

## What is a person with an underlying medical condition?

People with underlying medical conditions are defined as those who meet any of the following criteria.

1. People with the following illnesses or conditions who receive outpatient or inpatient care

- Chronic respiratory disease
- Chronic heart disease (including hypertension)
- Chronic kidney disease
- Chronic liver disease (liver cirrhosis, etc.)
- Diabetes being treated with insulin or medication,
- or diabetes associated with other diseases
- Blood diseases (excluding iron deficiency anemia)
- Diseases that impair the functioning of the immune system (including malignant tumors under treatment)
- Receiving treatment that depresses the immune system, including steroids
- Neurological and neuromuscular diseases associated with immune abnormalities
- Decreased body functions due to neurological or neuromuscular diseases (including breathing disorders)
- Chromosomal abnormality
- Severe mental and physical disabilities (severe physical disabilities and severe intellectual disabilities)
- Sleep apnea syndrome
- Severe mental illness (hospitalized for treatment of mental illness, holding a mental disability certificate or falling under the category of “severe and continuous” in self-supporting medical care (psychiatric hospital care)) or intellectual disabilities (holding a rehabilitation certificate)

2. Obese individuals who meet the criteria (BMI of 30 or higher)

BMI = Body weight (kg) ÷ height (m) ÷ height (m)

\*Guideline for BMI of 30: height of 170cm and weight of 87kg, height of 160cm and weight of 77kg

## A list of facilities for the elderly

- Long term care facility
- Residential nursing care services
- Facility operated by the elderly welfare act
- Home operated by the elderly housing act
- Shelter operated by the Public Assistance Act
- Support facility for the people with disabilities operated by the Comprehensive Support Act for the People with Disabilities
- Other facilities operated by other social welfare acts
- In-home services / Visiting nursing services