

Health

Health Services

保健サービス
hoken sābisu

Health Consultation

1. Advice on health is provided by the Niihama Medical Center. (Japanese only)
Niihama Medical Center (niihama-shi hoken center : 新居浜市保健センター)

Address 庄内町 4-7-17 TEL: (0897) 35-1070
Shōnai-chō 4-7-17

For further information, please check the Niihama Medical Center website.

<https://www.city.niihama.lg.jp/soshiki/hoken>

2. For AIDS, you can receive a free blood test and advice anonymously in Saijō.
Monday every week (except holidays) 10:00 a.m.-11:00 a.m.
Advice by phone is also provided.

Saijō Medical Center (saijo hoken center 西条保健センター)

Mon.-Fri. (except holidays) 8:30 a.m.-5:00 p.m.

Address 西条市喜多川 796-1 TEL: (0897) 56-1300
Saijō-shi Kitagawa 796-1



Vaccinations for adults

1. Influenza

- For 64 years old or younger

You can receive a vaccination, but you must pay the full fee. Please contact medical facilities.

- For 65 years old or over

You can receive a vaccination for 1,000 yen at designated medical facilities in Niihama or other cities in Ehime Prefecture. It is available from October 15 to December 31 every year.

To receive a vaccination, you must bring your insurance card or your senior health care system insurance card (kōkikōreisha hihokenshashō 後期高齢者被保険者証) and 1,000 yen with you to the vaccination site.

For further information, check the Niihama Medical Center Website, or contact the Niihama Medical Center at (0897) 35-1070.

2. Pneumonia Vaccinations for the Elderly

For people aged 65 or over and those who did not receive a vaccination at the age of 70, 75, 80, 85, 90, 95, or 100 (This is a transitional measure until 2023.)

You can receive a vaccination at designated medical facilities in Niihama or in other cities in Ehime Prefecture for 4,000 yen. It is given from April 1 to March 31 every year.

Qualified people receive materials individually.

To receive the vaccination, you bring the materials (vaccination ticket, medical pre-examination form, and record card) plus your insurance card and 4,000 yen.

- * Those who have received the vaccination cannot receive it again.
- * Those who do not receive a notice because of moving into Niihama should contact the Niihama Medical Center.
- * For further information check the Niihama Medical Center Website or contact Niihama Medical Center.

Hospitals and Clinics

病院とクリニック

byōin to clinic

See list of Niihama Medical Institutions at end of Guidebook.



Public Health Services for Children

お子さんのための保健サービス

okosan no tame no hoken s̄abisu

Niihama City provides health guidance activities and vaccinations for children. All these services, though free of charge, are carried out in Japanese, so try to have someone who speaks Japanese accompany you.

Health Guidance and Check-up Activities

1. Health check-up for infants (twice)

When your child reaches 2 months old, the Medical Center will send you two health check-up tickets one for 3~4-month-olds and the second for 9~11-month-old infants. Please take your child to your pediatrician of choice each time.

2. Health guidance for 5-month-old infants

The Niihama Medical Center provides body measurement and individual advice on child-rearing and nutrition for 5-month-old infants.

3. SukuSuku Health Guidance for infants (once a month; reservations required.)

The Niihama Medical Center provides body measurement and individual advice on child-rearing and nutrition for infants 6~11 months old.

4. Health check-up for 18-month-old infants and 3-year-old children

The Niihama Medical Center provides a health check-up for 18-month-old infants and 3-year-old children to examine their growth and nutritional condition, body, and dental development. If you have any problems with your child, you can ask a doctor or a health nurse there.

Important Notice

- * When you become pregnant, if you are listed in a basic resident register, you must take a statement from your doctor to that effect to the Niihama Medical Center. You will be given the Maternal and Child Health Handbook (boshitechō 母子手帳) and health check-up tickets for pregnant women.
- * Pregnant women and their partners can take a free class about maternity life, delivery, and childcare at the Niihama Medical Center. Reservations are required. For further information, please contact Niihama Medical Center. TEL: (0897) 35- 1070
- * If your child is listed in a basic resident register, when your child turns 2 months, 3~4 months, 5 months, 6~11 months, 18 months, and 3 years old, Niihama City will send you a notice that it is time for your child to undergo health guidance or a check-up. The notice will tell you the date and time and will have a form with it. Please fill out the form and take it, along with the Maternal and Child Health Handbook, when you go to the scheduled health guidance or health check-up at Niihama Medical Center.

Vaccinations for Children

☆ Note

If your child is listed in a basic resident register when your child is 1~2 months old, the Medical Center will send you a Vaccination Handbook. Please read the explanation about the vaccinations in the Handbook. Make an appointment directly with one of the available hospitals at the indicated age for each vaccination. Take your child to the hospital and have the vaccination done.

☆ Have the vaccination done only if your child is in good health.

☆ Bring the Maternal and Child Health Handbook (boshi-techō 母子手帳) and the Vaccination Handbook (yobō sesshu techō 予防接種手帳) including vaccination ticket, pre-examination forms, and your child's health insurance card.

☆ If there is any change in the vaccination schedule, it will be posted on the Website and in the Monthly "City News" (shisei dayori 市政だより).

☆ Standard order to receive vaccinations

Hib • Pediatric pneumococcus • Hepatitis B →DPT-IPV (Diphtheria • Pertussis • Tetanus • Poliomyelitis) → BCG (Tuberculosis) →Measles • Rubella (MR) →Japanese encephalitis→ Double vaccine (Diphtheria • Tetanus)

If your child is in poor health or if a disease is prevalent, you may change the order. Please ask a doctor.

For further information, contact the Niihama Medical Center (through a Japanese-speaking person).

新居浜市保健センター (niihama-shi hoken center)

Address 新居浜市 庄内町 4-7-17

Niihama-shi Shōnai-chō 4-7-17

TEL: (0897) 35-1070



National Health Insurance

国民健康保険

kokumin kenkō hoken



Admission to the National Health Insurance

A foreign resident in Niihama who has stayed more than three months, and who is not covered by other health insurance must join the national health insurance program. The admission is granted by household, and the householder must apply for admission. Essentially the National Health Insurance will pay all but either 20% or 30% of the total payment to the medical doctor, hospital, dentist, or pharmacy.

Note: There are exceptions in which admission to the national health insurance program is not permitted, i.e., the status of residence is of short stay, diplomatic, etc.

National Health Insurance Card

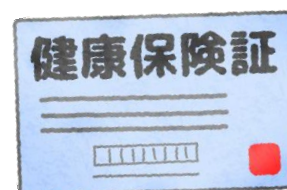
After joining the national health insurance program, each person in the household will receive a national health insurance card to certify that the person is a member of the insurance program. The card is valid until July 31 every year or the end of the period of stay. (If the period of stay is extended, it is necessary to apply for the card to be reissued.) The card cannot be used by another person. Lending of the card to a third person is subject to punishment by law.

Essential Notifications (主な届出)

If a situation as listed in the table below occurs, notify the City within 14 days at the counter noted below. At that time, bring the following items, in addition to those listed in the table below:

- ① A document identifying the person who is applying or that person's representative (family member, etc.) (e.g., resident card, passport, or driver's license)
- ② The "My number card" for the head of household and the person who is applying
- ③ A proxy statement from the head of applicier's household if the representative for the person who is applying belongs to a different household

Questions: City Office National Health Insurance Section (kokuho-ka 国保課) Counter 8.



Basic Insurance Cash Benefits

To apply for cash benefits, bring the following items plus the items listed in the Table below (necessary items for application).

- ① ID of the applicant or the applicant's agent (such as resident card, passport, driver's license)
- ② A proxy statement from the applicant's head of household if the applicant's agent belongs to another household.

No. of Counter for Application	Cause for Application	Insurance Benefit in Detail	Items Necessary for Application
Counter No.8 of the National Health Insurance Section (kokuho-ka 国保課)	Childbirth (Payment when a child is born.)	When you have paid less than ¥420,000, you are eligible to receive the difference or ¥40,400 if the hospital doesn't belong to the national compensation program.	<ul style="list-style-type: none"> ▪ Personal seal of the householder ▪ Mother and Baby's Handbook (boshikenkotecho 母子健康手帳) ▪ Agreement document with the medical institute indicating the use of the direct payment system ▪ Itemized receipt ▪ Document showing the householder's bank account number
	Death of an insured person (Payment for the funeral)	¥20,000 is payable to the undertaker of the funeral.	<ul style="list-style-type: none"> ▪ The personal seal of the undertaker of the funeral ▪ Document showing the account number of the undertaker of the funeral ▪ Personal identification number of the deceased
Counter No.9 of the National Health Insurance Section (kokuho-ka 国保課)	Expensive medical charges (Payment for medical charges over a certain amount)	There is a cap on medical payments for any given illness in any given month. You are eligible for reimbursement of amounts paid over the cap.	<ul style="list-style-type: none"> ▪ Personal seal of the householder ▪ Receipt for the medical treatment ▪ Bank book in the householder's name ▪ My number cards of the house-holder and the patient
	Treatment costs (Payment for medical expenses)	When you pay for a treatment device, e.g., a corset, or when you paid full cost for treatment because you were unable to present your insurance card (due to an emergency, etc.), the covered portion will be reimbursed.	Since necessary items for application varies depending on the case, consult the National Health Insurance Section (kokuho-ka 国保課)

How the insurance premium is decided

The insurance premium is decided according to the total household income and the number of members in the household. The premium may change every fiscal year due to the national revision of the premium rate, even if there is no change in household income or the number of household members.

When a member of the household joins for the first time or resigns from the insurance program during the fiscal year, the insurance premium will be calculated monthly.

Questions: City Office National Health Insurance Section (kokuho-ka 国保課) Counter 10

How to pay the insurance premium

The annual insurance premium is paid in 9 monthly installments from July to March of the following year.

- Statement of payment form

Pay the insurance premium at the National Health Insurance Section (kokuho-ka 国保課) .

Attach the statement of payment form that came with the letter notifying you of your premium amount. The payment can also be made at a convenience store.

- Direct payment from bank account

The insurance premium can be paid by direct transfer from your account at a financial institution in Japan. To start payment by direct transfer, submit an account transfer request to the financial institution in where you have an account. The account transfer request form is available at the City Office or financial institution.

Note: If there is no payment by the deadline for the payment, the National Health Insurance Section will issue a written demand to the person obligated to pay. If you do not pay by the payment deadline, there may be a penalty such as confiscation of the payer's property. Pay by the deadline or consult at Kokuho-ka Counter 10.

Consultations: City Office National Health Insurance Section (kokuho-ka 国保課)

TEL: (0897) 65-1230 (in Japanese only)

Fax: (0897) 65-1235

E-mail: kokuho@city.niihama.lg.jp

Useful Health Related Words

役に立つ医療用語

yaku ni tatsu iryō yōgo



(1) Hospital words

hospital -----	病院	(byōin)
pharmacy -----	薬局	(yakkyoku)
internal medicine -----	内科	(naika)
surgery -----	外科	(geka)
orthopedics -----	整形外科	(seikei-geka)
dermatology -----	皮膚科	(hifu-ka)
urology -----	泌尿器科	(hinyōki-ka)
obstetrics/gynecology -----	産婦人科	(sanfujin-ka)
dentistry -----	歯科	(shi-ka)
pediatrics -----	小児科	(syōni-ka)
otorhinolaryngology -----	耳鼻咽喉科	(jibiinkō-ka)
ophthalmology -----	眼科	(gan-ka)
psychiatry -----	神経科	(shinkei-ka)
neurosurgery -----	脳神経外科	(nō-shinkei-geka)
registration -----	受付	(uketsuke)
cashier -----	会計	(kaikei)
registration card -----	診察券	(shinsatsuken)
first visit -----	初診	(shoshin)
insurance -----	保険	(hoken)
medicine -----	薬	(kusuri)
doctor -----	医者	(isha)
nurse -----	看護師	(kangoshi)
chiropractor -----	整体師	(seitaishi)
Chinese/Oriental		
herbal medicine -----	漢方	(kanpō)
Oriental medicine -----	東洋医学	(tōyō-igaku)
acupuncture -----	はり	(hari)
moxa cautery -----	灸	(kyū)
finger pressure treatment -----	指圧	(shiatsu)

(2) Words for symptoms

allergic rhinitis -----	アレルギー性鼻炎	(arerugīsei bien)
allergy -----	アレルギー	(arerugī)
anemia -----	貧血	(hinketsu)
backache -----	腰が痛い	(koshi ga itai)

bladder infection -----	膀胱炎	(bōkōen)
bone fracture -----	骨折	(kossetsu)
bum -----	やけど	(yakedo)
cancer -----	癌	(gan)
cold -----	かぜ	(kaze)
constipation -----	便秘	(benpi)
cramp -----	さしこみ	(sashikomi)
diarrhea -----	下痢	(geri)
dull pain -----	にぶい痛み	(nibui itami)
feel dizzy -----	めまいがする	(memai ga suru)
feel nauseous -----	吐き気がする	(hakike ga suru)
feel sick -----	気分が悪い	(kibun ga warui)
headache -----	頭が痛い	(atama ga itai)
heartburn -----	むねやけ	(muneyake)
hemorrhoids -----	痔	(ji)
high blood pressure -----	高血圧	(kōketsuatsu)
hurt sometimes -----	ときどき痛い	(tokidoki itai)
I have a pain in my ~ -----	~が痛い	(~ga itai)
irregular menstruation -----	生理が不順	(seiri ga fujun)
low blood pressure -----	低血圧	(tei-ketsuatsu)
menstruation -----	生理	(seiri)
no menstruation -----	生理がない	(seiri ga nai)
pain -----	痛み	(itami)
pregnancy -----	妊娠	(ninshin)
severe pain -----	はげしい痛み	(hageshī itami)
sharp pain -----	さすような痛み	(sasu yōna itami)
sore throat -----	のどが痛い	(nodo ga itai)
stomachache -----	胃が痛い	(i ga itai)
toothache -----	歯が痛い	(ha ga itai)
urinary pain -----	おしっこする時に痛い	(oshikko suru toki ni itai)



(3) Words for parts of the body

abdomen -----	お腹	(onaka)
arm -----	腕	(ude)
back -----	背中	(senaka)
ear -----	耳	(mimi)
face -----	顔	(kao)
hand -----	手	(te)
head -----	頭	(atama)

heart	心臓	(shinzō)
hip	腰	(koshi)
intestine	腸	(chō)
kidney	腎臓	(jinzō)
knee	ひざ	(hiza)
leg/foot	足	(ashi)
liver	肝臓	(kanzō)
lung	肺	(hai)
mouth	口	(kuchi)
neck	首	(kubi)
nose	鼻	(hana)
shoulder	肩	(kata)
spleen	脾臓	(hizō)
stomach	胃	(i)
throat	のど	(nodo)

