

Supplementary Table 1. Summary of the national health examination program in South Korea

National health examination	
Act	Framework Act on Health Examinations (Act No. 15870, Dec. 11, 2018) ¹
Aim	All nationals are guaranteed to ensure the enjoyment of a healthy and human life through early detection and treatment of threats to health and diseases by means of national health examinations.
Costs for health examinations	The entire costs for the examinations are covered by the NHIS or government, except cancer screening for which the examinee pays 10% of the costs (but uterine and colorectal cancer are fully covered by the NHIS or government).
General health examination	
Common examination items	<ol style="list-style-type: none"> 1. Physical checkup, consultation, height, weight, waist size, BMI, eyesight test, hearing test, blood pressure 2. AST, ALT, r-GTP 3. Fasting blood sugar 4. Protein in urine, serum creatinine, hemoglobin, e-GFR 5. Chest X-ray 6. Dental examination (age over 20 years, every 2 years in office-workers and every year in non-office workers)
Examination item by gender and age	<ol style="list-style-type: none"> 1. Dyslipidemia (total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides) (male: age over 24 years, female: age over 40 years; every 4 years) 2. Test for hepatitis B (age over 40 years, excluding carrier or immune) 3. Dental plaque inspection (age over 40 years) 4. Osteoporosis (age of 54 · 66 years in women) 5. Mental health inspection depression (age of 40 · 50 · 60 · 70 years) 6. Evaluation on lifestyle (age of 40 · 50 · 60 · 70 years) 7. Physical function inspection for senior population (age of 66 · 70 · 80 years) 8. Cognitive function disorder inspection (every 2 years, age over 66 years)
Cancer screening program	
Stomach cancer	UGI or gastrointestinal endoscopy (biopsy) (every 2 years, age over 40 years)
Breast cancer	Mammography (every 2 years, age over 40 years in women)
Colorectal cancer	(1st test) Fecal occult blood test (FOBT) (2nd test) Colonoscopy (biopsy) or double contrast barium enema (every 1 year, age over 50 years)
Liver cancer	Abdominal ultrasonography + AFP (every 6 months, age over 40 years & with high-risk group)
Uterine cervical cancer	Pap smear (every 2 years, age over 20 years in women)
Lung cancer	Low dose lung CT scan (every 2 years, age 54–74 years & with high-risk group)

Ref. National Health Insurance Service website (<https://www.nhis.or.kr/nhis/policy/wbhada19700m01.do>); National Cancer Center website (https://ncc.re.kr/main.ncc?uri=english/sub04_ControlPrograms03).

NHIS, National Health Insurance Service; BMI, body mass index; AST, aspartate transaminase; ALT, alanine transaminase; GTP, glutamyl transpeptidase; e-GFR, estimated glomerular filtration rate; HDL, high density lipoprotein; LDL, low density lipoprotein; UGI, upper gastro-intestiniography; AFP, alpha-fetoprotein; CT, computed tomography.