Specific Health Examination "Questionnaire

Please fill in all the information in the bold frame below and send it together with a copy of your medical checkup results.

Please agree to the privacy policy on the reverse side and submit the results. Please fill in the name in the bold frame to indicate your consent.

insurance identification card symbol	insurance card number	Full Name		Date of Birth
Address* to which QUO Cards will be sent			Phone number (daytime contact)	Name of medical institution
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1 No you carrently using block appendencement predications? 1. Yos 2. No 2 Any our carrently using block appendencement predications? 1. Yos 2. No 4 Any our carrently using block appendencement predications? 1. Yos 2. No 4 Any our carrently using block appendencement predications? 1. Yos 2. No 4 Any our carrently using block appendencement predications? 1. Yos 2. No 5 Any our carrently out appendencement predications? 1. Yos 2. No 6 Any our carrently out appendencement for a stroke? 1. Yos 2. No 7 Hore you own been rold by a dotter that you have heart disease? 1. Yos 2. No 7 Hore you own been rold by a dotter that you have there is laten root. 1. Yos 2. No 8 Accurrent togular anoder? "Required Yees No 1. Yos 2. No 1. Yos 2. No 9 Accurrent togular anoder? The prior No 1. Yos 2. No 1. Yos 2. No 10 D agou walk for than babe of diag our ord of a last as an one-to ago daily life? 1. Yos 2. No 1. Yos 2. No		Questions	Answer
3 Are year currently using cholestored articlycende lowering medication? 1. Yei 2. No 4 Here you are has to by a doctor that you have heart disease/set, carebral infarction), or have you with a set you have heart disease? 1. Yei 2. No 5 Here you are host by a doctor that you have heart disease/set, angina, myccardial infarction), or have you with the choral disease? 1. Yei 2. No 6 Here you are host bid by a doctor that you have chronic kidney disease/kidney failure, or any you rencholing treatment for a table of disease? 1. Yei 2. No 7 Here you are host hold by a doctor that you have chronic kidney disease/kidney failure, or any you rencholing treatment? 1. Yei 2. No 8 Are you aren't disease? 1. Yei 2. No 1. Yei 2. No 8 Are you aren't disease in the you have chronic kidney disease./kidney failure, or any you rencholing treatment? 1. Yei 2. No 9 Here you aren't disease in the you have chronic kidney disease./kidney failure, or any your chronic disease in the your wave? 1. Yei 2. No 9 Here you aren't disease in the your wave? 1. Yei 2. No 10 Do you walk forter than poepie of your age and exer? 1. Yei 2. No 11 Do you walk forter than poepie of your age and exer? 1. Yei 2. No 12 Do you walk forter than p	1	Are you currently using blood pressure-lowering medications?	1. Yes 2. No
4 there you crucial beam failed by a doctor that you had a strate(e.g., cambral interction), or have you 1. Yes 2. No 6 Have you crucial table by a doctor that you have heard disease(e.g., anging, myocardial infarction), or have you ever a consider treatment for hear disease? 1. Yes 2. No 7 Have you crucial table a doctor that you have chumic kidney disease/kidney failure.or are you receiving treatment 1. Yes 2. No 8 Have you crucial regular moder 1 # perceiving 1. Yes 2. No 7 Have you crucial regular moder 1 # perceiving 1. Yes 2. No 8 # our a crucial regular moder 1 # perceiving 1. Yes 2. No 9 Have you work on the set moder 1 # perceiving a moder a general distribution of the set month. 1. Yes 2. No 9 Have you work on the set moder 1 # perceiving and the set month. 1. Yes 2. No 10 Davis work in head of doig reserving and set of a the set is months 1. Yes 2. No 11 Davis work in head of doig reserving and set? 1. Yes 2. No 12 Davis work in head of doig reserving and set? 1. Yes 2. No 13 When you cheav your food, which most accurately	2	Are you currently using blood sugar-lowering medications or insulin injections?	1. Yes 2. No
4 wor received treatment for a stroke? 1, Yes 2, No 5 Have you or been tidly by doctor that you have heart disease(e.g., angina, myocardial infarction), or have you ever meclead treatment for heart disease? 1, Yes 2, No 6 Rave you can been didgessed as semic? 1, Yes 2, No 7 Have you can been didgessed as semic? 1, Yes 2, No 8 "A current regular smoke?" "Required Yes No 1, Yes 2, No 9 Have you can been didgessed as semic? 1, Yes 2, No 10 Are you a current regular smoke? "Required Yes No 1, Yes 2, No 11 Day ou value for thema conditions? 1, Yes 2, No 12 No wails for thema problem is smoked in the last months 1, Yes 2, No 13 Ware you waik of theme conducts for a test of the set of	3	Are you currently using cholesterol or triglyceride lowering medications?	1. Yes 2. No
5 model 1. Yes 2. No 6 Have you werk best tidl by addicts that you have chronic kidney disease/kidney failure.or are you receiving treatment 1. Yes 2. No 7 Have you evert best diagnosed as accent? 1. Yes 2. No 7 Have you evert best diagnosed as accent? 1. Yes 2. No 8 A curser tigget smakets as person who has smoked for at least six months during the lifetime or has smoked more than 100 cigarettes in total and has smoked in the last month. 1. Yes 2. No 9 Have you a corrent trender smoken? 1. Yes 2. No 10 Mere you accent that 100 cigarettes in total and has smoked for at least six months during the lifetime or has smoked more than 100 cigarettes in total and has ended in the last month. 1. Yes 2. No 10 Mere you in the habt of diagree cites to exell lightly for oer 30 minutes a time, two times weakly, for over a you? 1. Yes 2. No 11 Do you walk faster than people of your age and sex? 1. Yes 2. No 12 Do you walk faster than people of your age and sex? 1. Yes 2. No 13 When you chow your food, which most accurately describes your chewing? 1. Yes 2. No 14 </td <td>4</td> <td></td> <td>1. Yes 2. No</td>	4		1. Yes 2. No
6 E.g., dialysishor these conditions? 1. Yes 2. No 7 Have you ever been diagnosed is a nemic? 1. Yes 2. No 8 * You carrier regular smoker 3 expression who has a moked for at least six months during the lifetime or has smoked for the last month. 1. Yes 2. No 9 Meve you gained more than 10kg since you were 20years old? 1. Yes 2. No 10 Ne you pained more than 10kg since you were 20years old? 1. Yes 2. No 110 Do you wake have equivalent physical activities of rat least one hour every day in your daily life? 1. Yes 2. No 12 Do you wake have equivalent physical activities of rat least one hour every day in your daily life? 1. Yes 2. No 12 Do you wake have equivalent physical activities of rat least one hour every day in your daily life? 1. Yes 2. No 13 When you chow your food, which most accurately describes your chewing? 1. Yes 2. No 1. Fear 2. Nomal 14 How frat do you evant compared with others? 1. Yes 2. No 1. Yes 2. No 15 Do you wake nearing most within two hours before bedfine three days or more a week? 1. Yes 2. No 15 Do you wake near on acke or sweet bowrages other than breakfast, lunch, and dinner? 1. Kenyday 2. So days weekly 16 Do you wake breakfast three days or more a week? <td>5</td> <td></td> <td>1. Yes 2. No</td>	5		1. Yes 2. No
8 Are you a current regular smoker? "Required Yes No 1. Yes: 2. No 8 A current regular smoker is a person who has smoked for at least six months during the lifetime or has smoked for the last month 3. Used to smoke.but have not smoked for the last month 9 Have you gained more than 10kg since you were 20years old? 1. Yes: 2. No 10 Do you waik or have equivalent physical activities for at least one hour every day in your daily life? 1. Yes: 2. No 11 Do you waik faster than people of your age and soc? 1. Yes: 2. No 12 Do you waik faster than people of your age and soc? 1. Yes: 2. No 13 When you cleavy food, which most accurately describes your chewing? 1. I can chew anything. 14 How fast do you eat compared with others? 1. Yes: 2. No 15 Do you waik pasted on sweek? entry the teeth, gums, or bite. 3. I can hardly chew. 16 How fast do you eat compared with others? 1. Yes: 2. No 17 Do you have an evening meal within two hours before bedtime three days or more a week? 1. Yes: 2. No 18 How fast do you eating and such shift, you had been drinking at least once a month, but you have not consumed alcohort or 1. Everyday: 2. Some-times 19 Do you waik breakdast three days or more a week? 1. Yes: 2. No	6		1. Yes 2. No
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10 Are you in the habit of doing exercise to sweet lightly for over 30 minutes a time, two times weekly, for over a year? 1. Yes 2. No 11 Do you walk or have equivalent physical activities for at least one hour every day in your daily life? 1. Yes 2. No 12 Do you walk faster than people of your age and sex? 1. Yes 2. No 13 When you chew your food, which most accurately describes your chewing? 1. Yes 2. No 14 How fast do you est compared with others? 1. Faster 2. Nomal 3. I can hardy othew. 15 Do you walk or sweet beverages other than breakfast, lunch, and dinner? 1. Faster 2. Nomal 3. Slower 16 Do you skip breakfast three days or more a week? 1. Everyday 2. Some-times 3. Annost never 17 Do you skip breakfast three days or more a week? 1. Everyday 2. So days weekly 3. 34 days weekly 18 row often do you drink(seke, shoch), beer, wine, whisky, or brandy, etc.)? 1. Everyday 2. So days month 6. Not more than od ay per month 19 Do you lave for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1 cup 2. Not more than 3. Gove 19 One cup (180m) of sake (15% alco	8	*A current regular smoker is a person who has smoked for at least six months during the lifetime or has smoked more	3. Used to smoke, but have not smoked
11 Do you walk or have equivalent physical activities for at least one hour every day in your daily life? 1. Yes 2. No 12 Do you walk faster than people of your age and sex? 1. Yes 2. No 13 When you chew your food, which most accurately describes your chewing? 1. I can chew anything. 14 How fast do you eat compared with others? 1. Faster 2. Normal 3. Slower 15 Do you have an evening meal within two hours before bedtime three days or more a week? 1. Fester 2. Normal 3. Slower 16 Do you have any snacks or sweet beverages other than breakfast, lunch, and dinner? 1. Fester 2. No 17 Do you skip breakfast three days or more a week? 1. Yes 2. No 18 Po you skip breakfast three days or more a week? 1. Yes 2. No 19 Do you us often do you dink(sake, shochu, beer, wine, whisky, or brandy, etc.)? 1. Yes 2. No 18 Prease select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for more than one year. 1. Set 4 days weekly 19 Prease select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for 5. So days weekly 1. Jet days monthly 10 Preve than one year. 1. Not more than one day per month 7. Quit drinking" 1. Wet more than 1 cup 10	9	Have you gained more than 10kg since you were 20years old?	1. Yes 2. No
12 Do you walk faster than people of your age and sex? 1. Yes 2, No 13 When you chew your food, which most accurately describes your chewing? 1. I can chew anything, 2. Sometimes 1 have difficulty chewing due to problems with the texth, gums, or bite, 3. I can hardly chew. 14 How fast do you eat compared with others? 1. Faster 2. Normal 3. Slower 15 Do you have an evening meal within two hours before bedtime three days or more a week? 1. Yes 2. No 16 Do you skip breakfast three days or more a week? 1. Yes 2. No 17 Do you skip breakfast three days or more a week? 1. Everyday 2. Some-times 3. Almost never 18 Do you drive any snacks or sweet beverages other than breakfast, lunch, and dinner? 1. Everyday 2. Some-times 3. Almost never 19 Do you skip breakfast three days or more a week? 1. Fester 2. No 11 Preses select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for more than one day per month 7. Quit drinking * 1. So on or (cannot) drink at all 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1.2 cups 3. Not more than 2.3 cups 4. Somethan 2.3 cups 4.	10	Are you in the habit of doing exercise to sweat lightly for over 30 minutes a time, two times weekly, for over a year?	1. Yes 2. No
13 When you chew your food, which most accurately describes your chewing? 1. I can chew anything. 13 When you chew your food, which most accurately describes your chewing? 2. Sometimes I have difficulty chewing due to problems with the teeth, gums, or bite. 14 How fast do you eat compared with others? 1. Faster 2. Normal 3. Slower 15 Do you have an evening meal within two hours before bedtime three days or more a week? 1. Yes 2. No 16 Do you skip breakfast three days or more a week? 1. Yes 2. No 17 Do you skip breakfast three days or more a week? 1. Yes 2. No 18 How often do you drink(sake, shochu, beer, wine, whisky, or brandy, etc.)? 1. Yes 2. No 19 Please select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol of provide than one day per month ?. Quit drinking if you had been drinking at least once a month, but you have not consumed alcohol of provide than one day per month ?. Quit drinking if you had been drinking if jepaneses prices (Si alcohol) # 5. 1.3 days monthly 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? # 500mi of canned cocktail of japanese spirits (Si alcohol) # 3. No more than 1.2 cups 3. Not more than 2.3 cups 4. Not more than 3.5 cups 5. More than	11	Do you walk or have equivalent physical activities for at least one hour every day in your daily life?	1. Yes 2. No
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15 Do you have an evening meal within two hours before bedtime three days or more a week? 1. Yes 2. No 16 Do you have any snacks or sweet beverages other than breakfast, lunch, and dinner? 1. Everyday 2. Some-times 17 Do you skip breakfast three days or more a week? 1. Yes 2. No 18 Iter and the state days or more a week? 1. Yes 2. No 18 Iter and the state days or more a week? 1. Yes 2. No 18 Iter and the state days or more a week? 1. Everyday 2. 5-6 days weekly 3. 3-4 days weekly 3. 3-4 days weekly 3. 3-4 days weekly 18 "Please select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for more than one day per month 7. Quit drinking 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1 cup 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1-2 cups 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 2-3 cups 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 3-5 cups	13	When you chew your food, which most accurately describes your chewing?	2. Sometimes I have difficulty chewing due to problems with the teeth, gums, or bite.
16 Do you have any snacks or sweet beverages other than breakfast, lunch, and dinner? 1. Everyday 2. Some-times 17 Do you skip breakfast three days or more a week? 1. Yes 2. No 18 How often do you drink(sake, shochu, beer, wine, whisky, or brandy, etc.)? 1. Everyday 2. 5-6 days weekly 18 "Please select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for more than one year. 1. Everyday 2. 5-6 days weekly 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1 cup 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1 cup 10 Do you equite refreshed when you wake up? 1. Not more than 2-3 cups 20 Do you equite refreshed when you wake up? 1. Yes 2. No 21 Do you want to improve your life habits of eating and exercising? 1. No.I'm not. 22 No you want to improve your life habits of eating and exercising? 1. No.I'm not. 23 Yes, soon (within about six months). Yes, soon (within about six months). 24 No you want to improve your life habits of eating and exercising? 1. No.I'm not. 25 I haw already working on it (for mor	14	How fast do you eat compared with others?	1. Faster 2. Normal 3. Slower
16 Do you have any snacks or sweet beverages other than breakfast, lunch, and dinner? 3. Almost never 17 Do you skip breakfast three days or more a week? 1. Yes 2, No 18 How often do you drink(sake, shochu, beer, wine, whisky, or brandy, etc.)? 3. 4 days weekly 18 "Please select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for more than one year. 5. 1-3 days monthly 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1 cup 10 Concup (180ml) of sake (15% alcohol) is nearly equivalent to the following:] 3. Not more than 1-2 cups 3. Not more than 2-3 cups 3. Not more than 5-cups 5. More than 5-cups 3. Not more than 5-cups 1. Yes 2, No 1. Yes 2, No 20 Do you fear fershed when you wake up? 1. Yes 2, No 1. Not more than 3-5 cups 21 Do you earl fershed when you wake up? 1. Not, '' not. 2. Yes (within about one months). 21 Do you want to improve your life habits of eating and exercising? 1. Not.'' not. 2. Yes (within about one months). 21 Do you want to improve your life habits of eating and exercising? 1. Not.'' not.'' not.'' (for more than six months). 1. I am already working	15	Do you have an evening meal within two hours before bedtime three days or more a week?	1. Yes 2. No
1 Everyday 2. 5-6 days weekly 3 -4 days weekly 3 -4 days weekly 4 -12 days weekly 4 -12 days weekly 5 -13 days monthly 6 Not more than one year. 7 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 19 [One cup (180m)) of sake (15% alcohol) is nearly equivalent to the following:] + 500ml of beer (5% alcohol) = 500ml of canned cocktail of japanese spirits (5% alcohol) + 500ml of canned cocktail of japanese spirits (5% alcohol) 20 Do you feel refreshed when you wake up? 21 Do you elel refreshed when you wake up? 21 Do you want to improve your life habits of eating and exercising? 21 Do you want to improve your life habits of eating and exercising?	16	Do you have any snacks or sweet beverages other than breakfast, lunch, and dinner?	
18 How often do you drink(sake, shochu, beer, wine, whisky, or brandy, etc.)? 3. 3-4 days weekly 18 *Please select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for more than one year. 5. 1-3 days monthly 19 Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume? 1. Not more than 1 cup 19 [One cup (180ml) of sake (15% alcohol) is nearly equivalent to the following:] ± 500ml of beer (5% alcohol) ± 500ml of canned cocktail of japanese spirits (5% alcohol) ± 180ml of wine (14% alcohol) ± 180ml of wine (14% alcohol) ± 100ml of wine (14% alcohol) ± 100ml of wine (14% alcohol) ± 5. More than 3-5 cups 5. More than 3-5 cups 20 Do you feel refreshed when you wake up? 1. Yes 2. No 1. No,I' m not. 21 Do you want to improve your life habits of eating and exercising? 1. No,I' m not. 2. Yes, soon (within about six months). 21 Do you want to improve your life habits of eating and exercising? 1. No,I' m not. 2. Yes, soon (within about six months). 21 Do you want to improve your life habits of eating and exercising? 1. I am already working on it (for more than six months). 32 I am already working on it (for more than six months). 1. Jea already working on it (for more than six months).	17	Do you skip breakfast three days or more a week?	1. Yes 2. No
19 [One cup (180ml) of sake (15% alcohol) is nearly equivalent to the following:] 1. Not more than 1 cup 19 [One cup (180ml) of sake (15% alcohol) = 500ml of canned cocktail of japanese spirits (5% alcohol) 2. Not more than 1-2 cups 3. Not more than 2-3 cups 4. Not more than 3-5 cups 5. More than 3-5 cups 20 Do you feel refreshed when you wake up? 1. Yes 2. No 21 Do you want to improve your life habits of eating and exercising? 1. No,l' m not. 2. Yes (within about six months). 21 Do you want to improve your life habits of eating and exercising? 1. I am already working on it (for less than six months).	18	*Please select "Quit drinking" if you had been drinking at least once a month, but you have not consumed alcohol for	 3. 3-4 days weekly 4. 1-2 days weekly 5. 1-3 days monthly 6. Not more than one day per month 7. Quit drinking
19 [Une cup (180ml) of sake (15% alcohol) is nearly equivalent to the following:] 3. Not more than 2-3 cups 4. Not more than 3-5 cups 5. More than 5 cups 5. More than 5 cups 5. More than 5 cups 20 Do you feel refreshed when you wake up? 1. Yes 21 Do you want to improve your life habits of eating and exercising? 1. No,I'm not. 21 Do you want to improve your life habits of eating and exercising? 1. I am already working on it (for less than six months). 5. I am already working on it (for more than six months). 5. I am already working on it (for more than six months).		Question for those who regularly drink alcohol. How much alcohol do you drink per day in sake equivalent volume?	1. Not more than 1 cup
21 Do you want to improve your life habits of eating and exercising? 1. No,I' m not. 21 Do you want to improve your life habits of eating and exercising? 3. Yes, soon (within about six months). 3. Yes, soon (within about one months), or I have just started it. 4. I am already working on it (for less than six months). 5. I am already working on it (for more than six months).	19	≒ 500ml of beer (5% alcohol) ≒ 500ml of canned cocktail of japanese spirits (5% alcohol) ≒ 350ml of canned cocktail of japanese spirits (7% alcohol) ≒ 180ml of wine (14% alcohol)	 Not more than 2-3 cups Not more than 3-5 cups
21 Do you want to improve your life habits of eating and exercising? 2. Yes (within about six months). 3. Yes, soon (within about one months), or I have just started it. 4. I am already working on it (for less than six months). 5. I am already working on it (for more than six months).	20	Do you feel refreshed when you wake up?	1. Yes 2. No
22 Have you ever received specific health guidance to improve your lifestyle? 1. Yes 2. No	21	Do you want to improve your life habits of eating and exercising?	 Yes (within about six months). Yes, soon (within about one months), or I have just started it. I am already working on it (for less than six months). I am already working on it
	22	Have you ever received specific health guidance to improve your lifestyle?	1. Yes 2. No

[Health Checkup (Incl. Specific Checkup) and Handling of Personal Information for Health Guidance] [Voluntary Continuation] and [Dependent]

- Name and personal information protection supervisor Name : Bosch Health Insurance Society Personal information protection supervisor : Manager Place : 2-5-5, Yakyu-cho, Higashimatsuyama-shi, Saitama
- 2. Purpose for using personal information

The collected information is used for implementing specific health guidance through "Information Service", "Motivation Support", and "Positive Support", etc. as metabolic syndrome measures.

3. Provision of personal information to the third party

This society will not provide the third party with the personal information consigned by those who have a health checkup excluding the followings.

- When it is agreed with those who have a health checkup,
- When it is stipulated in the law or the ordinance,
- When it is difficult to get the approval of the person, although the provision is necessary to protect the human life, body or property,
- When it is difficult to get the approval of the person, although the provision is specially necessary to improve the
 public health or to promote the healthy nurturing of children,
- When it is necessary to cooperate with any of the governmental organizations, the local public organizations, or the agents assigned with the jobs, which perform the statutory operation. However, when getting the consent of the person himself/herself may affect the implementation of the clerical duties concerned.
- 4. Entrustment of personal information to the external contractors We consign the collected personal information to Wemex Corporation and Octawell Inc. and Kenkohokenkumiairengokai saitamarengokai to ensure the proper security control of the personal information.
- 5. Contact, asking for confirmation and inquiring those who have a health checkup (incl. specific checkup) of details According to the collected personal information, we may contact those who had a health checkup to give inform or to inquire about the details, if necessary in pursuance of the service.
- Where to contact for requiring personal information disclosure, etc. and inquiries
 It is possible to require the notice about the purpose of using personal information, disclosure, correction, addition, deletion, and halt of provision of personal information to the third party.

 For the further questions on these requirements, please contact the following information desk.
- 7. The arbitrariness of providing personal information

It is arbitrary to provide personal information. However, in case this personal information is not provided, there may be possibility that we cannot perform your health control properly and that we cannot provide you with proper health guidance. You can withdraw the application or can make correction to the application, etc. separately even after you provided us with the consent.

Please contact the following information desk, if you wish further explanation or confirmation about this matter.

[Information Desk] Bosch Health Insurance Society, Administration Office Address: 〒355-0028 2-5-5, Yakyu-cho, Hihgashimatsuyama-shi, Saitama Phone: 0949-22-0890, FAX: 0493-23-7466 E-mail: bosch-kenpo@bosch-kenpo.or.jp