

Health Services for Foreigners in Tsukuba

July 10, 2018 10:00 am-12:00 pm
at University of Tsukuba



Today's Handouts

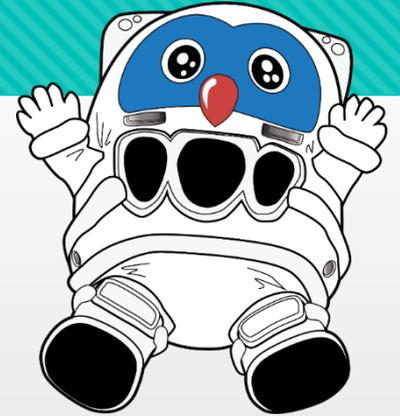
- Booklet: “Life Plan SUKOYAKA”
- Handouts of the slides
- Medical Welfare Subsidy Programme, Marufuku

For Reference

How to fill out birth registration form

- Refund of Medical Treatment Expense Outside of Japan
- National Health Insurance Tax Report

Staff from City Hall



From:

- Health Promotion Division
- National Health Insurance Division
- Medical Welfare and Pension Division

“Life Plan SUKOYAKA”

Everything about
Medical Services
Information of Tsukuba
City

Page	Content	People who can apply
1 - 2	2018 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	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 / Procedures for application	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 Iki-Iki Plaza	People aged 40 and older
21	Tsukuba Dietary Education Programs	All Tsukuba residents
*Health Care 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 to 2 years and 6 months olds
27	Childcare in Tsukuba Suku-Suku Mail (Tsukuba de kosodate meiru)	Applicants
*Vaccinations		
28	Vaccinations	Eligible people
29 - 30	Routine vaccinations for children	Eligible people
31	Subsidies for (optional) vaccination of seasonal influenza and Hepatitis B for children	Eligible people
32	Vaccination of seasonal influenza and 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 to Visit a Doctor

POINT 1

How to visit a hospital
during consultation hours

Have your own Family Doctor



Medical Service Information System of Ibaraki Prefecture

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

茨城県
救急医療情報
システム

文字の大きさを変更
小さく 標準 大きく

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

Search for a doctor

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

Hitachiota Hitachinaka	Hitachi
Tsuchiura	Mito
Chikusei Shimotsuma	Rokko
Koga Bando	Tsukuba
Tsukuba	Toride Ryugasaki

Mito Mito-shi Kasama-shi Onitama-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 Hokota-shi
Tsuchiura Tsuchiura-shi Ishioka-shi Kasumigaura-shi
Tsukuba Josoe-shi Tsukuba-shi Tsukubamirai-shi
Toride/Ryugasaki Ryugasaki-shi Toride-shi Ushiku-shi Moriya-shi Inashiki-shi Miho-mura Ami-machi Kawachi-machi Tone- machi
Chikusei/Shimotsuma Yuki-shi Shimotsuma-shi Chikusei- shi Sakuragawa-shi Yachiyo-machi
Koga/Bandou

Available
at City Hall



Living in Tsukuba

Guidebook for Foreign Residents

contents

Daily Life

Transportation

Childcare & School Education

Directory



Brochure
on useful
life
information

To find doctors who speak English, Chinese and other languages, see pages 34-37.

852-6111
852-5666
029) 822-1100
ura-shi
0120-995-331
0120-995-332
0570-000-298
848-5151

Hospitals (*byoin*) 病院

●General Care (Internal Medicine, Surgery, Pediatrics & Other)

Tsukuba Daigaku Fuzoku Byoin	筑波大学附属病院	Amakubo 2-1-1	029-853-3900	
Tsukuba Kinen Byoin	筑波記念病院	Kaname 1187-299	029-864-1212	
Tsukuba Medical Center Byoin	筑波メディカルセンター病院	Amakubo 1-3-1	029-851-3511	English, Korean
Tsukuba Byoin	筑波病院	Sasagi 1761	029-855-0777	
Tsukuba Gakuen Byoin	筑波学園病院	Kami-Yokoba 2573-1	029-836-6688	
Ichihara Byoin	いちはら病院	Ozone 3681	029-864-0303	
Tsukuba Sogo Clinic	筑波総合クリニック	Kaname 65	0120-138-122/ 029-877-1915	
Tsukuba Icho Byoin	筑波胃腸病院	Takamihara 1-2-39	029-874-3321	
Tsukuba Chuo Byoin	筑波中央病院	Hojo 5118	029-867-1211	

Clinics (*jin*) 医院

●Internal Medicine (*nai-ka* 内科)

Suzuki Jin	鈴木医院	Kurihara 757	029-857-2058	
Watanabe Naika Clinic	渡辺内科クリニック	Namiki 3-11-9	029-851-5901	English
Minami Odori Clinic	南大通りクリニック	Takezono 2-16-24	029-851-3697	
Kurata Naika Clinic	倉田内科クリニック	Kurihara 3443	029-857-8181	

Kashimura Clinic	榛村内科消化器科クリニック	Shimo-Hiro-oka Shimizukubo 744-1	029-863-0606	English
Aoyagi Jin	あおやぎ医院	Uenomuro 887	029-857-1522	English
Tsukuba Cityia Naika Clinic	つくばシティア内科クリニック	Azuma 2-8-8 Tsukuba Cityia Bldg. 4F	029-856-5500	
Namiki Naika Clinic	並木内科クリニック	Namiki 4-4-2-203	029-869-6969	English
Stresscare Tsukuba Clinic	ストレスケアつくばクリニック	Takezono 1-4-1, Minami 3 Park Bldg. 1F	029-863-2888	
Takezono Family Clinic	竹園ファミリークリニック	Takezono 2-8-19	029-851-4635	English
Tamura Jin	田村医院	Kami-Yokoba 2290-6	029-837-1806	
Nemoto Clinic	根本クリニック	Onigakubo 1108	029-847-0550	
Miyamoto Naika Clinic	宮本内科クリニック	Karimahara 1-4	029-855-6565	English
Center for Integrative Medicine Tsukuba University of Technology	筑波技術大学 保健科学部付属東西医学統合医療センター	Kasuga 4-12-7	029-858-9590	English
Katsuragi Clinic	かつらぎクリニック	Karima 196-1	029-852-1105	
Miyakawa Naika Ichoka Jin	宮川内科；胃腸科医院	Ninomiya 2-2-26	029-855-8777	English, Chinese
Jin-ai Naika Jin	仁愛内科医院	Onozaki 785-1	029-855-4577	English, Chinese, Taiwanese
Kawai Clinic	川井クリニック	Higashi-Hiratsuka 715-1	029-854-1881	
Sato Clinic	さとうクリニック	Teshirogi 1936-9	029-839-4141	
Hayashi Clinic	林クリニック	Inarimae 5-6	029-859-0550	
Narushima Clinic	成島クリニック	Tateno 363	029-839-2170	
Higashi Geka Naika Jin	ひがし外科内科医院	Higashi 2-26-16	029-856-7070	
Ota Jin	太田医院	Teshirogi 309-4	029-838-5333	
Teshirogi Clinic	手代木クリニック	Teshirogi 1918-1	029-839-4160	
Minano Clinic Naika Kokyukika	みなのかりニック内科呼吸器科	Nishi-Hiratsuka 318-1	029-850-4159	
Kikuchi Naika Clinic	菊池内科クリニック	Yatabe 5915	029-839-5070	
Sunshine Clinic	サンシャイン・クリニック	Yatabe 6107-14	029-839-3333	
Kenkyu Gakuen Clinic	研究学園クリニック	Kenkyu-Gakuen 5-12-4 Okada Bldg. 5F	029-860-5355	English
Shiho-no-mori Clinic	紫峰の森クリニック	Shimana 472-1	029-848-2348	
Tsukuba Zaitaku Clinic	つくば在宅クリニック	Nishi-Onuma 637-5	029-886-6123	
Sakane M Clinic	坂根 Mクリニック	Matsunoki 162-7	029-836-6612	
Shibahara Jin	柴原医院	Yoshinuma 1151	029-865-0511	

POINT 2

How to visit a hospital
OUTSIDE consultation hours,
during weekends and night times



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

- SUKOYAKA
- Weekend Hospitals List
- Tax payment notice
- Events, etc.



Available in English, Chinese, Korean and Easy-Japanese

“Clinics open on Sundays / Holidays” List is up on Tsukuba City Hall website on the 1st day of the month.
<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

Ibaraki Hotline for Kid's Emergency

Phone: #8000

(from push-button phones or mobile phones)

or

Phone: 029-254-9900 (from any types of phone)

Consultation Hours:

Monday- Saturday: 6:30 p.m.–8:00 a.m.

Sunday, Holidays & Year-end and New Year holidays: 24 hours

※Nurses might not be fluent in English.

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



EMERGENCY HOSPITALS

Tsukuba Medical Center

Open 365 days/24 hours

Tel: 029-851-3511

Tsukuba University Hospital

Open 365 days/24 hours

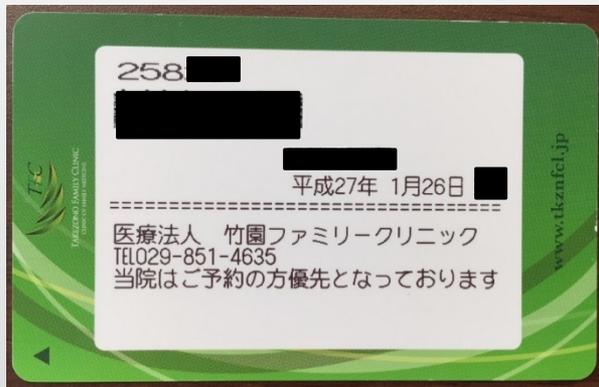
Tel: 029-853-3900

NOTE:

First visit without a referral from the current doctor, you will be charged an additional 5,400 yen (MC) or 10,800 yen (TUH).

POINT 3

Things to bring to a hospital



Hospital ID



Health Insurance Card

Medication History

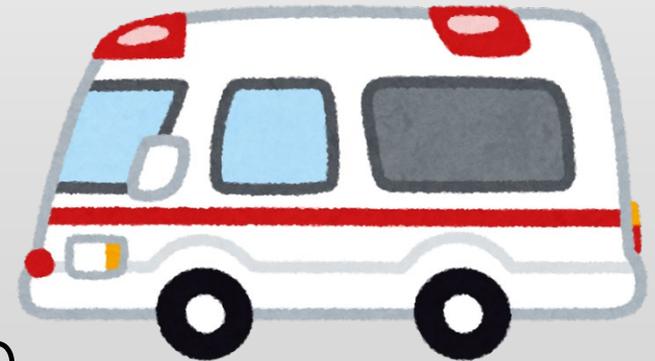


Call an **AMBULANCE** when:

- convulsion doesn't stop
- having difficulty breathing
- having a strong stomachache or headache
- being unconscious
- bleeding doesn't stop

Ambulance and
Fire Engine

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POLICE 110

About the Tsukuba International Association



The Tsukuba International Association (TIA) was founded in March 2007 with the aim of developing welfare type and exchange activities for the resident foreign community in the city.

In this regard, and for the sake of multicultural integration and mutual understanding, TIA has been organizing various activities and events such as: courses of Japanese language, foreign assistance programs, programs of tripartite exchange (China, Korea and Japan), international cooking classes, the Tsukuba International Fair, Japanese speech contests, etc.

In recent years, given the rise in the foreign population and the resulting increase in the need for interpreters in the medical area, in 2009 TIA began a promotion and training pilot program of volunteer medical interpreters with the support and collaboration of Ibaraki Prefecture, the city of Tsukuba, NPOs and medical institutions. In the 6 years from 2010 to 2015, we dispatched volunteer medical interpreters more than 150 times.

Tsukuba International Association (Map)



Tsukuba International Association

Medical Interpreters: Inquiries

Address : 1-10-1 Azuma, Tsukuba, Ibaraki.
 Tsukuba Innovation Plaza
 TEL : 029-869-7675
 FAX : 029-852-5513
 E-mail : info@inter.or.jp
 URL : <http://www.inter.or.jp/>

English

We send Medical Interpreters!

Will people who can speak English come to help me at the hospital?



It would be great to receive information about treatment, surgery, etc. in my own language.



つくば市国際交流協会
 TSUKUBA INTERNATIONAL ASSOCIATION

**Health Checkup
Services
Provided by Tsukuba
City**

When you or your partner becomes Pregnant

福 医療福祉費受給者証	
公費負担者番号	6
受給者番号	2
被保険者証等の記号及び番号	1
保険種別	
保険者番号	8
受住所	つくば市
給者氏名	
生年月日	平成 27 年 月 日
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 市章印	
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 _____ Year _____ Month _____ Day _____
年 月 日交付

No. _____

Name of Parent(s)/Guardian(s)
ふりがな
 保護者の氏名: _____

Name of Child
ふりがな
 子の氏名 _____ Order of Birth _____
(第 子)

Date of Birth: _____ Sex: _____
生年月日: 年 月 日 性別:

母子健康手帳

つくば市



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 月 日 性別: _____

No. _____



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In
SUKOYAKA



↑ Marufuku for pregnant women

Pregnancy Notification

When pregnancy diagnosed,

Pregnancy &
Vaccination Record
Book

- 1 report the expected date to City Hall (Counter #24)
- 2 get “Pregnancy & Vaccination Record Book”
- 3 get pregnancy checkup coupons
- 4 get Birth Registration Guide and start learning on Birth Registration procedure
(If planning to get married, get Marriage Registration Guide too)

Pregnancy checkup coupons





List of Hospitals
where you can
deliver your baby

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

Giving Birth in Your Home Country

For NHI Members:

Delivery Allowance will also be paid.

Necessary Documents:

- Official Birth Certificate
- Receipt from the hospital
- Mother's passport with the entry stamp after the birth

IMPORTANT!

Submit Birth Notification within 14 days

出生届		受理 平成 年 月 日	発送 平成 年 月 日
平成28年 々月 / 日 届出		第 号	長印
茨城県つくば市長 殿		送付 平成 年 月 日	第 号
		書類調査	戸籍記載
		取組調整	調査票
		届票	届票
		係長	通知
(1) 生まれた子の氏名 (外国人のときは括弧をつけてください)	A-1 姓 A-2 名 SMITH SMITH MARIA	父の氏名 SMITH JOHN	母の氏名 SMITH CARINA
(2) 生まれたとき	平成28年 3月 30日 午前 1時 20分		
(3) 生まれたところ	茨城県つくば市筑穂1丁目10番地		
(4) 住所 (住民登録をするところ)	茨城県つくば市研究学園1丁目番地		
(5) 父母の氏名 生年月日 (子の生まれたときの年齢)	父 B-1 SMITH JOHN 1981年 6月 8日 (満34歳)	母 B-3 SMITH CARINA 1994年 4月 7日 (満31歳)	
(6) 本籍 (外国人のときは括弧をつけてください)	父母の国籍 アメリカ合衆国		
(7) 同居を始めたとき	B-7 平成26年 9月 (結婚式をあげたとき、または、同居を始めたときのうち早いほうを書いてください)		
(8) 子が生まれたときの世帯のおもな仕事と父母の職業	<input type="checkbox"/> 1. 農業だけまたは農業とその他の仕事を持っている世帯 <input type="checkbox"/> 2. 自営業・開業業・フリーランス等を個人で経営している世帯 <input type="checkbox"/> 3. 企業・個人商店等(営利目的)の常勤労働者世帯で勤め先の従業員数が1人から99人までの世帯(日々または1年未満の契約の雇用者は5) <input checked="" type="checkbox"/> 4. 3にあてはまらない常用労働者世帯及び会社団体の役員世帯(日々または1年未満の契約の労働者は5) <input type="checkbox"/> 5. 1から4にあてはまらないその他の仕事をしている者のいる世帯 <input type="checkbox"/> 6. 仕事をしている者のいない世帯 (国務省の年々... 年の4月1日から翌年3月31日まで)に子が生まれたときだけ書いてください 父の職業 _____ 母の職業 _____		
(9) 父母の職業			
その他	C-1		
届出	<input checked="" type="checkbox"/> 1. 父 <input type="checkbox"/> 2. 法定代理人() <input type="checkbox"/> 3. 同業者 <input type="checkbox"/> 4. 医師 <input type="checkbox"/> 5. 助産師 <input type="checkbox"/> 6. その他の立会者 <input type="checkbox"/> 7. 公設所の長		
住所	C-2 (4)と同じ 番地 号		
本籍	C-3 アメリカ合衆国 番地 号		
署名	C-5 SMITH JOHN 印 1981年 6月 8日 生		
事件簿番号			

出生証明書	
子の氏名	男女の別 1男 ②女
生まれたとき	平成28年 3月 30日 午前 1時 20分
出生したところの種別	①病院 2診療所 3助産所 4自宅 5その他
出生したところ及びその種別 (出生したところの種別1-3) 施設の名称	茨城県つくば市筑穂1丁目10番地 4号 〇〇病院
(11) 体重及び身長	体重 3,000グラム 身長 50センチメートル
(12) 単胎・多胎の別	①単胎 2多胎(子中第 子)
(13) 母の氏名	スミス カリーナ 妊娠週数 満40週2日
(14) この母の出産した子の数	出生子(この出生子及び出生後、死産した子を含む) 1人 死産児(妊娠週22週以後) 0胎
(15) 医師 2助産師 3その他	上記のとおり証明する。 平成28年 3月 30日 (住所) 茨城県つくば市筑穂1丁目10-4 番地 番 号 (氏名) 〇〇 〇〇 (EP印)



After giving birth...



1. Notify the Birth at Health Promotion Division (#24)
2. Get Child's NHI Card (#7)
3. Get Child's Marufuku (#8)
4. Apply for Child Allowance

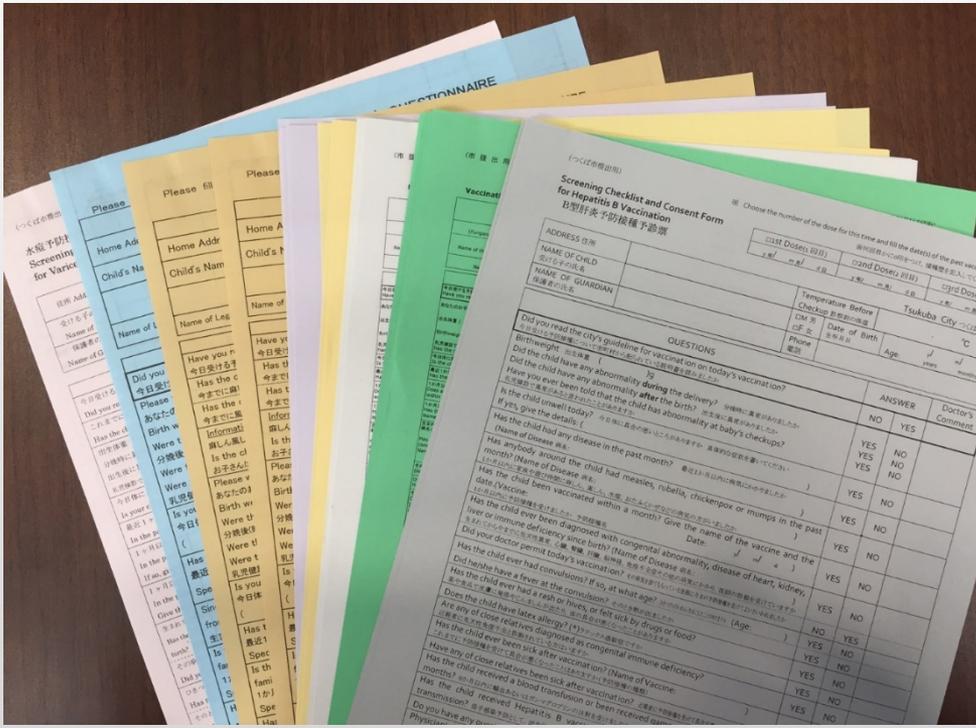
福 医療福祉費受給者証	
公費負担者番号	6
受給者番号	2
被保険者証等の記号及び番号	1
保険種別	
保険者番号	8
受給者住所	つくば市
受給者氏名	
生年月日	平成 27 年 月 26 日
有効期間	平成 29 年 2 月 1 日 から 平成 30 年 1 月 31 日 まで
つくば市 茨城県 市印	
交付年月日	平成 29 年 3 月 6 日

↑ Marufuku for Children

ATTENTION
Getting a visa for the newborn baby may take long

国民健康保険 被保険者証		有効期限	記号 番号
氏名			
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	080937		
		つくば市役所 電話 029(885)1111(代表)	

Children's Vaccinations & Checkups Coupons will be sent to you by mail



Well-Baby Visit by Public Nurses

- When? - 1-4 months after birth
- Where? - At your home
- How? - By appointment
- Time - 40 minutes

They check **physical and mental** conditions of **baby's and mother's**.

Health checkup is conducted in Japanese.

Health Checkups for Children

0-12 months 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てください。

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	カウプ指数
健康診査	追視 (-・+) 首のすわり (-・±・+) ねがえり (-・±・+)			
	栄養状態 (良・要指導)			

宛名番号

票 (第2回生後9~12か月未満)

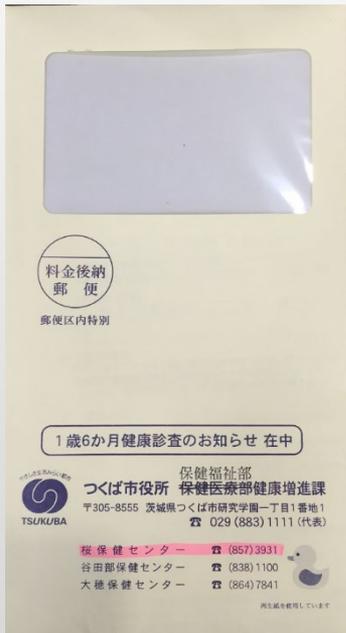
第 子	平成 年 月 日生 (か月)	男 女
	出生時体重	g
	TEL	
	つくば市	
	頭 囲 cm	カウプ指数
	はいはい (-・±・+)	



Health Checkups for Children

18 months / 3 years old

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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) 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 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, toothpaste, and a container for a urine test (only for 3 years old)



Dental Checkups for Children

24 – 30 months old

p.26a
In
SUKOYAKA

つくば市2歳歯科検診受診票（2歳～2歳7か月未満）

※太枠内を記入もれがないように入力してください。

〒	電話番号		
	生年月日	(歳 月 日)	
	性別		
フリガナ			
対象者氏名			
保護者の氏名			
問診	1. おやつは時間を決めてあげていますか。	はい	いいえ
	2. 母乳びんは使っていますか。	はい	いいえ
	3. 母乳は飲んでますか。	はい	いいえ
	4. 仕上げみがきはしていますか。	はい (毎日 回)・時々・いいえ	いいえ
	5. 指しゃぶりはしていますか。	はい	いいえ
	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
	8. 今までに歯科医院にかかったことはありますか。	はい	いいえ
心配なこと ()		どんなことで ()	治療・検診 ()
2歳歯科検診を依頼します。平成 年 月 日			つくば市長 印
委託医療機関の長 様			

2-Year Old Dental 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 treatment included). **Please make an appointment** and bring the Maternal and Child Health Handbook and the dental checkup card. Children between 2 years old and 2 years and 7 months old are eligible.

歯科検診結果		検診年月日	年 月 日
診察結果	右	E D C B A A B C D E	不正咬合 無・有 a 反対咬合 b 上顎前突・過蓋咬合 c 開咬 d そう生 e その他
	左	E D C B A A B C D E	
記入記号 健全歯○・処置歯○・未処置歯(サホライド含) C・要注意歯(サホライド含) CO・そう失歯△			
総合判定	異常なし・要指導・要観察・要治療 ()		
市町村への連絡事項	なし・あり ()		
医療機関名			

※実施医療機関を通じてつくば市に検診結果が報告されます。
(医療機関へのお願ひ) ※実施報告と請求の取り扱いは異なります。
実施報告は、1ヶ月分をまとめて翌月の10日までに「つくば市2歳歯科検診受診票(請求用)」「受診者名簿」を、つくば市健康増進課に提出してください。
請求は、年2回(1月～9月分・10月～3月分)に分け、請求書を前期(4月～9月)分は10月10日まで、後期(10月～3月)分は4月5日までにつくば市健康増進課に提出してください。



Dental Checkup 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. Periodontitis is the main cause for losing teeth for those over 40 years old. 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 old.

Age	Date of birth
30	April 1, 1988 ~ March 31, 1989
40	April 1, 1978 ~ March 31, 1979
50	April 1, 1968 ~ March 31, 1969
60	April 1, 1958 ~ March 31, 1959
70	April 1, 1948 ~ March 31, 1949



Checkup period: from June 1, 2018 to February 28, 2019

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

Items: Interview, oral checkups for cavities and periodontitis. A toothbrush is 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).

In 2016, about 50% of the participants said to the doctors, "Foods clog between the 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 pile up 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 have swelling.

In the year you turn
30, 40, 50, 60 and 70

A notification/checkup
coupon postcard will
be sent around the
end of May

The coupon is for a
checkup only

No Treatment fees are
covered

郵便はがき

料金後納
郵便

親展

つくば市長 五十嵐 立青

平成29年度 成人歯科検診の御案内

歯周病の早期発見・早期治療を図ることを目的に成人歯科検診を実施しています。
検診を受け歯周病から歯を守りましょう。

〈お問合せ先〉

つくば市健康増進課	TEL 029-883-1111
谷田部保健センター	TEL 029-838-1100
桜保健センター	TEL 029-857-3931
大穂保健センター	TEL 029-864-7841

受診者の方へ

- ①一度使用された受診券は使用できません。(重複受診禁止)
- ②つくば市を転出された方は、この受診券は使用できません。つくば市内での転居および名字の変更は、御自身で訂正のうえ御使用ください。

医療機関の方へ

- ③この受診券を使用する場合は、保険証や身分証明書等で必ず本人確認を行ってください。

ここからお開けください。→

List of dentists are inside the notification/ coupon Postcard or Sukoyaka p26

Fee: 500 yen

Make an appoint by phone and use the coupon

平成29年度 成人歯科医療機関検診受診券

住所 XXXXXXXXXX
 氏名 XXXXXXXXXX
 生年月日 XXXX/XX/XX 健診年齢 XX
 宛名番号 XXXXXXXXXX 性 別 XX

検査内容	問診、歯周病・う蝕歯(むし歯)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	ささもと歯科医院	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
上野歯科医院	851-6352	てらかど歯科医院	857-3633
桜南歯科クリニック	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	852-9966
こうた歯科クリニック	856-4182	野廻歯科医院	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	山添歯科医院	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
雨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
飯泉歯科医院	837-0708	おおざわ歯科医院	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	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
おのかわ歯科クリニック	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	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	いづか歯科医院	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	オサダ歯科矯正歯科医院	867-4331
つくば万博歯科	848-1171	加間歯科医院	869-1120
つくばヘルスケア歯科クリニック	860-8100	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	リオ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
舟久保せいこデンタルオフィス	875-7510	いんなん歯科医院	871-3100
松代歯科医院	838-0007	岡田歯科医院	873-3303
松本歯科医院	836-9743	雙安歯科	876-5478
茗仁歯科医院	856-3789	久松歯科医院	876-0655
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		

Coupons for Breast Cancer, Uterine Cancer and Osteoporosis



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
 **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/>

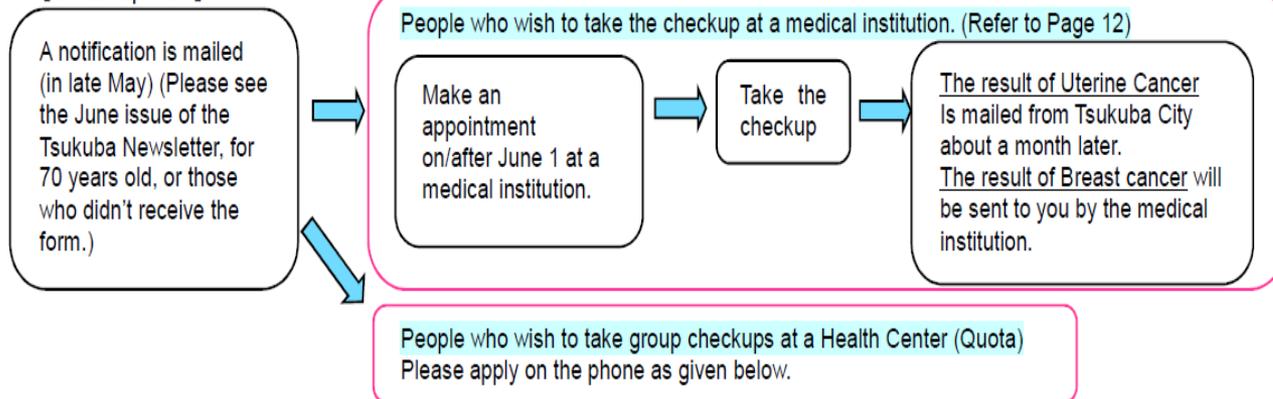
Breast Cancer and Uterine Cancer Checkups

For Women over 20 years old

Registered citizens of Tsukuba City (Base date: April 20, 2018) who are eligible will receive the notification of 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, 2018 and afterward will receive notification by mail.
 - * Aged 70 years old and older who had 2016 or 2017 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, 2018 or lost the notification 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 choose a checkup at a medical institution.
- People, who wish to take a checkup in April or May, need to have application form issued later on April 2. (Refer to Page 12)
- Women aged 40 and older with an even number age are eligible for a mammography checkup. (Those on Page 10 are eligible for mammography.)

You can choose

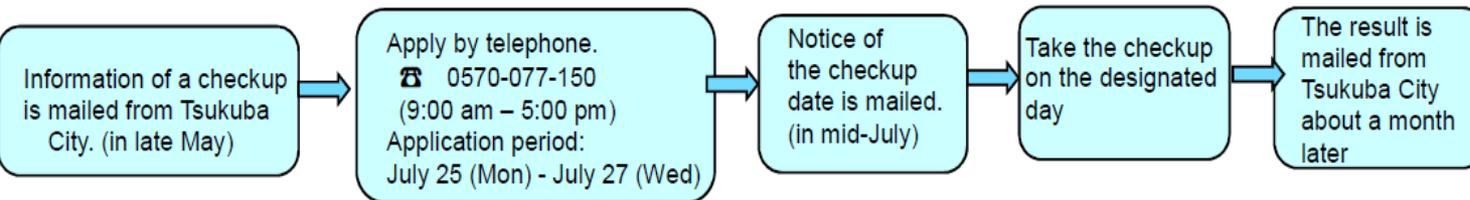
Individual
Checkup
or
Group Checkup

p.11
SUKOYAKA

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.

“How to apply” was changed!



We will ask your name, date of birth, address, desired date, when you apply.

Items: Interview and Ultrasound of the heel Co-payment Fee: 1,000 Yen (free for 70 years old.)

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

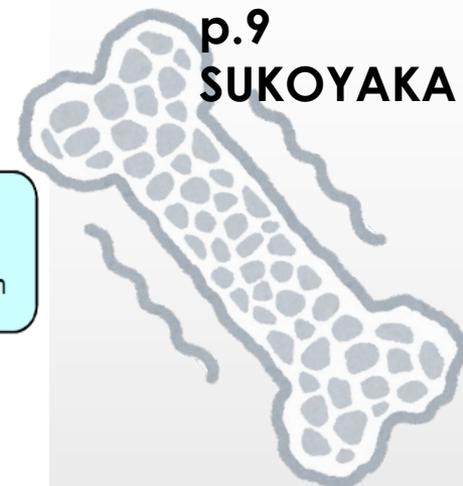
Age	Date of Birth
30	April 1, 1988 - March 31, 1989
35	April 1, 1983 - March 31, 1984
40	April 1, 1978 - March 31, 1979
45	April 1, 1973 - March 31, 1974
50	April 1, 1968 - March 31, 1969

Age	Date of Birth
55	April 1, 1963 - March 31, 1964
60	April 1, 1958 - March 31, 1959
65	April 1, 1953 - March 31, 1954
70	April 1, 1948 - March 31, 1949

Date	Venue
Thu, Aug.2	Yatabe Health Center
Fri, Aug.3	

Date	Venue
Mon, Aug.6	Sakura Health Center
Tue, Aug.7	

Date	Venue
Wed, Aug.8	Kukizaki Health Center
Thu, Aug.9	Oho Health Center



**In the year
you turn
30,35,40,45,
50...**

Basic Checkup for age 20-39

- NHI Members
- Students' family members can use the coupons
- The coupons are not sent to the dormitory
- Get coupons for family members at the City Hall, if you live in the dormitory

Basic Health Checkup

p.9
In
SUKOYAKA

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, 2018 and afterward.

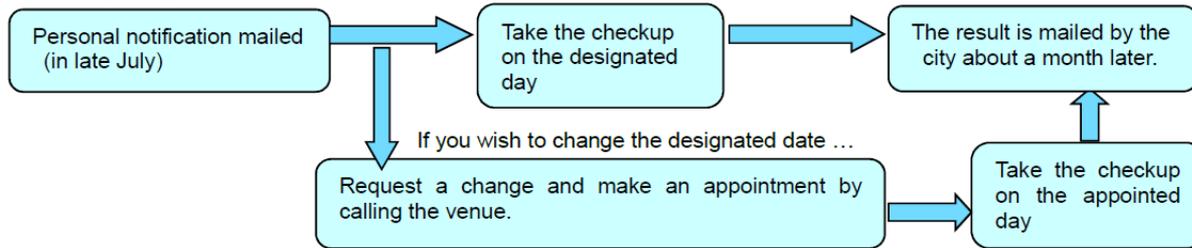
- Members of Tsukuba City-issued National Health Insurance. • Dependents.
- A salary of less than 1.3 million yen in 2017 financial year

Other Eligible People:

- People who have no chance to take a company health check.
 - Dependents who moved in Tsukuba City on/after January 2, 2018
- 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】



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, 2019

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

-For citizens between
20-39 years old

-those who does not have a
chance to take any health
checkup

Date	Venue
Thu, Sept. 6	Sakura Health Center ☎ 029-837-3931
Fri, Sept. 7	
Mon, Sept.10	
Tue, Sept.11	
Wed, Sept.12	

Date	Venue
Thu, Sept.13	Yatabe Health Center ☎ 029-838-1100
Fri, Sept. 14	
Tue, Sept. 18	
Wed, Sept. 19	

Date	Venue
Thu, Sept. 20	Oho Health Center ☎ 029-864-7841
Tue, Sept. 25	
Wed, Sept. 26	

Basic Health Checkup for Over 40



-For NHI member over 40 years old

-Complete Checkup (*ningen dokku*)

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 which is sent by mail by the end of March and Confirmation Notice of Subsidy are needed for checkups. (Applicants should have completed their taxes.)

Type	Age	Subsidy
(A) Thorough physical checkup *Subsidy available every year	30 years old and older	17,500 yen
(B) CAT scan *Subsidy available once every 3 years	40 years old and older	25,000 yen
(C) Comprehensive physical checkup *Subsidy available once every 3 years	40 years old and older	37,500 yen

How to apply

1. Choose the type of the checkup and make an appointment at a cooperating medical institution.
2. Apply either at the National Health Insurance Division, the Medical Pension Division, or Health Center (Oho, Sakura, Yatabe), Window office (Tsukuba (筑波), Toyosato, Kukizaki) with your National Insurance Card and a family seal (inkan).
3. A Confirmation Notice of Subsidy is issued on the spot.

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 issue the Confirmation Notice of Subsidy on the day. 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, 2018 to March 31, 2019 Checkup: from April 1, 2018 to March 31, 2019

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

Test items of a 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		•	•
9 Physical measurements	•	•	•	19 Consultation with a doctor	•	•	•
10 Lung function test	•		•				

28 こくほこくほこくほこくほ	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	080937	
			つくば市役所 電話 029(883)1111(代表)

National Health Insurance Card

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

and stay in Japan for more than 3 months,

You **MUST** join NHI

Insurance Validity

Enrolled in April, 2018 or later: JULY 2019 (31年7月)

Enrolled in April, 2019 : JULY 2019 (31年7月)

FROM 2019

NHI card will be renewed in JULY

ATTENTION!

If your visa will expire **before July 31, 2019,**

NHI expiration date = visa expiration date

Come to the City Hall when you extended your visa **to pick up** the new NHI card

With

-Residence Card

-Passport

The new card will not be sent by mail.

ATTENTION!!

**You cannot use the card if your
residence card is expired
(even if it is in the extension
process.)**

NHI covers
70% of medical costs

**The coverage percentage gets smaller
in case:**

- your payment is delayed
- insurance card validity is shortened due to
visa validity

If **you accidentally** got ill or injured outside Japan and got treatment at a hospital:

You can get refund

If you or your wife gave birth outside Japan and **return to Japan with the child**:

You can receive the birth subsidy

If you go abroad for treatment purpose:
You **cannot** get refund

About the required documents,
please ask NHI Division before the trip

**⇒ Payment starts in July and ends
in March (fiscal 2018)**

About ¥ 17,000/year

***Calculated from the month you
moved in Tsukuba**

-If you live with your family

-If you or your spouse has income other than scholarship during the previous year

-If your age is over 40

Premiums (NHI Tax) will be HIGHER

- Bills are sent in **July**
- 9-Installment Payments

Payment deadlines for the fiscal year of 2018

JULY 31	AUGUST 31	OCTOBER 1
OCTOBER 31	NOVEMBER 30	DECEMBER 25
JANUARY 31, 2019	FEBRUARY 28, 2019	APRIL 1, 2019

NHI Payment Bills for the whole year are sent in July

◆ご確認ください◆

税金の計算の仕方 → 3ページ

加入者別明細 → 4ページ

料金後納郵便

納税通知書在中
A tax notice attached

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。

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/>

9-installement payment
or
lump-sum Payment

IMPORTANT!!!

EVERYONE!
REPORT YOUR INCOME
EVERY YEAR
TO CITY HALL, MUNICIPAL TAX DIVISION
(Counter #33, 2nd Floor)
EVERN IF YOU RECEIVE ONLY SCHOLARSHIP

Income Report is needed for:
NHI Payment Calculation, Marufuku,
Child Allowance, Daycare fee

ONLY FOR

-the 1st year of your stay in Tsukuba

(-those who live alone and have no income other than scholarship)

様式第3号(第3条関係)
To: Mayor of Tsukuba

National Health Insurance Tax Report

Year _____ (Insurance Number _____)

Date	Name	sign	If you are correspond those conditions mark on them. *widow *disabled person	(Occupation)
	Date of birth			(Telephone Number)
Address			(House-holder's name and relationship)	
(as of January 1st)				

Name	Annual Income	②Annual Pension Income		③Business or any other income (mark <input checked="" type="checkbox"/> below the box)				④No income	
		Tax-free Pension	Tax Pension	Business income	Agricultural income	Real-estate income	Other income		
Income <input type="checkbox"/> Yes--①②③ <input type="checkbox"/> No--④		Disability-Pension	National-Pension	Income①	yes	yes	yes	yes	() Name of the provider of financial support Name () Name of the person who sent remittance Name Other living conditions ()
		Expenses②		yes	yes	yes	yes		
		Survivor's-Pension	Welfare-Pension	Total income	yes	yes	yes	yes	
		Other	Mutual-aid security pension③-④	yes	yes	yes	yes		
		Other	Other	yes					

This form is **only** to calculate **NHI** payment when you **don't** have income and children.

I declare that the information that I have provided is true and correct to the best of my knowledge.
 *This report is only for the National Health Insurance Tax. This is not a yearly Income Tax Report or Residence-Tax Report.
 *Please be advised that this is not an income-tax certificate report.

COME TO CITY HALL AND NOTIFY
IMMEDIATELY WHEN YOU:

EXTENDED VISA,
CHANGE ADDRESS,
OR
LEAVE JAPAN

IN CASE YOU HAVE OVERDUE PAYMENTS
OR
HAVE DIFFICULTY PAYING

COME TO TAX PAYMENT DIVISION
ON THE 2ND FLOOR OF THE CITY HALL
FOR
PAYMENT CONSULTATION

What is *Marufuku*?

4 Types 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	6
受給者番号	2
被保険者証等の記号及び番号	1
保険種別	
保険者番号	8
受給者住所	つくば市
受給者氏名	
生年月日	平成 27 年 月 日
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

Children's *MARUFUKU*

In the same clinic/hospital, in the same month
for the same treatment purpose

Day 1: The maximum payment is **600 yen.**

Day 2: The maximum payment is **600 yen.**

Day 3: **Free**

*In case of **hospitalization**, self expense is **300 yen per day**
(**Maximum** payment is **3000 yen per month.**)

Pregnant Women's *MARUFUKU*

You can use Pregnant Women's Marufuku when:
the treatment is **necessary for the safe pregnancy and the safe delivery only**

**MARUFUKU* can be used only in Ibaraki

**MARUFUKU* is renewed every year
(Income report needed)

*Come to the City hall when you:

- move out of Tsukuba
- change address
- change the type of health insurance
- change bank account for refund



Issued 4 times in a year
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Available in English, Chinese, Korean, Portuguese,
Thai, Spanish, Indonesian, Vietnamese

TSUKUBA CITY NEWSLETTER

Available
On Campus

Tsukuba City Hall

Health Promotion Division

National Health Insurance Division

Medical Welfare and Pension Division

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