

# Iwate Health Services Guidebook

*for foreign residents*

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As a rule, municipal governments and Public Health Centers will use Japanese only. If you are not proficient in Japanese, please bring someone along who can provide the necessary linguistic assistance.

# 1 *Municipal Health Services*

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## (1) Childrearing and Mother-Child Health

### **Pregnancy**

If you become pregnant, please fill out the pregnancy registration form at your local municipal government office or Public Health Center. You will receive a Maternal and Child Health Handbook (*Boshi Kenkō Techō*) and be eligible for health consultations and guidance. (It is recommended that, before registering, you consult a doctor or midwife to confirm your pregnancy and ascertain the number of weeks it has progressed.)

The Maternal and Child Health Handbook serves as a record of the pregnancy itself, birth, immunizations, and child maturation. Additionally, as it is your passport to governmental services including health checkups, please carry it with you at all times.

Local governments and hospitals regularly hold seminars and workshops providing guidance on pregnancy, birth, and postnatal issues for both parents. We urge you to participate actively.

### **Birth**

If you choose to give birth in a hospital in Japan, expect a hospitalization of five to seven days. Please be aware that a normal birth does not qualify for health insurance coverage (see below). Thus, you will need to pay for birth-related expenses on your own. Expect to be billed over ¥200,000 for a typical hospital birth.

However, there is a one-time, lump-sum refund of ¥350,000 available upon application (see below). Please contact your local government office or employer for more details.

Delivery by Caesarian section, which usually requires a hospitalization of two weeks, is covered by health insurance, as are other abnormal births.

### **Childrearing**

In an effort to assure children's healthy maturation, the following health checkups, childrearing counseling, and immunizations are being made available. Contact municipal health centers for details.

### **Childrearing Support**

Support services and subsidies include the infant medical expenses subsidy, child allowance, childrearing allowance, special childrearing allowance, disabled child allowance, and physically disabled persons' certificate.

Service	Description
Maternal and Child Health Handbook	( <i>Boshi Kenkō Techō</i> ) Child health and growth record from birth to school entrance, including prenatal health, infant checkup results, and immunizations. Please receive this Handbook early in your pregnancy (see above.)
Parenting Workshops	Guidance for peace of mind during pregnancy, including explanations of pregnancy stages, the birth process, bathing babies, the paternal role.
Maternal Health Checkup	Maternal health management, including pregnancy progress monitoring, pregnancy toxemia prevention, and fetal health monitoring. Performed at obstetrics and gynecology (OB/GYN) clinics.
Infant Health Checkup	Newborn, 18-month, and three-year checkups available. (Additional testing may be performed in your municipality.) Checkups include growth charting, internal medicine checkup, dental checkup, childrearing counseling. Infant physicals also available from pediatricians. (You will receive a registration card.)
Regular Immunizations	Immunizations help assure child health. Local governments perform vaccines for BCG (Bacillus Calmette-Guérin), polio, measles, rubella (German measles), Japanese encephalitis, and a triple vaccine for whooping cough (pertussis), diphtheria, and tetanus (lockjaw). Voluntary immunizations like influenza, chicken pox, and mumps vaccinations are available through a pediatrician but not covered by insurance.
Mother-Child Health and Childrearing Counseling	Counseling on topics including maternal health, child growth, and childrearing.
Infant Medical Expenses Subsidy	Subsidizes infant medical examinations.
Other	Includes child allowance, childrearing allowance, special childrearing allowance, disabled child allowance, physically disabled persons' certificate, rehabilitation certificate

## (2) Adult Health

### Health Management

Foreign nationals who have completed Alien Registration may receive the same health management services as Japanese citizens.

- Municipalities provide an array of health management services to residents, some at low cost and some free. Contact your municipal health center if you are interested. Check local government newsletters for examination times and dates.
- ☆ Health management examinations are not covered by insurance, as they are not predicated on the treatment of a disorder. You will be required to pay in full for physical examinations performed at a hospital or similar medical institution.
- Employers are required to provide regular medical examinations for their full-time and nearly full-time employees.

Service	Description
Tuberculosis (TB) Testing	Thoracic (chest) X-rays are taken to aid early detection of TB infection.
Health Handbook	Provided upon request to examinees or those requiring long-term care to aid in the prevention of lifestyle-related diseases (chronic diseases; <i>maladie de comportement</i> ). Record examination results, etc.
Health Counseling	Includes counseling on physical and emotional health, and lifestyle-related diseases.
Dental Health	Includes adult dental examinations and dental health programs for persons receiving at-home nursing care, independent disabled medical support (psychiatric visits), psychiatric health and welfare certificate application procedures and disability welfare services.
Mental Health Services	Counseling for sufferers of insomnia, constant aggravation, or related problems of emotional origin. Topics may include: procedures for acquisition of the Certificate for Health and Welfare of the Person with a Mental Disorder or for outpatient subsidies, residential living support efforts, and social reintegration facilities.
Pulmonary (Lung) Cancer Testing	Sputum (expectoration) examinations and thoracic (chest) X-rays aid early detection of pulmonary (lung) cancer and related disorders.
Gastric (Stomach) Cancer Testing	Barium-swallow X-rays (GI series) are performed to detect gastric (stomach) cancer, ulcers, and other gastrointestinal (GI) disorders.
Uterine Cancer Testing	Examinations are performed for the early detection of gynecological disorders. Examinations may including internal gynecological exams and cytodiagnosis (microscopic cell diagnosis).
Breast Cancer Testing	Visual inspection, palpation (tactile examination) mammography examinations (breast mass x-ray) are performed to assist early detection of breast cancer (mastocarcinoma.)
Colon Cancer Testing	Occult blood testing of feces is performed to aid early detection of colonic cancer.
Health Guidance	In addition to health guidance, exercise guidance, gynecological examinations, and osteoporosis examinations are available.

\* Your municipality may not offer all of the above services. Check with your local government office.

## 2 *Public Health Center Services*

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### (1) Health Counseling

Service	Description
Mental Health Counseling	Counseling for sufferers of insomnia, constant aggravation, or related problems of emotional origins. Medical specialists are available.
AIDS Counseling, HIV Testing	AIDS counseling and HIV testing is performed on an anonymous basis. However, test results cannot be mailed or given over the phone; you must come to the health center to receive them.
Genital Chlamydia Antibody Test	Antibody test Counseling is available regarding the genital Chlamydia infection.
Hepatitis Counseling, Testing	Counseling and Testing is available regarding hepatitis B and hepatitis C.
Bone Marrow Donor Registration Counseling	Counseling for persons interested in becoming bone marrow donors.
Intractable Disease Counseling	Counseling on intractable diseases is always available.
Nutritional Counseling	Dietary counseling and guidance, including prevention of lifestyle-related diseases.
Female Health Support Center	Centers provide consultation as needed in cases of pregnancy, birth and menopause and other female-specific physical and mental trouble.
Infectious Disease and Tuberculosis (TB) Counseling	Counseling on infectious diseases including tuberculosis (TB).
Adolescent/Adolescence Counseling	Counseling on both the physical and emotional aspects of adolescence and puberty.

\* Times, dates, and counseling topics vary by health center.

\* Above services are free as a rule.

### (2) Medical Benefits Systems

Service	Description
Medical Aid for (Potentially) Disabled Children	Medical aid for children with a physical disability or illness recognized as causing future disability.
Medical Aid for Specific, Chronic Children's Diseases	Assists in payment of great long-term cost incurred by pediatric cancer and chronic heart disorders.
Medical Aid for Premature Infants	Aid to support appropriate medical treatment to prevent physical or mental disability resulting from premature babies' underdeveloped birth.
Medical Aid for Specific, Chronic Diseases	Assists in payment of great cost incurred by specified intractable diseases whose treatment is extremely difficult.

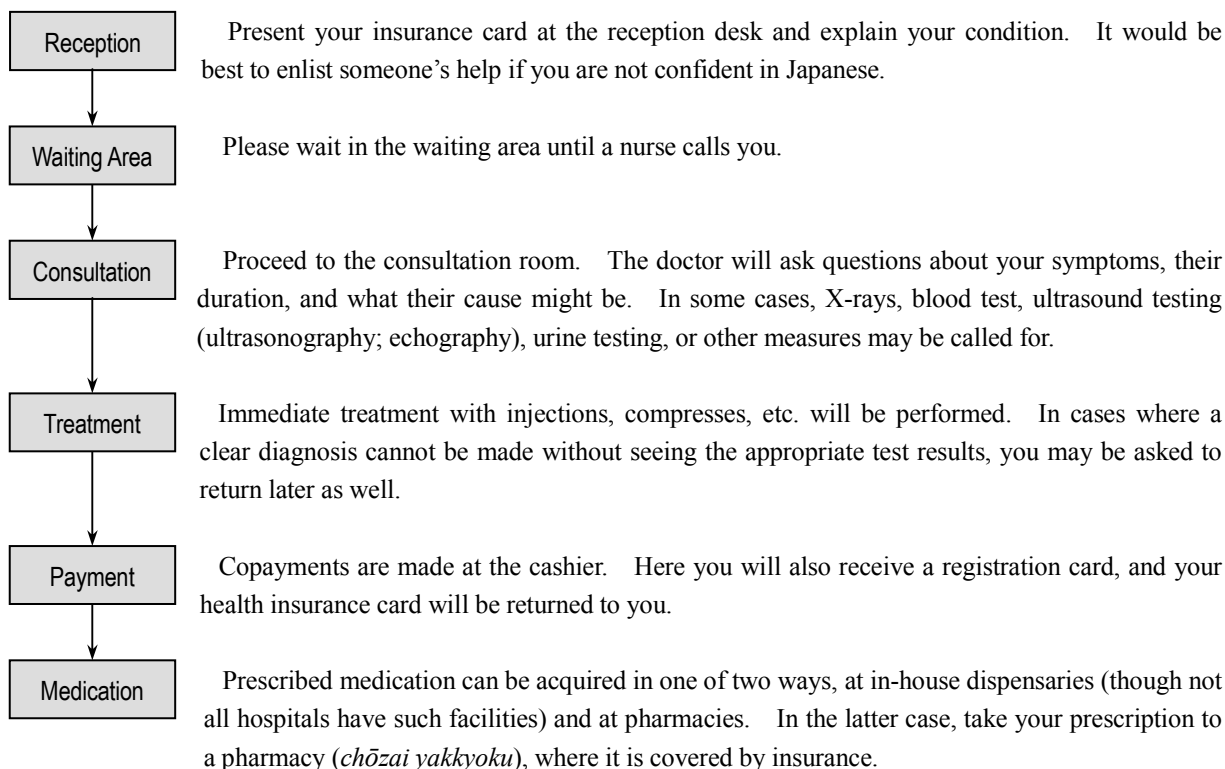
\*Application may be made at the Health Center application desk.

## 3 In Case of Illness

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### (1) Getting Treatment

Reception is carried out on a day-by-day basis, and consultations performed in the order of reception. In other words, “first come, first served.” Consultation times vary; many clinics perform consultations both in the morning and afternoon, while many hospitals only consult in the morning. As a rule, consultations are not performed on Sundays and holidays. Other restrictions may apply, so please call ahead to confirm.



### (2) Emergency Medical Services

**Dial 119** (Fire Department or Station) for an ambulance. Ambulances are dispatched free of charge in case of emergencies like serious, sudden illness or severe injury.

### (3) Nights, Weekends, and Holidays

Emergency medical care is available from doctors on-call nights and holidays, or from designated night and holiday emergency medical centers. On-call doctors are listed in newspapers, municipal newsletters, and a list (Japanese only) is also available at the Iwate Prefectural homepage below.

#### ■ Designated night and holiday emergency medical centers

Morioka Night Emergency Med Ctr (Internal, Pediatric) ... 2-29 *Sakanachō*, *Morioka* TEL019-654-1080 ... *Daily* 19:00-23:00  
Isawa-Esashi Area Holiday Med Ctr (Internal, External) ... 21-1 *Taga*, *Mizusawa* TEL0197-25-3935 ... *Wknd, Holiday* 10:00-16:00

[Multilingual Medical Forms] provided by Kanagawa International Foundation  
<http://www.k-i-a.or.jp/medical/index.html>

[Iwate Medical Information Network] <http://www.med-info.pref.iwate.jp>

[Iwate International Association] <http://iwate-ia.or.jp/>

[AMDA International Medical Information Center] <http://homepage3.nifty.com/amdack/>

## 4 *Health Insurance in Japan*

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There are two kinds of health insurance in Japan, social (health) insurance and national insurance. Full or nearly full-time employees and their families are eligible for social insurance, all other residents of Japan are eligible for national insurance. Anyone residing in Japan for more than one year must apply for one of these public insurances.

**Insured persons pay 30% of their medical expenses; uninsured persons pay the full amount.**

### (1) National Health Insurance (*Kokuho*)

#### ○ **Eligibility**

Participation in National Health Insurance is mandatory for foreign nationals who have completed alien registration and intend to stay in Japan for one year or more, and will not participate in social insurance. The requirement begins the day of alien registration.

Enrolment is with your municipality, so if you move you must re-register at your new place of residence. You are eligible to enroll even if your time in Japan is over an established limit, even if time has passed since your alien registration. However, in such cases you will be required to pay your premium retroactively up to two years.

Should you apply you will be issued a National Health Insurance card. Please bring it with you to the hospital without fail (see below).

#### ○ **Co-payments**

Persons enrolled in the National Health Insurance scheme (primary insured parties) are responsible for 30% of medical expenses for themselves and their families. The remainder is paid by the municipality of residence.

If you should forget your insurance card, do not panic. Explain the situation. You will be asked to pay the entire cost up front, but will be eligible for a partial refund if you bring your card at a later date.

#### ○ **Payment of Premiums**

Premiums are calculated primarily on the basis of the previous year's income, and are paid to the municipality from which you receive a bill. Premiums are fixed annually regardless of the frequency with which you require medical attention.

Premiums may be decreased or waived if you are deemed unable to pay. Please inquire with your municipal government about criteria and procedures.

#### ○ **Withdrawal**

Conduct the prescribed procedures for your municipality. Withdrawal reasons include leaving Japan, moving to a different municipality within Japan, enrolment in social insurance (see below) or the death of an enrollee.

#### ○ **Other Insurance Benefits**

Refunds are available if medical costs exceed a certain figure. Do not lose your medical receipts.

A one-time, lump sum payment of ¥350,000 per child (or more in some municipalities) is available to upon the birth of a child (see above).

#### ○ **Expenses Covered Neither by National nor by Social Insurance**

Physical checkups, immunizations, cosmetic plastic surgery, normal births, orthodontics, and abortions or contraceptive surgery performed for non-medical reasons.

## (2) Social Health Insurance (*Shaho*)

### ○ Eligibility

Full or nearly full-time company employees and their families are enrolled in the Social Health Insurance scheme. Family is defined as the parents, grandparents, spouse, children, grandchildren, younger siblings, and others up to and including tertiary relatives who are dependents of the primary insured party.

### ○ Copayments

Persons enrolled in the Social Health Insurance scheme (primary insured parties) are responsible for 30% of medical expenses for themselves and their families at the time of their consultation or treatment. The remainder is paid by your insurance(s).

### ○ Premiums

Premiums are calculated on the basis of the previous year's remuneration (salary, etc). Premiums are fixed regardless of the number of dependents, and are withheld from salary and bonuses.

### ○ Other Insurance Benefits

#### ▪ Sickness and Injury Allowance

An allowance equivalent to 60% of remuneration (as calculated on the basis of a standard day) is available for all workdays missed beginning on the fourth day of sickness or illness and continuing up to one year and six months in cases where the primary insured is prevented from working by injury or illness and salary is withheld for the same period.

#### ▪ Lump-Sum Birth (and Childrearing) Allowance

A ¥420,000 one-time, lump-sum grant to the primary insured or spouse thereof in case of normal birth.

#### ▪ Maternity Allowance

Full remuneration (as calculated on the basis of a standard day) is provided for all workdays missed beginning 42 days prior to delivery or due date (whichever comes first) and continuing up to 56 days after delivery. In the case of multiple fetation (pregnancy with multiple fetuses), the allowance commencement date is 98 days prior to delivery or due date.

### ■ For more information, contact one of the following Social Insurance Offices ■

Office	Address	Tel
Morioka	17-13 Matsuochō	019-623-6211
Hanamaki	8-8 Zaimokuchō	0198-23-3351
Ichinoseki	8-23 Godaichō	0191-23-4246
Miyako	1-7-12 Ōta	0193-62-1963
Ninohe	18-16 Kawamata, Fukuoka	0195-23-4111



## 5 Where to Go, Who to Contact

### (1) Municipal Health Centers

Organization	Municipality	Name	Address	Tel	
Morioka City Public Health Center	Morioka	Morioka Public Health Center	3-29 Shinmeichō	019-603-8301	
Ken'ō Public Health Center	Shizukuishi	Shizukuishi Health Center	74-19 Mandawatari	019-692-2227	
	Kuzumaki	Kuzumaki Health Center	16-1-1 Kuzumaki	0195-66-2111	
	Iwate (Town)	Iwate Town Health Center	9-48-1 Itsukaishi	0195-62-2111	
	Hachimantai	Matsuo Health Center	9-47-1 Noda	0195-76-2111	
		Ashiro Health Center	70 Kamasuda	0195-72-2111	
	Takizawa	Takizawa Health Promotion Division	55 Naka-Ukai, Ukai	019-684-2111	
Central Public Health Center	Hanamaki	Shiwa Health Center	85-1 Higashi Ura, Hizume	019-672-4522	
		Yahaba QOL Promotion Division	14-78 Minami Yahaba	019-611-2825	
	Tōno	Tōno <i>Kenkō no Sato</i>	4-1 Yagenbuchi, Shiraiwa, Matsuzakichō	0198-62-5111	
	Kitakami	Kitakami Health Management Center	1-1 Yoshichō	0197-64-2111	
		Kitakami-Ezuriko Health Mgmt Center	17-201-2 Kamiezuriko	0197-64-2111	
	Nisiwaga	Kitakami-Waga Health Mgmt Center	6-146 Naganuma, Waga	0197-73-5202	
		Nisiwaga Health and Welfare Division	2-81-1 Ōta	0197-85-3412	
Ōshu Public Health Center	Ōshu	Ōshu-Mizusawa Health Center	3-2, Ōtemachi Mizusawa	0197-23-4511	
		Ōshu-Esashi Health Center	4-11-3 Nishiōdōri, Esashi	0197-35-2111	
		Ōshu-Maesawa Comprehensive Health Mgmt Center	180-1 Azatateishi, Maesawa	0197-41-3501	
		Ōshu-Koromogawa Health and Welfare Center	53-1 Furudo, Koromogawa	0197-52-3800	
	Kanegasaki	Kanegasaki Health and Medical Center	98 Nishine-Yarimizu	0197-44-4560	
Ichinoseki Public Health Center Daitō Branch	Ichinoseki	Ichinoseki Health Center	1-46 Jōnai	0191-21-2160	
		Hanaizumi Health and Welfare Office	193 Ichinomachi Wakutu Hanaizumi	0191-82-2216	
		Daitō Health and Welfare Office	55-8 Ōdōji, Shibusami, Daitou-cho	0191-71-1211	
		Senmaya Health and Welfare Office	174 Kitakata, Senmaya, Senmaya-cho	0191-53-3952	
			Higashiyama Health and Welfare Office	139-1 Nishimotomachi, Nagasaka, Higashiyama-cho	0191-47-4530
			Murone Health and Welfare Office	116 Hachiman'oki, Oriabe Murone-cho	0191-64-3805
		Kawasaki Health and Welfare Office	137 Suwamae, Usuginu, Kawasaki-cho	0191-43-4022	
	Hiraizumi	Hiraizumi Health Center	45-2, Shirayama, Hiraizumi	0191-46-5571	
	Fujisawa	Fujisawa Health Center	54 Machiura, Fujisawa	0191-63-5304	
Ōfunato Public Health Center	Ōfunato	Ōfunato Health and Nursing Center	14-1 Shimotate-Shita, Sakarichō	0192-27-1581	
		Ōfunato-Sanriku Health and Welfare Center	26-1 Tokorogayoi, Okirai, Sanriku	0192-44-1030	
	Rikuzentakata	Rikuzentakata Health Promotion Division	110 Tateno'oki, Takatachō	0192-54-2111	
	Sumita	Sumita Health and Welfare Division	96-1 Kawamukai, Setamai	0192-46-3862	
Kamaishi Public Health Center	Kamaishi	Kamaishi Health Promotion Division	3-15-26 Owatari-cho	0193-22-0179	
	Ōtsuchi	Ōtsuchi Welfare Division	1-1 Shinmachi	0193-42-8748	
Miyako Public Health Center	Miyako	Miyako Health Center	4-12 Mukaichō	0193-64-0111	
		Tarō Health and Center	3-3 Tategamori	0193-87-2975	
		Niisato Health Center	1-115-4 Moichi	0193-72-3500	
		Kawai Health Center	2-165 Kawai	0193-76-2036	
	Yamada	Yamada Health and Welfare Division	3-20 Hachimanchō	0193-82-3111	
	Iwaizumi	Iwaizumi Health Promotion Room	59-5 Souhata, Iwaizumi	0194-22-2111	
	Tanohata	Tanohata Health and Medical Center	120-3 Tanohata	0194-33-3102	
Kuji Public Health Center	Kuji	Kuji Health Promotion Division	8-100-1 Asahichō	0194-61-3315	
	Fudai	Fudai Health Center	9-13-2 Dōya	0194-35-2111	
	Hirono	Taneichi Health Center	Taneichi 22-1-1	0194-65-3950	
		Ōno Health Center	8-47-2 Ōno	0194-77-3576	
	Noda	Noda Residential Health and Welfare Division	20-14 Noda	0194-78-2111	
Ninohe Public Health Center	Ninohe	Ninohe Health Promotion Division	47 Kawamata, Fukuoka	0195-23-3111	
	Karumai	Karumai Health <i>Fureai</i> Center	2-54-5 Karumai	0195-46-4111	
	Kunohe	Kunohe Health Center	10-11-6 Ibonai	0195-42-2111	
	Jōbōji	Jōbōji <i>Hohoemi</i> Center	3 Koike, Jōbōji	0195-38-2034	
	Ichinohe	Ichinohe General Health and Welfare Ctr	93-2 Sunamori, Ichinohe	0195-32-3700	

\*Japanese in table noted phonetically for ease of pronunciation. Macrons indicate lengthened vowels, but are often dropped.

## (2) Iwate's Public Health Centers

Name	Address Homepage URL <i>(Japanese only)</i>	Tel Fax	Jurisdiction
Morioka City Public Health Center	3-29 Shinmeichō <a href="http://www.city.morioka.iwate.jp/19hokenjo/kikaku/portal/index.html">http://www.city.morioka.iwate.jp/19hokenjo/kikaku/portal/index.html</a>	019-603-8301 019-603-8302	Morioka
Ken'ō Public Health Center	11-1 Uchimaru, Morioka <a href="http://www.pref.iwate.jp/info.rbz?nd=968&amp;ik=3&amp;pn=17&amp;pn=70&amp;pn=968">http://www.pref.iwate.jp/info.rbz?nd=968&amp;ik=3&amp;pn=17&amp;pn=70&amp;pn=968</a>	019-629-6566 019-629-6579	Hachimantai, Shizukuishi, Kuzumaki, Iwate (Town), Takizawa, Shiwa, Yahaba
Central Public Health Center	1-41 Kajōmachi, Hanamaki <a href="http://www.pref.iwate.jp/info.rbz?nd=1132&amp;ik=3&amp;pn=17&amp;pn=72&amp;pn=1132">http://www.pref.iwate.jp/info.rbz?nd=1132&amp;ik=3&amp;pn=17&amp;pn=72&amp;pn=1132</a>	0198-22-2331 0198-24-9240	Hanamaki, Kitakami, Tōno, Nishiwaga
Ōshu Public Health Center	5-5 Ōtemachi, Mizusawa, Ōshu <a href="http://www.pref.iwate.jp/info.rbz?nd=1035&amp;ik=3&amp;pn=17&amp;pn=71&amp;pn=1035">http://www.pref.iwate.jp/info.rbz?nd=1035&amp;ik=3&amp;pn=17&amp;pn=71&amp;pn=1035</a>	0197-22-2861 0197-25-4106	Ōshu, Kanegasaki
Ichinoseki Public Health Center	7-5 Takeyamachō, Ichinoseki <a href="http://www.pref.iwate.jp/info.rbz?nd=1288&amp;ik=3&amp;pn=17&amp;pn=75&amp;pn=1288">http://www.pref.iwate.jp/info.rbz?nd=1288&amp;ik=3&amp;pn=17&amp;pn=75&amp;pn=1288</a>	0191-26-1415 0191-26-3565	Ichinoseki, Hiraizumi, Fujisawa
Ōfunato Public Health Center	6-1 Maeda, Ikawachō, Ōfunato <a href="http://www.pref.iwate.jp/info.rbz?nd=1392&amp;ik=3&amp;pn=17&amp;pn=77&amp;pn=1392">http://www.pref.iwate.jp/info.rbz?nd=1392&amp;ik=3&amp;pn=17&amp;pn=77&amp;pn=1392</a>	0192-27-9913 0192-27-4197	Ōfunato, Rikuzentakata, Sumita
Kamaishi Public Health Center	6-50 Shinmachi, Kamaishi <a href="http://www.pref.iwate.jp/info.rbz?nd=1444&amp;ik=3&amp;pn=17&amp;pn=78&amp;pn=1444">http://www.pref.iwate.jp/info.rbz?nd=1444&amp;ik=3&amp;pn=17&amp;pn=78&amp;pn=1444</a>	0193-25-2702 0193-25-2294	Kamaishi Ōtsuchi
Miyako Public Health Center	1-20 Itsukamachi, Miyako <a href="http://www.pref.iwate.jp/info.rbz?nd=1472&amp;ik=3&amp;pn=17&amp;pn=79&amp;pn=1472">http://www.pref.iwate.jp/info.rbz?nd=1472&amp;ik=3&amp;pn=17&amp;pn=79&amp;pn=1472</a>	0193-64-2218 0193-64-7014	Miyako, Iwaizumi, Tanohata
Kuji Public Health Center	1-1 Yōkamachi, Kuji <a href="http://www.pref.iwate.jp/info.rbz?nd=1566&amp;ik=3&amp;pn=17&amp;pn=80&amp;pn=1566">http://www.pref.iwate.jp/info.rbz?nd=1566&amp;ik=3&amp;pn=17&amp;pn=80&amp;pn=1566</a>	0194-53-4987 0194-52-3919	Kuji, Fudai, Hirono, Noda
Ninohe Public Health Center	11-1 Niwatari, Ishikiridokoro, Ninohe <a href="http://www.pref.iwate.jp/info.rbz?nd=1659&amp;ik=3&amp;pn=17&amp;pn=81&amp;pn=1659">http://www.pref.iwate.jp/info.rbz?nd=1659&amp;ik=3&amp;pn=17&amp;pn=81&amp;pn=1659</a>	0195-23-9206 0195-23-6432	Ninohe, Karumai, Kunohe, Ichinohe

\*Japanese in table noted phonetically for ease of pronunciation. Macrons indicate lengthened vowels, but are often dropped.

**Hours: Mon – Fri 8:30 – 17:30**