



360° Health Checkups in Tokyo

A step-by-step breakdown of preventative health screenings available for international guests, including how to prepare, pricing, and what to expect on test day.



Tokyo Adventist Hospital

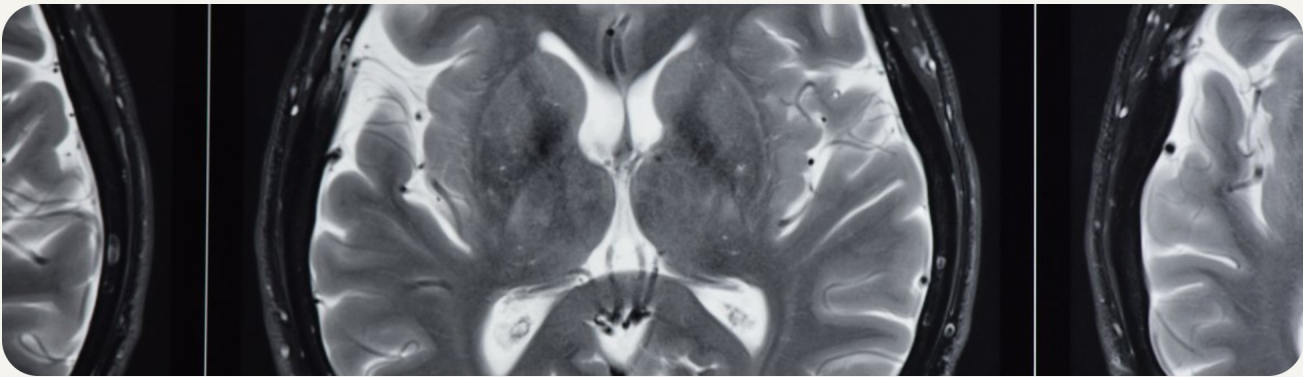
Established 1929

Joint Commission International

Accredited hospital

What's *inside*

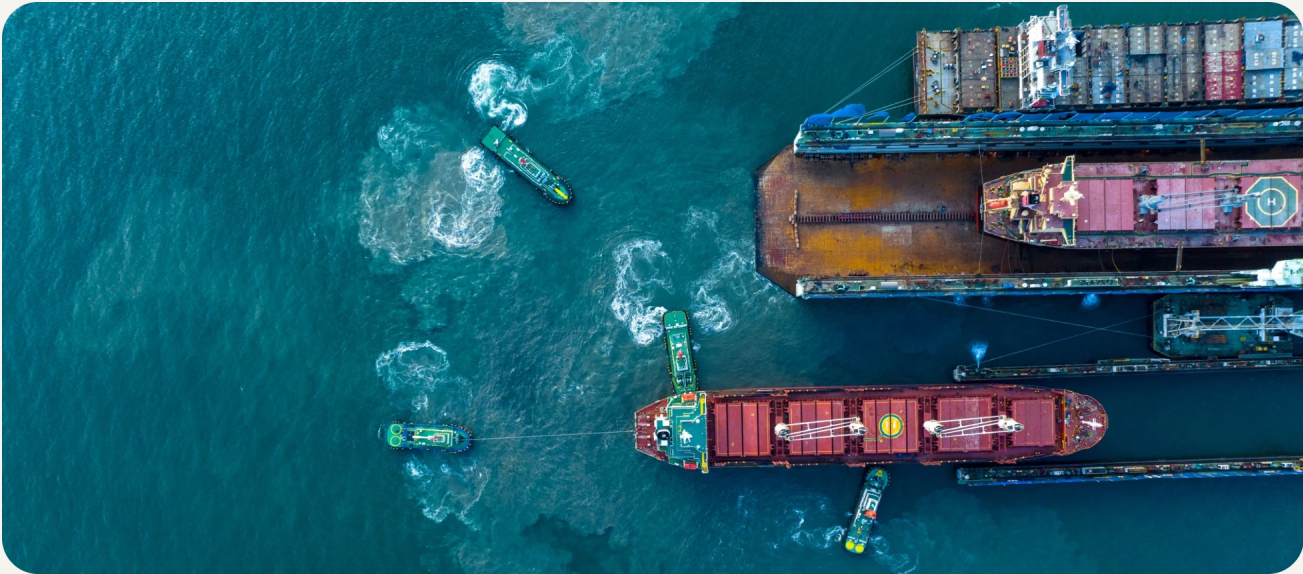
This guide takes about ten minutes to read, and answers the questions most guests ask before they book. If you have additional concerns or questions, please reach out to us on our website.



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Inspired by Japan's *Human Dock*

In Japan, it is common to have a thorough health examination even when you feel perfectly well. It is called a Human Dock, named after the dry dock where ships are regularly brought in for inspection to keep them safe at sea.



WHY IT BEGAN

1950s

Stroke, cancer and heart disease overtake tuberculosis as Japan's leading causes of death.

1954

To catch these silent "adult diseases" early, a Tokyo hospital offers a six-day, head-to-toe exam.

Today

Streamlined from days to a single morning, it is now a routine checkup for many adults across Japan.

We call it the *360° Health Checkup*

Our 360° Health Checkups adapt the Human Dock into an even more comprehensive exam, designed to screen not just for the conditions most common in Japan, but also for those more prevalent elsewhere in the world.



Enjoy a relaxed, unhurried environment at our facility

A global standard of care at Tokyo Adventist Hospital

While you are with us, rest assured that the care you receive is performed under strict international standards of patient safety.

JCI

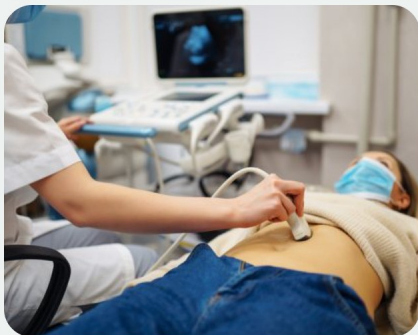
Accreditation renewed
by Joint Commission
International in June
of 2026

1929

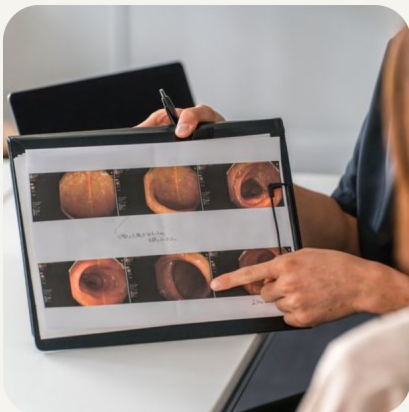
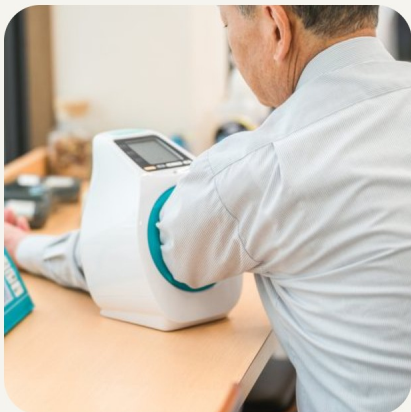
Nearly a century of
care started with just
12 staff, and has grown
to over 700

JSND

Accredited by the
Japan Society of
Ningen (Human) Dock



39+ *markers* of your health



Heart and circulation

Resting EKG, blood pressure, and on fuller courses, cardiac biomarkers and arterial stiffness.

Metabolism and blood

Lipids, blood glucose, HbA1c, thyroid function, and insulin resistance.

Liver, kidney and abdomen

Liver and kidney panels with an abdominal ultrasound of the major organs.

Lungs and breathing

Chest X-ray and spirometry, with the option of a low-dose lung CT for finer detail.

Digestive system

Gastrointestinal endoscopy on the Executive and Max packages, with colonoscopy on Max.

Body imaging

All packages include a chest X-ray, our Executive package adds a chest CT, and our Max tier adds a brain MRI.

Included with *all packages*

A light vegetarian meal after your testing (to break your fast), a same-day consultation with a physician, and a full written report delivered by email 2–3 weeks after your appointment.

See page 7 for the complete list of tests in each package.

Three packages, each designed with *you in mind*

PACKAGE	OVERVIEW	PRICE
Premium Baseline screening Approx. 3 hours	EKG, visceral fat CT, ultrasound, chest X-ray, blood tests, and more	¥114,400 (F) ¥122,100 (M)
Executive Baseline + in-depth Approx. 4 hours	Adds endoscopy, lung CT, tumor markers, women's screenings, and more	¥272,669 (F) ¥230,090 (M)
Max Base + in-depth + adv. 5 hrs. + colonoscopy	Adds a brain MRI, colonoscopy, bone density scan, and more	¥410,184 (F) ¥369,846 (M)



A note on *fees*

All fees are in Japanese yen and include tax. A package discount for Executive (5%) and Max (10%) is applied automatically. No deposit is required. Payment is made on the day by cash or card.

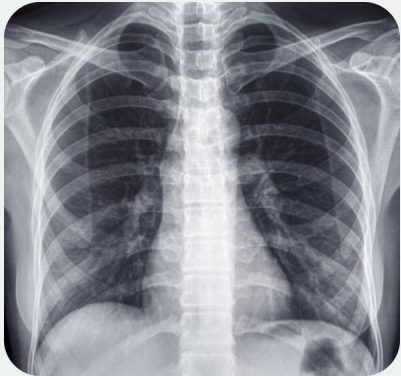
Comparing each *package*

EXAMINATION	PREMIUM	EXECUTIVE	MAX
MEASUREMENTS AND FUNCTION			
Height, weight, BMI and waist circumference	●	●	●
Blood pressure & heart rate	●	●	●
Visceral fat CT & body fat percentage	●	●	●
12-lead EKG	●	●	●
Spirometry (lung function)	●	●	●
Audiometry (hearing)	●	●	●
Vision, eye pressure and fundus photography	●	●	●
IMAGING AND PROCEDURES			
Chest X-ray	●	●	●
Abdominal ultrasound	●	●	●
Low-dose chest CT		●	●
Gastrointestinal endoscopy		●	●
Pulse wave velocity (arterial stiffness)		●	●
Brain MRI and MRA			●
Colonoscopy (with sedation)			●
Bone density			●
BLOOD AND URINE			
Complete blood count & blood type (ABO/Rh)	●	●	●
Lipid panel	●	●	●
Liver panel	●	●	●
Kidney panel with eGFR and uric acid	●	●	●
Fasting glucose and HbA1c	●	●	●
Thyroid panel (FT3, FT4, TSH)	●	●	●
Fasting insulin and HOMA-IR	●	●	●
Vitamin D	●	●	●
Amylase, LDH, CRP, and rheumatoid factor	●	●	●
Hepatitis B, C and syphilis serology	●	●	●
Urinalysis & salt intake estimate	●	●	●
NT-proBNP cardiac biomarker		●	●
Tumor markers (AFP, CEA, CA19-9)		●	●
Iron, B12, folate, ferritin and Lp(a)		●	●
Allergy panel (39 items)			●
Microalbuminuria			●
WOMEN'S SCREENINGS (WOMEN'S COURSES)			
Breast ultrasound		●	●
Mammography		●	●
Pelvic exam, pap smear, and HPV test		●	●
Estradiol		●	●
Transvaginal ultrasound		●	●
MEN'S SCREENINGS			
PSA	●	●	●
Free and total testosterone		●	●
CONSULTATIONS AND REPORTING			
Same-day physician consultation	●	●	●
Report with results and recommendation	●	●	●
Post-results follow-up online consultation			●

Full *personalization* to fit your needs

The following tests are a sample of those that can be added to the Premium or Executive Health Checkup when you reserve. *Please note that the Max package already includes all add-ons.*

Brain MRI and MRA Brain and blood vessels, without radiation	¥66,000
Colonoscopy Full colon imaging under sedation	¥66,000
Low-dose CT scan Detects small nodules in your lungs	¥17,600
Gastrointestinal endoscopy Esophagus, stomach and upper intestine	¥53,460
Allergy panel (39 items) Immune reactions to 39 common allergens	¥28,600
Tumor markers (AFP, CEA, CA19-9) Liver, colorectal and pancreatic screening	¥12,100
Bone density A low-radiation check for osteoporosis	¥4,400
Body composition Muscle, fat, bone and water by body part	¥1,540



Please see international.tokyo-eisei.com for the full list of add-ons



Screenings for *women's health*

Women's screenings are performed in private rooms exclusively by female doctors, nurses, and technicians to help you feel as comfortable as possible during your visit.

Breast ultrasound

Examines the condition of the mammary glands and milk ducts

Mammography

A view of the overall condition of the breasts

Pelvic exam

A careful manual examination by a female physician

Pap smear

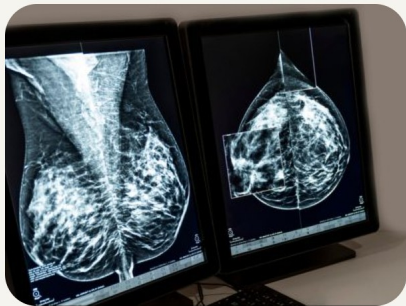
The standard screening to look for cervical cancer

Transvaginal ultrasound

Detects fibroids, ovarian cysts and changes in the uterine lining

HPV and estradiol

Screening for high-risk HPV and a check of your estrogen levels



How to prepare for a *visit*

A few simple steps in the days beforehand to ensure a smooth visit.

- ☐ Stop eating after 9:00 PM the night before
- ☐ Avoid alcohol for three days prior
- ☐ Drink water and take medication as usual
- ☐ Wear glasses, not contacts
- ☐ Complete any forms emailed to you (if appl.)
- ☐ Bring your passport or photo ID
- ☐ Be prepared to share your medication list



What to tell us *in advance*

A few circumstances change what we can safely carry out. If any apply to you, please mention them at reservation or contact us beforehand.

- ☒ Tell us if you are pregnant
- ☒ Tell us if you are breastfeeding
- ☒ Tell us if you take medication for diabetes
- ☒ Tell us if you are menstruating (contact us)
- ☒ Tell us if you feel unwell (contact us)





The Preventative Health Center

Schedule once you arrive

With the exception of the Max package, all exams are completed within a single morning. There are English-speaking staff on-site to make sure you have a smooth and comfortable experience.

- 

Arrival and check-in

After check-in, you will change into a soft examination gown for the morning.
- 

Your examinations

Testing order is determined on the day to ensure the morning flows smoothly.
- 

A light meal

Once all tests are complete, a light vegetarian meal will be served in our cafeteria.
- 

Same-day consultation

Before you leave, a physician sits down with you to talk through the preliminary findings.



From reservation to *results*

Have a trip to Japan scheduled for next summer?
Already in Tokyo and want to get in as soon as possible?
Either way, we will do our best to work with your schedule.

- 1

Reservation

Request a reservation on our website.
We recommend booking 21+ days out,
but last-minute bookings are accepted.
- 2

Preparation

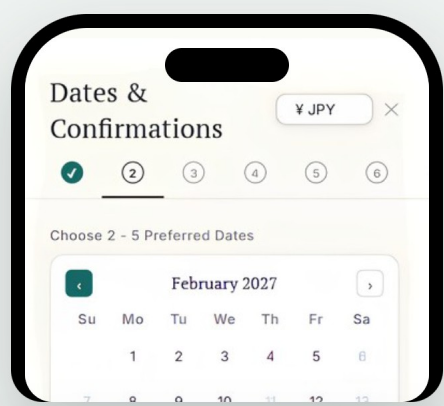
Fast from 9:00 PM the night before, set
alcohol aside for three days, bring your
passport, medication list and glasses.
- 3

Examination day

Your tests are completed within a single
morning, followed by a light meal and a
same-day review with a physician.
- 4

Your results

A full written report with results and
recommendations will be emailed to you
as a secure PDF.



Getting here, and a few *common* questions



By train

Take the Metro (15 min) or the Chuo Line (10 min) from Shinjuku Station to Ogikubo, then use the north exit.

By taxi

Tell the driver "Tokyo Adventist Hospital," or show them 東京衛生病院

By car

On-site parking is available for those who prefer to drive.

Is there English-speaking help?

Yes. As a Japanese-first hospital, we ask guests to be flexible as most technicians are not fluent in English, but rest assured we have fluent staff to help you throughout your visit.

Do I need to pay a deposit?

A deposit is not required. You will pay in full on the day of your visit with cash or card. If paying by card, please bring two in case one is declined.

What if something needs a closer look?

As a full-service hospital we can refer you to a specialist here, elsewhere in Tokyo, or with guidance on the right doctor to see at home.

We look forward to taking care of *you*

Book your 360° Health Checkup online by clicking below

Reserve your spot

WEBSITE

international.tokyoaisei.com

ADDRESS

17-3 Amanuma, Suginami-ku
Tokyo 167-8507, Japan

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Disclaimer - this document is for information only. This guide is not medical advice. Fees are in Japanese yen, include tax, and are subject to change. Though we try to keep this document up-to-date, please be aware that the prices listed on our website are the final prices.



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