



*The Humanic Science Abstract*

2022.12

**Vol.3 No.1**

**THE HUMANIC SCIENCE ABSTRACT**  
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*KIYOKAWA Takuma*

**[SHORT NOTE]**

# Investigation into the Relationship Between the Number of Days from Health Check-up to Scheduling Specific Health Guidance and Program Continuity

KIYOKAWA Takuma<sup>1</sup>**< Abstract >**

This study explored the link between the time from health check-ups to specific health guidance scheduling and program continuity in individuals affiliated with our facilities from 2008 to 2019. Among 920 cases, 221 completed as planned (average 90.74 days), while 221 ended prematurely (average 80.91 days). Premature terminations were more common within 30 days or over 180 days. Early, voluntary post-checkup exam commitment is vital for continuity.

Key words: Health Check-up Health Guidance

## 1 Introduction

This study aimed to investigate the relationship between the number of days required from the date of health check-up to scheduling specific health guidance with our association and the continuity of the specific health guidance program. The study focused on individuals affiliated with our facilities and their experiences from fiscal year 2008 to 2019.

## 2 Research Method

### 2.1 Research Participants

The study included individuals who scheduled and underwent health check-ups and specific health guidance at facilities affiliated with our association from fiscal year 2008 to 2019.

### 2.2 Method

Using information gathered during health check-ups and specific health guidance sessions, we analyzed the dates when appointments for health check-ups and specific health guidance were made at our association's facilities. Microsoft's spreadsheet software, Excel, was employed for this analysis.

### 2.3 Ethical Considerations

This study underwent ethical scrutiny and obtained approval from our facility to ensure it met ethical standards. Data storage was conducted in secured cabinets within our facility. The use of data was clearly specified in written documents distributed during health check-ups and the initial implementation of specific health

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(Day)			Regular end		Ended midway	
			(case)	(%)	(case)	(%)
~	30	113	12.3	56	25.3	
31	~ 60	163	17.7	43	19.5	
61	~ 90	198	21.5	51	23.1	
91	~ 120	253	27.5	29	13.1	
121	~ 150	91	9.9	8	3.6	
151	~ 180	40	4.3	3	1.4	
181	~	62	6.7	31	14.0	
total			920	100	221	100

**Figure 1 The time elapsed between health checkups and the reservation for specific health guidance, and the continuity of specific health guidance.**

guidance, and this information was verbally communicated to the participants.

### 3 Results

Out of 920 cases, 221 cases were completed as planned, while 221 cases were prematurely terminated. On average, individuals who completed the program as intended took 90.74 days from the health check-up to scheduling specific health guidance, while those who terminated prematurely took 80.91 days. When examining cases within a 30-day timeframe, individuals who completed the program as intended had the highest count in the 91 to 120-day category, whereas among those who terminated prematurely, the majority fell within 30 days or less. For durations exceeding 180 days, there was a higher proportion of premature terminations compared to those who completed the program as intended. (Figure 1)

month from the health checkup to the delivery of results. Individuals who schedule appointments with a duration of less than 30 days are included in the same-day examination group, irrespective of their personal preferences. Consequently, it is presumed that the proportion of premature terminations is higher among this group. Additionally, when examinations are conducted more than 180 days after the initial booking, it is likely due to recommendations from their companies or other entities, leading to similar outcomes. It is suggested that an early and voluntary commitment by the individuals to undergo the examination shortly after the health checkup is an essential factor for continuity.

[Reception : 15, Nov, 2022]

[Accept : 2, Dec, 2022]

### 4 Discussion

In our association, it takes approximately one

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Title	: The Humanic Science Abstract Vol.3 No.1	誌名	: The Humanic Science Abstract 第3巻第1号
Edit	: Biofunctional Finding Organization, NPO (BFO)	編集	: NPO 法人生体機能探査推進機構 (BFO)
Date	: 19, December, 2022	発行	: 令和4年12月19日
Issuing Authority	: Biofunctional Finding Organization, NPO (BFO)	発行所	: NPO 法人生体機能探査推進機構 (BFO)
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Cover Design : KIYOKAWA Takuma