

## Health Examination Report—Normal range &amp; Result—

## ★Interview・Physical examination

Result	Classification	Guidance
Normal	Within normal range or no findings.	
Observation	Identify an abnormality but further testing is unnecessary.	Slightly abnormal data. Please follow up the data.
Required continued medical care	Under medical treatment or follow-up.	Recommend a routine visit to see a doctor.
Recommend to visit the center	Require a further testing	Please visit the center.

## ★Result of Chest X-Ray

Result	Classification	Guidance
Normal	Within normal range or no findings.	
Observation	Identify an abnormality but further testing is unnecessary.	Please be sure to receive chest X-Ray examination next year. We will make the comparative reading.
Required continued medical care	Under medical treatment or follow-up.	Recommend a routine visit to see a doctor.
Recommend to visit the center	Require a further testing	Please visit the center.

## ★Electrocardiograph

Result	Classification	Guidance
Normal	Within normal range or no findings.	
Observation	Identify an abnormality but further testing is unnecessary	Slightly abnormal data. Please follow up the data.
Required continued medical care	Under medical treatment or follow-up.	Recommend a routine visit to see a doctor.
Recommend to visit the center	Require a further testing.	Please visit the center.

## ★BMI

Result	Classification	Guidance
Normal	Normal weight(20 ~ 23)	
Observation	Low weight(16 ~ 19) Obesity(24 ~ 30)	Low weight will decrease your physical strength. Please be aware of the obesity.
Recommend to visit the center	Low weight(~15)、 Obesity(31~)	Please visit the center.

## ★Blood Pressure

Result	Classification	Guidance
Normal	Systolic BP less than 130 and/or Diastolic BP less than 80.	
Observation	Systolic BP less than 140 and/or Diastolic BP less than 90.	Slightly abnormal data. Please follow up the data and review the lifestyle.
Re-testing required	Systolic BP more than 140 and/or diastolic BP more than 90	Please visit the center.

## ★Urine Analysis

Result	Classification	Guidance
Normal	Protein(-), Glucose(-) Occult Blood(-), Urobilinogen(NORMAL)	
Observation	Protein(±), Occult Blood(±・1+), Urobilinogen(1+)	Slightly abnormal data. Please follow up the data.

Re-testing required	Protein(1+~), Glucose(±~) Occult Blood(2+~), Urobilinogen(2+~)	Please visit the center. (Collect a morning urine sample in an enclosed holder on the day of visiting the center).
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★Hearing(audiometer)

Findings	Classification	Guidance
Normal	Normal hearing.	
Impaired	Hearing is falling.	Please follow up. If you have a symptom please visit a medical institution.

★Conversational hearing test

Findings	Classification	Guidance
Normal	Normal hearing.	
Observation	Hearing is falling.	Please follow up. If you have a symptom please visit a medical institution.

★Blood analysis

Result	Classification	Guidance
Normal	Within normal range or no findings.	
Observation	Identify an abnormality but further testing is unnecessary	Slightly abnormal data. Please follow up the data and review the lifestyle.
Recommend to visit the center	Require a further testing	Please visit a medical institution.

Contents	Unit	Normal	Observation		Recommend to visit the center	
			M	F	M	F
WBC	/μl	M 3900~9800	M 9801~12000	F 9101~12000	M 12001~	F 12001~
WBC		F 3500~9100	M 2000~3899	F 2000~3499	M 0~1999	F 0~1999
RBC	×10 <sup>4</sup> /μl	M 427~570	M 571~600	F 501~550	M 601~	F 551~
RBC		F 376~500	M 400~426	F 350~375	M 0~399	F 0~349
Hb	g/dl	M 13.5~17.6	M 17.7~18.0	F 15.3~16.0	M 18.1~	F 16.1~
Hb		F 11.3~15.2	M 13.0~13.4	F 10.0~11.2	M 0~12.9	F 0~9.9
Ht	%	M 39.8~51.8	M 51.9~57.5	F 45.0~50.0	M 57.6~	F 50.1~
Ht		F 33.4~44.9	M 31.0~39.7	F 30.0~33.3	M 0~30.9	F 0~29.9
Plt	×10 <sup>4</sup> /μl	M 13.1~36.2	M 36.3~40.0	F 37.0~40.0	M 40.1~	F 40.1~
Plt		F 13.0~36.9	M 10.0~13.0	F 10.0~12.9	M 0~9.9	F 0~9.9
AST(GOT)	U/l	MF 0~38	MF 39~60		MF 61~	
ALT(GPT)	U/l	MF 0~43	MF 44~60		MF 61~	
γGTP	U/l	M 0~86 F 0~48	M 87~	F 49~	MF101~	
ALP※1	U/l	MF 38~113	MF ~37、114~			
UA	mg/dl	MF 2.1~7.0	MF 7.1~8.9		MF 9.0~	
UA					MF 0~2.0	
HDL cholesterol	mg/dl	MF 40~	MF ~39			
LDL cholesterol	mg/dl	MF 60~139	MF ~59、140~160		MF 161~	
TG	mg/dl	MF 30~149	MF ~29、150~299		MF 300~	
Arteriosclerotic index		MF 0~4.0	MF 4.1~			
HbA1c	%	MF 0~5.5	MF 5.6~6.4		MF 6.5~	

※1Regarding the measured value of ALP, the measurement method was changed from April 1, 2020, and it is about 1/3 of the previous value