

Fiscal Year 2022

Guide to the Minato City National Health Insurance Microalbumin Urine Test

In order to protect the health of Minato City residents throughout their lives, Minato City conducts microalbuminuria examinations. The microalbumin urine test is an important test that can check the health of your kidneys and detect diseases such as diabetic nephropathy at an early stage. We encourage you to undergo this test.

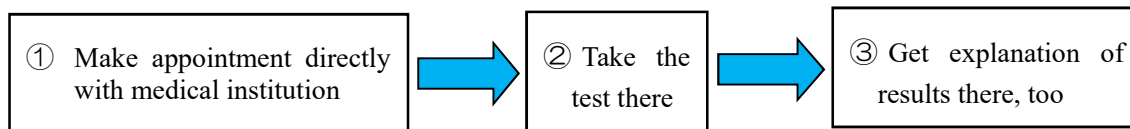
Testing Period

From July 1, 2022 to November 30, 2022

Who is eligible	<ul style="list-style-type: none"> • Those who underwent the Minato City Specific Health Checkup in fiscal year 2021, and have a blood glucose test HbA1c level of 6.5% or higher AND urine protein of “minus” (-) or “plus or minus” (±). • Those who are enrolled in Minato City National Health Insurance as of April 1, 2022, <u>and will remain enrolled on the date of examination.</u>
Examination procedure	Medical interview, urine test

●How to get the test

- ① From the list of designated medical institutions shown from page20, choose one and apply directly to that medical institution.
- ② Bring your Minato City “Microalbumin Urine Test Ticket” and your health insurance card to the examination.
* It is recommended that you take the examination together with the 2022 Specific Health Checkup.
- ③ Please receive an explanation of the results directly from the doctor at the medical institution where you took the test.



Notice on the Handling of Personal Information

1. Please note that the results of the microalbumin urine test will be saved by Minato City and used for its health services as necessary.
2. Please note that the results of the microalbumin urine test and the results of the survey of the testing process will be anonymized and used for surveys and research conducted by Minato City and the Minato-ku Medical Association.

Microalbumin Urine Test Q&A

Q. What is the “microalbumin urine test”?

A. As kidney function weakens, more blood protein that cannot be filtered out by the kidneys shows up in the urine. This test detects the protein albumin in the urine to check whether or not kidney function is declining.

Q. In the past, I have taken urine tests as part of specific health checkups. How is this one different?

A. Through a more sensitive examination process than the urine test in the Specific Health Checkup, this urine test can detect very small amounts of protein. Therefore, it can detect a decline in kidney function at an earlier stage, and can lead to early treatment.

Q. Who is eligible for this test?

A. You must have had an HbA1c level of 6.5% or higher and urinary protein of "minus" (-) or "plus or minus" (±) in the 2021 Minato City Specific Health Checkup.

*If you are taking medication for diabetes, etc., you are not eligible for the test.

Q. Does being eligible for this test mean that I already have diabetes?

A. No, it does not mean that you have been diagnosed with diabetes.

Q. What should I do if I am diagnosed with microalbuminuria through this test?

A. The amount of albumin that shows up in your urine may vary depending on various factors. First, consult with the doctor at the medical institution where you underwent the test.

Q. Can I take this test together with the Specific Health Checkup?

A. When you make an appointment at a medical institution, please check if you can also take the Specific Health Checkup. If so, you can take the test together with the Specific Health Checkup if you bring the Specific Health Checkup ticket that we send to you separately. We recommend that you take this test together with your 2022 Specific Health Checkup.

«For inquiries, call»

Health Service Subsection, Health Promotion Section, Minato Public Health Center at
03 (6400) 0083