

**KEEP**

**2023**

Please keep this for a year

# Yamato City Health Checkup Guide



Yamaton,  
the Yamato City  
Mascot  
Character

This guide is sent to citizens eligible for Cancer Screenings, Health Checkups (special/elderly checkups, etc.), Osteoporosis Screening, Adult Dental Checkups and Vaccinations.

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Screening to check your bone condition.

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Examination of teeth and gums.

Available for anyone who is turning 40, 50, 60, or 70 years old during this fiscal year.

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A list of the partner medical institutions in Yamato City is available.

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## Inquiries

Yamato City Medical Checkup Division

〒242-8601 1-31-7, Tsuruma (Health and Welfare Center, 4F)

☎ 046-260-5662 (hotline) Weekdays, 8:30~17:15 / Fax 046-260-1156

# Cancer Screenings (Institution / Group Screenings)

Yamato City residents who are eligible for screenings of certain types of cancer can be tested once a fiscal year for each item. Please apply for the City Cancer Screening every year if you do not have the opportunity to take an annual checkup at your workplace.

## ○Screening Items

Screening Items	Test Description	Eligible Persons
Lung Cancer	X-ray (2way)	Male/ Female over 40 years old (born before Apr. 1 <sup>st</sup> , 1984)
	Sputum cytology (for patients with a doctor's recommendation based on examination) ※2	
Stomach Cancer	X-ray (barium)	
	Gastroscopy ※3	
Colorectal Cancer	Stool examination (2-day method)	
Breast Cancer	Ultrasound	Female between 30-39 years old (born from Apr. 2 <sup>nd</sup> , 1984 to Apr. 1 <sup>st</sup> , 1995)
	Mammography (combination with inspection/palpation is also available)	Female over 40 years old (born before Apr. 1 <sup>st</sup> , 1984)
Uterine Cancer	Cervical cytology	For Female over 20 years old (born before Apr. 1 <sup>st</sup> , 2004)
	Cervical and uterine body cytology ※3	For Females over 30 years old (born before Apr. 1 <sup>st</sup> , 1994) with a doctor's recommendation.

- ※1 Pregnant women are not included in the list of targets for the uterine cancer screening test. Please use a prenatal checkup voucher.
- ※2 Sputum cytology should be offered with other examinations.
- ※3 Gastroscopy, uterine cervical, and uterine body cytology are only conducted at screenings taking place at medical institutions.

Please refer to page 9 for prostate cancer.

Each examination item can be chosen only once between April 2023 and March 2024.



## ○Application Venues can be different for each screening item.

### Screenings at medical institutions:

Held at a partner medical institution in your local Yamato City neighborhood.

→Refer to page 4 for more details

※Only offered on certain dates at some institutions.

### Group Cancer Screenings:

Available at an "examination bus" that waits for you at designated municipal institutions (Health and Welfare Center, Shibuya Learning Center, etc.)

The schedule has already been decided.

→Refer to pages 5-7 for more details

- Yamato City Cancer Screenings are offered to anyone registered as a Yamato City resident on the day of the examination. Please note that the examination fee for a Yamato City Cancer Screening after you have moved out will be charged to you.
- Cancer Screenings are targeted to individuals without symptoms. If you have any symptoms, you will need a thorough inspection or treatment. Please visit a medical institution if you have symptoms.  
(Cited from "Cancer information Service by the National Cancer Research Center" )
- Not all diseases are accompanied by symptoms. If your test results show that you need more tests, please do not make a self-diagnosis, and not take further testing. For the purpose of early detection and proper treatment, we will check the status of your inspection. We may contact a citizen after a Cancer Screening if no follow up result is recorded in our file for the condition he/she was recommended.

## Screenings

### Primary inspection for City Cancer Screenings

One of the major causes of death in Japan

#### Lung Cancer Screening



##### Lung X-ray Test:

Obtain a whole lung X-ray image.

Two doctors will check the 2-way images.

##### Sputum test:

This test is conducted with a chest X-ray for those with a doctor's recommendation. Sputum is observed to examine the presence of cancer cells.

Common type of cancer  
for people over 50 years old.

#### Stomach Cancer Screening



##### Gastroscopy:

Directly observe the inside of the stomach using a gastroscopy. In the case of abnormal findings, further tests may be covered by medical insurance.

##### Stomach X-ray Test:

Confirm the stomach's shape and mucosal condition through an X-ray image.

The number of patients has been increasing

#### Colon Cancer Screening



##### Stool Occult Blood:

Colon bleeding can be observed with colon disease. This is the test to detect such bleeding. Stool samples should be collected for two days at home.

One of the major cancers of females  
that may lead to death.

#### Breast Cancer Screening



##### Mammography:

A breast is flattened to take a mammography (X-ray). A visual inspection is added with the recommendation of a doctor.

##### Ultrasound:

An ultrasound image of the breast can be used to evaluate individuals with developed mammary glands.

The number of patients in their 30s and 40s has  
been increasing.

#### Uterine Cancer Screening

##### Cervical Cancer:

Cervical mucosa is collected to check for the presence of cancer cells or pre-cancerous lesions.

##### Uterine Body Cancer Screening:

Collect the uterine body cells to check the presence of cancer cells.

### Major tests as a Complete Screening Self-pay

#### Lung Cancer Complete Screening

##### Chest CT Test:

Examine CT(X-ray) image of the suspected site.

A contrast agent may be used.

##### Bronchoscopy:

Insert a bronchoscope from the mouth to the bronchial tube and observe directly at the suspected area. If necessary, cells are taken to check for malignancy.

#### Stomach Cancer Complete Screening Test

##### Gastroscopy:

Conducted for individuals with an abnormal finding during a stomach X-ray test.

##### Cytology:

Evaluation of cells from the suspected area.

#### Colorectal Cancer Complete Screening

##### Colonoscopy:

An endoscope is inserted to observe all sites of the colon. If necessary, a cytology may be added.

One of the major cancers of females that may lead to death.

#### Breast Cancer Complete Screening

##### Mammography:

The images are taken from multiple angles to observe suspected lesions in detail.

##### Breast ultrasonography

##### Breast MRI Test, Breast CT Test:

A detailed image is taken of the suspected area.

##### Cytology, Histology:

A needle is inserted into the lesion area to collect a tissue sample for malignancy analysis.

#### Uterine Cancer Detailed Examination

##### Colposcope:



A medical device is used to enlarge the surface of the cervical mucosa for a closer inspection. Mucosal tissue is collected at the same time to evaluate malignancy (Histology).

# Screening at a Medical Institution

(Available at nearby affiliate medical institutions)



Period:	From April 1 <sup>st</sup> , 2023, to February 29 <sup>th</sup> , 2024. (Be aware that there may be no vacancies near the end of the period)
Venue:	Please refer to <b>the list of partner medical institutions in Yamato City</b> (pages 19-22).
Application:	Please contact the partner medical institution you want to visit. (Some venues may require an advance appointment.)
Things to bring	<ul style="list-style-type: none"> <li>• <b>Ticket for the Cancer Screening</b> you want to have (If you forget to bring the ticket, you will not be allowed to have the exam).</li> <li>• Health Insurance Card</li> <li>• Rate of Self-Pay (please bring the certification documents listed on page 23 if you are applying for an exemption)</li> <li>• Prescription log (for patients with chronic illnesses) *Present the log when you are requested at your examination. ※A Cancer Screening ticket can be reissued. Please check for details on page 23.</li> </ul>
Notification of results:	Please have the results explained by the medical institution you visited.

## ORate of Self-pay

※The amount of charge may differ from the Group Screening (please bring the certification documents listed on page 18 if you are applying for an exemption)

Screening Item	Test Description	Rate of Self-Pay	Notices
Lung Cancer	X-ray two-way	1,000 yen	<ul style="list-style-type: none"> <li>●Tests (blood test, etc.) or treatment (anesthesia, etc.) may be necessary for the screening. Also, an insured examination may be added. In such cases, <b>registration or other fees may be charged in addition to the self-pay amount.</b></li> <li>Please check for additional fees at the medical institution before the examination.</li> <li>●The test results will be explained after the examination. This may be scheduled for a different day. Please visit the medical institution on the day of the appointment for the explanation.</li> </ul>
	Sputum Cytology ※ 1	1,000 yen	
Stomach Cancer	X-ray (Barium)	2,500 yen	
	Gastroscopy ※ 2	2,500 yen	
Colorectal Cancer	Stool Occult Blood (2-day method)	700 yen	
Breast Cancer	Ultrasound (echo)	1,200 yen	
	Mammography ※ 3 ※ 4	2,000 yen	
Uterine Cancer	Cervices Cytology ※ 5	1,700 yen	
	Cervical and Body Cytology ※ 2	2,500 yen	

- ※ 1 Conducted for individuals with a doctor's recommendation after having the Lung Cancer Screening and Examination.
- ※ 2 Gastroscopy and Cytology of the Cervix and Body of the Uterus are only available at institution screenings.
- ※ 3 A visual inspection is added with the recommendation of a doctor.
- ※ 4 Breast Cancer Screenings are free for the individuals of the target group (those who will turn 41, 46, 51, or 56 years old during the fiscal year).
- ※ 5 Uterine Cancer Screenings are free for the individuals of the target group (those who will turn 20, 21, 22, 24, 26, or 28 years old during the fiscal year).

## How many cases are discovered through the Yamato City Cancer Screenings?



	Yamato City Cancer Screenings in 2020				Death Caused by Cancer 2020 (Yamato City) Annual Report on Public Health Statistics by Kanagawa Prefecture
	Tested	Needs Further Inspection	Percentage of Tested	Diagnosis of Cancer	
Lung Cancer	16,132	123	101 (82.1%)	16	107
Stomach Cancer	13,610	1,997	1,978 (99.0%)	39	61
Colorectal Cancer	15,556	1,846	1,322 (71.6%)	59	104
Breast Cancer	9,505	626	584 (93.3%)	53	20
Cervical Cancer	10,946	299	227 (75.9%)	7	14

Complete examination decreases the risk of death caused by undetected cancers. Still, many people avoid having complete screenings. When you are recommended to have a complete examination, make sure to get one for early detection and early treatment.

# Group Cancer Screenings



Available at a visiting “examination bus” parked at municipal institutions such as the Health and Welfare Center.

Period:	Please refer to the schedule on pages 6-7. (from April 2023 to March
Venue:	<ul style="list-style-type: none"> <li>• Local Medical Center (1-28-5, Tsuruma, Yamato)</li> <li>• Health and Welfare Center (1-31-7, Tsuruma, Yamato)</li> <li>• Shibuya Learning Center (In IKOZA, 5-22, Shibuya, Yamato)</li> </ul>
Application:	Please refer to the instructions on page 6.
Things to bring:	<ul style="list-style-type: none"> <li>• <b>Cancer Screening ticket</b> for the exam you want to take.</li> <li>• Self-Pay rate (if applying for an exemption, please bring the Certification forms listed on page 23).</li> <li>• All documents from Yamato City that are received within four days of The examination (questionnaire, etc.).</li> </ul> <p>※The screening ticket is reissuable. Please refer to page 23 for more details.</p>
Notification of results:	Mailed to individuals about one and half months after the examination date.

## OSelf-Pay Amount

※The amount for screening fees at medical institutions may differ (for exemptions, please refer to page 18 for details).

Screening Items	Screening Descriptions	Self-Pay Amount	Notices
Lung Cancer	X-ray (2-way)	500 yen	<ul style="list-style-type: none"> <li>●Cancer Screenings cannot be performed during pregnancy.</li> <li>●Doctors may decide not to conduct a screening based on the results of an examination, etc.</li> <li>●Colon and Cervical Cancer Screenings are not available for a woman on a period.</li> <li>●Breast Cancer Screenings cannot be performed if breastfeeding or for a certain time after breastfeeding (about 6 months)</li> <li>●Mammography for breast cancer cannot be performed on a person with a pacemaker or with a history of breast cosmetic surgery.</li> </ul>
	Sputum Cytology ※1	800 yen	
Stomach Cancer	X-ray (Barium)	1,200 yen	
Colorectal Cancer	Stool Test (2-day method)	500 yen	
Breast Cancer	Ultrasound (echo)	1,200 yen	
	Mammography ※4	2,000 yen	
Uterine Cancer	Cervices Cytology ※5	900 yen	

※1 ※4 ※5 refer to the page on the left

## OTuberculosis Screening

A Tuberculosis Screening is performed for anyone who lives in Yamato City and is over 16 years old (those who cannot have a chest X-ray test at their workplace). The test will be scheduled on the day of Cancer Screenings or Female Health Checkups.

The application process is the same as a Group Cancer Screening. Please refer to the instructions on page 6. No need to bring a screening ticket.

### A Lung Cancer Screening is recommended for those over 40 years old.

In a Lung Cancer Screening, X-ray images are taken from two directions and two doctors Evaluate them. In a Tuberculosis Screening, an image is obtained from one direction, and one doctor.

Some Group Screenings offer childcare (please refer to page 6-7). Any preschool-aged child over 6 months may use the childcare service. It's free of charge, so please take advantage of the service.




# Group Cancer Screening

※Check-in time for stomach cancer screening should be in the morning.

○Schedule Pick the date and apply during application period.

Month	Day	DOW	Screening type	Venue	PM only	Female only	Childcare	Application period
4	15	Sat	L・S・R・M・C	H	*Refer to the schedule on “Koho Yamato” or city website			
4	26	Wed	L・S・R・M・C	H/L				
5	14	Sun	L・S・R・M・C	H				3/1~3/31
5	15	Mon	L・S・R・M・C	H/L				
5	20	Sat	L・S・R・M・C	H				
5	27	Sat	R・U・M・C	L	●	●	●	4/1~4/10
5	31	Wed	L・S・R・M・C	H				
6	1	Thu	L・S・R・M・C	H			●	4/1~4/20
6	8	Thu	L・S・R・C	S				
6	15	Thu	L・S・R・M・C	H				
6	18	Sun	R・M・U・C	S	●	●	●	5/1~5/10
6	19	Mon	L・S・R・M・C	H/L				
6	29	Thu	L・S・R・M・C	H				
7	8	Sat	L・S・R・M・C	H				5/1~5/22
7	15	Sat	L・S・R・M・C	H				
7	22	Sat	L・S・R・M・C	H				6/1~6/12
7	26	Wed	R・M・U・C	L	●	●	●	
8	10	Thu	R・M・U・C	L	●	●	●	6/1~6/20
8	27	Sun	L・S・R・C	S				7/1~7/10
8	30	Wed	L・S・R・M・C	H/L			●	
9	5	Tue	R・M・U・C	S	●	●	●	7/1~7/20
9	10	Sun	L・S・R・C	S				
9	15	Fri	L・S・R・M・C	H				
9	20	Wed	L・S・R・M・C	H/L				8/1~8/10

## ○Application

Online	City website>online service >online application >e-kanagawa e-application		<b>【Required info】</b> Address, name, date of birth, age, phone, screening date, screening item ※For childcare service, please fill in your children' s age and how many of them you' ll bring.	
	FAX			0 4 6 ( 2 6 0 ) 1 1 5 6
	Mail			〒242-8601 To: Iryo Kenshin-ka (Medical Checkup Section) (no need to write the address)
Phone	0 4 6 ( 2 6 0 ) 5 6 6 2    Weekday: 8:30 - 17:15 ※Please keep your screening ticket at hand. ※If you lose your ticket, you can request reissue. Please see the detail on page 18.			

○Drawing will be conducted when the number of applicants reach the quota. A postcard will be sent to all applicants, with or without drawing. The check-in time will be printed on the postcards for the winner applicants.

○There will be no additional application quota after the application period.

○In principle, an applicant cannot choose the check-in time.

○Childcare service is available for any preschool aged child over 6 months old. Quota for each date is 45 children. The childcare service is free of charge.



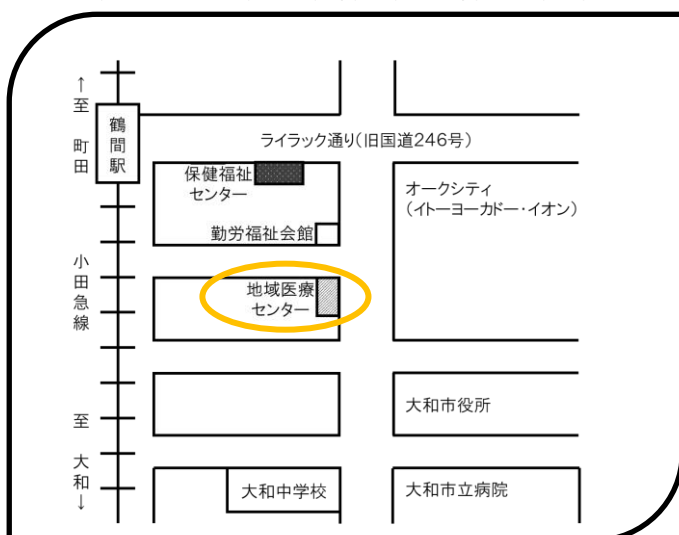
Month	Day	DOW	Screening type	Venue	PM only	Female only	Childcare	Application period
10	6	Fri	L・S・R・M・C	H				8/1~8/21
10	15	Sun	L・S・R・M・C	H				
10	17	Tue	L・S・R・M・C	H/L				
10	25	Wed	R・M・U・C	L	●	●	●	9/1~9/11
10	28	Sat	L・S・R・M・C	H				
11	7	Tue	L・S・R・M・C	H				9/1~9/20
11	11	Sat	R・M・U・C	L	●	●	●	
11	15	Wed	L・S・R・M・C	H				
11	25	Sat	L・S・R・M・C	H				10/1~10/10
12	2	Sat	L・S・R・M・C	H				
12	4	Mon	L・S・R・C	S				10/1~10/20
12	16	Sat	R・M・U・C	S	●	●	●	
12	22	Fri	L・S・R・M・C	H				
12	25	Mon	L・S・R・M・C	H/L			●	11/1~11/10
1	5	Fri	L・S・R・M・C	H/L				11/1~11/20
1	15	Mon	L・S・R・M・C	H				12/1~12/11
1	22	Mon	R・M・U・C	L	●	●	●	
1	28	Sun	L・S・R・M・C	H				
2	10	Sat	R・M・U・C	L	●	●	●	12/1~12/20
2	15	Thu	L・S・R・M・C	H				
2	24	Sat	L・S・R・M・C	H				1/1~1/10
2	28	Wed	L・S・R・M・C	H/L				
3	15	Fri	L・S・R・M・C	H				1/1~1/22
3	18	Mon	L・S・R・M・C	H/L				

※Screening type: **L**:lung, **S**:stomach, **R**: colorectal, **M**: breast (mammography), **U**: breast ultrasound, **C**: cervical  
 ※Venue: **H**:health and welfare center, **L**:Local medical center **S**:Shibuya learning center

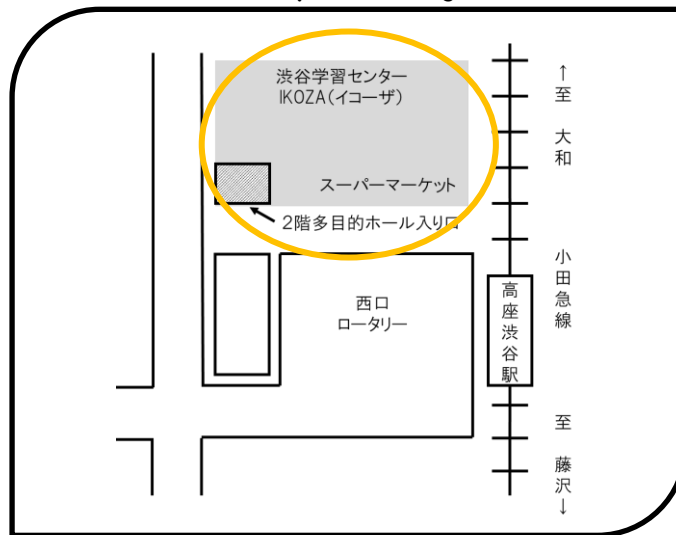
※You cannot have all 5 types of screening on the same day at Shibuya learning center

## ○Map

### Health and Welfare Center・Local Medical



### Shibuya Learning Center



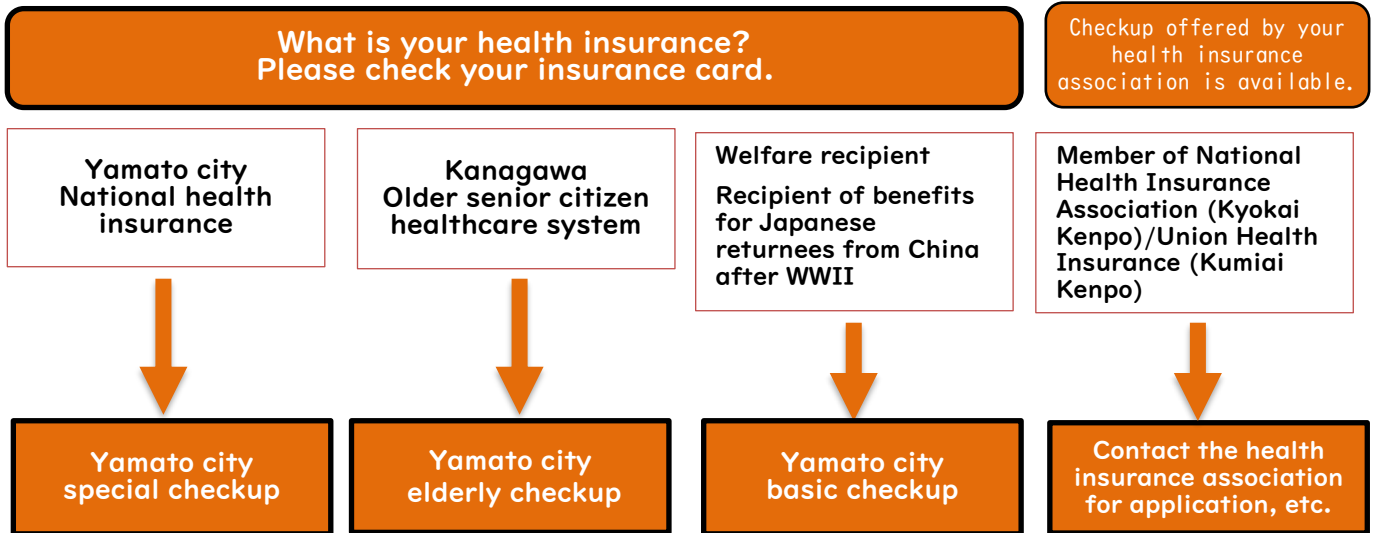
# Heath checkup

## (special checkup, elderly checkup, basic checkup) (hepatitis, prostate)

Annual checkups can monitor your health condition and improve your lifestyle. Receive a checkup after discussing with your doctor.

### ○Eligible person

Anyone born before March 31<sup>st</sup>, 1984 (40 years old at the end of fiscal year, based on the criteria of the Health and Welfare Ministry), and also applicable to at least one of the conditions below.



Checkup offered by your health insurance association is available.

※Please note that you may have to pay the full amount of checkup fee if you receive Yamato city special checkup after losing eligibility of Yamato city national health insurance (cf. on the day of moving out, or joining health insurance).

### ○Application info

<b>Period</b>	April 1 <sup>st</sup> to September 30 <sup>th</sup> , 2023 ※Please note that last-minute sign-up may be difficult. Early application is recommended.
<b>Venue</b>	Please refer to the list of partner medical institutions in Yamato city (page 19-22).
<b>Process</b>	Pick the date and institution, then contact them by yourself.

### ○Examination Items

**Basic items** Offered for all examinees

<b>Interview</b>	Interview on current medications, medical history, complaints, lifestyle, etc. The obtained information will be used as basic data for evaluation and follow-up.
<b>Physical measurement</b>	Evaluate obesity risk by height and weight.
<b>Blood pressure</b>	Measure the pressure to the blood vessel wall and examine the resistance/elasticity of vessels.
<b>Blood test</b>	Examine the blood components to evaluate blood sugar, lipid, liver/renal function.
<b>Urine test</b>	Examine the component of urine and check the urine tract (cf. kidney) abnormality or diabetes.

**Complete item** Doctor's recommendation is needed.

<b>E C G</b>	Display heart movement as a wave to evaluate the condition.
<b>Funduscopy</b>	Observe fundus blood vessel and nerves to evaluate the change of vessels caused by arteriosclerosis.
<b>Anemia test</b>	Check the risk of anemia.

※In addition to self-pay charge, there may be other types of charges if you have an exam that is not on the list above or treatment. Please pay attention to the doctor's explanation.



## OAdditional test(Hepatitis virus/Prostate cancer screening)

Additional tests are performed to a Yamato city resident who receives health checkup (special/elderly /basic checkup) at a partner medical institution in the city.

A citizen who underwent a checkup offered by Kyokai Kempo, Kumiai Kempo at a partner medical institution in the city is also eligible for these tests. Please tell the staff that you request the tests when you visit for health checkup.

Both hepatitis virus/prostate cancer screening tests can be performed alone, not at the same time with your health checkup.

## OExamination Items

Test Item	Eligible Person	Test Content
<b>Blood Test</b>	Yamato city resident who underwent health checkup at a partner medical institution in the city.	The items not included in the regular checkup: Total cholesterol, Creatinine, Uric acid, Serum Albumin, etc.
<b>Chest X-ray Test</b>		hole-lung X-ray image is obtained. Please take this test if you are recommended to undergo lung cancer screening.
<b>Hepatitis Virus test</b>	>40 year old Yamato resident who has never had a hepatitis virus test before.	Viral hepatitis is the major cause of liver cancer. This test can detect hepatitis B and C. Please take this test.
<b>Prostate Cancer Screening</b>	>50 year old male resident of Yamato city	Prostate cancer screening test that evaluates the level of PSA(Prostate-Specific Antigen).

## Oself-Pay Amount and Things to Bring

In addition to health insurance card, following items are also needed to take the tests.

For the details of self-pay exemption, please refer to the page 18 and make sure to bring the required documents.

Test Item	Self-Pay amount	Test Ticket
<b>Health Checkup (Basic/Complete items)</b>	<b>1,200yen</b>	Yamato city health checkup ticket ・Ticket is not necessary for Basic Checkup.
<b>Additional Test</b>	<b>Blood test</b>	<b>Free</b> *Bring the certificate for public assistant recipient /ID that certifies financial assistance for Japanese returnees from China after WWII, etc.
	<b>Chest X-ray</b>	w/o CR... <b>500yen</b> w/ CR... <b>800yen</b> ・Ticket is not needed for a person who requests additional tests at the health checkup offered by Kyokai / Kumiai Kempo.
	<b>Hepatitis Virus test</b>	<b>Hepatitis virus test ticket</b> ※You will not be charged if your ticket says “free” on the self-pay section. (For those who turn 40, 45, 50, 55, 60, and 65 years old by the end of fiscal year)
	<b>Prostate Cancer Screening</b>	<b>500yen</b> <b>Prostate cancer screening ticket</b>

## ○Important notices for Health checkup

- In principle, your stomach should be empty (at least 10 hours after the last meal) to take the test.
- Please avoid taking the urine test during the period, because blood may get into the urine sample.
- If you visit a different medical institution from previous year, it is recommended to bring the copy of the previous year's ticket.
- If you are currently under medical treatment, please discuss with your doctor before taking the test.
- Your test result may be checked by an account collection agency. Also, your anonymized result will be submitted to the government as a report of implementation. Please agree and accept the terms before taking the test.

## ○Checkup result and Follow-up Guidance

Please receive an explanation of the checkup result at the medical institution you visit. Depending on the result, you may get a notice from the city.

<b>Special Health Guidance</b>	<ul style="list-style-type: none"> <li>● For a person who was evaluated as having “metabolic syndrome / risk of metabolic syndrome” (based on the Ministry of Health, Labour and Welfare) at a special checkup.</li> <li>● Physician, public health nurse, and registered dietitian will help you improve your lifestyle.</li> <li>● The city will send a ticket to the target person within 3 to 4 months after the checkup.</li> </ul> <p>※ This guidance is required by a law. It is highly recommended to receive it.</p>
<b>Individual Home Visit</b>	<ul style="list-style-type: none"> <li>● A public health nurse or a registered dietitian from the health promotion (Kenko-zukuri Suishinka) division may visit the house of a person who has a problem such as high blood glucose, decreased renal function, and weight loss.</li> <li>● The city will send a notice to the target person within 3 to 4 months after the checkup.</li> </ul>

※Feel free to contact us at 046-260-5662 (medical checkup division (Iryo Kenshin ka) or 046-260-5663・5804(health promotion division(Kenکو-zukuri Suishinka)) for inquiries about the result of health checkup or a request for some advice concerning lifestyle changes.

Special Checkup has great benefits such as inexpensive self-pay amount and good follow-up so please take it!



Please Try the “Easy Checkup (Raku-raku Kenshin)” for Adults!



You can find the city's checkup information on the Internet and manage your health.

**Target** ▶ Residents of Yamato City who are over 18 years old.

**How to access**▶ Access the website (<http://yamato.city-hc.jp>)

by smartphone, computer, or any cell phone with internet access.

Scan the code on the right for easy access.

※User registration (handle name is allowed) is needed (for permission to use)



### 6 Types of Services are Provided:

- Information on available city checkups (Cancer Screenings, Special Checkups, Female Checkups, etc.)
- Receive checkup schedules and send checkup recommendations by e-mail.
- Log your health condition (weight, blood pressure, number of steps), Health checkup status.
- Send e-mails to provide information for a healthy lifestyle.
- Search partner medical institutions for checkups (a map is available by linking with Google Maps).
- Check cancer risks

Applications for Group Cancer Screenings and Female Checkups are also available

## Health Checkups for Women

The Health Checkup for Women is offered for those who do not have the opportunity to receive an annual health checkup at their workplace.

### ○Checkup Items

Test Items		Eligible Persons	Self-Pay Amount
Basic	Interview・Physical Measurement・Blood Pressure Urine Test・Blood Test Examination	Females born between April 1 <sup>st</sup> , 1984 and April 1 <sup>st</sup> , 2006	1,500yen
	Tuberculosis Test		Free
Additional	Breast Cancer (Ultrasound) Screening	Females born between April 2 <sup>nd</sup> , 1984 and April 1 <sup>st</sup> , 1994	1,200yen
	Cervical Cancer Screening	Females born between April 1 <sup>st</sup> , 1984 and April 1 <sup>st</sup> , 2004	900yen

※Apply for the Group Cancer Screening (pages 6-7) if you want to have additional tests.

※You can also receive Breast/Uterine Cancer Screenings at an institution conducting Cancer Screenings (page 4).

※Please refer to the details about self-pay exemptions on page 18. If you are eligible, bring the required documents to your checkup.

※A pregnant woman is not allowed to have both basic and additional tests.

※A breastfeeding woman cannot take a Breast Cancer Screening. Also, you cannot receive a Cervical Cancer Screening during menstruation.

※Results from the examinations will be sent to you about one month later.

### ○Schedule

Date	DoW	Venue	Application Period	Note
5/27	Sat.	Local Medical Center	*For schedule, refer to “Koho Yamato” or city website	Quota : 80 people each time. <b>Childcare service is available for all days.</b> ※Morning only. You will be notified of the reception time after application.
6/18	Sun.	Shibuya Learning Center	4/1 (Sat.) ~ 4/17 (Mon.)	
7/26	Wed.	Local Medical Center	5/1 (Mon.) ~ 5/15 (Mon.)	
8/10	Thu.	Local Medical Center	6/1 (Thu.) ~ 6/15 (Thu.)	
9/5	Tue.	Shibuya Learning Center	7/1 (Sat.) ~ 7/18 (Tue.)	
10/25	Wed.	Local Medical Center	8/1 (Tue.) ~ 8/15 (Tue.)	
11/11	Sat.	Local Medical Center	9/1 (Fri.) ~ 9/15 (Fri.)	
12/16	Sat.	Shibuya Learning Center	10/1 (Sun.) ~ 10/16 (Mon.)	
1/22	Mon.	Local Medical Center	11/1 (Wed.) ~ 11/15 (Wed.)	
2/10	Sat.	Local Medical Center	12/1 (Fri.) ~ 12/15 (Fri.)	

### ○Application

Online application	City website>Administration/Life >Online Service >Online Application>e-kanagawa Online application	<b>【Required Information】</b> Address, name, date of birth, age, phone number, date of checkup, requests for additional tests (if any), number of children and their ages (if you want childcare service).
FAX	(046) 260 1156	
Phone	(046) 260 5662 ※Weekdays 8:30 to 17:15	
Mail(postcard)	<b>Mail(postcard)</b> 〒242-8601 (No need to write address) To Medical Checkup Division	

○If the number of applicants exceeds the quota, there will be a lottery. All applicants, regardless of the result, will be sent a postcard. The postcards for the applicants who win the lottery will have the check-in time on it.

○In principle, you cannot choose the check-in time.

○Childcare service is available for any preschool-aged child over 6 months old. The limit for each venue is 45 children and is free of charge.

○Please bring your Cancer Screening ticket if you are having additional cancer screenings (there is no ticket for the Female Checkup).

## Osteoporosis Screening

Osteoporosis is the state in which you have bone fractures more easily due to low bone density. Females tend to show low bone density when the female hormone decreases after menopause. Fractures of lumbar vertebrae and femur may cause lumbar pain or leave you bedridden, which may harm your quality of life. Have a checkup to learn about your bone condition.

### ○Period, Target, and Cost

Period	April 1 <sup>st</sup> , 2023 to February 29 <sup>th</sup> , 2024
Target	Female who is registered as a citizen of Yamato city and applies to one of the following age groups: ・ 40 years old (born between April 2 <sup>nd</sup> , 1983 and April 1 <sup>st</sup> , 1984) ・ 45 years old (born between April 2 <sup>nd</sup> , 1978 and April 1 <sup>st</sup> , 1979) ・ 50 years old (born between April 2 <sup>nd</sup> , 1973 and April 1 <sup>st</sup> , 1974) ・ 55 years old (born between April 2 <sup>nd</sup> , 1968 and April 1 <sup>st</sup> , 1969) ・ 60 years old (born between April 2 <sup>nd</sup> , 1963 and April 1 <sup>st</sup> , 1964) ・ 65 years old (born between April 2 <sup>nd</sup> , 1958 and April 1 <sup>st</sup> , 1959) ・ 70 years old (born between April 2 <sup>nd</sup> , 1953 and April 1 <sup>st</sup> , 1954)
Fee	¥1,000(Payment exempted: person on welfare / benefits for Japanese returnees from China after WWII)
Test Method	Test using X-film, or ultrasound
Test Site	Partner medical institutions in Yamato city

### ○Application

Select the date and a medical institution, and contact the medical institution in the following list directly.

### ○Things to Bring

Osteoporosis screening ticket, health insurance card etc. (\*)

\* Although the screening itself is not covered by health insurance, it may be possible that you need an insurance card when a disease, etc. is found during the test that requires additional treatment.

Person on welfare needs to contact the Life Support department (Seikatsu Engo-ka) in advance.

Ticket is reissuable. Refer to the details on page 23.

## Partner medical institutions in Yamato city

Medical Institutions	Phone
Near Tsukimino Station	
Ebihara Orthopedics Clinic	278-5877
Yamato Surgery/Internal Medicine Clinic	274-1767
Near Chuo - Rinkan Station	
Shiosaka Surgery Clinic	275-3500
Chuo-rinkan Sakura Internal Medicine Clinic	278-1515
Chuo-rinkan hospital	276-8822
Nakamura Internal Medicine/Surgery Clinic	219-2300
Fukushima Orthopedics/Surgery/Dermatology Clinic	271-0217
Near Minami-Rinkan Station	
Iizuka Clinic	278-3207
Takano Clinic	277-1561

Medical Institutions	Phone
Near Tsuruma Station	
Ikedo Orthopedics Clinic	262-5788
Ideguchi Internal Medicine/Rheumatoid Arthritis Clinic	204-5190
Seiwa Clinic	264-3911
Maekawa Internal Medicine Clinic	278-3777
Near Yamato Station	
Okamoto Orthopedics Clinic	262-2080
Osada Clinic	262-2500
Sekimizu Orthopedics/Surgery Clinic	200-2211
Fukamidai Central Hospital	263-6661
Yamato Central Cardiology Clinic	204-5090
Yamato East Clinic	244-0810

Medical Institutions	Phone
Yoshizawa Clinic	264-1288
Yotsuba Orthopedics Clinic	205-2052
Near Sagami-Otsuka Station	
Tanaka Clinic	200-3322
Near Sakuragaoka Station	
Koh Orthopedics Clinic	267-1414
Near Koza-Shibuya Station	
Koza-Shibuya Internal Medicine/Surgery Clinic	201-0370
Nire Family Clinic	244-0562
Fujinuma Internal Medicine Clinic	201-0161
Morita Orthopedics/Pediatrics Clinic	269-3662

# Dental Checkups for Adults ~for Healthy Teeth and Gums~

The most common causes of tooth loss are gum disease and cavity.

Gum disease is a lifestyle related disease and is closely related to systemic diseases such as diabetes and heart disease.

At the Adult Dental Checkup, in addition to a cavity check, the periodontal pocket will be checked for early detection of other dental problems. Please have the dental check if you do not take annual checkups.

## ○Period, eligibility, cost

<b>Period</b>	From April 1 <sup>st</sup> to November 30 <sup>th</sup> , 2023
<b>Eligible persons</b>	<b>Registered Yamato citizens who fall within one of following age groups.</b>  (The age group pertains to the age one will turn between Apr.1, 2023 and Mar.31, 2024). <ul style="list-style-type: none"><li>• <b>40 years old</b> (born between April 2<sup>nd</sup>, 1983 and April 1<sup>st</sup>, 1984)</li><li>• <b>50 years old</b> (born between April 2<sup>nd</sup>, 1973 and April 1<sup>st</sup>, 1974)</li><li>• <b>60 years old</b> (born between April 2<sup>nd</sup>, 1963 and April 1<sup>st</sup>, 1964)</li><li>• <b>70 years old</b> (born between April 2<sup>nd</sup>, 1953 and April 1<sup>st</sup>, 1954)</li></ul>
<b>Cost</b>	<b>500 yen</b> (Exempted for anyone receiving public assistance or financial support for Japanese returnees from China after WWII)
<b>Venue</b>	Please refer to the list of partner medical institutions (pages 12-13).

## ○Sign-up

Pick a date and a partner medical institution, and contact the institution (page 14-15).

## ○Things to bring

Your Adult Dental Checkup ticket and health insurance card to the checkup.

※The health insurance card is not needed for the checkup itself, but it is recommended to Bring it in case a problem is found during the checkup that requires additional treatment, etc. If you are receiving public assistance, you will need to report your status to the Welfare Division before starting a treatment.

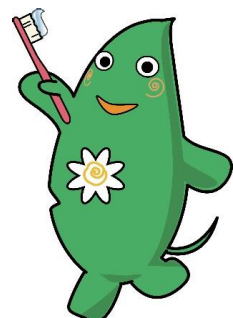
The checkup ticket is reissuable. For more details, please refer to page 23 for details.

## The Information about oral cancer screenings

Yamato Ayase Dentist Association offers free oral cancer screenings 3 times a year (June, September, December). Details will be announced on the Yamato Ayase Dentist Association website, or in Koho Yamato (the issue dated the first day of the month one month prior to the screening) when the application period starts.

Please contact the Yamato Ayase Dentist Association

([TEL:046-263-0681](tel:046-263-0681), weekdays from 9:00-17:00) for more details.



# Adult Dental Checkup Partner Medical Institutes    Period: April to November

※Choose an institute from the list below. Call to confirm the date, time, etc.

## [Yamato City]

Name	Address	Phone
Yanagisawa Tsukimino-ekimae Dental Clinic	Village B-1, Tokyu Doeru Tsukimino, 4-5-1 Tsukimino, 112	2 7 7 - 4 6 1 8
Nakano Dental Clinic	1-11-13, Tsukimino	2 7 5 - 8 1 3 9
Saito Dental Clinic	4-3-18, Tsukimino	2 7 6 - 8 2 4 1
Tsukimino Dental Clinic	4-12-6, Tsukimino	2 7 3 - 0 0 0 3
Tajirika Dental Clinic	5-14-15, Tsukimino	2 7 5 - 2 1 4 1
Watabe Dental Clinic	6-1-46, Tsukimino	2 7 5 - 4 8 8 4
Kobayashi Dental Clinic	2-9-13, Chuo-rinkan	2 7 6 - 6 1 6 1
Denen Dental Clinic	M&M bld. 2F, 3-4-10, Chuo-rinkan	2 7 7 - 7 8 7 7
Dobutsu Dental Clinic	3-12-14, Chuo-rinkan	2 7 5 - 3 0 2 3
Hatano Dental Clinic	111, Greenwood Chuo-rinkan, 3-19-20, Chuo-rinkan	2 7 7 - 7 6 8 0
Aibi Dental Clinic	Aibi Dental Clinic bld., 3-10-8, Chuo-rinkan	2 7 7 - 7 4 7 4
Ishida Dental Clinic	Amenity Hill 1F, 4-26-18, Chuo-rinkan	2 5 9 - 8 2 6 2
Chuo-Rinkan Ito Dental Clinic	RISE Chuo-rinkan 2F, 4-14-20, Chuo-rinkan	2 0 4 - 7 3 0 3
Hori Dental/Orthodontic Clinic, Chuo-rinkan	4-29-22, Chuo-rinkan	2 0 5 - 6 8 7 1
Shimada Orthodontic Clinic	Ato-moe Chuo-rinkan 2F, 5-7-8, Chuo-rinkan	2 7 4 - 4 0 0 0
Komata Dental Clinic	1-3-9, Minami-rinkan	2 7 4 - 0 4 6 2
Inaba Dental Clinic	Junes Minami-rinkan 1F, 1-4-18, Minami-rinkan	2 7 4 - 5 1 0 6
Sugiura Dental Clinic	Sugiura bld. 2F, 2-11-4, Minami-rinkan	2 7 4 - 6 0 0 2
Mizuno Dental Clinic	3-2-5, Minami-rinkan	2 7 6 - 5 4 3 8
Yamato Dental Clinic Minami-rinkan	Takeuchi bld. 1F, 4-6-16, Minami-rinkan	2 8 3 - 1 1 8 0
Takayama Dental Clinic	4-11-9, Minami-rinkan	2 7 1 - 2 2 1 1
Ito Dental Clinic	5-9-12, Minami-rinkan	2 7 5 - 6 5 3 0
Kojo Dental Clinic	6-4-29, Minami-rinkan	2 7 4 - 9 3 5 0
Ashida Dental Clinic	7-15-4, Minami-rinkan	2 7 4 - 8 2 4 1
Itasaka Dental Clinic	Nikka Soko bld. 2F-A, 7-25-8, Minami-rinkan	2 7 7 - 6 4 8 8
K Dental Clinic	East One bld. 2F, 1-4-6, Rinkan	2 7 5 - 3 3 3 2
Minami-rinkan Alpha Dental/Orthodontic Clinic	Cliere Minami-Rinkan 1F, 1-5-5, Rinkan	2 7 2 - 6 7 7 6
Hamayoshi Dental Clinic	Futaba bld. 2F, 1-5-8, Rinkan	2 7 6 - 0 3 0 3
Hayashi Dental Clinic	1-6-11, Rinkan	2 7 6 - 4 6 1 8
Oak Hills Dental Clinic	Ito Yokado Yamato Shimo-tsuruma 2F, 1-3-1, Shimo-tsuruma	2 6 0 - 4 6 1 8
Taiyo Dental Clinic	2777-5-6-1F, Shimo-tsuruma	2 7 8 - 4 6 1 8
Minami-rinkan Himawari Dental Clinic	3005-1, Shimo-tsuruma	2 0 0 - 9 9 0 4
Sugiyama Dental Clinic	Amino bld. 2F, 1-1-2, Tsuruma	2 6 2 - 6 8 6 0
Saint Luke Ophthalmology/Dental Clinic	Yamato Clinic mall 1F, 1-31-1, Tsuruma	2 6 2 - 6 4 8 0
Senuma Dental Clinic	2-1-22, Tsuruma	2 7 3 - 1 5 0 0
Yagi Dental Clinic	2-2-3, Tsuruma	2 7 4 - 2 5 2 5
Tsuruma Ekimae Dental Clinic	Verdomir Minami-rinkan 1F, 1022-3-22, Tsuruma	2 7 5 - 7 4 6 5
Tsuruma Dental Clinic	Nabeta bld. 2F, 1-2-1, Nishi-tsuruma	2 7 6 - 3 5 0 1
Ishizuka Dental Clinic	1-3-2-2F, Nishi-tsuruma	2 7 5 - 8 2 4 1
Matsuo Dental Clinic	1-9-14, Nishi-tsuruma	2 7 4 - 0 9 0 3
Hirata Dental Clinic	Fuyo bld. 2F, 1-17-1, Nishi-tsuruma	2 7 4 - 4 1 0 8
Amity Dental Clinic	109, Highness Amity Tsuruma, 3-5-6, Nishi-tsuruma	2 6 4 - 9 6 0 5
Nishi-tsuruma Dental Clinic	4-1-4, Nishi-tsuruma	2 6 5 - 2 5 5 6
Takahashi Dental Clinic	7-8-7, Kamisoyagi	2 0 0 - 4 1 1 8
Kawasaki Dental Clinic	1-4-30, Fukami-nishi	2 6 5 - 6 6 5 5
Dental Clinic Nakamura	1-8-19, Fukamidai	2 6 0 - 2 3 7 8
Fukamidai Dental Clinic	3-5-28-2F, Fukamidai	2 4 0 - 6 8 8 8
Koizumi Dental Clinic	7 <sup>th</sup> Siinoki bld. 2F, 1-3-8, Yamato-higashi	2 6 4 - 8 1 8 8
Yu Dental Clinic	Taiyo bld. 20 <sup>th</sup> - 2F, 1-3-15, Yamato-higashi	2 0 5 - 7 2 2 1
Mikuni Dental Clinic	1-5-12, Yamato-higashi	2 6 4 - 0 0 6 1



Shigematsu Dental Clinic	1-10-11, Yamato-higashi	2 6 1 - 1 7 3 5
Handa Orthodontic clinic	Waizu bld. 2F, 2-2-1, Yamato-higashi	2 6 4 - 8 8 0 8
Yamato Heart Dental Clinic	Kojima Building 101, 2-5-12, Yamato-higashi	2 4 4 - 0 5 0 1
Saiki Dental Clinic	3-1-16, Yamato-higashi	2 6 3 - 0 1 1 8
Hongo Dental Clinic	1-3-10, Yamato-higashi	2 6 1 - 0 6 4 8
Yamato Ekimae Dental Clinic	1-5-17, Yamato-higashi	2 6 1 - 0 5 5 2
Yamato Ekimae Family Dental Clinic Sirius	YAMATO Bunka-mori 1F, 1-8-1, Yamato-minami	2 6 3 - 8 1 4 8
Saint Xavier Clinic	Yamato-minami Medical mall, 2-6-8, Yamato-minami	2 0 4 - 7 4 7 3
Inoue Dental Clinic	2-7-33, Yamato-minami	2 6 4 - 3 8 8 9
Chihiro Dental Clinic	2-10-4, Yamato-minami	2 6 2 - 7 3 3 7
Otake Dental Clinic	1-1-16, Chuo	2 6 2 - 2 1 3 1
Imamiya Dental Clinic	2-3-13, Chuo	2 0 0 - 5 9 0 0
Mori Dental Clinic	Mashita bld. 2F, 2-4-13, Chuo	2 6 1 - 9 8 9 8
Hirano Dental Clinic	Kondo bld. 2F, 4-1-2, Chuo	2 6 2 - 3 6 6 3
Yamato-ekimae Family Dental Clinic	Pearl Heights 1F No.1, 4-1-9, Chuo	4 0 8 - 8 1 4 8
Odate Dental Clinic	Hanasaki bld. 3F, 7-4-14, Chuo	2 6 4 - 1 0 8 9
Yamaguchi Dental Clinic	3-9-4, Sakuramori	2 6 4 - 0 0 1 7
Nagao Dental Clinic	Rape Sakuragaoka 2F, 3-5-15, Yanagibashi	2 6 8 - 6 6 6 5
Ogawara Dental Clinic	5521-7, Fukuda	2 6 8 - 1 2 8 8
Sakuragaoka-ekimae Dental Clinic	5523-12, Fukuda	2 5 9 - 9 2 6 9
Heiwa Dental Clinic	2-3-8-202, Fukuda	2 6 9 - 8 1 2 3
Sakuragaoka Kaneko Orthodontic Clinic	Ganadore Sakuragaoka Ekimae bld. 1F No. 2, 2-3-18, Fukuda	2 0 0 - 7 5 4 2
Shinsei Dental Clinic	2-14-2-2F, Fukuda	2 6 8 - 8 4 8 7
Koizumi Dental Clinic	3-11-5, Fukuda	2 6 9 - 6 4 5 6
Shimamura Dental Clinic	Silver co-po Sakuragaoka 2F, 979-1, Kamiwada	2 6 7 - 2 2 5 6
Asagao Dental Clinic, Koza-Shibuya	Sky Station 1F, 4-8-4, Shibuya	2 4 4 - 3 6 6 7
Watanabe Dental Clinic	5-25-10, Shibuya	2 7 9 - 4 1 9 9
Shirose Dental Clinic	6-15-1, Shibuya	2 6 8 - 1 1 6 9
Eight Nine Dental Clinic	Odakyu Marche 2F, 6-16-3, Shibuya	2 6 8 - 0 0 6 9
Fuji Dental Clinic	6-20-1, Shibuya	2 6 7 - 0 5 6 6
Ringo Dental Clinic	Sato bld.502, 7-1-6, Shibuya	4 0 9 - 0 9 2 2
Yabe Dental Clinic	7-12-1, Shibuya	2 6 9 - 7 2 0 0

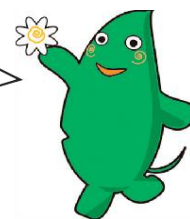
**【Ayase City】**

Name	Address	Phone
Takeuchi Dental Clinic	3-12-32, Terao-kita, Ayase	0467-78-3020
Kondo Dental Clinic	4-13-1, Terao-naka, Ayase	0467-77-0300
Komori Dental Clinic	3-9-10, Terao-minami, Ayase	0467-77-9494
Tokunaga Dental Clinic	1328-67, Kozono, Ayase	0467-76-8801
Kaida Dental Clinic	1-11-12, Kozono-minami, Ayase	0467-77-0685
Atsugi Dental Clinic	7-10-9, Ogami, Ayase	0467-78-1364
Tomita Dental Clinic	2-3-12, Fukaya-naka, Ayase	0467-53-8133
Yakeishi Dental Clinic	Naka Post Office 2F, 7-10-21, Fukaya-naka, Ayase, Ayase	0467-76-7178
Tsuda Dental/ Orthodontic Clinic	RISEMALL Ayase A-03, 7-18-1, Fukaya-naka, Ayase	0467-39-6632
Ayase First Dental Clinic	7-29-32, Fukaya-naka, Ayase	0467-70-1275
Momo Dental Clinic	1-1-51, Fukaya-kami, Ayase	0467-78-5858
Tobayama Dental Clinic	2-3-16, Fukaya-kami, Ayase	0467-53-8217
Ayase Chuo Dental Clinic	6-49-19, Fukaya-kami, Ayase	0467-77-4491
Arakawa Dental Clinic	Okubo bld. 1F, 1-3-22, Hayakawa-shiroyama, Ayase	0467-70-4618
Miya Dental Clinic	3-12-1, Hayakawa-shiroyama, Ayase	0467-81-3841
Shibagaki Dental Clinic	2366-1, Yoshioka, Ayase	0467-76-1889
Kao Dental Clinic	6-6-7, Kamitsuchidana-naka, Ayase	0467-70-6480
Hibiki Dental Clinic	Bellflower, 1-8-19, Kamitsuchidan-minami, Ayase	0467-78-3851
Hanamura Dental Clinic	201, Hill Valley Watai, 1-11-19, Kamitsuchidana-minami, Ayase	0467-78-7100
Ryonan Dental Clinic	Kenko bld. 1F, 4-17-43, Kamitsuchidana-minami, Ayase	0467-77-4447

# Rubella Vaccination for Adults

“Additional Rubella Measure” and the  
“Partial Subsidy for the Additional Rubella Vaccination” (optional)



These are two  
programs which  
target different  
people.




## ○Additional Rubella Measure

(Rubella Antibody Test/Rubella 5<sup>th</sup> Period Regular Vaccination for males born between April 2<sup>nd</sup>, 1962, and April 1<sup>st</sup>, 1979)

Since males born during the above period have never had the opportunity to receive a rubella vaccination based on the public system and because the percentage of people in this group with rubella antibodies is lower than the females of same generation, they have become the target of a national additional measure. The Rubella Antibody Test for these people has been performed since April 2019, and free vaccinations are offered to those with low antibody titer.

<b>Vaccination Period:</b>	<b>until March 31<sup>st</sup>, 2024</b>	<b>Cost:</b>	<b>Free</b>
<b>Target:</b>	<p>★Males born between April 2<sup>nd</sup>, 1962, and April 1<sup>st</sup>, 1979</p> <p>A vaccination voucher is issued to eligible people. If you have no history of using a voucher and need one after moving in Yamato or are missing it, please refer to the “Issuing Voucher” below to request one. You can also use an expired voucher if you have one. Check the Yamato City website for details.</p> <p>※You cannot use your voucher after moving out of Yamato City (including the date of moving out). Please contact the municipality where you are moving to about the vaccination there.</p> <p>※This program only allows one antibody test. A single vaccination is allowed for people with the antibody titer lower than the criteria.</p>		
<b>Issuing Voucher</b>	<p>The application is available online (QR code on the bottom right), by phone, or FAX (the number is on the cover). ※Vouchers will be sent about a week after application.</p> <p>For a faxed application, state your address, name, date of birth, and phone number.</p> <p>※If you need the voucher immediately, visit the Medical Checkup Division counter with your ID. We will issue you a voucher on the spot. If you cannot come, another person can be a substitute. If the substitute lives with you, only your ID is required. If the substitute lives in the different place, he/she will need to bring a letter of attorney in addition to your ID.</p> 		
<b>Partner Medical Institute</b>	<p>Vaccinations are available through medical institutions all over Japan that join this program.</p> <p>Please refer to the list of partner medical institutions in Yamato City on page 19-22 (Rubella Measure). For the list of partner medical institutions, check the “Additional Rubella Measures” section of the Ministry of Health, Labor, and Welfare website.</p> 		

## ○Partial Subsidy for Adult Rubella Vaccination (optional)

<b>Period:</b>	from April 1 <sup>st</sup> , 2023 to March 31 <sup>st</sup> , 2024
<b>Eligible people:</b>	<p>★Those who are over 19 years old and are registered as Yamato City residents who are:</p> <p>①Females who want to become pregnant</p> <p>②Husband or partner of a pregnant woman</p> <p>&lt;The following people are not eligible for this program (self-paid vaccinations are available)&gt;</p> <ul style="list-style-type: none"> <li>• A person who has had two doses of a combined vaccine that contains the rubella vaccine. (Vaccines that contain the rubella vaccine: Rubella vaccine, MR(measles, rubella) combined vaccine, etc.)</li> <li>• A person who has had a history of rubella infection.</li> <li>• A person who has applied for the Yamato City Rubella Prevention Subsidy Program for Adults (this program) before.</li> <li>• A male who was born between April 2nd, 1962 and April 1st, 1979 may not apply for this program because he is eligible for the “Additional Rubella Measure” (page 16).</li> <li>• Please note that a female citizen who is pregnant or has a possibility of being pregnant may not receive the vaccination.</li> </ul> <p><b>Please use birth control for 2 or 3 months after the vaccination.</b></p>
<b>Out of pocket expenses:</b>	<p>Please pay the difference of the vaccination fee minus the amount of the subsidy to the medical institution.</p> <p>◆The amount of subsidy for the MR (measles and rubella) combination vaccine is 6,000 yen</p> <p>◆The amount of subsidy for the Rubella vaccine is 4,000 yen</p> <p>※The cost differs at each medical institution.</p>
<b>Application:</b>	<ul style="list-style-type: none"> <li>• Online (QR code on the bottom right)</li> <li>• Phone (see number on the cover)</li> <li>• Mail an application form or send FAX to the Yamato City Medical Checkup Division, or submit it at the division counter.</li> </ul> <p>*Those who apply to ② also need to submit a copy of your child's mother -and- child handbook. Please copy the page with parents' names, dates of birth and address.</p> <p>*After applying, visit a partner medical institution (refer to page 19-22 “Rubella(voluntary)” ) for your vaccination. Please bring the document sent from the city, your health insurance card, and your mother-and-child handbook.</p> 

## Are all your child's vaccinations up to date?

Japanese encephalitis	<b>2<sup>nd</sup> period</b>	9 to 12 years old (Notified in the month when your child turns 9 years and 1 month old.)	Once
	<b>Special case</b>	A person who is under 20 years old and was born before April 1 <sup>st</sup> , 2007.	A person who has not had all four doses during the first and second periods may have the remaining doses before turning 20 years old.
Diphtheria, Tetanus (DT) combination vaccine	11 to 12 years old (notifications sent to 6 <sup>th</sup> grade students)		<b>Once</b>
HPV (cervical cancer prevention) ※We have re-started the recommendation as of the 2022 fiscal year.	Any girl from grade 6 to the age corresponding with a first-year student of high school is eligible.		3 doses: Chose one of the following vaccines and take 3 doses of the same type. <ul style="list-style-type: none"> <li>• <b>Cervarix</b> (2 doses, given 1 month apart, then 1 more dose, given 6 months after the first dose)</li> <li>• <b>Gardasil</b> (2 doses, given 2 months apart, then 1 more dose, given 6 months after the first dose)</li> <li>• <b>Silgard-9</b>, *New vaccine offered from April 2023 (as of Jan 2023).</li> </ul>
	<b>Catch up:</b>	For females born between April 2 <sup>nd</sup> , 1998 and April 1 <sup>st</sup> , 2007.	

### Important notice for vaccinations

- ※Please contact us if you are eligible for the catchup vaccination and have already received the first or second dose of HPV vaccine and then stopped.
- Vaccinations are available at partner medical institutions in Yamato City.
  - In case you lose your pre-vaccination questionnaire or the Yamato City vaccination number, a reissue is required at the counter. Please bring your mother and child handbook. Contact us in advance if you recently moved from other municipality and do not have a pre-vaccination questionnaire or a vaccination number.
  - It is possible that you will have to wait for a vaccination due to the lack of vaccines. Discuss with your doctor beforehand, and plan early.
  - You will have to pay for the vaccination expense after moving out of Yamato (including the date of moving out)

# Vaccination for Those Over 65 Years Old

The following vaccinations are not mandatory; they are performed only when you request them. (If your family or the institution where you stay asks you to take the vaccinations, all expenses will be charged to you because you are not eligible based on the vaccination law). Make sure you understand the risks and benefits of any vaccine before you receive it.

## ○Pneumococcus Vaccination for Adults

Period:	From April 1 <sup>st</sup> , 2023 to March 31 <sup>st</sup> , 2024.								
Eligible persons:	<p>Registered Yamato citizens who have never had a pneumococcus vaccination (vaccine name: Pneumovax NP) and qualify for either ① or ② below.</p> <p>① <b>A person who becomes one of the following ages during the fiscal year 2023.</b> ※Eligible persons may have the vaccination during the vaccination period, even if it is before the date of their birth.</p> <table><tr><td><b>65 years old</b> (born between Apr. 2<sup>nd</sup>, 1958 and Apr. 1<sup>st</sup>, 1959)</td></tr><tr><td><b>70 years old</b> (born between Apr. 2<sup>nd</sup>, 1953 and Apr. 1<sup>st</sup>, 1954)</td></tr><tr><td><b>75 years old</b> (born between Apr. 2<sup>nd</sup>, 1948 and Apr. 1<sup>st</sup>, 1949)</td></tr><tr><td><b>80 years old</b> (born between Apr. 2<sup>nd</sup>, 1943 and Apr. 1<sup>st</sup>, 1944)</td></tr><tr><td><b>85 years old</b> (born between Apr. 1<sup>st</sup>, 1938 and Apr. 1<sup>st</sup>, 1939)</td></tr><tr><td><b>90 years old</b> (born between Apr. 2<sup>nd</sup>, 1933 and Apr. 1<sup>st</sup>, 1934)</td></tr><tr><td><b>95 years old</b> (born between Apr. 2<sup>nd</sup>, 1928 and Apr. 1<sup>st</sup>, 1929)</td></tr><tr><td><b>100 years old</b> (born between Apr. 2<sup>nd</sup>, 1923 and Apr. 1<sup>st</sup>, 1924)</td></tr></table> <p>② <b>A person who is between 60 and 64 years old with a heart/kidney/respiratory function disorder or immune system disorder due to the HIV virus that severely affects daily life. (Corresponding with 1 degree of certification for people with disabilities)</b> ※Presentation of certification for people with disabilities or medical certificate is required.</p>	<b>65 years old</b> (born between Apr. 2 <sup>nd</sup> , 1958 and Apr. 1 <sup>st</sup> , 1959)	<b>70 years old</b> (born between Apr. 2 <sup>nd</sup> , 1953 and Apr. 1 <sup>st</sup> , 1954)	<b>75 years old</b> (born between Apr. 2 <sup>nd</sup> , 1948 and Apr. 1 <sup>st</sup> , 1949)	<b>80 years old</b> (born between Apr. 2 <sup>nd</sup> , 1943 and Apr. 1 <sup>st</sup> , 1944)	<b>85 years old</b> (born between Apr. 1 <sup>st</sup> , 1938 and Apr. 1 <sup>st</sup> , 1939)	<b>90 years old</b> (born between Apr. 2 <sup>nd</sup> , 1933 and Apr. 1 <sup>st</sup> , 1934)	<b>95 years old</b> (born between Apr. 2 <sup>nd</sup> , 1928 and Apr. 1 <sup>st</sup> , 1929)	<b>100 years old</b> (born between Apr. 2 <sup>nd</sup> , 1923 and Apr. 1 <sup>st</sup> , 1924)
<b>65 years old</b> (born between Apr. 2 <sup>nd</sup> , 1958 and Apr. 1 <sup>st</sup> , 1959)									
<b>70 years old</b> (born between Apr. 2 <sup>nd</sup> , 1953 and Apr. 1 <sup>st</sup> , 1954)									
<b>75 years old</b> (born between Apr. 2 <sup>nd</sup> , 1948 and Apr. 1 <sup>st</sup> , 1949)									
<b>80 years old</b> (born between Apr. 2 <sup>nd</sup> , 1943 and Apr. 1 <sup>st</sup> , 1944)									
<b>85 years old</b> (born between Apr. 1 <sup>st</sup> , 1938 and Apr. 1 <sup>st</sup> , 1939)									
<b>90 years old</b> (born between Apr. 2 <sup>nd</sup> , 1933 and Apr. 1 <sup>st</sup> , 1934)									
<b>95 years old</b> (born between Apr. 2 <sup>nd</sup> , 1928 and Apr. 1 <sup>st</sup> , 1929)									
<b>100 years old</b> (born between Apr. 2 <sup>nd</sup> , 1923 and Apr. 1 <sup>st</sup> , 1924)									
Vaccination cost:	<p><b>3,000 yen</b></p> <p>※Ineligible people will be responsible for all charges. ※A person who does not qualify for the age requirement or has a vaccination history (including self-pay vaccination) will owe all expenses.</p>								

※The vaccine is said to be effective in reducing the severity of symptoms caused by pneumococcus. It does not prevent pneumonia completely.

## ○Seasonal Flu Vaccination

<b>Period:</b>	from October 1 <sup>st</sup> to December 31 <sup>st</sup> , 2023
<b>Eligible people:</b>	<p>◇Registered Yamato citizens            ◇Those who personally request vaccination            ◇Someone who is over ①65 years old or ②60 to 64 years old with a heart/kidney/respiratory function disorder or immune system disorder due to the HIV virus that severely affects daily life (Corresponding with 1 degree of certification for people with disabilities) <b>at the time of vaccination.</b>            ※Presentation of certification for persons with disabilities or medical certificate is required.</p>

### <For the person who applied for the vaccination>

- ◆Bring your health insurance card and vaccination fee on the day of the vaccination.
- ◆Read the information document from the city about the risks and benefits of the vaccination carefully in advance. You can find the document at partner medical institutions.
- ◆Fill in the pre-vaccination questionnaire at the medical institution.

### <For a person with exempted expenses>

A person who qualifies for one of the following categories below can be exempted for the vaccination fee only if he/she presents the required documents.

- ① A person on public assistance / Certificate for Public Assistant Recipient
- ② A person receiving financial assistance for Japanese Orphans in China after WWII, etc. / ID for medical institutions offering the vaccination, refer to page 19-22.

# Health Checkups (special checkup・elderly checkup, etc.) ・Institute Cancer Screenings ・Vaccination Partner Medical Institutes

※Eye…Medical Institutions Performing Ophthalmoscopy    ※E…Engoscope Only    ※B・E…Barium or Endoscopy  
 ※U…Ultrasound Only    U・M…Ultrasound and Mammography A…Antibody test only  
 ※Please contact individual medical institutions for details on how to make appointments for visiting in advance. (Depending on the application status, receptions may be closed early)

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screening					Vaccinations			
				Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	Rubella	
	Measurement	Optional										
Neighborhood	Aizawa OB-GYN							○			○	○
	9-7-22, Chuo-rinkan		275-6161									
	Ishikawa Clinic		○	○		○			○	○		
	5-5-32, Chuo-rinkan		274-4746									
	Imanishi Internal Medicine		○	○		○			○	○	○	○
	1900-14, Shimo-tsuruma		275-8585									
	Ebihara Orthopedics									○		
	521-8, Shimo-tsuruma, 1F		278-5877									
	Kawanishi Internal Medicine		○	○		○			○	○	○	○
	3-5-11, Chuo-rinkan, 2F		278-1201									
	Kinoshita Otolaryngology									○		
	3-5-11, Chuo-rinkan, 6F		271-3838									
	Kusuhara Internal Medicine		○	○		○			○	○	○	○
	521-8, Shimo-tsuruma, 1F		278-5483									
	Kuroyama Internal Medicine		○	○		○			○	○	○	○
	2-21-20, Chuo-rinkan, 1F		277-9680									
	Sakai Internal Medicine/ Cardiology Clinic		○	○		○			○	○	○	○
	4-5-15, Chuo-rinkan, 2F		276-8131		(Eye)							
	Shiosaka Surgical Clinic		○	○		○			○	○	○	○
	9-8-31, Chuo-rinkan		275-3500		(Eye)							
	Takada Gastroenterology/ Internal Medicine Clinic		○	○	E	○			○	○	○	○
	6-11-15, Chuo-rinkan		278-2211									
	Chuo-rinkan Sakura Internal Medicine		○	○		○			○	○	○	○
	4-16-20, Chuo-rinkan, 3F		278-1515									
	Chuo-rinkan Diabetes /Thyroid Clinic		○						○	○		
	4-29-22 3F, Chuo-rinkan		277-1024									
	Chuo-rinkan Hospital		○	○	○	B・E	○	U	○	○	○	○
	4-14-18, Chuo-rinkan		276-8822									
	Chuo-rinkan Miki Dermatology Clinic									○		
	4-29-22, Chuo-rinkan, 1F		276-4112									
	Chuo-rinkan Yamakawa Ophthalmology									○		
	4-29-22, Chuo-rinkan, 2F		277-0322									
	Tsukimino Onakato Internal Medicine Clinic		○	○	E	○			○	○	○	○
	1-6-29, Tsukimino		276-1107									
	Tsukimino Fujita Ophthalmology									○		
	1-6-29, Tsukimino, 2F		273-1113									
	Tsubame Children's Clinic											○
	1-6-29, Tsukimino, 2F		277-7700									
	Nakamura, Internal Medicine/ Surgical Clinic		○	○	E	○	U		○	○		
	3-11-13, Chuo-rinkan, 2F		219-2300									
	Hashimoto Clinic				E	○				○		
	3-18-1, Chuo-rinkan		271-0306									
	Higuchi Internal Medicine Clinic		○	○		○			○	○		
	3-4-16, Chuo-rinkan, 1F		278-1777									
	Fukushima Orthopedic/Dermatology									○		
	3-5-11, Chuo-rinkan, 1F		271-0217									
	Makiuchi Orthopedics Clinic									○		
	7-1-9, Chuo-rinkan		271-6868									

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screening					Vaccinations			
				Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	Rubella	
	Address	Phone									Measurement	Optional
Ne e a r M i n a m i - r i n k a n s t a t i o n	<b>Mochizuki Otolaryngology</b>									○		
	4-20-4, Chuo-rinkan	271-3387										
	<b>Yamato Surgical/Internal Medicine Clinic</b>		○	○	E	○	U		○	○	○	○
	704-6, Shimo-tsuruma	274-1767										
	<b>Yamato Tsukimino Urology/Internal Medicine Clinic</b>		○			○			○	○	○	
	4-9-24, Tsukimino	244-4115										
	<b>Rinkan Clinic</b>		○			○	U M	○	○	○	○	○
	5-1-3, Chuo-rinkan	278-6668										
	<b>Aiiku Children's Clinic</b>										○	○
	2-14-13, Minami-rinkan	278-3221										
	<b>Aiiku Hospital</b>							○				
	2-14-13, Minami-rinkan	274-0077										
	<b>Aiiku Ladies' Clinic</b>							○				
	2-13-3, Minami-rinkan	277-3316										
	<b>Iizuka Clinic</b>		○	○		○			○	○	○	○
	1-5-8, Minami-rinkan 2F	278-3207										
	<b>Ueda Child Clinic</b>											○
	2-17-6, Rinkan	274-6240										
	<b>Kikuta Internal Medicine Clinic</b>		○		E	○			○	○		
	2-1-5, Rinkan	274-0030										
	<b>Tamai Pediatric Clinic</b>										○	○
N e a r T s u r u m a S t a t i o n	1-8-11, Rinkan, 1F	277-3030										
	<b>Suzuki Clinic</b>		○						○	○		
	2-5-4, Minami-rinkan	274-4107										
	<b>Takano Clinic</b>		○	○		○			○	○	○	○
	1-7-9, Minami-rinkan, 2F	277-1561										
	<b>Taguchi Clinic</b>		○	○		○			○	○	○	
	7-25-6, Minami-rinkan	275-3830										
	<b>Miwa Ladies' Clinic</b>						U	○		○		○
	7-20-30, Minami-rinkan	272-1103										
	<b>Wada Clinic</b>		○			○			○	○	○	○
	5-11-25, Minami-rinkan	274-5251										
	<b>Wada Orthopedics</b>								○	○		
	1-7-9, Minami-rinkan, 2F	276-5955										
	<b>Ikeda Orthopedics /Surgical Clinic</b>		○						○	○		
	1-31-1, Tsuruma, 2F	262-5788										
	<b>Izuminomori Clinic</b>								○	○		○
	1-19-8, Nishi-tsuruma	271-7070										
	<b>Ideguchi Internal Medicine/ Rheumatology</b>		○	○		○			○	○	○	○
	1-1-7, Nishi-tsuruma	204-5190										
	<b>Kure Internal Medicine/Gastroenterology Clinic</b>		○	○	E	○			○	○		
	2-11-29, Tsuruma, 2F	219-9090										
	<b>Kobayashi International Clinic</b>		○	○	E	○			○	○	○	○
	3-5-6-110, Nishi-tsuruma	263-1380										
	<b>Sakura Clinic</b>								○	○	○	○
	1-22-7, Tsuruma	208-8511										
	<b>Seiwa Clinic</b>		○	○	B E	○			○	○	○	○
	5-3488-7, Nishi-tsuruma	264-3911										
	<b>Sou Internal Medicine/Cardiology</b>		○	○		○			○	○		
	1-31-1, Tsuruma, 2F	293-7774										
	<b>Tsuruma Kaneshiro Internal Medicine Clinic</b>										○	
	2-1-24, Tsuruma, 2F	271-7410										
	<b>Tsuruma Orthopedics</b>									○		
	3-13-20, Nishi-tsuruma, 2F	273-1155										
	<b>Nakamura Pediatrics/Allergy</b>										○	○
	2-11-29, Tsuruma, 1F	219-2223										



	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screening					Vaccinations			
	Address	Phone		Lung	Stomac h	Colorectal	Breast	Uterin e	Pneumonia	Flu	Rubella	
											Measurement	Optional
	Nishi-tsuruma Medical Clinic		○	○	E	○	U M		○	○		
	4-1-4, Nishi-tsuruma	261-0867										
	Maekawa Internal Medicine Clinic		○	○	E	○			○	○	○	○
	2777-5-6, Shimo-tsuruma, 1F	278-3777										
	Miyazaki Surgical Clinic		○			○			○	○	○	○
2-10-3, Tsuruma	274-0263											
N e a r s t a t u r u m a	Yasuno Clinic		○	○		○			○	○	○	○
	2568, Shimo-tsuruma	262-0311										
	Yamaguchi Clinic		○	○		○			○	○	○	○
	1-11-12, Nishi-tsuruma	274-4067										
	Yamato City Hospital				E	○	U M					
	8-3-6, Fukami-nishi	260-0111										
	※For cancer screenings at Yamato City Hospital, please call between 2-4PM, Mon-Fri, to make an appointment.											
	Yamamoto Clinic										○	
	1-3-5, Tsuruma, 2F	206-5467										
	Yukosu Medical Care Clinic		○	○		○			○	○		
	3-6-11, Nishi-tsuruma, 2F-120	244-6762										
	Lilac Clinic		○	○		○			○	○	○	○
	2-11-29, Tsuruma, 3F	204-5551										
	Iemoto Cardiology /Internal Medicine		○	○		○			○	○		
	2-5-12, Yamato-higashi	261-1840										
Okabayashi Clinic		○	○		○			○	○		○	
1-1-2, Chuo, 2F	262-4885											
Okamoto Orthopedic /Surgery									○			
5-6-29, Chuo, 1F	262-2080											
Osada Clinic		○ (Eye)	○	E	○			○	○	○	○	
2-2-1, Chuo, 2F	262-2500											
Sakuramori ENT Clinic									○			
186-3, Kami-Soyagi	262-2500											
Sasai Clinic		○	○		○			○	○			
1-7-21, Yamato-higashi, 3F	200-1717											
Sekimizu Orthopedic /Surgery Clinic		○						○	○	○	○	
2-3-28, Fukami-nishi	200-2211											
Saint Xavier Clinic		○(Eye)	○		○			○	○		○	
2-6-8 2F, Yamato-minami												
Souyagi Clinic		○			○			○	○			
2-15-9, Souyagi	265-5358											
Tanaka Clinic		○			○			○	○	○	○	
3-7-18, Sakuramori	200-3322											
Nobukiyo Otolaryngology Clinic									○			
1-9-25, Yamato-higashi, 1F	240-8714											
Fukmidai Chuo Hospital		○	○	E	○	U		○	○	○	○	
3-5-28, Fukamidai	263-6661											
Murakami Clinic		○						○	○			
2-9-10, Yamato-minami	264-0505											
Mominoki Clinic		○						○	○	○	○	
2-6-5, Yamato-minami	261-0214											
Yamato Station Hoshino Clinic		○			○			○	○	○	○	
1-4-2, Yamato, 3F	260-6020											
Yamato Children's Clinic											○	
3-4-18, Yamato-higashi	261-0100											
Yamato Sun Clinic		○	○		○			○	○	○	○	
3-4-27, Yamato-higashi	200-6757											
Yamato Chuo Cardiology		○	○		○			○	○	A		
7-10-15, Chuo	204-5090											
Yamato Tokushukai Hospital		○ (Eye)	○	B E	○	U M	○	○	○	○	○	
4-4-12, Chuo	264-1111											

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screening					Vaccinations				
	Address	Phone		Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	Rubella		
											Measurement	Optional	
Yamato	Yamato Internal Medicine/Pediatric Clinic		○	○		○			○	○	○	○	
	2-14-9, Chuo	265-3335											
	Yamato Higashi Clinic		○	○	E	○			○	○	○	○	
	1-4-2, Yamato Higashi, 2F	244-0810											
	Yamato Hospital Kidney Clinic								○	○			
	8-2-10, Fukami-nishi	240-8150											
	Yamato Home	Yamato Home Clinic					○			○	○	○	
		3-1-6, Yamato-higashi, 3F	204-5010										
		Yamato Ladies' Clinic					○		○				
		2-13-27, Chuo, 101	260-1151										
Yoshizawa Clinic		○		E	○			○	○				
1-3-2, Kamisouyagi												264-1288	
Yotsuba Orthopedics		○						○	○				
1-7-21, Yamato-higashi, 2F												205-2052	
Wakaba Clinic		○	○		○			○	○				
1-7-21, Chuo												265-6224	
Sakuragaoka	Koh Orthopedics		○							○			
	5516, Fukuda	267-1414											
	Koyanagi Internal Medicine/ Gastroenterology		○	○		○			○	○		○	
	5514-6, Fukuda	267-6003											
	Sakuragaoka Otolaryngology								○				
	5515-1, Fukuda	267-1813											
	Sauragaoka Chuo Hospital		○ (Eye)	○	B E	○	U M	○	○	○	○	○	
	1-7-1, Fukuda	269-4111											
	Hiro Clinic		○	○		○			○	○	○		
	2-8-1, Fukuda	269-0020											
Nea	Ai Clinic Urology/ Dermatology		○			○			○	○	○	○	
	5-25-1, Shibuya, 2F	279-5670											
	Kouza-shibuya Tsubasa Clinic		○	○		○			○	○	○	○	
	5-22, Shibuya, 2F	279-5111											
	Kouza-shibuya Internal Medicine/Surgical Clinic		○	○	E	○			○	○	○	○	
	8-3-2, Shibuya	201-0370											
	Kouza Shibuya Hyodo Otolaryngology								○				
	7-23-1, Shibuya	279-5333											
	Shiba Ladies' Clinic					○		○					
	8-1-10, Shibuya, 2F	268-5050											
Suda	Sudo Orthopedic Clinic								○	○	○	○	
	5-6-6, Shibuya	201-0822											
	Daikan Ai Clinic								○	○	○	○	
	1-15-7, Daikan, 2,4F	205-7771											
	Nire Family Clinic		○	○		○			○	○		○	
	6-12-6, Shibuya, 1F	244-0562											
	Fujinuma Internal Medicine Clinic		○	○		○			○	○	○	○	
	5-25-1, Shibuya, 1F	201-0161											
	Honda OB&GYN, Internal Medicine Clinic		○			○		○	○	○	○	○	
	5-39-2, Shibuya	267-7222											
Stata	Minami Yamato Clinic		○	○	B E	○			○	○			
	940-1, Shimowada	268-5999											
	Minami-Yamato Kouza Clinic		○	○	B E	○			○	○			
	5-22, Shibuya, 2F	269-7111											
	Miami-Yamato Hospital		○ (Eye)	○	B E	○	U M		○	○	○	○	
	1331-2, Shimowada	269-2411											
	Mihira Clinic		○	○		○			○	○	○	○	
	4-8-4-101, Shibuya	201-2220											
	Morita Orthopedic/Pediatrics		○						○	○	○	○	
	816-1, Shimowada	269-3662											

# Exemption for Self-Pay Expense


○For a person who is eligible for the exemption of a Cancer Screening, Health Checkup (special/elderly checkup, etc.), or a Female Health Checkup.

Eligible	Required Certificate
>70 years old (born before Apr. 1 <sup>st</sup> , 1954)※	ID with your age (health insurance card, etc.)
Public assistance household※	Certificate for Public Assistant Recipient
A person receiving financial assistance for	ID that certifies financial assistance
City/Prefecture tax-exempt household※	Certificate for city/prefecture tax exemption (whole household)※For all family members of the same address who were born before Apr. 1 <sup>st</sup> , 2007. In Yamato City, please request issuance of a certificate for “household” (the certificate that has the taxation status of all family members). For a visit before May 31 <sup>st</sup> , presentation of a certificate of the fiscal year 2022 (based on the income in fiscal year 2021) is required. For a visit after June 1 <sup>st</sup> , presentation of a certificate of the fiscal year 2023 (based on the income of fiscal year 2022) is required. ※Please request the issuance to include all family members who were born before Apr. 1 <sup>st</sup> , 2007. They will also need to be registered as residents in the same household as of Jan. 1 <sup>st</sup> , 2023.
A person eligible for Hepatitis/Uterine Cancer/Breast Cancer Screening exemption	A ticket for a Hepatitis Virus Test, Uterine Cancer Screening, or Breast Cancer Screening (with “no self-pay” written on it).

\*1:Present the certificate at the counter where you have a checkup.

## Reissuance of a Ticket

○If you lose your Cancer Screening ticket, Health Checkup(special/elderly checkup, etc.) ticket, Osteoporosis Screening or Adult Dental Checkup ticket, you can request a reissue.

Online application:	City website > Administration/Life > Online Service > Online Application > e-kanagawa online application (search by “checkup ticket”).	
FAX	(046) 260 1156	
Phone	(046) 260 5662 Weekdays 8:30-17:15	
Mail (postcard)	〒242-8601 To Medical Checkup Division (no need to write the address)	

※ Fill in your name, date of birth, address, and a phone number for daytime contact. Also state that you request a reissue.

Those with welfare / benefits for Japanese returnees from China after WWII are not issued the (basic) checkup ticket. Please bring a welfare certificate or an ID of benefits for Japanese returnees from China. Cancer screening ticket is also needed if you have cancer screening at the same time.

## Yamaton Health Points

You can earn points by receiving checkups, joining health classes or through other health related activities. When you have accumulated 20 points, you can enter the giveaway for a prize. Raffles are held four times a year (July, October, January, and April). There will be 100 winners each time.

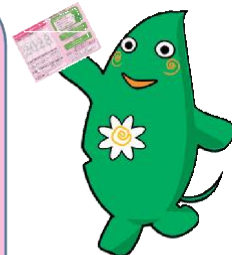
**Eligible people :** Yamato city resident who is over 20 years old (born before Apr. 1<sup>st</sup>, 2004)

**Point Expiration :** Mar. 31<sup>st</sup>, 2024\*

**Application Period :** Apr. 1<sup>st</sup>, 2023 - Apr. 10<sup>th</sup>, 2024

**Prize :** Rice 5kg (grown in Japan)(July, January), catalog gift (October, April)

\*If your points do not reach 20 by the end of the fiscal year, you can add the points on a card (only allowed for ONE card) to the points of the following year when you apply for a prize. In this case, the final deadline is July 10<sup>th</sup>, 2024.



In addition, QUO cards worth 10,000 yen are given to 5 people from each generation (20's, 30's, 40's, 50's, 60's, 70's, over 80). The winners of FY23 will get the prize in April 2024.

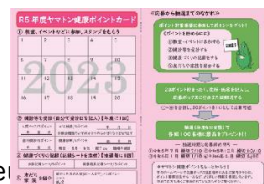


## 《The Application to Raffle Process》

### 1. Get points

Use the point-card enclosed with this guidebook and get points.

- Join the classes or events to get stamps on your card.
- Get points by visiting Koza-shibuya, Sirius, Tsurumainosato history museum/day/institution).
- Fill in your checkup date on your point-card (You can get one point for each type of checkup, once a FY year).



### 2. Enter the raffle when the number of points reaches 20

- Drop the card into one of the “application boxes” located at public institutions, etc. throughout the city.
- Bring the card, or put the card in an envelope with a stamp and mail it to the Health Promotion Division. (A mailing with the postmark dated the day of the deadline will be accepted)



### 3. Raffle and Get a Prize

- After each raffle, we will only notify the winners. Prizes will be sent in the month following the raffle.

Time of raffle and deadline for application:

- ① July 2023 (deadline: 7/10) ② Oct 2023 (deadline: 10/10)
- ③ Jan 2024 (deadline: 1/10) ④ Apr 2024 (deadline: 4/10)

Check website or information flier near the “application box”

Access website from here →

Inquiry: Health Policy & Walking Section, Health Promotion Division, 046-260-5663



## Health-Visualize Section

machines such as a Body Composition Analyzer and a Brain Age Measuring Device to evaluate your health condition. Also, based on the results of your measurements, you can discuss your health condition, dietary habits, and exercise routine with the staff for advice.

Classes concerning health are held at the Health Terrace in the Health Library (1:30 to 2PM, on Mondays, Wednesdays, and Fridays). For more details, please check the event calendar on the

Sirius website or contact the Health Promotion Division.

Find the event calendar here →



Inquiry: Local Health Activity Section, Health Promotion Division, 046-260-5663