

**KEEP****2025**

Please keep this for a year

# Yamato City Health Checkup Guide

Starts from  
4/21

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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**Inquiries**

Yamato City Medical Health 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)

Get routine screening to stay healthy for early detection and treatment.

○How to get a screening

**Check your own screening items.** Refer to the following table to check your status.



**Pick a venue**

Institution Screenings: Receive screenings at a partner medical institution in Yamato city (p4).

Group Screenings: Receive screenings on a medical checkup bus at a medical facility (p5-7).



**Application**

Institution Screenings: Partner medical institution

Group Screenings: Municipal facility (p6)



**Screenings**

○Screening Items / subjects

Screening Items Eligible Persons		Lungs	Stomach(E ndoscope /X-ray)	Col on	Uterus		Brest	
					Cervi x	Body	US (Sonography)	Mammography
Male	Over 40 years old	○	○	○				
Female	20-29 years old				○			
	30-39 years old				○	○ (Institution Screening only)	○	
	Over 40 years old	○	○	○	○	○ (Institution Screening only)		○

※Over 40 years old: Born before April 1, 1986.

※30-39 years old: Born between April 2, 1986 and April 1, 1996.

※20-29 years old : Born between April 2, 1996 and April 1, 2006.

※Pregnant women may not use a uterine cancer screening voucher issued from City Hall.

For uterine cancer screening during pregnancy, please use [a prenatal checkup voucher issued from City Hall.](#)

- 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.** Please note that if you move out of Yamato City before your examination, you will be charged the examination fee.

- 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.
- The cost of a detailed test is covered by the health insurance. However, the patient is responsible for the copayment.

# ○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



One of the major cause of death in Japan

### 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-

### 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:	<b>From April 21<sup>st</sup>, 2025, to February 28<sup>th</sup>, 2026.</b> (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 18-21).
How to Schedule:	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 voucher, you will not be allowed to have the exam).</li> <li>• *If you have lost your voucher, it can be reissued. For details, refer to page 22.</li> <li>• My Number Health Insurance Card, Certificate of Insurance Eligibility, etc.</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.</li> </ul>
Notification of results:	Please have the results explained by the medical institution you visited.

## OC Co-payment

※The amount of charge may differ from the Group Screening (please bring the certification documents listed on page 24 if you are applying for an exemption)

Screening Item	Test Description	Rate of Self-Pay	Notices
Lung Cancer	X-ray two-way	1,500 yen	<ul style="list-style-type: none"> <li>• Certain test result may take longer to be reported, as they may require interpretation by multiple specialists.</li> <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> <li>• The doctor may decide not to allow the patient to receive the screening based on the results of the interview on the day of the screening.</li> </ul>
	Sputum Cytology ※ 1	1,000 yen	
Stomach Cancer	X-ray (Barium)	3,500 yen	
	Gastroscopy ※ 2	3,500 yen	
Colorectal Cancer	Stool Occult Blood (2-day method)	800 yen	
Breast Cancer	Ultrasound (echo)	1,500 yen	
	Mammography ※ 3 ※ 4	2,200 yen	
Uterine Cancer	Cervix Cytology ※ 5	1,700 yen	
	Cervical and Body Cytology ※ 2	2,900 yen	

※ 1 Conducted for individuals with a doctor's recommendation after having the Lung Cancer Screening and Examination.


※ 2 Institution Cancer Screening only. ※ 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?

Unit : Persons

	Yamato City Cancer Screenings in 2021					Deceased due to cancer (Yamato City) : 2022 Kanagawa Annual Health Statistics Report
	Tested	Detailed Examination		Diagnosis of Cancer		
		Needed Further Inspection	Percentage of Tested			
Lung Cancer	18,956	104	81	77.9%	9	132
Stomach Cancer	16,309	2,431	2,415	99.3%	56	60
Colorectal Cancer	17,605	1,835	1,236	67.4%	43	112
Breast Cancer	10,775	767	721	94/0%	68	36
Cervical Cancer	12,386	283	241	85.2%	7	10

**A complete examination decreases the risk of death caused by undetected cancers. 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:	<b>Please refer to the schedule on pages 6-7.</b> (from April 2025 to March 2026)
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:	<b>Please refer to the instructions on page 6.</b>
Things to bring:	<ul style="list-style-type: none"> <li>• Cancer Screening ticket for the exam(s) you take.</li> <li>*If you have lost your voucher, it can be reissued. For details, refer to page 22.</li> <li>• Self-Pay rate (if applying for an exemption, please bring the Certification forms listed on page 24).</li> <li>• All documents from Yamato City that are received within four days of The examination (questionnaire, etc.).</li> <li>※The screening ticket is reissuable. Please refer to page 23 for more details.</li> </ul>
Notification of results:	Mailed to individuals about one and half months after the examination date.

## Self-Pay Amount

※The amount for screening fees at medical institutions may differ (for exemptions, please refer to page 24 for details).

Screening Items	Screening Descriptions	Self-Pay Amount	Notices
Lung Cancer	X-ray (2-way)	600 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 her 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, and with a history of breast cosmetic surgery / VP shunt, or CV port, due to the risk of damaging an implant.</li> </ul>
	Sputum Cytology ※ 1	800 yen	
Stomach Cancer	X-ray (Barium)	1,500 yen	
Colorectal Cancer	Stool Test (2-day method)	600 yen	
Breast Cancer	Ultrasound (echo)	1,300 yen	
	Mammography ※ 4	2,200 yen	
Uterine Cancer	Cervices Cytology ※ 5	1,000 yen	

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

## Tuberculosis 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 evaluates the image. Lung Cancer Screenings are recommended for those over 40 years old.

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.


※Screen items are as follows.

Screening type: **L**:lung, **S**:stomach, **R**: colorectal, **M**: breast (mammography), **U**: breast ultrasound, **C**: cervical

○**Schedule** Pick the date and apply during application period.

Month	Day	DOW	Screening type	Venue	PM only	Female only	Childcare	Application period
4	25	Fri.	L · S · R · M · C	H	*Refer to the schedule on “Koho Yamato” or city website			
5	1	Thu.	L · S · R · M · C	H				
5	13	Tue.	L · S · R · M · C	H/L				
5	20	Tue.	L · S · R · M · C	H				4/1~4/25
5	25	Sun.	R · M · U · C	L	●	●	●	
5	30	Fri.	L · S · R · M · C	H/L				
6	9	Mon.	L · S · R · M · C	H			●	5/1~5/12
6	14	Sat.	L · S · R · M · C	H/L				
6	18	Wed.	L · S · R · M · C	H				
6	22	Sun.	R · M · U · C	L	●	●	●	5/1~5/20
6	27	Fri.	L · S · R · C	S				
6	30	Mon.	L · S · R · M · C	H				
7	5	Sat.	R · M · U · C	L	●	●	●	6/1~6/10
7	10	Thu.	L · S · R · M · C	H				
7	16	Wed.	L · S · R · M · C	H				6/1~6/20
7	30	Wed.	L · S · R · M · C	H/L				
8	24	Sun.	R · M · U · C	H	●	●	●	7/1~7/10
8	31	Sun.	L · S · R · C	S				
9	3	Wed.	L · S · R · M · C	H			●	7/1~7/22
9	12	Fri.	R · M · U · C	S	●	●	●	
9	19	Fri.	L · S · R · M · C	H				

## ○Application

Online	City website>Search by Organization >Digital Strategy Section>Digital Service >Online Application e-Kanagawa Search Keyword: Mass Cancer Screening		【Required info】 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 Kenko-ka (Medical Health Section) (no need to write the address)		
Phone	0 4 6 ( 2 6 0 ) 5 6 6 2 <b>Weekday: 8:30 – 17:00</b> ※Please keep your screening ticket at hand. ※If you lose your ticket, you can request reissue. Please see the detail on page 22.		

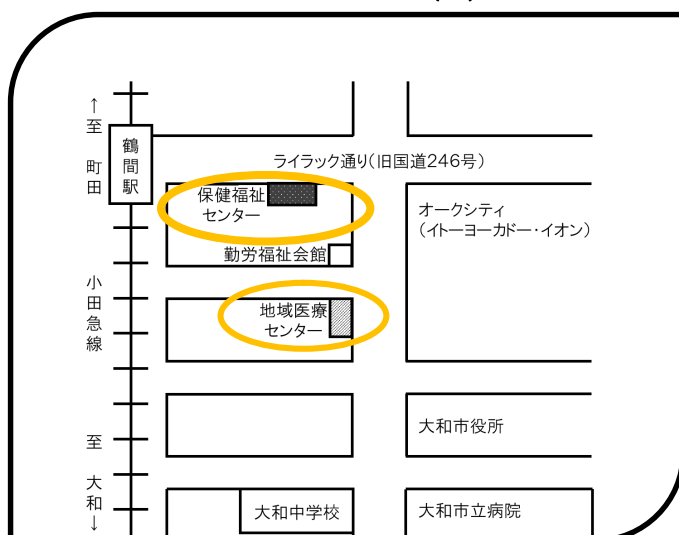
- Capacity of each venue is 200 people (health and welfare center/ local medical center) and 100 people (Shibuya learning center). For the PM/female only checkup, the capacity is 65 people.
- A lottery will be conducted when the number of applicants reaches capacity. A postcard will be sent to all applicants, whether or not they were picked. The chosen applicant's notice will have sign-up time.
- If there are available slots after the application period has ended, additional applications may be accepted. As a general rule, reception time cannot be specified.
- 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. As advance reservation is required, please be sure to apply at the same time as your health checkup.

※Venue: **H**:health and welfare center,  
**L**:Local medical center **S**:Shibuya learning center

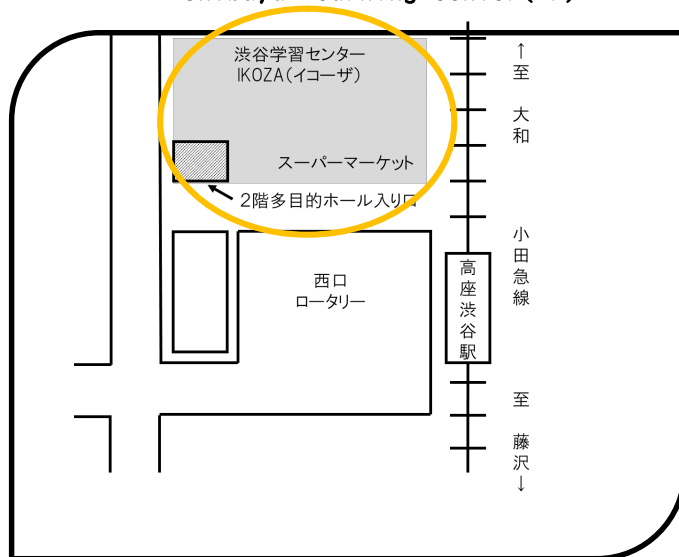
※You cannot have all 5 types of screening on the same day at Shibuya

Month	Day	DOW	Screening type	Venue	PM only	Female only	Childcare	Application period
9	30	Tue.	L・S・R・M・C	H/L				8/1~8/12
10	8	Wed.	L・S・R・M・C	H				
10	14	Tue.	R・M・U・C	L	●	●	●	8/1~8/20
10	22	Wed.	L・S・R・M・C	H				
10	25	Sat.	L・S・R・C	S				9/1~9/10
10	31	Fri.	L・S・R・M・C	H/L				
11	1	Sat.	L・S・R・M・C	H				
11	7	Fri.	L・S・R・M・C	H				9/1~9/22
11	11	Tue.	R・M・U・C	L	●	●	●	
11	19	Wed.	L・S・R・M・C	H/L				
11	22	Sat.	L・S・R・M・C	H				10/1~10/10
12	3	Wed.	L・S・R・M・C	H			●	
12	6	Sat.	R・M・U・C	S	●	●	●	10/1~10/20
12	19	Fri.	L・S・R・M・C	H				
12	22	Mon.	L・S・R・M・C	H				11/1~11/10
1	20	Tue.	L・S・R・M・C	H				11/1~11/20
1	24	Sat.	R・M・U・C	L	●	●	●	
2	2	Mon.	L・S・R・M・C	H				12/1~12/10
2	9	Mon.	R・M・U・C	L	●	●	●	
2	15	Sun.	L・S・R・M・C	H				12/1~12/22
2	20	Fri.	L・S・R・M・C	H				1/1~1/23
2	26	Thu.	L・S・R・M・C	H				
3	2	Mon.	L・S・R・M・C	H/L				
3	18	Wed.	L・S・R・M・C	H/L				

○Map Health and Welfare Center(IF)・  
Local Medical Center(IF)



Shibuya Learning Center(2F)



\*Please note that the annex building of Health and Welfare Center is not used as a screening venue.

## Health checkup

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

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>, 1986 (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.

The type of Yamato city health checkup you may receive depends on the type of your health insurance.

Checkup offered by your health insurance association is available.

Yamato city  
National health  
insurance

Kanagawa  
Older senior citizen  
healthcare system

Welfare recipient  
Recipient of benefits for  
Japanese returnees from  
China after WWII

Member of National Health  
Insurance Association  
(Kyokai Kenpo)/Union  
Health Insurance (Kumiai  
Kenpo)

Yamato city  
special checkup

Yamato city  
elderly checkup

Yamato city  
basic checkup

Contact the health  
insurance association for  
application, etc.  
Additional tests are  
available for those who  
receive checkups at  
partner medical  
institutions in Yamato city  
(see p9 for details).

※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).

As flu and other vaccinations will begin in Oct., hospitals are expected to be more crowded. Early application is recommended.

### ○Application info

<b>Period</b>	<b>April 21<sup>st</sup> to December 31<sup>th</sup>, 2025※</b>
<b>Venue</b>	Please refer to the list of partner medical institutions in Yamato city (page 18-21).
<b>Process</b>	<b>Pick the date and institution, then contact them by yourself.</b>

\*Please note that some institutions may end the program early. For details regarding the implementation period, contact the medical institution directly.

### ○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.

## ○ Additional 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.

## ○ Examination 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).

## ○ Self-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 *For exemption, refer to page 24	Test Ticket In addition to My Number Health Insurance Card or Certificate of Insurance Eligibility, please bring the items below.
<b>Health Checkup (Basic/Complete items)</b>		<b>1,200yen</b>	<u>Yamato city health checkup ticket</u> <ul style="list-style-type: none"> <li>• Ticket is not necessary for Basic Checkup.</li> </ul>
<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. <ul style="list-style-type: none"> <li>• Ticket is not needed for a person who requests additional tests at the health checkup offered by Kyokai / Kumiai Kempo.</li> </ul>
	<b>Chest X-ray</b>	w/o CR... <b>500yen</b> w/ CR... <b>800yen</b>	
	<b>Hepatitis Virus test</b>	<b>1,000yen</b>	Hepatitis virus test ticket ※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>1,000yen</b>	Prostate cancer screening ticket

## Important notices for Health checkup

- In principle, your stomach should be empty (at least 10 hours after the last meal) to take the test.
- If you visit a different medical institution from the 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> <li>※ This guidance is required by a law. It is highly recommended to receive it.</li> </ul>
<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 (Kenko-zukuri Suishinka)) for inquiries about the result of health checkup or a request for some advice concerning lifestyle changes.

The Lifestyle Health Checkup is an annual health checkup set by the government. It offers low co-payment and excellent follow-up services. If you are eligible for the checkup, please make sure to take advantage of it! Additionally, if you are eligible for the Lifestyle Health Checkup and have already undergone other medical checkups, such as annual medical checkups or workplace medical checkups, please provide the city with information on the results of those checkups.

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

Health checkups and nutritional counseling are provided year-round for females aged 18-39 living in the city who do not have the opportunity to receive regular health checkups at their workplaces or other locations.

### ○Checkup Items

Test Items		Eligible Persons	Self-Pay Amount
Basic	Interview・Physical Measurement・Blood Pressure Urine Test・Blood Test Examination・Nutritional counseling	Females born between April 1 <sup>st</sup> , 1986 and April 1 <sup>st</sup> , 2008	1,500yen
	Tuberculosis Test		Free
Additional	Breast Cancer (Ultrasound) Screening	Females born between April 2 <sup>nd</sup> , 1986 and April 1 <sup>st</sup> , 1996	1,300yen
	Cervical Cancer Screening	Females born between April 1 <sup>st</sup> , 1986 and April 1 <sup>st</sup> , 2006	1,000yen

※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 24. 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

Month	Day	DoW	Venue	Application Period	Note
5	25	Sun	Local Medical Center	*For schedule, refer to "Koho Yamato" or city website	Quota : 80 people each time. Childcare service is available for all days. ※Morning only. You will be notified of the reception time after application.
6	22	Sun.	Local Medical Center	4/1 (Tue.) ~ 4/15 (Tue.)	
7	5	Sat	Local Medical Center	5/1 (Thu.) ~ 5/15 (Thu.)	
8	24	Sun	Local Medical Center	6/1 (Sun.) ~ 6/16 (Mon.)	
9	12	Fri	Shibuya Learning Center	7/1 (Tue.) ~ 7/15 (Tue.)	
10	14	Tue	Local Medical Center	8/1 (Fri.) ~ 8/15 (Fri.)	
11	11	Tue	Local Medical Center	9/1 (Mon.) ~ 9/16 (Tue.)	
12	6	Sat	Shibuya Learning Center	10/1 (Wed.) ~ 10/15 (Wed.)	
1	24	Sat	Local Medical Center	11/1 (Sat.) ~ 11/17 (Mon.)	
2	9	Mon	Local Medical Center	12/1 (Mon.) ~ 12/15 (Mon.)	

### ○Application

Online application	City website>Search by Organization >Digital Strategy Section>Digital Service >Online Application e-Kanagawa Search Keyword: Health Examination for Women		<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	( 0 4 6 ) 2 6 0 1 1 5 6		
Phone	( 0 4 6 ) 2 6 0 5 6 6 2 ※Weekdays 8:30 to 17:00		
Mail(postcard)	<b>Mail(postcard)</b> 〒242-8601 (No need to write address) To Medical Health 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. Advance reservation is required.
- Please bring your Cancer Screening ticket if you are having additional cancer screenings (there is no ticket for the Female Checkup).

# Osteoporosis Screening

For females over the age of 40

Before you break a bone, check the condition of your bones with a checkup!

Osteoporosis is a condition characterized by a decrease in bone density, which makes bones more fragile and prone to fractures. Fractures in the hips and thighs can lead to back pain, immobility, and a reduced quality of life. Women, in particular, should be aware of the increased risk of bone weakening due to hormonal changes.

## ○Period, Target, and Cost

Period	April 21 <sup>st</sup> , 2025 to February 28 <sup>th</sup> , 2026
Target	Female who is registered as a citizen of Yamato city and applies to one of the following age groups:
	<ul style="list-style-type: none"> <li>• <b>40 years old</b> (born between April 2<sup>nd</sup>, 1985 and April 1<sup>st</sup>, 1986)</li> <li>• <b>45 years old</b> (born between April 2<sup>nd</sup>, 1980 and April 1<sup>st</sup>, 1981)</li> <li>• <b>50 years old</b> (born between April 2<sup>nd</sup>, 1975 and April 1<sup>st</sup>, 1976)</li> <li>• <b>55 years old</b> (born between April 2<sup>nd</sup>, 1970 and April 1<sup>st</sup>, 1971)</li> <li>• <b>60 years old</b> (born between April 2<sup>nd</sup>, 1965 and April 1<sup>st</sup>, 1966)</li> <li>• <b>65 years old</b> (born between April 2<sup>nd</sup>, 1960 and April 1<sup>st</sup>, 1961)</li> <li>• <b>70 years old</b> (born between April 2<sup>nd</sup>, 1955 and April 1<sup>st</sup>, 1956)</li> </ul>
Fee	¥1,500 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

Please contact the partner medical institutions directly. Refer to the following list of partner medical institutions.

## ○Things to Bring

Osteoporosis screening ticket, My Number Health Insurance Card or Certificate of Insurance Eligibility. (\*)Eligible individuals: Documents for medical checkup cost exemption.

\* Although medical checkups are not covered by insurance, there is a possibility of transferring to insurance treatment if a disease or other condition is found during the checkup and additional treatment is required.

## Partner medical institutions in Yamato city (Area code: 046)

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

Medical Institutions	Phone
<b>Near Tsuruma Station</b>	
Ikedo Orthopedics Clinic	262-5788
Ideguchi Internal Medicine/Rheumatoid Arthritis Clinic	204-5190
Seiwa Clinic	264-3911
Maekawa Internal Medicine Clinic	278-3777
<b>Near Yamato Station</b>	
Okamoto Orthopedics Clinic	262-2080
Osada Clinic	262-2500
Sekimizu Orthopedics/Surgery Clinic	200-2211
Fukamidai Central Hospital	263-6661
Yamato Iki-iki Clinic	261-1840
Yamato Central Cardiology Clinic	204-5090

Medical Institutions	Phone
Yamato East Clinic	244-0810
Yoshizawa Clinic	264-1288
Yotsuba Orthopedics Clinic	205-2052
<b>Near Sagami-Otsuka Station</b>	
Tanaka Clinic	200-3322
<b>Near Sakuragaoka Station</b>	
Koh Orthopedics Clinic	267-1414
<b>Near Koza-Shibuya Station</b>	
Koza-Shibuya Internal Medicine/Surgery Clinic	201-0370
Nire Family Clinic	244-0562
Fujinuma Internal Medicine Clinic	201-0161
Honda Gynecological and Internal Medical Clinic	267-7222
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 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 take this opportunity to have this checkup.

### ○Period, eligibility, cost

<b>Period</b>	From April 21 <sup>st</sup> , 2025 to February 28 <sup>th</sup> , 2026
<b>Eligible persons</b>	<b>Registered Yamato citizens who fall within one of following age groups.</b>
	<p>(The age group pertains to the age one will turn between Apr.1, 2025 and Mar.31, 2026).</p> <ul style="list-style-type: none"> <li>• <b>40 years old</b> (born between April 2<sup>nd</sup>, 1985 and April 1<sup>st</sup>, 1986)</li> <li>• <b>50 years old</b> (born between April 2<sup>nd</sup>, 1975 and April 1<sup>st</sup>, 1976)</li> <li>• <b>60 years old</b> (born between April 2<sup>nd</sup>, 1965 and April 1<sup>st</sup>, 1966)</li> <li>• <b>70 years old</b> (born between April 2<sup>nd</sup>, 1955 and April 1<sup>st</sup>, 1956)</li> </ul>
<b>Cost</b>	<b>800 yen</b> Exempted for anyone receiving public assistance or financial support for Japanese returnees from China after WWII
<b>Examination Contents</b>	Medical interview, check of current teeth and defects, periodontal tissue, oral soft tissue, etc.
<b>Venue</b>	Please refer to the list of partner medical institutions (pages 12-13).

### ○Sign-up

Please contact the partner medical institutions directly. See pages 14-15 for a list of partner medical institutions.

### ○Things to bring

Your Adult Dental Checkup ticket and My Number Health Insurance Card or Certificate of Insurance Eligibility.

※Eligible individuals: Documents for medical checkup cost exemption.

※Although this checkup is not covered by insurance, there is a possibility of transferring to insurance treatment if a disease or other condition is found during the checkup and additional treatment is required.

## The Information about oral cancer screenings

Yamato Ayase Dentist Association offers free oral cancer screenings 3 times a year (July, September, November). Information is available on the Yamato Ayase Dentist Association website, or in Koho Yamato 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
Saito Dental Clinic	4-3-18, Tsukimino	2 7 6 - 8 2 4 1
Tsukimino Hidamari Dental Office	Tsukimino Seisen Ichiba 2F, 4-10-3 Tsukimino	244-0458
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
Nakazawa Dental Clinic	Takimoto Tenpo A, 7-12-2 Tsukimino	206-4667
Denen Dental Clinic	M&M bld. 2F, 3-4-10, Chuo-rinkan	2 7 7 - 7 8 7 7
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
Hemmi Dental Clinic	1-13-7, Chuo Rinkan Nishi	277-0631
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
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
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
Lion Dental Clinic - Chuo Rinkan	1785-10 Shimo-tsuruma	2 0 5 - 1 1 8 2
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, 102 2-3-22, 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
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
Magokoro Dental Clinic	7 <sup>th</sup> Siinoki bld. 2F, 1-3-8, Yamato-higashi	244-3119

Yu Dental Clinic	Taiyo bld. 20th · 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-minami	2 6 1 – 0 6 4 8
Yamato Ekimae Dental Clinic	1-5-17, Yamato-minami	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
Yamato Ekimae Family Dental Clinic	1-1-25-1F, Chuo	4 0 8 – 8 1 4 8
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
Friends Dental Clinic	Dental Act Co.,Ltd. 1F, 5-6-10, Chuo	200-7707
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
Sukoyaka Dental Clinic	5521-7, Fukuda	268-1288
Heiwa Dental Clinic	2-3-8-202, Fukuda	2 6 9 – 8 1 2 3
Sakuragaoka Kaneko Orthodontic Clinic	Ganadore Sakuragaoka Ekimae bld. 1 F 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
Shimamura Dental Clinic	Silver co-po Sakuragaoka 2F, 979-1, Kamiwada	2 6 7 – 2 2 5 6
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
Koza Shibuya Pearl Dental/OrthodonticClinic	8-3-2, Shibuya	279-1118

### 【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
Atsugi Dental Clinic	7-10-9, Ogami, Ayase	0467-78-1364
Tomita Dental Clinic	2-3-12, Fukaya-naka, Ayase	0467-53-8133
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
Lion Dental Clinic Ayase	6-1-33, Fukaya-kami, Ayase	0467-77-8241
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	101, Hill Valley Watai, 1-11-19, Kamitsuchidana-minami, Ayase	0467-78-7100

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

<b>Period:</b>	Year-round
<b>Eligible people:</b>	<p>★Those who are over 18 years old and are registered as Yamato City residents who are:</p> <p>①Females who want to become pregnant</p> <p>②An individual living with a woman who is intending to become pregnant.</p> <p>③An individual living with 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, MMR 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 and required documents:</b>	<ul style="list-style-type: none"> <li>• Online (QR code on the right) ※Please search with "Rubella Vaccination" in the search box</li> <li>• Mail an application form to the Yamato City Medical Checkup Division, or submit it at the division counter.</li> </ul> <p>*Those who apply to ②also 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 18-21 "Rubella(voluntary)") for your vaccination. Please bring the document sent from the city and your health insurance card.</p> 

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

<b>Japanese encephalitis</b>	<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.
<b>ssDiphtheria, Tetanus (DT) combination vaccine</b>	11 to 12 years old (notifications sent to 6 <sup>th</sup> grade students)		<b>Once</b>
<b>HPV (cervical cancer prevention)</b>	<p>Any girl from grade 6 to the age corresponding with a first-year student of high school</p> <p>* Individuals born between April 2, 1997 and April 1, 2009 who received at least one dose of the HPV vaccine between April 1, 2022 and March 31, 2025, but have not completed the full vaccination schedule, are eligible to receive the remaining doses free of charge until March 31, 2026.</p>		<p>The number of doses varies based on the type of vaccine and the age at which vaccination begins. In general, the same vaccine is administered consistently after selecting one</p> <ul style="list-style-type: none"> <li>• <b>Silgard-9</b> ( 9-valent vaccine )</li> <li>• <b>Gardasil</b> (4-valent vaccine)</li> <li>• <b>Cervarix</b> (2-valent vaccine)</li> </ul>

### 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 of Yamato City Medical Checkup Division. 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.

●Eligibility is limited to individuals who are registered as residents of Yamato City on the day of vaccination. 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 (Routine Vaccination)

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.

For available medical institutions, refer to page 18-21

## <Vaccination Cost (Copayment)>

Each vaccination requires a co-payment. Please note that the amount may vary depending on the type of vaccine. For details, please check the city's website, etc. in advance.

For each type of vaccination, individuals who meet any of the following criteria are eligible for a fee waiver only if they present the required documentation at the time of vaccination.

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 assistance recipient.

\* Please note that individuals who do not meet the eligibility requirements for vaccination will be responsible for the full cost.

## ○Pneumococcus Vaccination for Adults

\* It is said to be effective in preventing severe illness caused by pneumococcal pneumonia. Please note that it does not protect against all types of pneumonia.

<b>Period:</b>	<b>Year-round</b>
<b>Eligible persons:</b>	Registered Yamato citizens who have never had a 23-valent pneumococcus vaccination and eligible for either ① or ② below. Age at the date of Vaccination: ① <b>65 years old</b> * Except for those who have received this vaccination as those who fall under ②. 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.
<b>Vaccination cost:</b>	<b>3,000 yen</b> ※Ineligible people will be responsible for all charges. ※Those who have previously received at least one vaccination, including those who paid for it themselves, are required to pay the full amount.

## ○Seasonal Flu and COVID-19 Vaccination

<b>Period:</b>	<b>From October 1<sup>st</sup> to December 31<sup>st</sup>, 2025</b>
<b>Eligible people:</b>	Registered residents in Yamato city who meet the following criteria: ① or ② Age at the date of Vaccination: ① <b>Over 65 years old</b> 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.

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

- ◆Bring your My Number Health Insurance Card or Certificate of Insurance Eligibility, 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.

## ○Shingles Vaccination

Starting in fiscal year 2025, the shingles vaccine will be included as a routine vaccination. Details will be announced on Koho Yamato or city website.

# Health Checkups (special checkup・elderly checkup, etc.) • Institute Cancer Screenings

## • Vaccination Partner Medical Institutes

※Eye...Medical Institutions Performing Ophthalmoscopy    ※E...Endoscope 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)

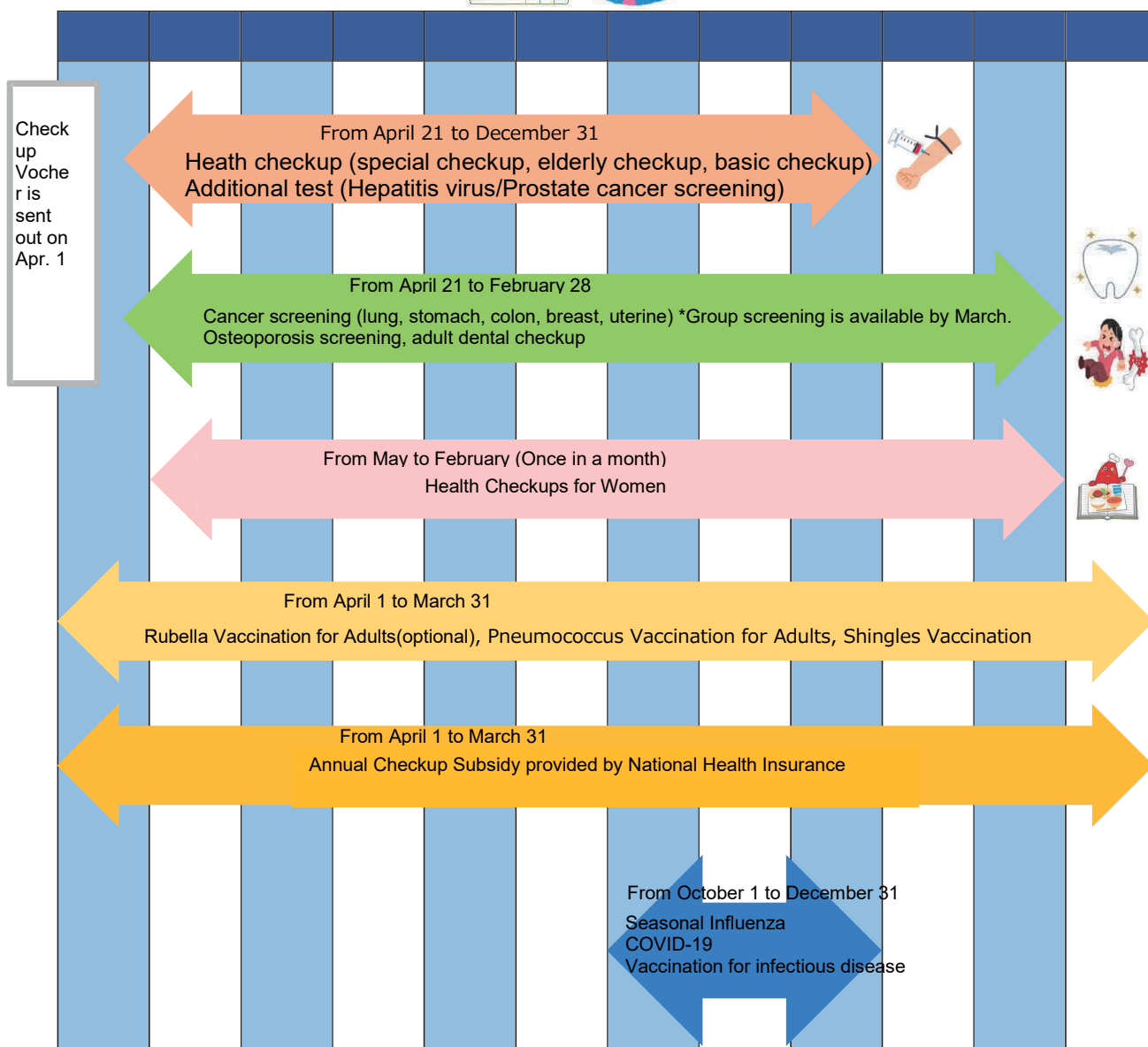
	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screenings					Vaccinations				
	Address	Phone		Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	COVI-19	Shingles	Rubella
N e a r C h u o - r i n k a n ・ T s u k i m i n o S t a t i o n	<b>Aizawa OB-GYN</b>							○					○
	9-7-22, Chuo-rinkan	275-6161											
	<b>Ishikawa Clinic</b>		○	○		○			○	○	○		
	5-5-32, Chuo-rinkan	274-4746											
	<b>Imanishi Internal Medicine</b>		○			○			○	○	○	○	○
	1900-14, Shimo-tsuruma	275-8585											
	<b>Ebihara Orthopedics</b>									○			
	521-8, Shimo-tsuruma, 1F	278-5877											
	<b>Kawanishi Internal Medicine Clinic</b>		○	○		○			○	○	○	○	○
	3-5-11, Chuo-rinkan, 2F	278-1201											
	<b>Kinoshita Otolaryngology</b>									○	○	○	
	3-5-11, Chuo-rinkan, 6F	271-3838											
	<b>Kusuhara Internal Medicine Clinic</b>		○	○		○			○	○	○	○	○
	521-8, Shimo-tsuruma, 1F	278-5483											
	<b>Kuroyama Internal Medicine</b>		○	○		○			○	○	○	○	○
	2-21-20, Chuo-rinkan, 1F	277-9680											
	<b>Sakai Internal Medicine/ Cardiology</b>		○ (Eye)	○		○			○	○	○	○	○
	4-5-15, Chuo-rinkan, 2F	276-8131											
	<b>Shiosaka Surgical Clinic</b>		○	○		○			○	○	○	○	
	9-8-31, Chuo-rinkan	275-3500											
	<b>Takada Gastroenterology/ Internal</b>		○	○	E	○			○	○	○	○	○
	6-11-15, Chuo-rinkan	278-2211											
	<b>Chuo-rinkan Sakura Internal Medicine</b>		○	○		○			○	○		○	○
	4-16-20, Chuo-rinkan, 3F	278-1515											
	<b>Chuo-rinkan Diabetes /Thyroid Clinic</b>		○						○	○			
	4-29-22 3F, Chuo-rinkan	277-1024											
	<b>Chuo Rinkan Heart Clinic</b>		○	○		○			○	○	○	○	○
	4-14-25 2F, Chuo-rinkan	259-5963											
	<b>Chuo-rinkan Hospital</b>		○ (Eye)	○	B・E	○	U		○	○		○	○
	4-14-18, Chuo-rinkan	276-8822											
	<b>Chuo-rinkan Miki Dermatology Clinic</b>									○		○	
	4-29-22, Chuo-rinkan, 1F	276-4112											
	<b>Chuo-rinkan Yamakawa</b>									○			
	4-29-22, Chuo-rinkan, 2F	277-0322											
	<b>Tsukimino Onakato Internal Medicine</b>		○	○	E	○			○	○		○	○
	I -6-29, Tsukimino	276-1107											
	<b>Tsukimino Fujita Ophthalmology</b>									○	○		
	1-6-29, Tsukimino, 2F	273-1113											
	<b>Tsubakihara Dermatology Clinic</b>											○	
	521-8 2F, Shimo-tsuruma	276-6085											
	<b>Tsubame Children's Clinic</b>												○
	I -6-29, Tsukimino, 2F	277-7700											
	<b>Hashimoto Clinic</b>		○		E	○				○			
	3-18-1, Chuo-rinkan	271-0306											
	<b>Higuchi Internal Medicine Clinic</b>		○	○		○			○	○		○	
	3-4-16, Chuo-rinkan, 1F	278-1777											
	<b>Fukushima Orthopedic/Dermatology</b>									○			
	3-5-11, Chuo-rinkan, 1F	271-0217											
	<b>Mochizuki Otolaryngology</b>								○	○	○	○	
	4-20-4, Chuo-rinkan	271-3387											
	<b>Yamato Surgical/Internal Medicine</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											

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screenings					Vaccinations				
	Address	Phone		Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	COVI-19	Shingles	Rubella
N e a r	<b>Aiiku Children's Clinic</b>												○
	2-14-13, Minami-rinkan	278-3221											
	<b>Aiiku Hospital</b>							○					
M i n a m i	2-14-13, Minami-rinkan	274-0077						○					
	<b>Aiiku Ladies' Clinic</b>							○					
	2-13-3, Minami-rinkan	277-3316						○					
S t a t i s t i c i a n	<b>Iizuka Clinic</b>		○	○		○			○	○	○	○	○
	1-5-8, Minami-rinkan 2F	278-3207											
	<b>Ueda Child Clinic</b>												○
T a k a n o	2-17-6, Rinkan	274-6240											
	<b>Kikuta Internal Medicine Clinic</b>		○		E	○			○	○			
	2-1-5, Rinkan	274-0030											
S u z u k i	<b>Tamai Pediatric Clinic</b>												○
	1-8-11, Rinkan, 1F	277-3030											
	<b>Suzuki Clinic</b>		○						○	○		○	
T a g u c h i	2-5-4, Minami-rinkan	274-4107											
	<b>Takano Clinic</b>		○	○		○			○	○		○	○
	1-7-9, Minami-rinkan, 2F	277-1561											
S t a t i s t i c i a n	<b>Taguchi Clinic</b>		○	○		○			○	○	○	○	
	7-25-6, Minami-rinkan	275-3830											
	Tasuku Homecare Clinic								○	○	○	○	○
M i w a	1-5-7-201, Rinkan	206-7131											
	<b>Miwa Ladies' Clinic</b>						U	○		○			○
	7-20-30, Minami-rinkan	272-1103											
W a d a	<b>Wada Clinic</b>		○			○			○	○	○	○	○
	5-11-25, Minami-rinkan	274-5251											
	<b>Wada Orthopedics</b>								○	○			
I k e d a	1-7-9, Minami-rinkan, 2F	276-5955											
	<b>Ikeda Orthopedics /Surgical Clinic</b>		○						○	○	○	○	
	1-31-1, Tsuruma, 2F	262-5788											
I z u m i n o m o r i	<b>Izuminomori Clinic</b>								○	○		○	○
	1-19-8, Nishi-tsuruma	271-7070											
	<b>Ideguchi Internal Medicine/</b>		○	○		○			○	○	○	○	○
T s u r u m a	1-1-7, Nishi-tsuruma	204-5190											
	<b>Kure Internal</b>		○	○	E	○			○	○	○	○	
	2-11-29, Tsuruma, 2F	219-9090											
K o b a y a s h i	<b>Kobayashi International Clinic</b>		○	○	E	○			○	○	○	○	○
	3-5-6-110, Nishi-tsuruma	263-1380											
	<b>Sakura Clinic</b>								○	○		○	○
S e i w a	1-22-7, Tsuruma	208-8511											
	<b>Seiwa Clinic</b>		○	○	B E	○			○	○	○	○	○
	5-3488-7, Nishi-tsuruma	264-3911											
S o u	<b>Sou Internal Medicine/Cardiology</b>		○	○		○			○	○	○	○	
	1-31-1, Tsuruma, 2F	293-7774											
	<b>Tsuruma Kaneshiro Internal Medicine</b>											○	
T s u r u m a	2-1-24, Tsuruma, 2F	271-7410											
	<b>Tsuruma Orthopedics</b>									○			
	3-13-20, Nishi-tsuruma, 2F	273-1155											
N a k a m u r a	<b>Nakamura Pediatrics/Allergy</b>												○
	2-11-29, Tsuruma, 1F	219-2223											
	<b>Nishi-tsuruma Medical Clinic</b>		○	○	E	○	U M		○	○	○	○	
M a e k a w a	4-1-4 Nishi-tsuruma	261-0867											
	<b>Maekawa Internal Medicine Clinic</b>		○	○	E	○			○	○	○	○	○
	2777-5-6, Shimo-tsuruma, 1F	278-3777											

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screenings					Vaccinations				
	Address	Phone		Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	COVI-19	Shingles	Rubella
S t a t i s t i c s	Miyazaki Surgical Clinic		○			○			○	○	○		○
	2-10-3, Tsuruma	274-0263											
	Yaguchi Dermatology Clinic											○	
	1-31-1 3F, Tsuruma												
	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											
N e a r Y a m a t o . S a g a m i - O t s u k a s t a t i c s	※For cancer screenings at Yamato City Hospital, please call between 2-4PM, Mon-Fri, to make an appointment.												
	Yukosu Medical Care Clinic		○	○		○			○	○		○	
	3-6-1 1, Nishi-tsuruma, 1F& 2F-120	244-6762											
	Lilac Clinic		○	○		○			○	○	○	○	○
	2-11-29, Tsuruma, 3F	204-5551											
	Okabayashi Clinic		○	○		○			○	○	○	○	
	1-1-2, Chuo, 2F	262-4885											
	Okamoto Orthopedic /Surgery									○	○	○	
	5-6-29, Chuo, 1F	262-2080											
	Osada Clinic		○ (Eye)	○	E	○			○	○		○	○
Y a m a t o . S a g a m i - O t s u k a s t a t i c s	2-2-1, Chuo, 2F	262-2500											
	Sakuramori ENT Clinic									○			
	186-3, Kami-Soyagi	200-3387											
	Sasai Clinic		○	○		○			○	○	○	○	
	1-7-21, Yamato-	200-1717											
	JOY Ladies Clinic, Yamato Ekimae							○					
	1-7-21 3F, Yamato Higashi	200-8282											
	Sekimizu Orthopedic /Surgery Clinic		○						○	○	○	○	○
	2-3-28, Fukami-nishi	200-2211											
	Saint Xavier Clinic		○(Eye)	○		○			○	○	○	○	○
	2-6-8 2F, Yamato-minami	200-7473											
	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 Iki-iki Clinic		○	○		○			○	○	○	○	○	
2-5-12, Yamato-higashi	261-1840												
Yamato Station Hoshino Clinic		○			○			○	○	○	○	○	
1-4-2, Yamato, 3F	260-6020												
Yamato Koiso Medical Clinic		○	○		○	U		○	○	○	○	○	
5-4-25 2F, Chuo	200-3900												
Yamato Children's Clinic												○	
3-4-18, Yamato-higashi	261-0100												
Yamato Chuo Cardiology		○	○		○			○	○				
7-10-15, Chuo	204-5090												
Yamato Tokushukai Hospital		○ (Eye)	○	B E	○	U M	○	○	○	○	○	○	
4-4-12, Chuo	264-1111												
Yamato Internal Medicine/Pediatric		○	○		○			○	○	○	○	○	
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												



	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screenings					Vaccinations				
	Address	Phone		Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	COVI-19	Shingles	Rubella
	<b>Yamato Ladies' Clinic</b>					○		○		○	○	○	○
	2-13-27, Chuo, 101	260-1151				○		○		○	○	○	○
	<b>Yoshizawa Clinic</b>		○		E	○			○	○	○	○	
	1-3-2, Kamisouyagi	264-1288											
	<b>Yotsuba Orthopedics</b>		○						○	○			
	1-7-21, Yamato-higashi, 2F	205-2052											
	<b>Wakaba Clinic</b>		○	○		○			○	○	○	○	○
	1-7-21, Chuo	265-6224											
S a k u r a g a o k a	<b>Koh Orthopedics</b>		○							○			
	5516, Fukuda	267-1414											
	<b>Koyanagi Internal Medicine/ Gastroenterology</b>		○	○		○			○	○			
	5514-6, Fukuda	267-6003											
	<b>Sakuragaoka Otolaryngology</b>									○			
	5515-1, Fukuda	267-1813											
	<b>Sauragaoka Chuo Hospital</b>		○ (Eye)	○	B E	○	U M	○	○	○		○	○
	1-7-1, Fukuda	269-4111											
N e a r	<b>Ai Clinic Urology/ Dermatology</b>		○			○			○	○	○	○	○
	5-25-1, Shibuya, 2F	279-5670											
	<b>Kouza-shibuya Kidney Clinic</b>								○	○	○	○	
	8-4-1, Shibuya, 1F	201-0027											
	<b>Kouza-shibuya Tsubasa Clinic</b>		○	○		○			○	○	○	○	○
	5-22, Shibuya, 2F	279-5111											
K o z a s h i b u y a	<b>Kouza-shibuya Internal Medicine/Surgical Clinic</b>		○	○	E	○			○	○	○	○	○
	8-3-2, Shibuya	201-0370											
	<b>Kouza Shibuya Hyodo Otolaryngology</b>									○			
	7-23-1, Shibuya	279-5333											
	<b>Shiba Ladies' Clinic</b>					○		○					
	8-1-10, Shibuya, 2F	268-5050											
S t a t i o n	<b>Sudo Orthopedic Clinic</b>								○	○	○	○	○
	5-6-6, Shibuya	201-0822											
	<b>Daikan Ai Clinic</b>								○	○	○	○	○
	1-15-7, Daikan, 2F	205-7771											
	<b>Nire Family Clinic</b>		○ (Eye)	○		○			○	○		○	
	6-12-6, Shibuya, 1F	244-0562											
	<b>Fujinuma Internal Medicine Clinic</b>		○ (Eye)	○		○			○	○	○	○	○
	5-25-1, Shibuya, 1F	201-0161											
	<b>Honda OB&amp;GYN, Internal Medicine Clinic</b>		○			○	U	○	○	○		○	○
	5-39-2, Shibuya	267-7222											
	<b>Minami-Yamato Kouza Clinic</b>								○	○	○	○	
	5-22, Shibuya, 2F	269-7111											
	<b>Miami-Yamato Hospital</b>		○ (Eye)	○	B E	○	U M		○	○	○	○	○
	1331-2, Shimow ada	269-2411											
	<b>Morita Orthopedic/Pediatrics</b>		○						○	○	○		○
	816-1, Shimow ada	269-3662											

# Health Schedule



## 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.

<b>Online application:</b>	City website>Search by Organization >Digital Strategy Section>Digital Service >Online Application e-Kanagawa Search Keyword: checkup voucher		
<b>FAX</b>	(046) 260 1156		
<b>Phone</b>	(046) 260 5662 Weekdays 8:30-17:00		
<b>Mail (postcard)</b>	〒242-8601 To Medical Health 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.

※Reissuance is not required in the case of a name change or a change of address within the city.

# Annual Checkup Subsidy provided by National Health Insurance

Yamato city provides subsidies for annual medical checkups for National Health Insurance members aged 30 and older. After selecting a date and course and applying directly to a designated medical institution, please apply for a subsidy voucher through the Insurance and Pension Division counter, by mail, or online. (Please note that individuals with overdue National Health Insurance premiums or other city taxes are not eligible for the subsidy.)

Designated Medical Institution	Health Checkups provided
Chuo-rinkan Hospital	Basic Course
Yamato Tokushukai Hospital	Basic Course, Basic + Gynecology (cervix)Course
Sakuragaoka Hospital	Basic Course, Basic + Gynecology (cervix)Course Basic + Gynecology (body)Course, Basic + Gynecology (cervix + body)Course
Minami Yamato Hospital	Basic Course

Subsidy Amount	Examination Fee Consumption tax included	Subsidy Amount	Copayment
Basic Course	¥55,000	¥25,000	¥30,000
Basic + Gynecology (cervix)Course	¥71,500	¥28,500	¥43,000
Basic + Gynecology (body)Course	¥74,800	¥29,500	¥45,300
Basic + Gynecology (cervix + body)Course	¥75,900	¥30,500	¥45,400

For Inquiry: Insurance Benefit Section, Insurance and Pension Division (046-260-5115) (City Hall Main Building 1F)

## How about measuring your health status?

Anyone can measure their health status for free, including bone health and body composition. The measurement stations are located at the Cultural Creation Hub Sirius and the Citizen Interaction Hub Polaris. At the Cultural Creation Hub Sirius, professional health consultations and health seminars at the Health Terrace are also available. For more details, please visit our website or contact the Health Promotion Division. In addition to your annual health checkup, take the opportunity to monitor your own health status and use this information to support your wellness journey!

Check our website here →

For inquiry: Area Health Activity Section, Health Promotion Division 046-260-5663 (Health and Welfare Center Annex 3F)



## Exemption for Self-Pay Expense

○Those who fall into the following categories are eligible for free checkups and medical examinations.

### ○Eligible medical examinations and checkups

- **Cancer screening**    • **Health checkup (Lifestyle health checkups, Elderly checkup, etc.)**    • **Female health checkup**

Please bring the following documents to the counter on the day of your checkup.

Individuals who are exempted from co-	Required Certificate
>70 years old (born before Apr. 1 <sup>st</sup> , 1956)※	Document that shows your age (My Number Card / Qualification Certificate, 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 (Taxation status is verified on a household basis as of the date of application. If even any member of the household is subject to municipal or prefectural tax, he/she will not be eligible for the fee waiver).	<b>Yamato City Health Checkup/Screening Fee Exemption Certificate</b> * Application is required in advance. See the following for more details.

### ○ Application Procedure for Yamato City Health Checkup/Screening Fee Exemption Certificate for Tax-Exempt Households

Prepare the following three required documents and submit them to the Medical Health Division (either at the counter or by mail).

①Application form for Yamato City Health Checkup/Screening Fee Exemption(downloadable at the city website)

②**Identification documents** (documents that confirm name, address, and date of birth. If sent by mail, please include a copy)

③**Return envelope** (with your mailing address and stamp)

\* For those who will be examined in April or May and who moved to Yamato City on or after January 2, 2024, a taxation certificate issued by the municipality in which they resided as of January 1, 2024 is also required.

\* For those who will be examined in June or later and who moved to Yamato City on or after January 2, 2025, a taxation certificate issued by the municipality in which they resided as of January 1, 2025 is also required.

\* The certificate is issued approximately one week after the application is received.

\* Submit an application form for a person requesting an exemption. Please contact Medical Health Division for more details.

### →○Individuals eligible for free Uterine/Breast Cancer, Hepatitis Virus Screening

For those who are eligible for co-payment waiver, the co-payment "free of charge" is indicated on each screening ticket. Please bring the ticket on the day of screening.

For sudden sickness during holidays or night time...

## 24/7 Yamato Health Consultation Hotline

Yamato 24-Hour Health Consultation  
0120-244-810  
(For Yamato city resident only. Toll-Free.)  
Providing consultation for medical / health care, mental health, parenting, and nursing care.

Kanagawa Emergency Consultation Center  
#7119 or  
045-232-7119  
045-523-7119  
For hearing impaired: FAX:045-242-3808  
(Information on medical institution only)