

October 29, 2026

To All Members of the JERA Health Insurance Society

JERA Health Insurance Society

[Advance Notice] Regarding Health Checkup Appointments for Fiscal Year 2027

Thank you for your continued understanding and cooperation with the health promotion programs of the JERA Health Insurance Society.

JERA Health Insurance is currently renewing its contracts with medical institutions in preparation for the FY2027 health checkup programs, including comprehensive medical examinations (Ningen Dock). Detailed information for members is scheduled to be announced around the end of January 2027. While we ask for your patience until the full details are available, some medical institutions will begin accepting reservations in November 2026. We are therefore providing the following preliminary information.

If you wish to make an early reservation, please review the information below and contact the medical institution directly by telephone.

Details

1. Eligible Participants

Insured persons and dependents who are eligible members of JERA Health Insurance, including voluntarily and continuously insured persons and their dependents.

2. Examination Period

April 1, 2027 (Thursday) to March 31, 2028 (Friday)

Note: If an insured person intends to use the results of a comprehensive medical examination (Ningen Dock) in place of a company health examination, please confirm the health examination period announced by the relevant company.

(Reference: Health examination period for JERA Co., Inc. employees [insured persons only])

April 1, 2027 (Thursday) to July 31, 2027 (Saturday)

For inquiries regarding company health examinations: Labor and Health Unit, HR Services Department, HR Division, JERA Co., Inc. (eisei-rep@jera.co.jp)

3. Reservation Start Dates, Examination Items, and Member Cost Sharing

Please refer to the list of medical institutions posted on the JERA Health Insurance website under “My Page Login” > “Health Checkup Reservations” > “Medical Institutions and Examination Items List.” The list will be updated as needed.

4. Changes from FY2026

· Information on Sedation for Gastrointestinal Endoscopy

Starting in FY2027, the medical institution list includes the results of our confirmation regarding the availability and cost of sedation for gastrointestinal endoscopy at each contracted medical institution. Please refer to this information when making your reservation. (Note: Sedation costs must be paid entirely by the member.)

5. **Important Notes When Making a Reservation**

- The examination fees shown in the medical institution list are based on FY2026 rates. Please note that these fees are subject to change.
- Reservation start dates vary by medical institution. Please check the medical institution list before making a reservation.
- When making a reservation, be sure to state that it is for an FY2027 health checkup.
- If a medical institution advises that there is no contract or asks which organization holds the contract, please explain that the contract is arranged through Value HR Co., Ltd., JERA Health Insurance's contract administration provider.

6. **Registration of Reservation Details on the Health Checkup Reservation Website**

After making a reservation, you must register the reservation details on the Health Checkup Reservation Website available through the JERA Health Insurance website. **Registration on the website is expected to become available around mid-February 2027. Until then, please keep a written record of your reservation details so that you do not forget them.** Detailed registration instructions are scheduled to be announced separately around the end of January 2027.

7. **Inquiries**

Please contact us using the inquiry form on the JERA Health Insurance website.

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