

University of Michigan Health System
Japanese Physical Exam (Ningen Dock) Package

* The age recommendation is for reference only. We recommend choosing a package based on personal risk factors and company guidelines.

* We are not responsible for submitting package fees to the patient's health insurance company.

* Package fees must be paid directly to the Japanese Family Health program. Date 03/18/2010

Package	A	B	C	D	E	F
Age Recommendation	up to 12	12+	up to 30	up to 40	over 40 years old	
General Physical Exam	x	x	x	x	x	x
Weight/Height	x	x	x	x	x	x
BP/Pulse/Temp/Resp	x	x	x	x	x	x
Lifestyle Review	x	x	x	x	x	x
History	x	x	x	x	x	x
Immunization Review	x	x	x	x	x	x
Vision	x	x	x	x	x	x
Audiometry	x	x	x	x	x	x
Testicle Exam (Male only)			x	x	x	x
Prostate Exam (Male only)					x	x
Breast Exam (Female only)			x	x	x	x
Pelvic exam (Female only)			x	x	x	x
Ancillary Tests						
Urinalysis	x	x	x	x	x	x
Blood Count	x	x	x	x	x	x
Electrolytes			x	x	x	x
Glucose	x	x	x	x	x	x
Liver function			x	x	x	x
GGTP				x	x	x
Creatinine, BUN	x	x	x	x	x	x
Glycosylated Hemoglobin				x	x	x
Total Cholesterol	x	x	x	x	x	x
Triglyceride	x	x	x	x	x	x
Lipid profile	x	x	x	x	x	x
TSH			x	x	x	x
Uric acid				x	x	x
Amylase					x	x
Serum Iron/TIBC						x
Hepatitis B Antigen			x	x	x	x
Hepatitis C Antibody			x	x	x	x
VDRL (Syphilis)			x	x	x	x
Rheumatoid factor					x	x
C-Reactive Protein					x	x
H.pylori				x	x	x
CEA						x
Stool Hemoccult					x	x
EKG		x	x	x	x	x
PSA (Male only)						x
Pap smear (Female only)			x	x	x	x
Physician Summary Report (Japanese)	x	x	x	x	x	x
Result Consultation	x	x	x	x	x	x
Physician Health Recommendation	x	x	x	x	x	x
	A	B	C	D	E	F
For Male	\$350	\$500	\$625	\$800	\$900	\$1,300
For Female	\$350	\$500	\$725	\$900	\$1,000	\$1,400

ADD Chest X-ray		BX	CX	DX	EX	FX
For Male		\$600	\$725	\$900	\$1,000	\$1,400
For Female		\$600	\$825	\$1,000	\$1,100	\$1,500

Additional Services

The following tests are not included in our packages.

These tests may be recommended based on the clinical history and patient's risk factors. In such case, the bills will be submitted to patients' health insurance carrier.

Due to variation in insurance coverage, it is possible for insurance to deny coverage.

If a patient requests any of the following tests, and there is not a billable diagnosis, the fee will be billed directly to the patient who will be responsible for payment.

UGI X-ray
Colon Barium Enema
Gastroscopy
Colonoscopy
Ultrasound
Mammogram
Stress EKG
Blood type (ABO & RH)
etc.

Guidelines

Mammogram

We recommend being tested every one to two years starting at age 40.

Gastric cancer screening by endoscopy or UGI

In addition to yearly H pylori testing, we recommend being tested every one to two years for 40 years and older.

Rectal, Prostate Exam

These tests may be recommended based on the clinical history and patient's risk factors.