a reservation on the designated date.

| Area         | Date  | Special Health Check-up   |
|--------------|---|---|
| Hongo        | September 16-18, 24-26, 29-30<br>October 1, 22-24, 27-29, 31<br>November 4, 6-7, 10-11, 13-14, 26-28<br>December 1-4, 8-10<br>2026 January 14-16<br>February 16, 19-20, 27<br>March 5 | September 26 AM, 29<br>October 24 AM, 29 AM, 31<br>November 6 AM<br>Dental Examination :<br>September 29 AM<br>October 29 AM<br>November 6 AM |
| Komaba       | October 14-17, 20-21<br>November 19-21<br>2026 February 12<br>March 3   | October 16, 17<br>Dental Examination :<br>October 17  |
| Shirokanedai | November 17-18  |   |

If you need assistance at the health check-up venue (for example, if you are unable to go up and down the stairs on your own or have difficulty performing health check-ups in a group), please contact the Hongo Health Services Center in advance.

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