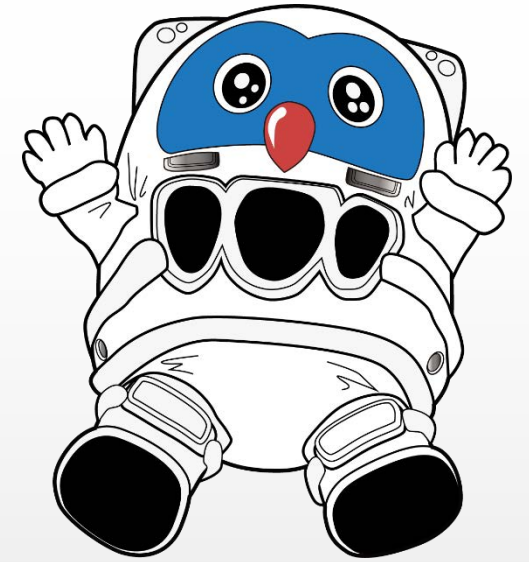


Health Service for Foreigners in Tsukuba

July 18, 2017 10:05-11:00
@ University of Tsukuba
Building 8A Rm.108

Today's Hand outs



- Flyer; We send Medical Interpreters! and form
- Refund of Medical Treatment Expense Outside of Japan
- Clinics Open on Sundays & Holidays. (July and August)
- List of Hospitals/Clinics that are available in foreign languages.
- Booklet; Life Plan SUKOYAKA
- Copy of this Power Point.

and...

Life Plan SUKOYAKA

All the information is based on this booklet called "Life Plan SUKOYAKA"

Life Plan Sukoyaka

April, 2017 - March, 2018

Page	Content	People who can apply
1 - 2	2017 Health Checkup Schedule	
→ Adult Health Checkups		
3	Introduction of the Health Checkup Program	
3 - 6	Group Medical Checkup	People aged 40 and older
7	Checkups at a medical institution	People aged 40 and older
7	Dental Checkup for adults	People aged 30 to 70, whose age is a multiple of 10
8	Thorough Physical Checkup (Ningen Dokko)	People aged 30 and older
9	Basic Health Checkup	People aged 20 to 39
9	Osteoporosis Checkup (Bone density test) (only for women)	Women aged 30 to 70, whose age is a multiple of 5
10	Information about free checkups / Twitter / Sukoyaka Communication	Eligible people
11 - 12	Breast Cancer and Cervical Cancer checkup (only for women)	Women aged 20 and older
→ Health Consultation / Mental Health / Care Prevention		
13	Take action from today / Prevention of lifestyle-related diseases	People aged 20 and older
14	Health consultation for adults	People aged 20 and older
15	Information about the Tsukuba Health Mileage Program	People aged 20 and older
16	Mental health check system: "Emotional Thermometer"	All Tsukuba residents
16	Mental Health Consultation	Eligible people
17 - 18	In Tsukuba! Let's have the most enjoyable long life in Japan.	All Tsukuba residents
19	Health promotion programs: "Start Exercises on a Regular Basis"	All Tsukuba residents
20	Care prevention projects of Ito-ki Plaza	People aged 40 and older
21	Tsukuba dietary education programs	All Tsukuba residents
→ Healthcare for pregnant women and children		
22	Child-rearing support at Health Centers	Mothers and infants
23	Maternity Salon / Baby Visit	Mothers, infants and their family
24	Baby's Land / Sukoyaka Health Consultation	Mothers, infants and their family
25	Health checkups for infants / 18 month olds and 3 year olds	Infants and children
26	Dental Checkup for 2 year olds	2 years olds to 2 years and 6 months
27	Childcare in Tsukuba Suku-Suku Mall (Tsukuba de kosoode main)	Applicants
→ Vaccinations		
28	Vaccinations	Eligible people
29 - 30	Routine vaccinations for children	Eligible people
31	Vaccination of seasonal influenza for the elderly and children	Eligible people
32	Vaccination of pneumococcus for the elderly	Eligible people
→ Medical Institution Guide		
33 - 38	List of cooperating institutions (vaccinations / health checkups)	Eligible people
→ Health Promotion Plan		
39	The 3rd Tsukuba Health Promotion Plan "Health Tsukuba 21"	All Tsukuba residents
→ Information about Subsidies for a Radiation Exposure Health Checkup		
40	Information about subsidies for a Radiation Exposure Health Checkup	Eligible people
→ Other information and requests		
41	How to get medical services? / Other useful information	All Tsukuba residents
41	Tsukuba City Birth Center	Pregnant women
42	Emergency Hospitals / Poison Hotline / Blood Donation	All Tsukuba residents



Practical Way for Visiting Doctors

Visiting to the Doctors office or the Hospital might be different from your country. Also, things are a little more complicated when you take your child. Here are 5 tips which might help you for your next visit to the doctor.

POINT 1

Visit the hospital,
during consultation(open) hours.

During the consultation hours, there will be pharmacists, nurses and of course doctors, who can fully support you.

Have your own Family Doctor.

Also, it is better for you to have your own family doctor who knows you well, and whom you can be comfortable with.



Medical Service Information System of Ibaraki Prefecture

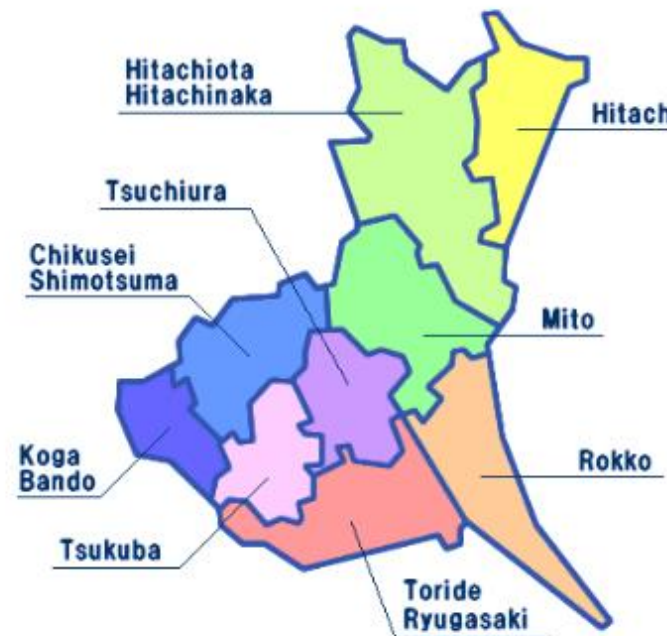
<https://www.qq.pref.ibaraki.jp/WP2501/RP250101BL.do>



[TOP](#) >> [Search for a doctor](#)



Search for a doctor: Search Criteria Options (by area)



Mito Mito-shi Kasama-shi Omitama-shi Ibaraki-machi Oarai-machi Shirosato-machi
Hitachi Hitachi-shi Takahagi-shi Kitaibaraki-shi
Hitachiota/Hitachinaka Hitachiota-shi Hitachinaka-shi Hitachiomiya-shi Naka-shi Tokai-mura Daigo-machi
Rokko Kashima-shi Itako-shi Kamisu-shi Namegata-shi Hckota-shi
Tsuchiura Tsuchiura-shi Ishioka-shi Kasumigaura-shi
Tsukuba Joso-shi Tsukuba-shi Tsukubamirai-shi
Toride/Ryugasaki Ryugasaki-shi Toride-shi Ushiku-shi Moriya-shi Inashiki-shi Miho-mura Ami-machi Kawachi-machi Toner-machi
Chikusei/Shimotsuma Yuki-shi Shimotsuma-shi Chikusei-

Information is all in English.

POINT 2

How to visit the hospital
OUTSIDE consultation hours.
During weekends and night time.



Clinics open on Sunday / Holidays are up on Tsukuba City Hall website.

<http://www.tsukubainfo.jp/>

CLINICS OPEN ON SUNDAYS/HOLIDAYS

JULY

DAY	NAME OF CLINIC	LOCATION	DEPARTMENT	PHONE
2	Watanabe Clinic	Onozaki 476	G,I,S,P,Pro	851-0505
Sun.	Shibahara lin	Yoshinuma 1151	I, P	865-0511
9	Miyamoto Clinic	Hara 1	I,G,R	855-6565
Sun.	Kimura Clinic	Tsukuriya 1125	Ort, I, S, P, Reh, Pla	869-1211
16	Ikeno lin	Koyadai 2-16-8	I,P,D	838-2700
Sun.	Tsukuba Chuo Byoin	Hojo 5118	I	867-1211
17	Maejima Ladies Clinic	Matsushiro 4-10-12	Gyn	859-0726
Mon.	Kashimura Clinic	Shimohiro-oka 744-1	I,G	863-0606
23	Sunshine Clinic	Yatabe 6107-14	I,RM	839-3333
Sun.	Minami Odori Clinic	Takezono 2-16-24	I, S,G, P	851-3697
30	Jiyugaoka lin	Jiyugaoka 165-19	Ort,I,PS	876-0888
Sun.	Tsukuba Byoin	Sasagi 1761	I,S	855-0777

City hall is distributing this open clinics for Sunday /holidays. We upload the newest information of the following month by the end of each month, so please check it out.

Ibaraki Hotline for Kid's Emergency

Also there is this hot line which you can consult with a nurse about your child's symptom to decide if you can stay at home, wait and see OR Go to the Emergency ASAP.

#8000 (from push-button phones or mobile phones)

Phone: 029-254-9900 (from all kinds of phones)

Counseling time:

Monday- Saturday: 6:30 p.m.-8:00 a.m.

Sunday, Holidays & Year-end and New Year holidays: 8:00 a.m.-8:00 p.m.

※Nurses might not be fluent in English.

If possible, call with your friend who can speak Japanese.



Tsukuba Medical Center
Open 365 days/24 hours
Address: Amakubo1-3-1
Tel: 029-851-3511

Tsukuba University Hospital
Open 365 days/24 hours
Address: Amakubo 2-1-1
Tel: 029-853-3900

Nearest Emergency Hospitals are as shown. I am sure you are all Familiar with both of them.

POINT 3

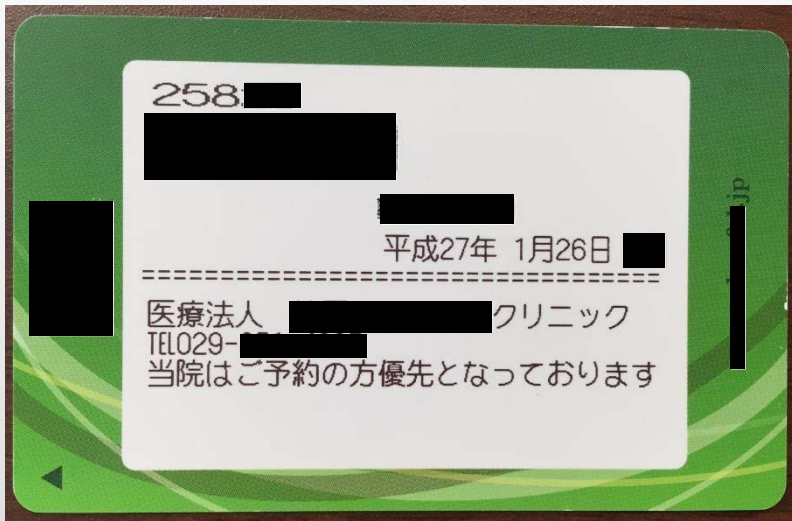
An adult who knows the child's symptoms should take the child to the hospital.

When you take your child to the hospital, it is better for an adult who knows the child's symptoms should take them.

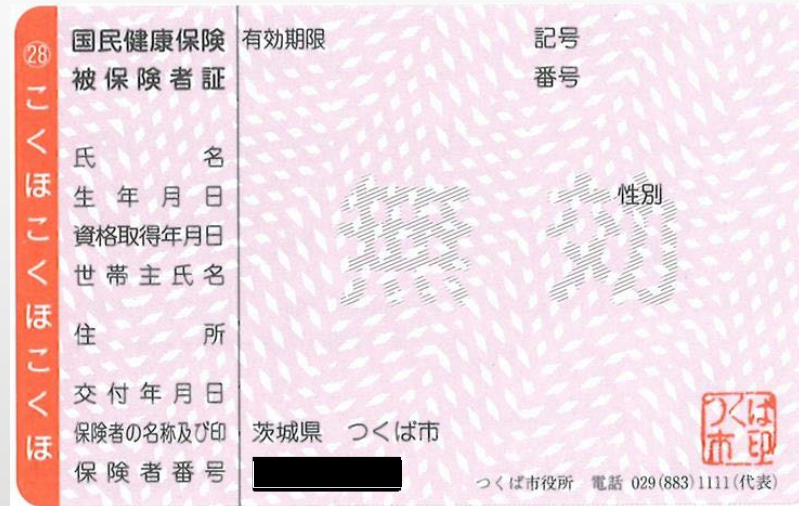
Doctors will be asking many questions such as your child's recent temperature, what they ate and drunk, if they have taken any medicine, sleeping hours, condition of the feces (poopoo) and so on

POINT 4

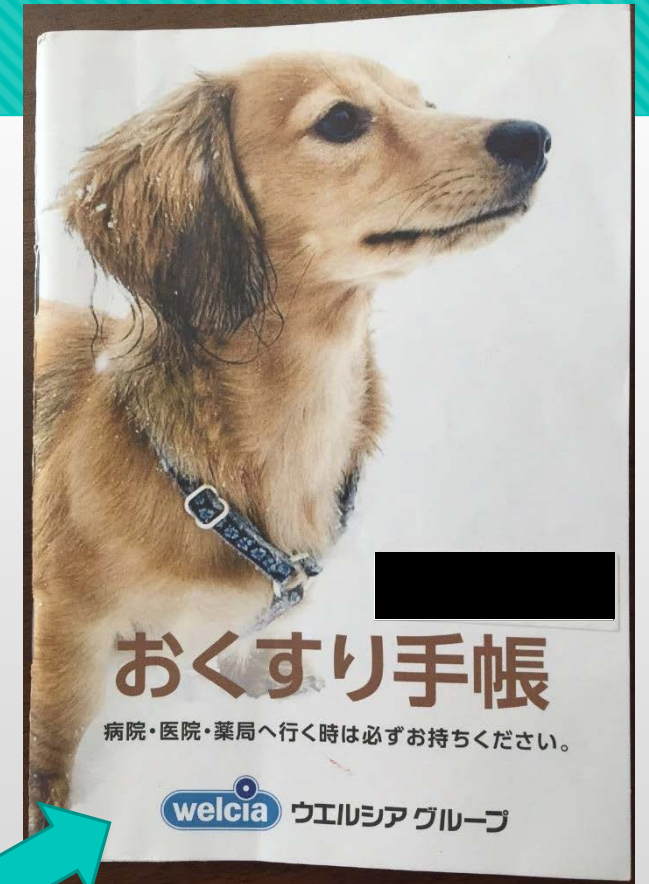
Make sure to bring these to the hospital with you.



Hospital ID card



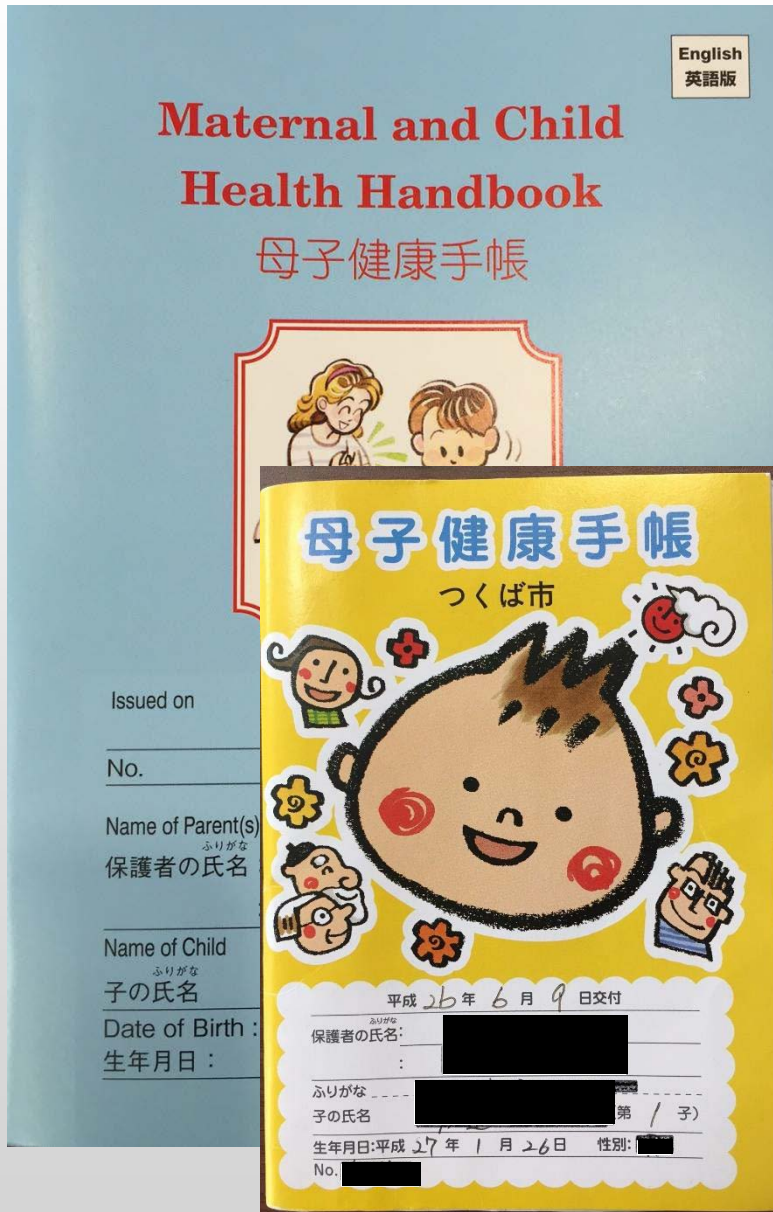
Health Insurance card



Medication notebook

Especially the *OKUSURI TECHO* (Medication notebook) keeps the record of all medication you took and it will prevent you from medicine overdose. If there any medicine that made you sick, throw up or give you diarrhea, keep a memo on this booklet so you can remember and won't have to take it again.

For your child, bring “Maternal and Child Health Book” and MARUFUKU with the previous ID, Health Insurance and *OKUSURI TECHO*.



福 医療福祉費受給者証	
公費負担者番号	[Redacted]
受給者番号	[Redacted]
被保険者証等の 記号及び番号	[Redacted]
保 険 種 別	[Redacted]
保 険 者 番 号	[Redacted]
受 住 所	つくば市 [Redacted]
給 氏 名	[Redacted]
生年月日	平成 27 年 1 月 26 日 [Redacted]
有効期間	平成 29 年 2 月 1 日 から 平成 30 年 1 月 31 日 まで
つくば市茨城県 つくば市印	
交付年月日	平成 29 年 3 月 6 日

-If you think your child's feces (poopoo) looks different and you are worried, take a picture or take it with you (in a plastic bag).

- If there is any medication already taken, take it with you.

POINT 5

These are the main questions that the doctor will ask, so better to keep in mind.

- What are the symptoms you worry about?
- When did it start?
- Has the child had a serious illness before?
- Does he/she have medicine or food allergy?
- Does anyone in your family have similar/same symptoms?



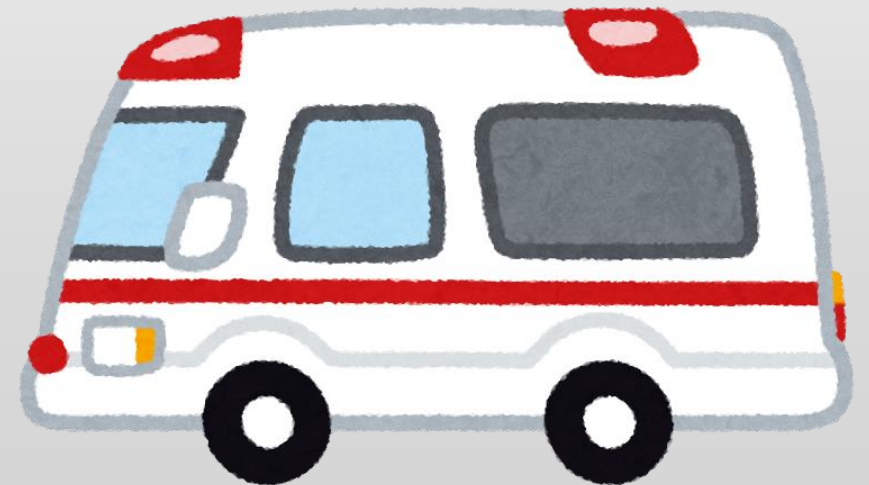
Call the **AMBULANCE** when...

Calling the ambulance is not so easy?
Well, in case of these symptoms, please
don't hesitate and call 119.

- Cramp/spasm doesn't stop
- Having difficulties breathing
- Strong pain on the stomach or headache
- Unconscious
- Doesn't stop bleeding

Ambulance and
Fire engine


119



Health checkup services provided by Tsukuba City

If you or your partner becomes Pregnant

You'll apply for MARUFUKU, Ibaraki Kids Card, Maternal and Child Health handbook at the city hall.

福 医療福祉費受給者証	
公費負担者番号	[Redacted]
受給者番号	[Redacted]
被保険者証等の記号及び番号	[Redacted]
保険種別	[Redacted]
保険者番号	[Redacted]
住所	つくば市: [Redacted]
氏名	[Redacted]
生年月日	平成 27 年 1 月 26 日 [Redacted]
有効期間	平成 29 年 2 月 1 日 から 平成 30 年 1 月 31 日 まで
つくば市 	
交付年月日	平成 29 年 3 月 6 日



English
英語版

Maternal and Child Health Handbook

母子健康手帳

Issued on _____

No. _____

Name of Parent(s)
保護者の氏名 (ふりがな) _____

Name of Child
子の氏名 (ふりがな) _____

Date of Birth
生年月日: _____

平成 26 年 6 月 9 日交付

保護者の氏名: _____

ふりがな _____

子の氏名 _____ (第 / 子)

生年月日: 平成 27 年 1 月 26 日 性別: _____

No. _____

p.22-
In SUKOYAKA



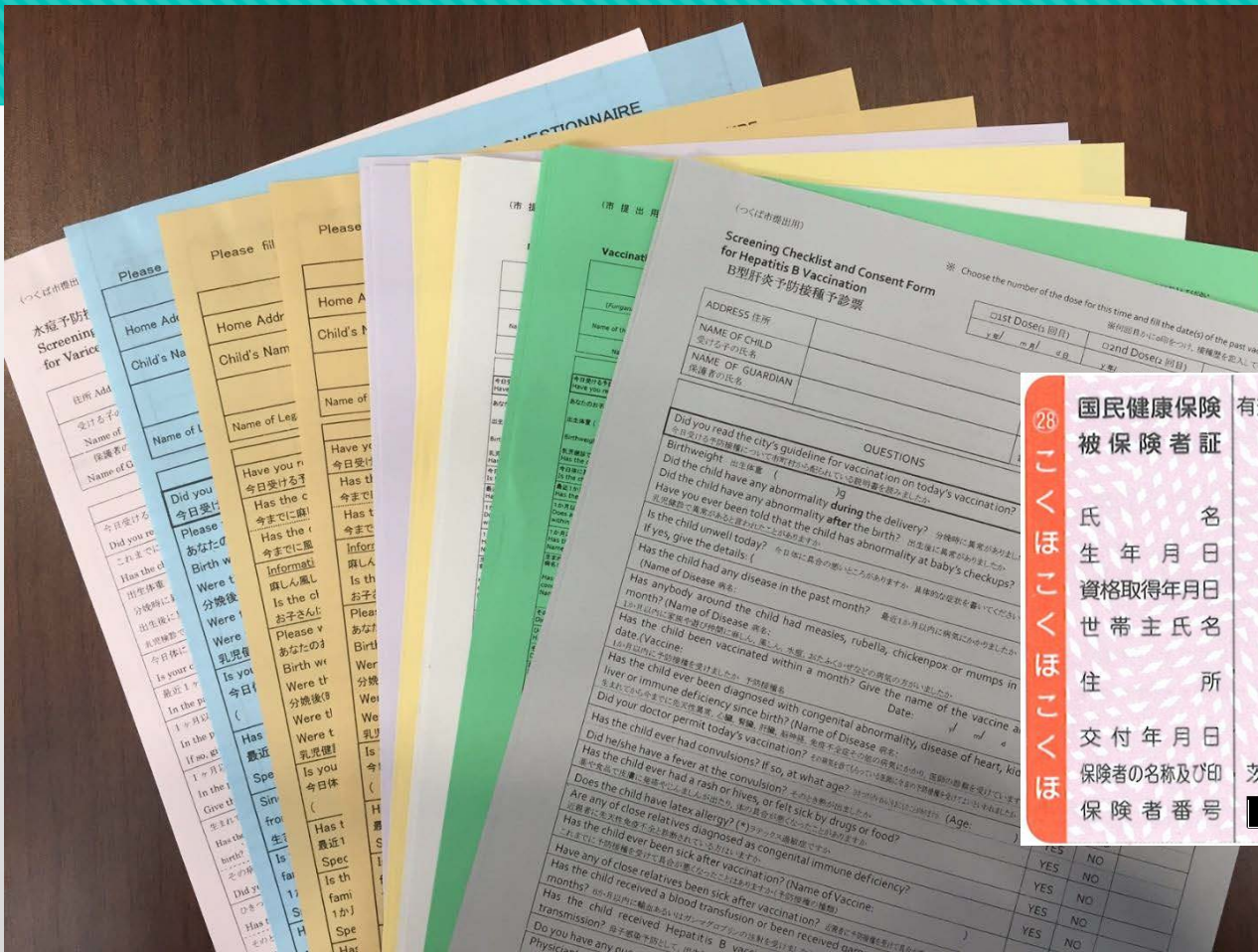
↑ Marufuku for the pregnant mother.

List of Hospitals
where you can
deliver your baby.

- University of Tsukuba Hospital
- Tsukuba Birth Center
- Tsukuba Gakuen Hospital
- *Nanairo Ladies Clinic*

Tsukuba has only 4 hospitals / clinics that you can deliver the baby.
I think most Uni. Students and families give birth at the Univ. Hospital.

After meeting your precious baby, you have plenty of paperwork to do at the City hall.



福 医療福祉費受給者証	
公費負担者番号	[REDACTED]
受給者番号	[REDACTED]
被保険者証等の記号及び番号	[REDACTED]
保険種別	[REDACTED]
保険者番号	[REDACTED]
受給者住所	つくば市 [REDACTED]
受給者氏名	[REDACTED]
生年月日	平成 27 年 1 月 26 日 [REDACTED]
有効期間	平成 29 年 2 月 1 日 から 平成 30 年 1 月 31 日 まで
交付年月日	平成 29 年 3 月 6 日

↑ Marufuku for the baby.



Receiving the Vaccination and checkup coupons, applying for the health insurance, and receiving MARUFUKU for the child.

Health Checkup for Children

0-12 month old

乳児一般健康診査受診票 (第1回生後3~7か月未満) つくば市

の太枠内と同意書署名及び裏面の問診票を記入のうえ、母子健康手帳と一緒に医療機関にお渡しください。

宛名 氏名	第 子	平成 年 月 日生 (か月)	男 女
護 者 名	出生時体重		g
所	つくば市	TEL	
談したいこと			
乳児一般健康診査を依頼します。			
平成 年 月 日	つくば市		
委託医療機関の長 様			
発育状況	身長 cm	体重 g	頭 囲 cm
健康診査	追視 (-・+) 首のすわり (-・±・+) ねがえり (-・±・+)	はいはい (-・±・+)	

宛名番号

票 (第2回生後9~12か月未満)

第 子	平成 年 月 日生 (か月)	男 女
出生時体重		g
TEL		
つくば市		
頭 囲	cm	カウプ指数
はいはい (-・±・+)		



p.25
In SUKOYAKA

The hospital which you gave birth at, will provide you the one month check up.
For children between 0-12 month old, we provide two health check-ups.
Then from 3-7 month and 9-12 month, you can get a free basic check up for the baby. Its free.
If you miss this time, even one day, you can not use this coupon so please be careful.
This coupon comes with the vaccination coupon package.

Health Checkup for Children

18 month / 3 years old

p.25
In SUKOYAKA



Infant Health Checkup

Two free infant health checkups at designated medical facilities in Ibaraki Prefecture. **Make an appointment first.** Please bring your baby's infant health examination notes and Maternal and Child Health Handbook to the checkup. The 1st checkup is for babies from 3 months to under 7 months, and the 2nd checkup is from 9 to under 12 months.

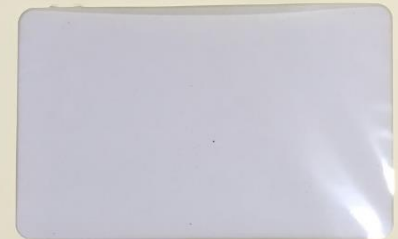
18-Month / 3-Year-old Old Health Checkups

Note for Checkups

●18 months and 3-year-old health checkup information will be sent by the end of the last month before the day of the health checkup. ●If your child misses the health checkup on the date of qualifying age, he/she can have the checkup; for 18 months on another day before turning 2 years of age, and for 3-year-olds before 4 years. ●If you cannot go on the designated date, please call [Sakura Health Center \(857-3931\)](tel:857-3931) for cancellations and new appointments. ●If your child feels sick (e.g. she/he has a fever or is suspected to have a contagious disease such as chickenpox), please change the date and make another appointment. ●If you just moved to Tsukuba or you lost the notification, the medical questionnaire and the other documents are available at Oho, Sakura, or Yatabe Health Center, or at the Tsukuba City Health Promotion Division.

Basic Health Checkups

- ★ Reception: 12:45 pm ~ 1:30 pm ★ Checkups starts: 12:45 pm ★ Venue: Health Center
- ★ Contents: Measurements, medical examination (internal medicine and dentistry), individual counseling, guidance in brushing the teeth (for those who are interested), and Urine Test (only for 3 years old).
- ★ What to bring: Maternal and Child Health Handbook, the Medical questionnaire, toothbrush, small bath towel, a container for a urine test (only for 3 years old)



料金後納
郵便

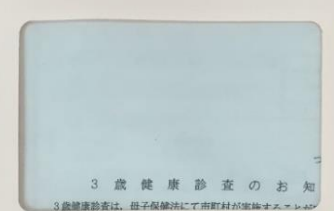
郵便区内特別

1歳6か月健康診査のお知らせ 在中

保健福祉部
つくば市役所 保健医療部健康増進課
〒305-8555 茨城県つくば市研究学園一丁目1番地1
☎ 029 (883) 1111 (代表)

桜保健センター ☎ (857) 3931
谷田部保健センター ☎ (838) 1100
大穂保健センター ☎ (864) 7841

再生紙を使用しています



料金後納
郵便

郵便区内特別

3歳健康診査のお知らせ 在中

保健福祉部
つくば市役所 保健医療部健康増進課
〒305-8555 茨城県つくば市研究学園一丁目1番地1
☎ 029 (883) 1111 (代表)

桜保健センター ☎ (857) 3931
谷田部保健センター ☎ (838) 1100
大穂保健センター ☎ (864) 7841



再生紙を使用しています

For 18 month and 3 years old, we also have a group check up.
Notice will be sent in these envelopes.
Skinny one is for 18 month, big one is for 3 years.
Enclosed documents are in English.

Dental Checkup for Children

2 – 2.7 years old

2-Year-old Old Health Checkup / Adult Dental Checkup

- Adult Dental Checkup: Please see Page 7 for details
- 2-year-old Dental Checkup: All the baby teeth are coming out, Mothers should prevent tooth decay.

Your child can receive **one free** dental checkup at any of the medical institutions below. (Fluoride treatments are not included). **Please make an appointment** and bring the Maternal and Child Health Handbook and the 2-year-old dental checkup card. Children from 2 years old to 2 years and 6 months are eligible.

つくば市2歳歯科検診受診票 (2歳~2歳7か月未満)
(医療機関控)

※太枠内を記入もれがないように御記入下さい。

住 所	つくば市	生年 月日	日 27年 1月 26日 生まれ (2歳 か月)
ふりがな 受ける子の氏名			
保護者の氏名		電 話	

問

1. おやつは時間を決めてあげていますか。 よく食べているもの ()	はい	いいえ
2. 哺乳びんは使っていますか。	いいえ	はい
3. 母乳は飲んでいますか。	いいえ	はい
4. 歯みがき (仕上げみがき) はしてあげていますか。	はい (毎日 回)・時々・	いいえ
5. 指しゃぶりはしますか。	いいえ	はい
6. 普段口を閉じて息をしていますか。	はい	いいえ
7. 食べるとき口唇を閉じてモグモグしていますか。	はい	いいえ

診

8. 今までに歯科医院にかかったことはありますか。
心配なこと ()

はい ()
いいえ ()
治療・検診

2歳歯科検診を依頼します。
平成 年 月 日
委託医療機関の長 様 つくば市

For 2 year old, we have dental check up.
This coupon is valid until 2years and
6month. It expires on the month of 2 years
and 7 month old.

Please brush your child's teeth to prevent
from bad tooth an cavity.

p.26
In SUKOYAKA



歯科検診結果

検診年月日	年 月 日
不正咬合 無・有	

We also have dental check ups for adults.

Dental Checkup for Adults

Our Ibaraki Prefecture goal for your dental health is "Let's try to have more than 20 teeth at 80 years old, and more than 24 teeth at 64. (80-20 and 64-24). Both self-care and care at a dental clinic are important. We lose our teeth mostly because of cavities and periodontitis. 80% of adults over 40 years old get these diseases. Please think of your teeth and oral health. Let's chew, taste, drink, and talk merrily with our healthy teeth and mouth. Please take the checkup for cavities and periodontitis.

<Eligibility> 30, 40, 50, 60, 70 years olds.

Age	Date of birth
30	April 1, 1987 ~ March 31, 1988
40	April 1, 1977 ~ March 31, 1978
50	April 1, 1967 ~ March 31, 1968
60	April 1, 1957 ~ March 31, 1958
70	April 1, 1947 ~ March 31, 1948



<Checkup period> from June 1, 2017 to February 28, 2018

<Charge> 500 Yen (Free for 70 years old and older)

<Checkup content> Interview, oral checkups for cavities and periodontitis. A toothbrush is given as a present!

<Note> Checkup for tartar, scaling of tartar, or medical treatment are not included.

<How to apply> The notification will be sent in late May.

Please make an appointment at the cooperating institutions. (Refer to P. 26).

About 50% of the participants said to dentists, "Foods get stuck between our teeth.", while about 20% said, "We notice bleeding while brushing our teeth."



What is periodontitis?

This disease is an inflammation caused by bacteria. A lot of bacteria collect between teeth and gums if you don't brush well, then there might be an inflammation around the gums and the gums may turn red or become swollen.

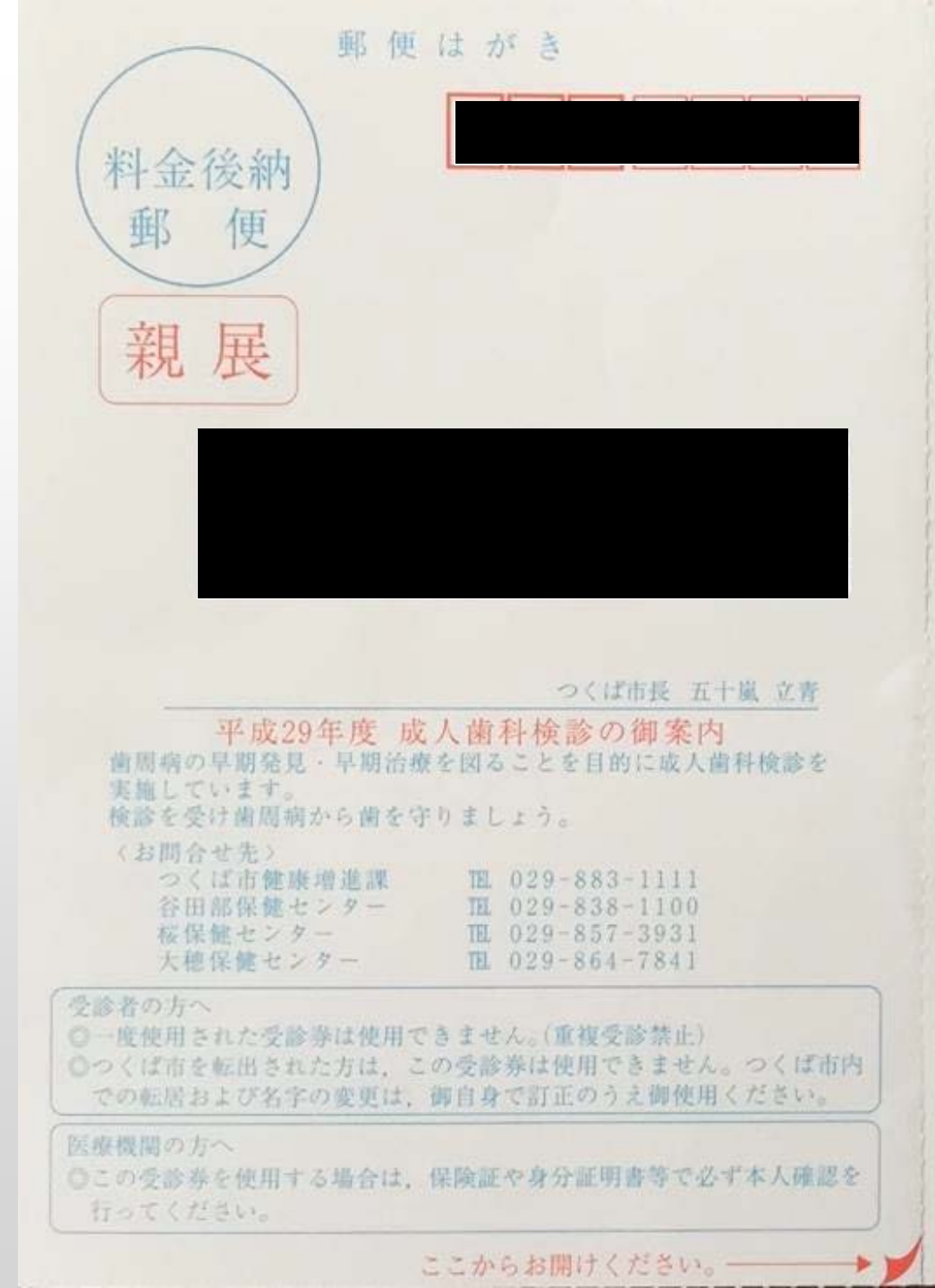
Please take the checkup periodically at your regular dental clinic.

To maintain healthy teeth and oral health, you should have a regular dentist. The data shows a regular dentist helps you enjoy your long-life. About 50% of Tsukuba residents who took the dental checkup in 2015 have a regular dentist.

Coupon will come in an postal card like this, and its send to those who turn 30,40,50,60 and 70 this year.

Post card will be sent around end of May.

This coupon can only be used for check up.



平成29年度 成人歯科医療機関検診受診券

住所 [Redacted]

氏名 [Redacted]

生年月日 [Redacted] 健診年齢 [Redacted]

宛名番号 [Redacted]

整理番号 [Redacted] 性別 [Redacted]

検査内容	問診、歯周病、う蝕菌(むし菌)に関する口腔内検査(歯石除去のための検査、歯石除去、治療等の医療行為は含みません)
自己負担金	500円
受診期限	平成30年2月28日
受診方法	協力医療機関に御予約の上、受診してください。
備考	受診の際には、この受診券と保険証を御持参ください。 ※本検診後、治療を希望される場合は、治療費が発生します。 ※検診受診者に歯ブラシをプレゼント

※この通知は今年度30歳になる方に御案内しています。

協力医療機関

医療機関名	電話029	医療機関名	電話029
アウルデンタルクリニック	855-1182	きさもと歯科医院	857-3251
あやデンタルクリニック	858-0418	曾根歯科医院	857-8685
あらい歯科	875-8117	竹園歯科	852-1460
あわたに歯科医院	857-8418	竹園セントラル歯科医院	861-1100
井上歯科医院	851-6226	つくばシティアビル歯科医院	852-7733
土野歯科医院	851-6352	てらかど歯科医院	837-3633
坂南歯科クリニック	852-3611	徳水歯科医院	863-0551
大谷歯科医院	852-5550	永田歯科医院	857-4139
がくえん歯科	863-1818	並木歯科クリニック	832-9966
こうた歯科クリニック	856-4182	野堀歯科医院	852-3323
桜ヶ丘歯科センター歯科医院	852-1518	長谷川歯科医院	857-1857
さくら歯科医院	863-0118	山部歯科医院	851-0391

医療機関名	電話029	医療機関名	電話029
あじろ歯科	886-3993	池島歯科医院	864-8777
南宮デンタルクリニック	851-5535	稲葉歯科医院	865-1031
ありす歯科医院	852-1414	大久保歯科医院	864-0051
盤泉歯科医院	837-0708	おおさわ歯科医院	877-2166
池野歯科医院	838-2711	大早乙女歯科医院	864-2122
伊東歯科医院	856-4811	高瀬歯科医院	879-0082
大木歯科医院	838-0123	徳高橋歯科診療室	864-7171
大久保歯科医院	855-6222	根本歯科クリニック	864-7787
大野歯科医院	856-2330	ほりかわクリニック歯科	875-8837
岡田矯正歯科クリニック	852-5500	やまぐち歯科医院	864-8700
おのがわ歯科クリニック	836-8222	吉村歯科医院	864-2220
春日歯科医院	851-1333	いしうち歯科医院	848-1888
かつらぎ歯科クリニック	861-8811	豊串田歯科医院	847-8855
川崎歯科医院	837-1551	小林歯科クリニック	847-8333
くりの木歯科医院	875-3438	坂入歯科医院	847-8371
クローバー歯科医院	875-8817	東光台歯科医院	847-8148
佐藤歯科医院	838-1181	いいつか歯科医院	850-9005
鈴木和子歯科医院	837-2212	飯村医院・歯科	867-0068
高田歯科医院	875-6489	大木歯科医院	867-2811
つくば学園の森歯科クリニック	893-3704	大越歯科医院	866-0118
つくば中央歯科	879-9307	武オサダ歯科矯正歯科医院	867-4331
つくば万博歯科	848-1171	加賀歯科医院	869-1120
つくばヘルスケア歯科クリニック	860-8100	波こばやし歯科医院	850-7550
つくば毛利矯正歯科	855-0418	さわやか歯科医院	867-4182
つるみ矯正歯科	858-5505	広瀬歯科医院	867-0206
つるみ歯科医院	847-5505	まつくま歯科医院	866-0071
手代木歯科	852-0930	りすの森デンタルクリニック	867-6480
にしまち歯科医院	837-2418	いそやま歯科	872-9900
池久保せいこデンタルオフィス	875-7510	いんなみ歯科医院	871-3100
松代歯科医院	838-0007	茶岡田歯科医院	873-3303
松本歯科医院	836-9743	雙安歯科	876-5478
老仁歯科医院	856-3789	久松歯科医院	876-0656
吉田歯科クリニック	855-8217	堀江歯科クリニック	874-5068
渡辺歯科医院	851-6141		

It looks like this when you open the postcard. Self expense is not free, but you only need to pay 500 yen. The list of dentist comes with the card.

Health check up for adults
comes in a various color
envelope.

This pink on is for women's check up.



つくば市外
転送不要

料金後納
郵便

郵便区内特別

子宮がん・乳がん・骨粗しょう症
検診のお知らせ

受診券 在中

至急開封 申込・受診期限あり

この通知一式を紛失すると、再発行は市役所または保健センター
への来所申請となります。紛失には十分御注意ください。

やさしさ生活みらい都市



TSUKUBA

つくば市 保健福祉部 健康増進課

CITY OF TSUKUBA

〒305-8555 茨城県つくば市研究学園一丁目1番地1

TEL 029-883-1111(代表)

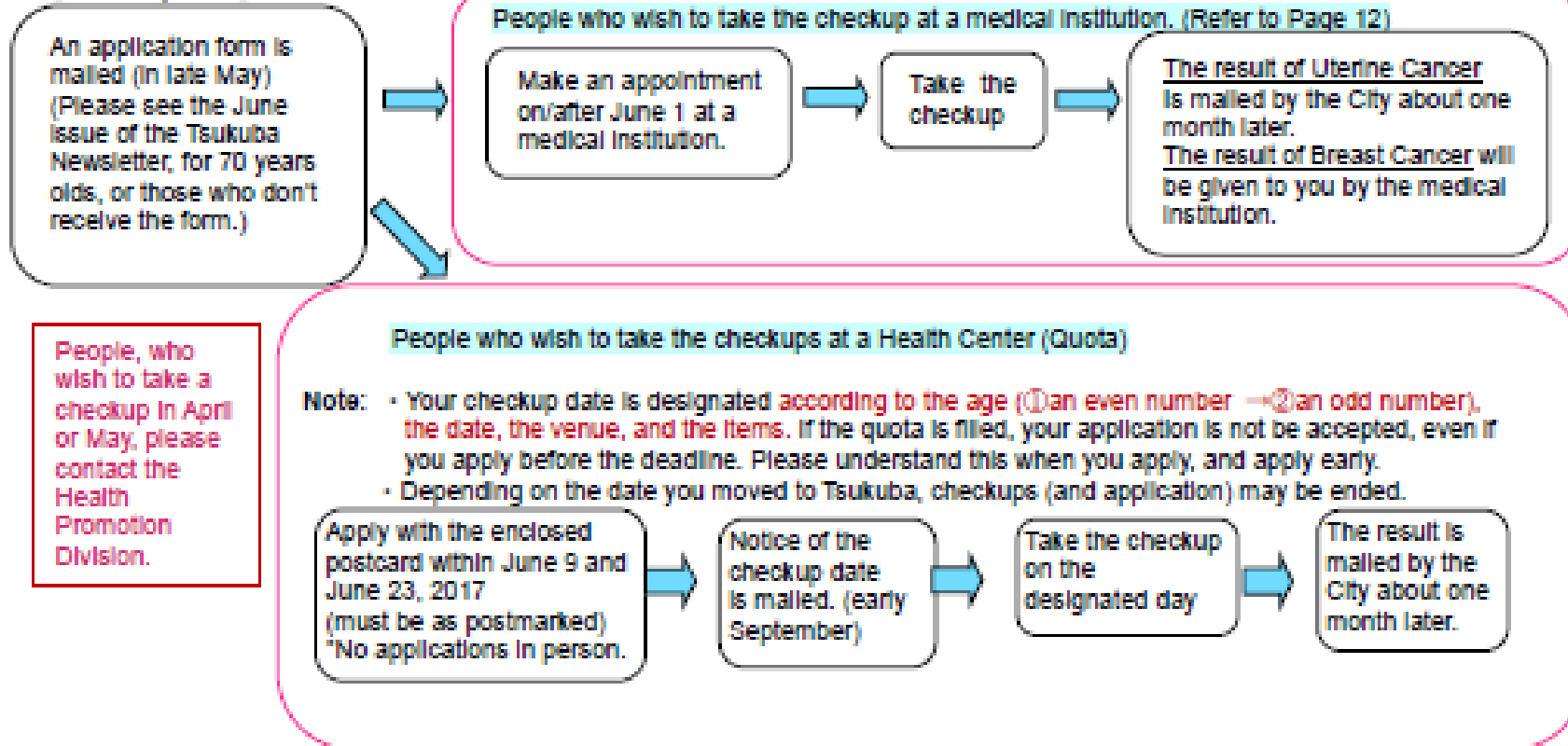
ホームページ <http://www.city.tsukuba.ibaraki.jp/>

Breast Cancer and Uterine Cancer Checkups

Registered citizens of Tsukuba City who are eligible will receive the application forms for a Uterine Cancer Checkup / Breast Cancer Checkup.

- People aged from 20 to 69 years old who are registered citizens of Tsukuba City as of April 20, 2017 and are still living in Tsukuba will receive notification by mail.
 - Aged 70 years old and older who have 2015 or 2016 checkups records will also receive the notification.
 - If you do not receive the application form and wish to take the checkups, please contact the Health Promotion Division. (Phone: 029-883-1111)
- Those who moved to Tsukuba on/after April 21, 2017 are required to apply to the Health Promotion Division or any Health Center.

[Checkup flow]



Choose either a group checkup or a checkup at a medical institution. Women aged 70 years old and older should take a checkup at a medical institution. Women aged 40 and older with an even age are eligible for a mammography checkup. (Those on Page 10 are eligible for mammography.)

Sent to every women over 20 years old.

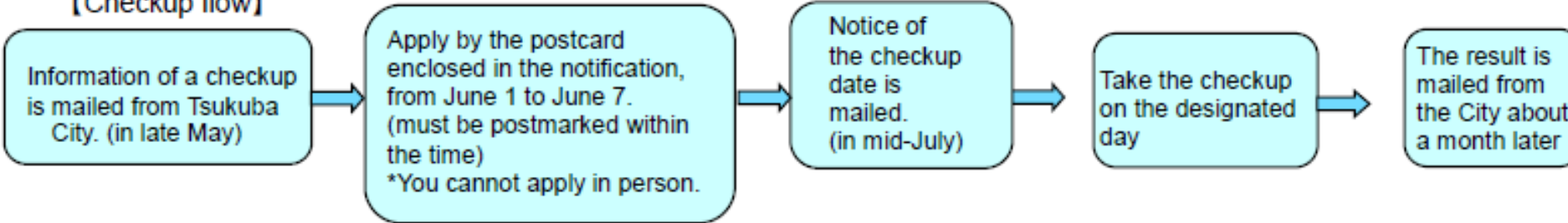
It contains coupons for Breast Cancer, Uterine Cancer and Bone Density Check up.

You can choose from Individual Checkup or Group Checkup. The amount for self expense is different.

Bone Density Test for Osteoporosis (Quota) Please apply in advance.

Osteoporosis causes bones to fracture easily because of a decrease in bone density.
To know your bone density, please take the test for osteoporosis.

【Checkup flow】



Those who are over 70 years old, or who don't get the information, please see the June issue of the Tsukuba Newsletter "Koho Tsukuba" (広報つくば).

【Items】 Interview and ultrasound in the heel **【Co-payment Fee】 1,000 Yen (70 year olds are free.)**

Eligibility: Women in the age groups as shown in the table below.

Age	Date of Birth
30	April 1, 1987 - March 31, 1988
35	April 1, 1982 - March 31, 1983
40	April 1, 1977 - March 31, 1978
45	April 1, 1972 - March 31, 1973
50	April 1, 1967 - March 31, 1968

Age	Date of Birth
55	April 1, 1962 - March 31, 1963
60	April 1, 1957 - March 31, 1958
65	April 1, 1952 - March 31, 1953
70	April 1, 1947 - March 31, 1948

Date	Venue
Fri, August 4	Oho Health Center
Mon, August 7	Sakura Health Center
Tue, August 8	

Date	Venue
Tue, August 9	Kukizaki Health Center
Mon, August 21	Yatabe Health Center
Tue, August 22	



Bone density check up is for women on the year they turn 30,35,40,45 and so on.

This orange envelope is sent to those who are enrolled in National Health Insurance system.



つくば市外
転送不要



郵便区内特別

成人検診 のお知らせ

受診券 在中

至急開封

受診期限あり

この通知一式を紛失すると、再発行は市役所または保健センターへの来所申請となります。紛失には十分御注意ください。

やさしさ生活みらい都市



TSUKUBA

つくば市 保健福祉部 健康増進課
CITY OF TSUKUBA

〒305-8555 茨城県つくば市研究学園一丁目1番地1

TEL 029-883-1111(代表)

ホームページ <http://www.city.tsukuba.ibaraki.jp/>

Basic Health Checkup

Eligibility: 20 to 39 years old and who cannot take other checkups (except students)

Who will receive notification: Registered citizens of Tsukuba City as of January 1, 2017 and who are still living in Tsukuba.

- Members of Tsukuba City-issued National Health Insurance. • Dependents.

- A salary of less than 1.3 million yen in the 2016 financial year

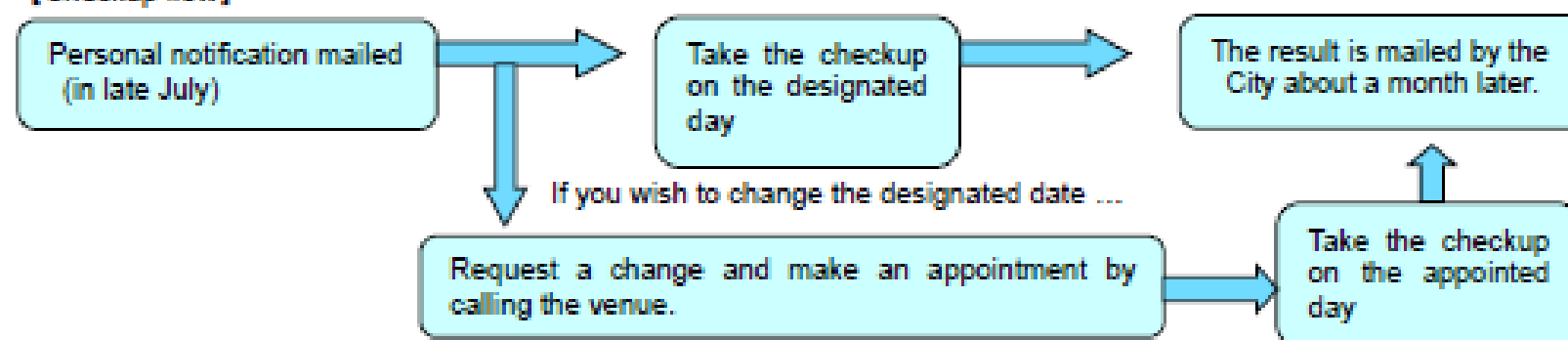
Other Eligible People:

- People who have no chance to take a company health check.
- Dependents who moved to Tsukuba City on/after January 2, 2017

Please consult any health center if you are eligible but did not receive the Notification Card.

Note that those who are 35 years and older and are enrolled in Kyokai-Kenpo Insurance are not eligible for the city managed checkups because the insurer provides checkup.

[Checkup flow]



-For citizens between 20-39 years old

-Who does not have a chance to take any health checkup.

Type	Items	Who can apply	Fee	Starting time
Basic Health Checkup	Measurements, Blood Pressure, Urine Test, Blood Test	20 to 39 years old	1,000 yen	9:00 - 9:30 a.m.
				10:00 - 10:30
				11:00 - 11:15 *1
				1:00 - 1:30 p.m.
				2:00 - 2:30

The checkup age is as of March 31, 2018

*1 No reservation is needed for checkups for 11:00~11:15 but it may be crowded.

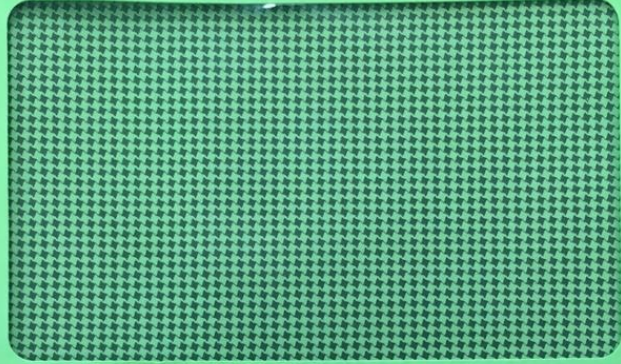
Date	Venue
Tue, Aug. 29	Oho Health Center ☎029-864-7841
Wed, Aug.30	
Thu, Aug.31	

Date	Venue
Tue, Sept. 5	Sakura Health Center ☎029-837-3931
Wed, Sept. 6	
Thu, Sept. 7	
Fri, Sept. 8	
Mon, Sept. 11	

Date	Venue
Tue, Sept. 12	Yatabe Health Center ☎029-838-1100
Wed, Sept. 13	
Thu, Sept. 14	
Fri, Sept. 15	



郵便区内特別



健診のご案内

Health check notice

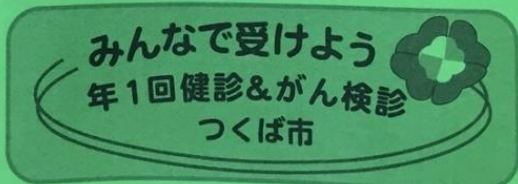
【 集 団 健 診 】
【 医 療 機 関 健 診 】
【 人 間 ド ッ ク 健 診 】

受診券在中 (受診まで大切に保管してください。)



つくば市 保健福祉部
保健医療部

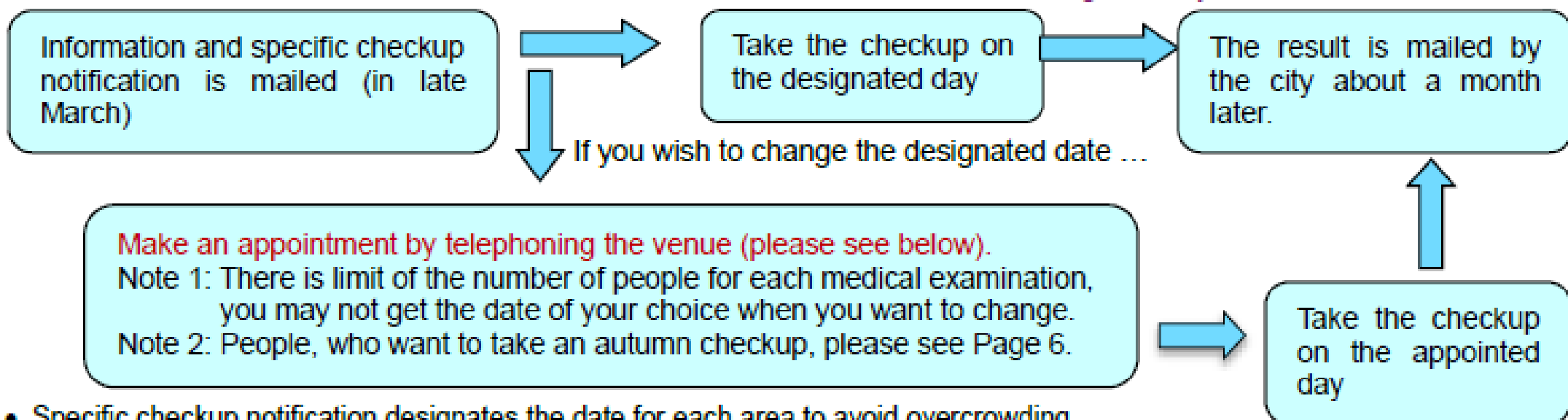
谷田部保健センター	☎ 029(838) 1100
大穂保健センター	☎ 029(864) 7841
桜保健センター	☎ 029(857) 3931
健康増進課	} ☎ 029(883) 1111(代表)
医療年金課	
国民健康保険課	



再生紙を使用しています

-For citizens who are enrolled in the National health Insurance System, 40 years old and over, this Green envelope will be sent.

-You can choose from Individual Checkup or Group Checkup



- Specific checkup notification designates the date for each area to avoid overcrowding.
- Those who have had the checkup at a medical institution / a thorough physical checkup, are not able to apply for the same tests twice.
- Those who became eligible for National Insurance in the middle of the fiscal year or who lost the specific checkup notification, please contact the National Health Insurance Division (for 74 years old and younger) or Medical Pension Division (for 75 years old and older)

Spring Group Checkup Contents

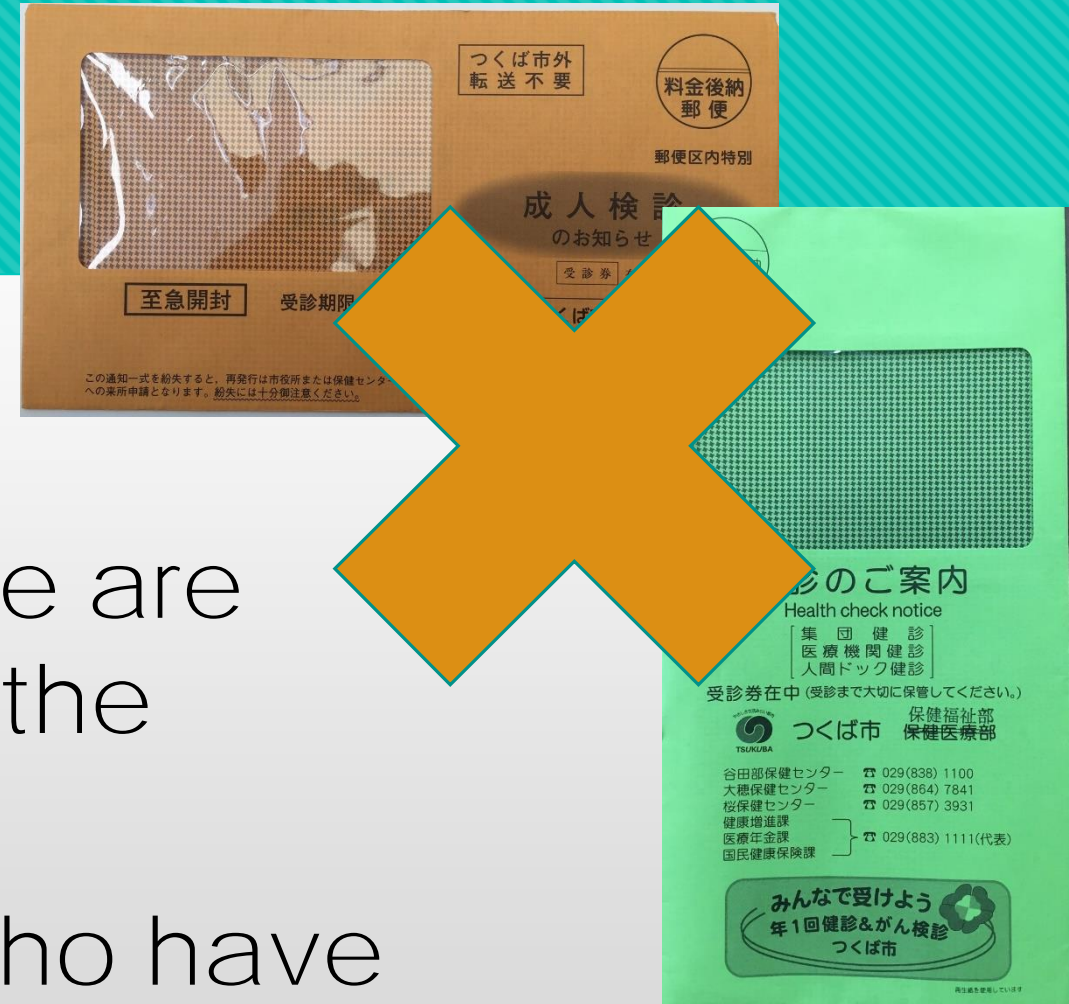
The age as of March 31, 2018

Type	Test items	Age	Fee *Free for 70 and older
<u>Specific Checkup</u>	Measurements (height, weight), blood pressure, urine test, blood test, cardiogram, retina check (eye). (For 75 years old and older, a waist measurement check will not be included)	40 to 74 years old	1,500 yen
Specific Checkup for Seniors *1		75 years old and older	Free
Lung Cancer (For 65 years old and older, a tuberculosis checkup is done at the same time)	Chest X-ray	48 years old and older	500 yen
	Sputum Test (If applicable)	50 years old and older	1,000 yen
		40 years old and	

But...

Orange and Green envelope are not sent to those who live in the Dormitory.

⇒ Considered as those who have
Chance to take Checkups.



Students have the chance to take general health checkup at school in the beginning of every school year.

Know and Contact

Student's spouses are qualified to take the Health Checkup provided by City hall.

Even you haven't received these envelopes, if you DO NOT have any chance to take any Health Checkup, please contact nearby Health center or visit Health Promotion Division, Tsukuba City hall.

Thorough Physical Checkup

City-issued National Health Insurance / the Latter-stage Elderly Insurance in the following age groups are eligible for the checkups. A Specific Checkups Notification (特定健診受診券) which is sent by mail by the end of March, and Confirmation Notice of Subsidy are needed for checkups. (Applicants should have completed paying their taxes.)

Type	Age	Subsidy
(A) Thorough Physical Checkup	30 years old and older	17,500 yen
(B) CAT scan	40 years old and older	25,000 yen
(C) Comprehensive Physical Checkup	40 years old and older	37,500 yen

• How to apply

1. Choose the type of checkup and make an appointment at one of the cooperating medical institutions.
2. Apply at the National Health Insurance Division, the Medical Pension Division, or any Health Center.
(Tsukuba window office for people in the Tsukuba (筑波) Area) Bring your National Insurance Card and a family seal.
3. A Confirmation Notice of Subsidy is issued on the day of application.

Note: Please bring the Confirmation Notice of Subsidy to the checkup, otherwise the subsidy will not be applied. The National Health Insurance Division or the Medical Pension Division issues the Confirmation Notice of Subsidy on the day of application. If there aren't enough days before the checkup, please apply at the National Health Insurance Division or the Medical Pension Division.

Application: from March 1, 2017 to March 31, 2018 **Checkup:** from April 1, 2017 to March 31, 2018

※ The subsidy budget has a limitation, so please understand that it may not be available in some cases.

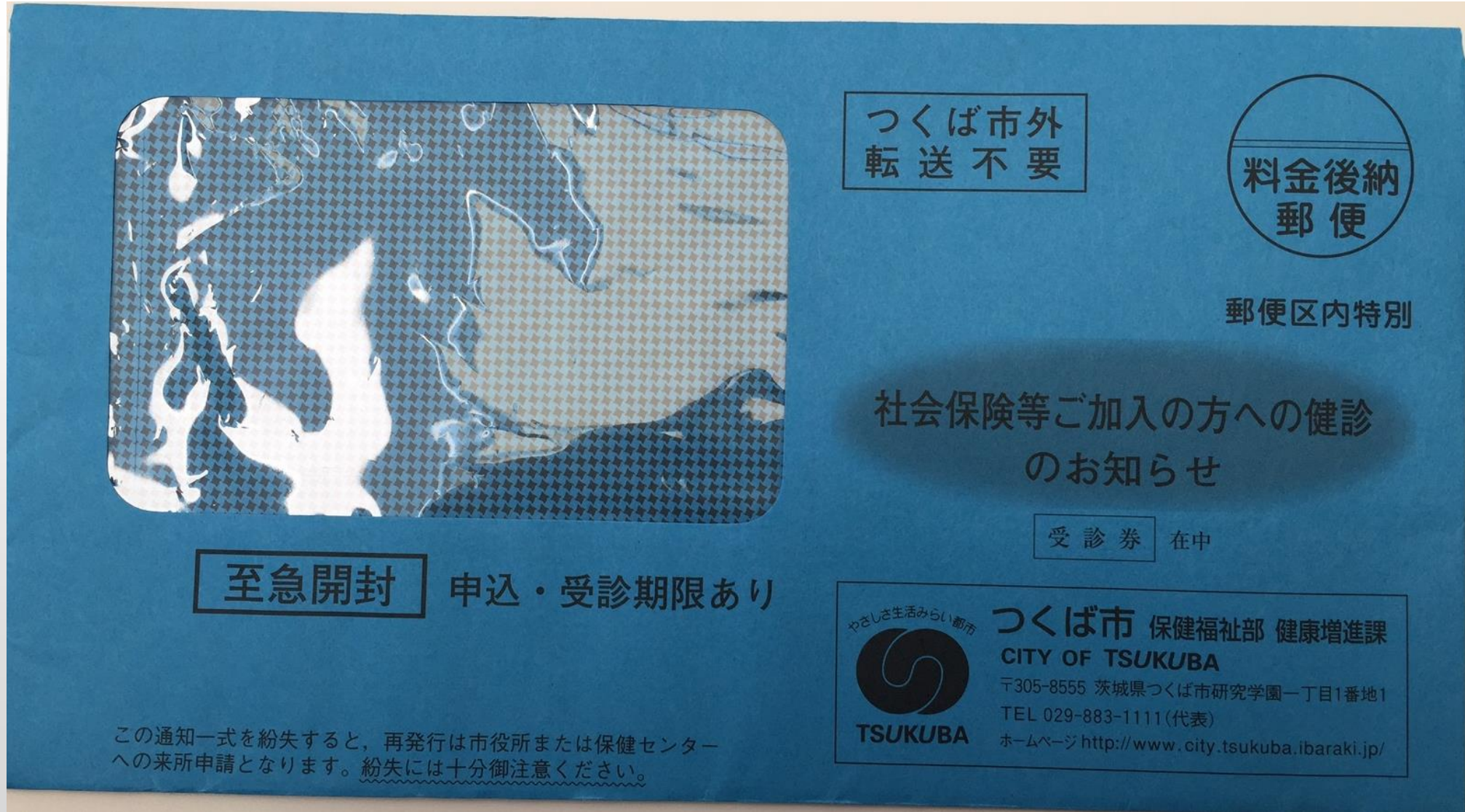
[Test items for each type of Thorough Physical Checkup]

	Test	(A)	(B)	(C)		Test	(A)	(B)	(C)
1	Blood test	•	•	•	11	Eye pressure measurement	•		•
2	Urine test	•	•	•	12	Hearing test	•		•
3	Stool test	•		•	13	Fundus test	•	•	•
4	Chest X-ray	•		•	14	Abdomen ultrasound	•		•
5	Stomach X-ray or Endoscopy	•		•	15	Carotid artery ultrasound		•	•
6	Blood pressure	•	•	•	16	Cervical vertebra X-ray		•	•
7	Electrocardiogram (ECG)	•	•	•	17	MRI		•	•
8	Eyesight test	•		•	18	MRA Cerebral Blood Vessel check		•	•
9	Physical measurements	•	•	•	19	Consultation with a doctor	•	•	•
10	Lung function test	•		•					

We also have this Through Physical Check up (Complete Checkup) which is a detailed check up. It usually costs 40,000 yen and higher but these listed amount is supported by the government. So if there are any considerations among your health and wish to take a detailed check up, please remember that you don't have to pay full amount.

p.8
In SUKOYAKA

Color: Blue Size: 1/3 of a A4 paper.



For people who are enrolled to the Social Insurance.

② ほくほくほくほくほくほくほ	国民健康保険 被保険者証	有効期限	記号 番号
	氏名		性別
	生年月日		
	資格取得年月日		
	世帯主氏名		
	住所		
	交付年月日		
	保険者の名称及び印	茨城県 つくば市	
	保険者番号	■■■■■■■■■■	
			つくば市役所 電話 029(883)1111(代表)

Next is about National Health Insurance.

If you are not covered by Employee's Health Insurance (Shakai-hoken)

and stay in Japan more than 3 months,

You **MUST** join NHI

NHI covers

70% of medical costs

Note: Some treatments are not covered including health checkups.

Ex: Orthodontic, Normal pregnancy and vaginal delivery, vaccinations and some more

For example...

Students

- only scholarship
- no other income
- aged under 40
- live alone

⇒ Payment will start from
July

About ¥20,000/year

*Calculated from the month you
moved in Tsukuba

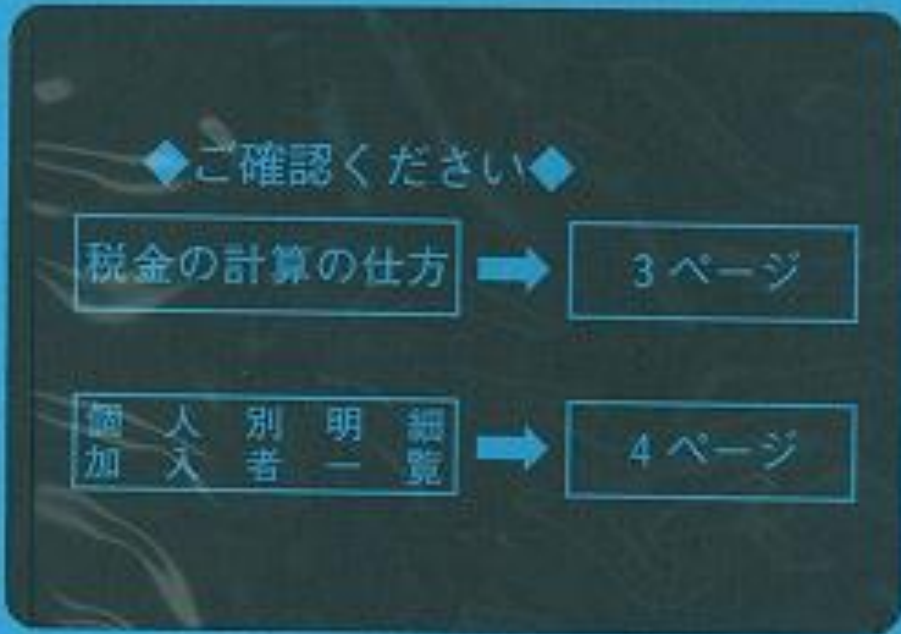
- If you live with your family
- If you or your spouse has incomes other than scholarship during the previous year
- If your age is over 40,

Premiums will be HIGHER

- Payments will be sent in July.
- Nine Installment Payments.

PREMIUMS IS CALCULATED BASED ON THE **PREVIOUS YEAR'S INCOME**

So If you worked part time last year, but quitted this year, even you don't have a job, you still have to pay.



国民健康保険税の納税義務者は世帯主です。
世帯内に国民健康保険に加入している方がいれば
納税通知書は世帯主に送付されます。

納税通知書在中
A tax notice attached



つくば市 保健医療部 国民健康保険課
CITY OF TSUKUBA
National Health Insurance Division
〒305-8555 茨城県つくば市研究学園1丁目1番地1
TEL 029-863-1111(代表)
ホームページ <http://www.city.tsukuba.ibaraki.jp/>

Payment sheet will be sent in an envelope like this. It says “A tax notice attached”.

COME TO CITY HALL AND NOTIFY
IMMEDIATELY WHEN YOU:


CHANGE ADDRESS,
EXTENDED VISA
OR
LEAVE JAPAN

I have seen MARUFUKU
several times...

So What is MARUFUKU exactly?

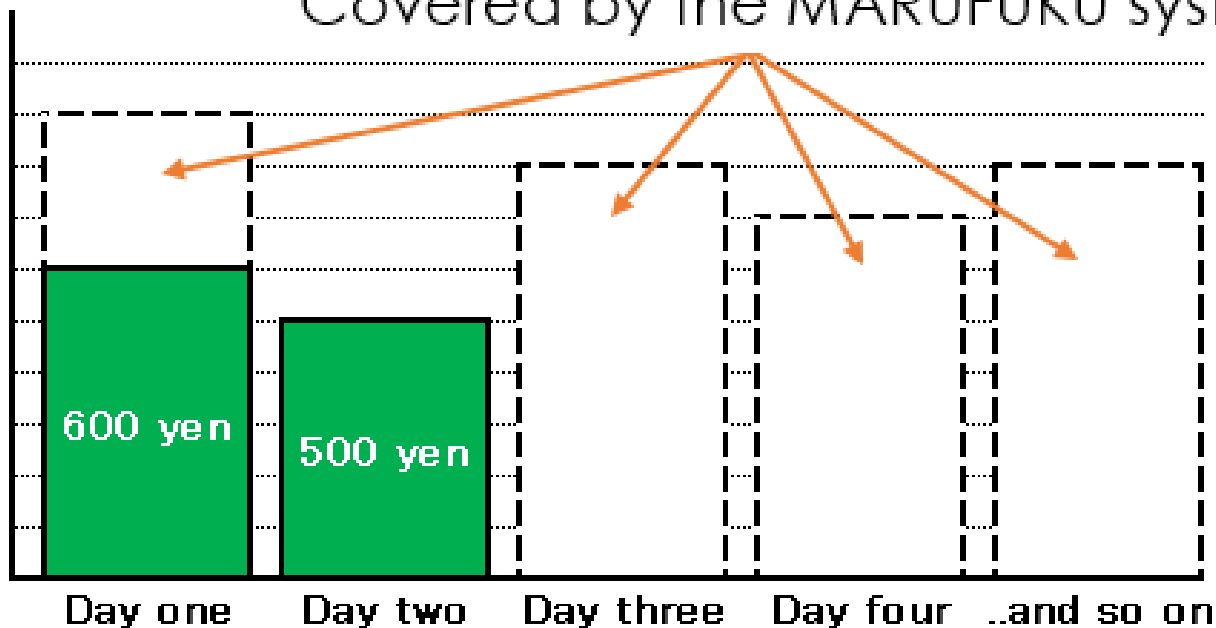
4 type of MARUFUKU

- 1) Pregnant Women's *MARUFUKU*
- 2) Children's *MARUFUKU*
- 3) Single Parent Families' *MARUFUKU*
- 4) *MARUFUKU* for people with severe physical and/or mental disabilities

福 医療福祉費受給者証	
公費負担者番号	[REDACTED]
受給者番号	[REDACTED]
被保険者証等の 記号及び番号	[REDACTED]
保険種別	[REDACTED]
保険者番号	[REDACTED]
受住所	つくば市 [REDACTED]
給者氏名	[REDACTED]
生年月日	平成 27 年 1 月 26 日 [REDACTED]
有効期間	平成 29 年 2 月 1 日 から 平成 30 年 1 月 31 日 まで
つくば市 	
交付年月日	平成 29 年 3 月 6 日

If you have Children's *MARUFUKU*,

Covered by the *MARUFUKU* system.

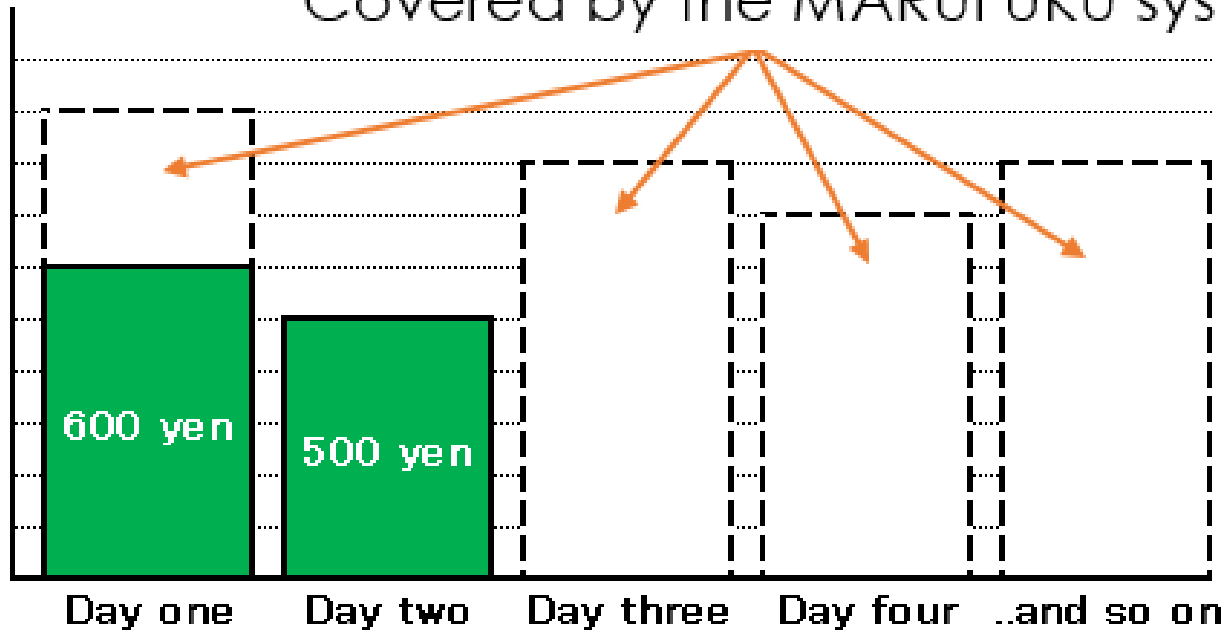


If you have Children's *MARUFUKU* and go to the same clinic with same symptom more than 3 days in one month, self expense for the Hospital will be covered by the system like this. 1st and 2nd day, you'll have some self expense but maximum of 600 yen. Any payment above 600 yen, is covered. And your payment will be fully covered from the 3rd day.

*Incase of hospitalization, self expense will be 300yen/day.
(Maximum payment will be 3000yen per month.)

If you have Pregnant Women's *MARUFUKU*,

Covered by the *MARUFUKU* system.



If you or your partner has Pregnant Women's *MARUFUKU*, this time *MARUFUKU* is only for medical treatments for illness and/or injuries which have been diagnosed by a doctor to carry on a pregnancy and for safe delivery. SO this *MARUFUKU* doesn't apply for all clinic visits. But it is better to carry it with you all time during pregnancy. But please remember that this service does not apply for the extra bed expense at the hospital, or payment for the regular delivery.

Medical treatments for illness and/or injuries which have been diagnosed by a doctor **to carry on a pregnancy and for safe delivery.**

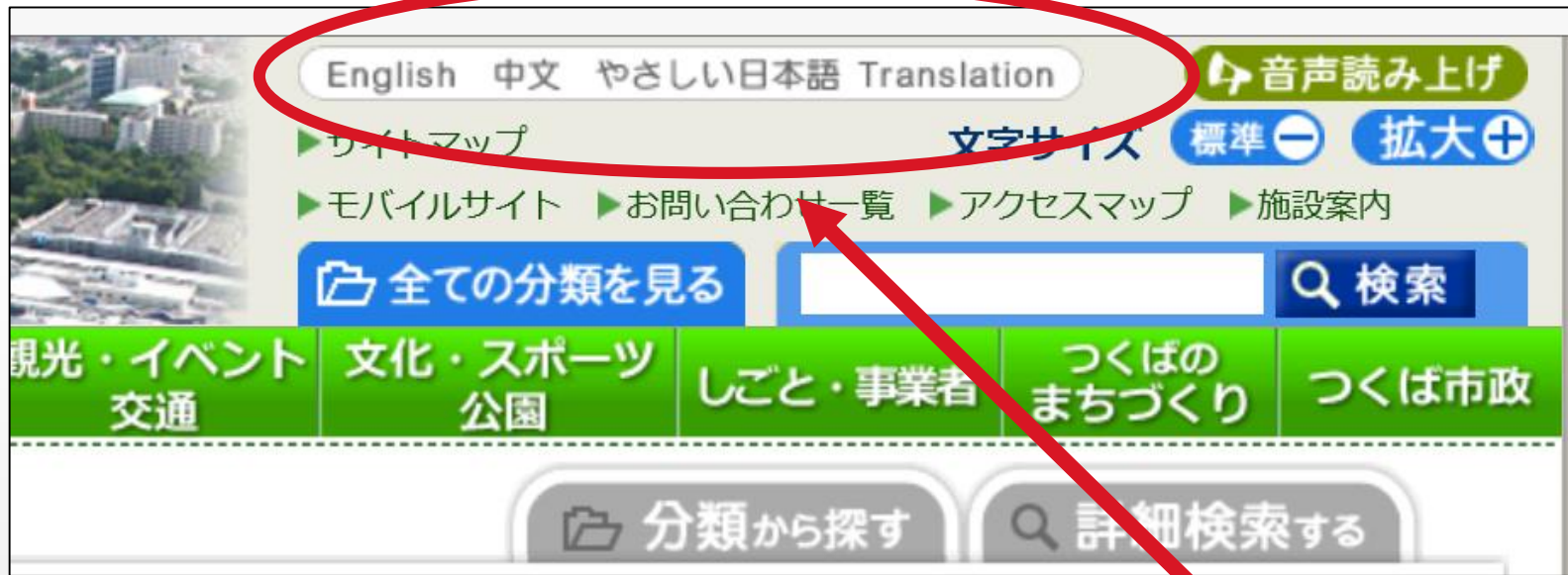
*So this MARUFUKU can only be used in the prefecture you are registered as a citizen. So in this case, inside Ibaraki prefecture.

*For children, New MARUFUKU will be sent to you every year by post, **on the next month of your child's birthday.**

*Pregnant MARUFUKU expires on the next month of your due date.

Come to the City hall when...

- Moving out of Tsukuba.
- Change of address, phone number or name.
- Change of Health Insurance.
- Change of bank account.



At city hall web page, there is a page that you can receive information in English, Chinese, and Easy-Japanese.



We have SUKOYAKA data, monthly open hospital information, and other information updated regularly.

Please visit and receive the latest information.

2017 JUL TSUKUBA

Hookun Sencho

EVENTOS DE VERÃO EM TSUKUBA

Nesta próxima estação, vários eventos estarão acontecendo em Tsukuba. Por que com a sua família e amigos? Com certeza você terá memórias maravilhosas. No verão japonês, existe um fenômeno chamado "Yūdachi", onde no fim da tarde chover forte por um curto intervalo de tempo. É recomendado levar uma chuva portátil na sua bolsa!

FEIRA DE BLUEBERRY EM TAKASAKI SHIZEN NO MORI 2017!!

Como um programa para promover o blueberry produzido na cidade de Takasaki, a feira será realizada no Mori Shizen no Mori em Tsukuba.

Upcoming Events in Tsukuba City

There will be various kinds of events happening in Tsukuba City in the season about to come. Bring family or friends along and check them out. You'll be sure to make many good memories this summer. In summer in Japan, there is the chance of sudden rain in the evening. It is known as *yūdachi*. Large drops of rain suddenly start falling, then after a short while will stop. It is advised that you carry a folding umbrella with you in the summer.

Mid-June – Late August
Takasaki Shizen no Mori Blueberry Market 2017!

Late July – End of August
Tsukuba Chibikko Hakase 2017

2017 JUL TSUKUBA

Português

Publicação: Escritório de Intercâmbio Cultural

〒305-8555 Kenkyuu Gakuen 1-1-1, Tsukuba
Telephone: 029-883-1111 Fax: 029-868-7625

2017 JUL TSUKUBA

ภาษาไทย

ฉบับนี้: คู่มือแลกเปลี่ยนภาษา
ที่ศูนย์ภาษาเมืองพิษณุโลก

〒305-8555 Tsukuba-shi Kenkyu-gakuen 1-1-1
โทรศัพท์: 029-883-1111 โทรสาร: 029-868-7625
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2017 JUL TSUKUBA

한국어

발행처: 츠크바시 국제교류실

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발행: 다음 호 8월 20일 발행

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Editores: Imme Arce Hüttmann Prado Villegas Benjamin Vicente
Publicación bimestral
Siguiete edición: 20 de agosto

Also, we issue this Multi Language News letter bimonthly on the 20th. It's available in the seen 6 languages.

Exchange students of Univ. of Tsukuba is involved in translating.

It's placed in many places so please find it ☺ It contains many useful information.

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English

Publication: Tsukuba City Hall, International Exchange Office

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Editors: Gu Li
Bimonthly publication, Next edition: August 20

加, 为这个夏天留下美好的回忆吧!
里叫做“夕立(雷阵雨)”。大颗的雨水

暑假艺术野营队

2日(周六)、23日(周日)

大学艺术系承办的暑假艺术野营活动,

2017 JUL TSUKUBA

한국어

발행처: 츠크바시 국제교류실

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편집: 김유진/박지현
발행: 다음 호 8월 20일 발행

일(월·축)
의 소원을 탄자쿠
아보지
바 관광컨벤션협회

31일(목)
램프 수첩을 가지고
기관등에서 진행되는
한후 스탬프 수첩에
스탬프라리입니다.
“츠크바꼬마박사”로
받을 수 있습니다.

1(토) 12:00~21:00

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中文

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ภาษาไทย

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ที่ศูนย์ภาษาเมืองพิษณุโลก

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Presented by;

Tsukuba City Hall

Health Promotion Division

National Health Insurance Division

Medical Welfare and Pension Division

International Exchange Office

If you have any question, please feel free to contact.