Important: Deadline for Eligibility for This Fiscal Year's Health Checkups for Dependent Family Members

NOTICE | OCTOBER 8, 2026

To All Insured Employees and Their Dependent Family Members

We would like to inform you of the eligibility requirements for health checkups for dependent family members for the current fiscal year.

At a Glance

Health checkup eligibility	Dependents certified on or before **October 1, 2026**
Age requirement	Spouses: any age / Other dependents: age 30 or older
What to do now	Watch for an email or postcard from late October. Book your appointment **as soon as possible** and **avoid cancellations**.
If certified on or after October 2	Contact the Health Insurance Society directly if you want a checkup this fiscal year.
Pep Up points option	Submit eligible outside checkup results by **April 30, 2027** to receive **1,000 Pep Up points** for the insured employee.

1. Eligibility for Health Checkups Subsidized by the Health Insurance Society

As in previous years, health checkups subsidized by the Health Insurance Society for fiscal year 2026 are available to individuals who were certified as dependents (family members) under our Health Insurance Society on or before **October 1, 2026**.

Why is October 1 the cutoff date for dependent certification?

Eligible family members will receive an email or postcard beginning in late October. Near the fiscal year-end, medical institutions have very limited appointment availability.

The October 1 cutoff gives eligible individuals enough time to receive the notice, schedule an appointment, and complete the checkup. Thank you for your understanding.

■ **Eligible Individuals:** Those certified as dependents on or before **October 1, 2026**

- Spouses: No age restrictions.
- Other dependent family members: Must be age 30 or older.

The Health Insurance Society will send notifications to eligible individuals by email or postcard, beginning in late October.

■ **Ineligible Individuals:** Those certified as dependents on or after **October 2, 2026**

If your family member was certified as a dependent on or after **October 2** and wishes to receive a health checkup during the current fiscal year, please contact the Health Insurance Society directly.

To All Employees: Please Encourage Your Family Members to Get Their Health Checkups and Help Prevent Cancellations

Please encourage your eligible family members to receive their health checkups.

- If you have not yet made an appointment, please book one as soon as possible!
- If you are eligible and have not booked an appointment, contact a medical institution as soon as possible.
- Please avoid canceling or rescheduling appointments.

Appointment slots are limited. After canceling, it may be very difficult to find another appointment with the same date, time, or location. Please attend as scheduled whenever possible.

Important Notes

Eligibility does not guarantee an appointment. Medical institutions may already be fully booked, depending on the location and time of year.

The Health Insurance Society **cannot reserve appointments or make individual arrangements** with medical institutions. Please book as early as possible.

2. For Those Who Submit Health Checkup Results from Their Part-Time Employer or Local Municipality: Receive 1,000 Pep Up Points

If you cannot receive a checkup through the Health Insurance Society, the insured employee can still receive **1,000 Pep Up points**. Complete a regular checkup through a part-time or temporary employer, or a specific health checkup offered by your local municipality, and submit the results to the Health Insurance Society.

- Eligible Individuals: Dependent spouses of any age, as well as dependent family members aged 30 or older and voluntarily continued insured members. Eligibility is based on age as of March 31, 2027.
- Eligible Health Checkups: Health checkups completed during fiscal year 2026 (April 1, 2026, through March 31, 2027) that include the required items for a specific health checkup, such as height, weight, waist circumference, blood pressure, lipid levels, blood glucose, liver function, and urinalysis.
- Requirements for Receiving Points:
- The insured employee must be registered with the health and wellness portal, Pep Up.
- The health checkup results and medical questionnaire must be submitted to the Health Insurance Society using the designated procedure.
- Submission Deadline: Must be received by April 30, 2027.

Related Links and Instructions

Initial Pep Up Registration and Login

You must register in advance to use Pep Up. Because of master data registration, advance registration becomes available two months after joining the Health Insurance Society.

https://www.ygkenpo.jp/member/health/pepup.html *Japanese Only

How to Submit Health Checkup Results

Health checkups for Voluntarily and Continuously Insured Persons and dependents | Health activities | YG Health Insurance Society