



TECHNO SERVICE

MEDICAL CHECKUP

KENKO SHINDAN

The time for the
annual medical
check-up has
arrived.





It only takes 2 steps

01. Choose a hospital from
the list, call them and
book your checkup

open hospital list



02. After you booked your
checkup, inform us your
booking details

inform us here



Important Points



CHECK UP DEADLINE 2025/2/28

Period: November 1st - February 28h

Exams done after the deadline will not be accepted or paid.

CONTRACT WITH TECHNO SERVICE

The checkup must be carried out within the period of the employment contract.

Techno Service will not pay for exams outside the employment contract.



How old are you by April 1st, 2025?

The checkup course changes depending on your age

34 years old or younger



Houtei Kenshin

"Houtei Kenshin wo yoyaku shitai desu"

"I want to book the houtei kenshin"

35 years old or older



Ippan Kenshin

"Ippan Kenshin wo yoyaku shitai desu"

"I want to book the Ippan kenshin"

PAID BY TECHNO

Fuka Kenshin

40, 45, 50, 55, 60, 65 or 70 years old



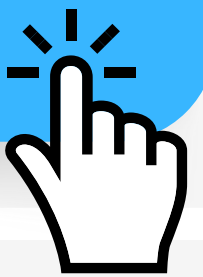
If you are one of the ages above,
you can do extra exams. however:
they cost extra: ¥10,000 ~ ¥30,000
you pay for the extra exams
they are not paid by Techno Service

If you dont want to do it,
just book a regular ippan exam paid by techno at no extra cost

How to book your checkup

First, choose a hospital from our list.

hospital list



Call the hospital to book your exam.

The sequence might change a bit but basically these are the key words you have to say



Kochira wa●●Byouin desu
This is ●●Hospital

**Value HR kara no Staff Service no
kenko shindan wo yoyaku shitai**

I want to book my medical checkup, from
Value HR for Staff Service Group



Book it as Staff Service Group, not as Techno Service
Staff Service is our group, the hospitals might not recognize
it as Techno Service.

At this point they are probably going to ask you details like,
is it the first time? and if yes, your information like your name,
and the date you want to book it.

●● gatsu●●nichi no ●●ji kibou

I want to book on●●month,
●●day,●●time of day

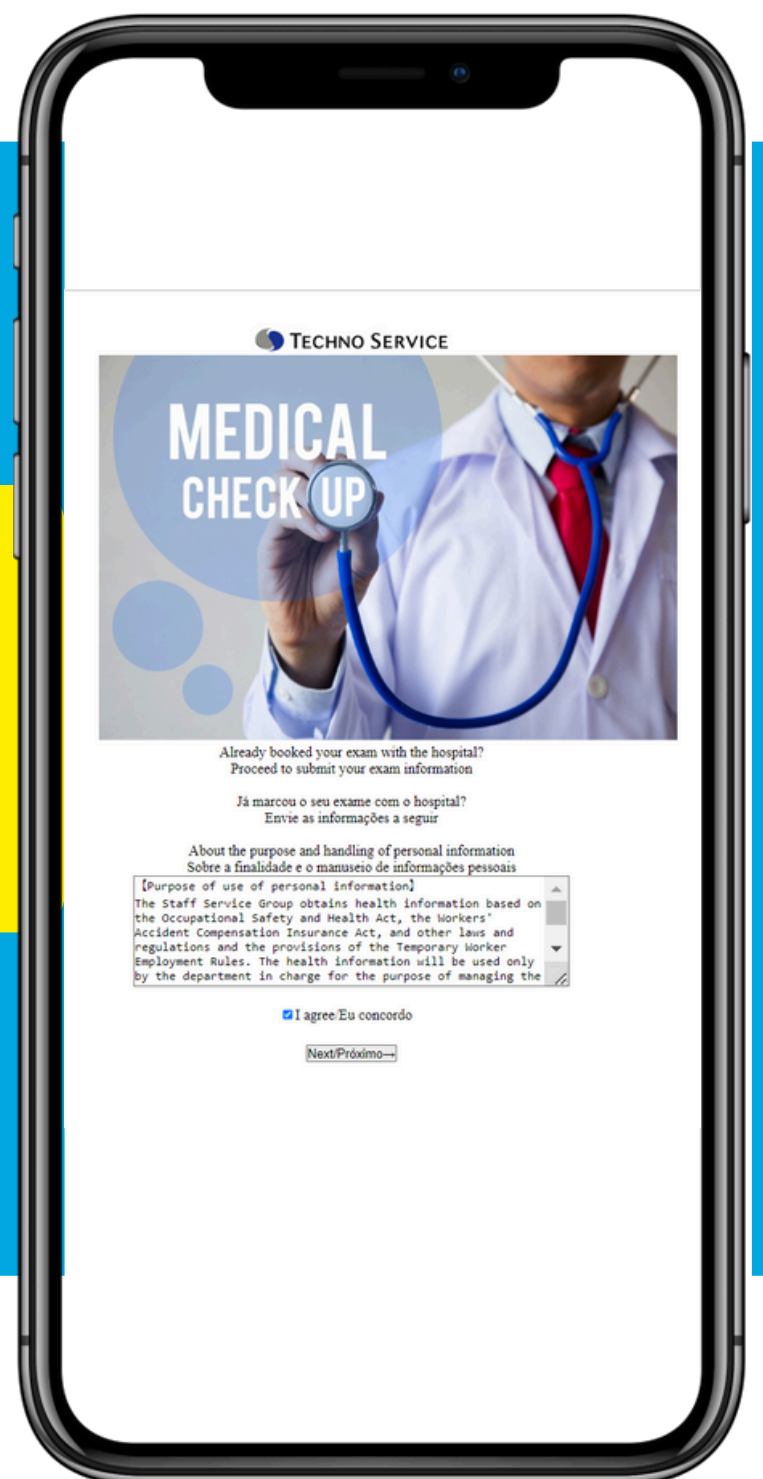


They will inquire you at some point about what course you
want to take, check the previous page for the course details

After Booking

You must inform us the details of your exam, on this link so we can process the payment for you.

Declare here→



Minimum deadline for declaration is 2 weeks before the booked exam date.

If you declare after the deadline or do not report to Techno Service, we will not be able to pay for your physical exam.

FAQ

Do I have to pay for the exams?

No, you won't have to pay, as long as you notify Techno Service within the deadline and take your hoken-sho on the day of the exam.

Is it mandatory?

No, the physical exam is not mandatory. However, for your well-being, we suggest that everyone take the exam.

Can I take a day off to take the exam?

Since it is optional, the hours used to take the exam will not be paid. However, you can request paid leave (Yukyu) to take the exam.

I need to change the date / cancel the exam

For any changes in the physical exam, call the hospital and then let us know what has changed at 0120-803-762.