

# 건강검진 프로그램 안내

‘행복을 지키는 작은 실천,  
국민건강보험이 함께 합니다’

## 심뇌혈관질환 예방관리를 위한 9대 수칙

- 1 담배는 반드시 끊습니다.
- 2 술은 하루에 한두 잔 이하로 줄입니다.
- 3 음식은 싱겁게 골고루 먹고, 채소와 생선을 충분히 섭취합니다.
- 4 가능한 한 매일 30분 이상 적절한 운동을 합니다.
- 5 적정 체중과 허리둘레를 유지합니다.
- 6 스트레스를 줄이고 즐거운 마음으로 생활합니다.
- 7 정기적으로 혈압, 혈당, 콜레스테롤을 측정합니다.
- 8 고혈압, 당뇨병, 고지혈증을 꾸준히 치료합니다.
- 9 뇌졸중, 심근경색증의 응급 증상을 숙지하고 발생 시 즉시 병원에 갑니다.

출처 : 보건복지부



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수화언어 문진표 및 건강검진 안내

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# The guidance of health screening program

The National Health Insurance Service (NHIS) provides medical care assistance to its recipients and health insurance to its subscribers through health checkups. The purpose of a health checkup is disease prevention or early detection to prevent its further advancement, and appropriate measures can be taken to maintain good health.



## The general health screening

The general health screening aims for the prevention and early detection of cardiovascular and cerebrovascular disease, such as hypertension and diabetes. The screening targets individuals above 20 years old and it shall be conducted once every 2 years. However, there are no age limits for those who are local members with a householder and working members and it shall be conducted once every year for those who are working members with nonoffice work experience.



## An oral checkup

An oral checkup is conducted for the early detection of oral diseases, such as dental caries, periodontal diseases, and so on, for the subjects of the general health checkup.



## The cancer screening

The cancer screening focuses on the six major cancers that have high occurrence rates that can be detected early through simple methods and are treatable. The cancer screening types and subjects include stomach and breast cancer for individuals over 40, colon cancer for individuals over 50, cervical cancer for females over 20, liver cancer for individuals over 40 with high risk, and lung cancer for individuals from 54 to 74 who smoked a pack a day for over 30 years. The screening intervals are once every two years for stomach, breast, cervical and lung cancer; once a year for colon cancer and twice a year for liver cancer.



## The infant health screenings

The infant health screenings include the required examinations for normal healthy growth, including growth and development assessments and infant care consultations reflecting health education. The qualifying candidates may obtain up to 10 screenings, for children under 6 years old at 4, 9, 18, 30, 42, 54, and 66 months of age, including a dental exam.



## The cost of health screening

- ▶ The costs of general health screenings and the infants' health screening shall be borne fully by the corporation. Therefore, no extra cost shall be borne by the examinee during the examination.
- ▶ Regarding the cancer screening, 90% of the screening cost shall be borne by the corporation and the remaining 10% shall be borne by the examinee. However, regarding the cervical cancer and colon cancer screening, it shall be borne fully by the corporation.
- ▶ Regarding the screening cost of the national cancer screening subject (write on the screening table to the standard of insurance premium), it shall be borne by the country for 10% of the cost of burden for the examinee, so no cost shall be borne by the examinee.



## The procedure of health screening

### Check health screening subject

Check the screening event and screening item by the screening confirmation dispatched (residence or working place) to the screening subject from the corporation.

### Appointment and visiting the health screening agency

You can schedule a health screening test in ANY AUTHORIZED hospital regardless of the area you are residing in. Please bring your ID and Medical Checkup Card on your appointment.

### Notification of the screening result

The screening result shall be mailed to the contact information of the examinee by the screening agency in the place where the screening took place, and a confirmation checkup shall be conducted on those suspected with disease based on the general health checkup results.



## Precautions during the health screening

- ▶ You have to fast after 9:00 p.m. on the day before the health screening
  - Should undergo fasting for at least 8 hours.
  - The screening result may not be accurate if subject is not in a fasting state.
- ▶ Please avoid screening during menstruation (about 2-3 days before and after menstruation).
- ▶ The health screening can be received only with fixed numbers and in case of receiving in excess of the numbers, the screening cost shall be returned.

