

Please  
Retain

2026

(Starting April, 2026)

Please keep this for a year

# Yamato City Health Checkup Guide

Starts from  
4/20 (Mon)

Chara



## Table of Contents:

**Cancer Screenings** For Yamato City residents who are registered residents of Yamato City on the day of their appointment. The available screening items depend on your sex and age.

P2-3  
Cancer  
Screening

**Cancer screenings done at Medical Institutions:** Partner medical institutions are available throughout Yamato City. The offered screenings vary at each medical institution.

P4  
Facility

**Mobile cancer screenings:** Available at an examination bus that comes to the Health and Welfare Center (as well as other locations) on certain days.

P5-7  
Mobile

### Health Checkups (special/elderly/basic checkups), additional checkups (hepatitis, prostate cancer, etc.)

Basic Health Checkups consist mainly of a doctor's interview, physical measurements, blood pressure check, and blood/urine tests, etc.

P8-10  
Health  
Checkups

**Health Checkups for Women** Available for women aged 18 to 39 years old. Especially recommended if you do not have the opportunity to take annual checkups.

P11  
Health  
Checkups  
for  
Women

### Osteoporosis Screening

Screening to check your bone condition.

Provided for females who turn 40, 45, 50, 55, 60, 65, or 70 years old by the end of the fiscal year.

P12  
Osteopo-  
rosis  
Screening

### Adult Dental Checkups

Examination of teeth and gums.

Available for the residents who are turning 40, 50, 60, or 70 years old during this fiscal year.

P13-15  
Adult Dental  
Checkup

**Vaccinations for Adults** Available at the partner medical institutions. Eligibility requirements and vaccination periods, etc. differ depending on the vaccine.

P16-17  
Vaccinatio-  
ns

### The Partner Medical Institutions in Yamato City

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

Check the list to see which medical institutions offer Cancer Screenings, Health Checkups, and Vaccinations.

P18-21  
Medical  
Institutions

P10

#### Oyako Techo (APP)

You can keep track of your child's vaccinations and health checkup schedule.

P22

#### Request to Provide Results from Comprehensive Health Screenings and Workplace Exams, and Information on Reissuing Screening Vouchers

P23

#### Information about NHI medical checkup subsidy and Health check

P24

#### Self-pay exemption for health screenings and checkup.

Inquiries

Yamato City Medical Health Division

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

☎ 046-260-5662 (hotline) Weekdays, 8:30~17:00 / Fax 046-260-1156

# Cancer Screenings (Institution / Mobile)

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).

Mobile Screenings: Receive screenings on an examination bus at a municipal facility (p5-7).



**Application**

Institution Screenings: Partner medical institution

Mobile Screenings: Municipal facility (p6)



**Screenings**

○ Screening Items / subjects

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

※Over 40 years old: Born before April 1, 1987.

※30-39 years old: Born between April 2, 1987 and April 1, 1997.

※20-29 years old : Born between April 2, 1997 and April 1, 2007.

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

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

- Yamato City Cancer Screenings are offered to anyone registered as a Yamato City resident on the day of the examination. Please note that **the full 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 be sure to take further testing.** For the purpose of early detection and proper treatment, the city will check the status of your inspection. The city 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.



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 case of abnormal findings, further tests may be required, which is covered by medical insurance.

#### Stomach X-ray Test:

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



One of the major cause of death in Japan

### Colon Cancer Screening

#### Fecal Occult Blood Test:

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). Visual examination and palpation are added with the recommendation of a doctor.

#### Ultrasound:

The breasts are examined using ultrasound images. Suitable for individuals with well-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 (Covered by health insurance)

### 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 abnormal mucosal findings detected during a stomach X-ray test.

#### Cytology:

Evaluation of cells collected from the suspected area.

### Colorectal Cancer Complete Screening

#### Colonoscopy:

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

### 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 (biopsy).



# Screening at a Medical Institution

(Available at nearby partner medical institutions)



|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Period:                  | <b>From April 20<sup>th</sup>, 2026, to February 28<sup>th</sup>, 2027.</b><br>(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).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Application Process:     | Please contact the partner medical institution you want to visit.<br>(Some institutions may require an appointment in advance.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Things to bring          | <ul style="list-style-type: none"> <li>• <b>Voucher for the Cancer Screening</b> for the screening item you want to receive (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 or the Certificate of Insurance Eligibility.</li> <li>• Cash for Self-Pay (please bring the certification documents listed on page 24 if you are eligible for screening fee exemption)</li> <li>• Prescription log (for patients with chronic illnesses) *Present the log if requested at your examination.</li> </ul> |
| Notification of results: | Please have the results explained by the medical institution you visited.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

## ○ Self-Pay Amount

※The amount of self-pay may differ from the Mobile Screening (please refer to page 24 if you are eligible for an exemption)

| Screening Item    | Test Description                  | Self-Pay Amount | 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 some 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. The explanation 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> |
| Stomach Cancer    | X-ray (Barium)                    | 3,500 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                   | Gastroscopy ※1                    | 3,500 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Colorectal Cancer | Stool Occult Blood (2-day method) | 800 yen         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Breast Cancer     | Ultrasound (echo)                 | 1,500 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                   | Mammography ※2※3                  | 2,200 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Uterine Cancer    | Cervices Cytology ※4              | 1,700 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                   | Cervical and Body Cytology ※1     | 2,900 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

※ 1 Institution Cancer Screening only.

※ 2 Visual examination and palpation are added with the recommendation of a doctor.

※ 3 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).

※ 4 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 2023 |                           |                     |                     |    | Deaths due to cancer (Yamato City) :<br>2023 Kanagawa Annual Health Statistics Report |
|------------------------------------------------------------------------------------|---------------------------------------|---------------------------|---------------------|---------------------|----|---------------------------------------------------------------------------------------|
|                                                                                    | Tested                                | Detailed Examination      |                     | Diagnosis of Cancer |    |                                                                                       |
|                                                                                    |                                       | Needed Further Inspection | Tested (Percentage) |                     |    |                                                                                       |
| Lung Cancer                                                                        | 18,836                                | 86                        | 68                  | 79.1%               | 6  | 137                                                                                   |
| Stomach Cancer                                                                     | 16,230                                | 2,332                     | 2,307               | 98.9%               | 44 | 65                                                                                    |
| Colorectal Cancer                                                                  | 17,230                                | 1,686                     | 1,134               | 67.3%               | 38 | 93                                                                                    |
| Breast Cancer                                                                      | 10,664                                | 769                       | 688                 | 89.5%               | 48 | 24                                                                                    |
| Cervical Cancer                                                                    | 12,479                                | 301                       | 241                 | 80.1%               | 4  | 13                                                                                    |

**A complete examination decreases the risk of death. When you are recommended to have a complete examination, make sure to get one for early detection and early treatment.**

# Mobile 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 2026 to March 2027)                                                                                                                                                                                                                                                                                                                                                                                                |
| 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 Process:     | Please refer to the instructions on page 6.                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Things to bring:         | <ul style="list-style-type: none"> <li>• Cancer Screening voucher for the exam item you take.</li> <li>*If you have lost your voucher, it can be reissued. For details, refer to page 22.</li> <li>• Cash for Self-Pay (if you are eligible for an exemption, please bring the Certification documents listed on page 24).</li> <li>• The documents (questionnaire, etc.) from Yamato City will be mailed at least one week before your screening appointment.</li> </ul> |
| Notification of results: | Mailed to individuals about one and half months after the examination date.                                                                                                                                                                                                                                                                                                                                                                                               |

## ○ Self-Pay Amount

※The amount of self-pay may differ from the Institution Screening (please refer to page 24 if you are eligible for an exemption)

| 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 questionnaire on the day of the examination.</li> <li>● You must not eat anything from the night before the stomach barium test. Individuals with a history of surgery or treatment within the past year may not be eligible for the screening.</li> <li>●Colon and Cervical Cancer Screenings are not available for a woman on her period.</li> <li>●Breast Cancer Screenings cannot be performed during breastfeeding or within approximately 6 months after breastfeeding ends.</li> <li>●Mammography cannot be performed on individuals with a pacemaker or a history of breast cosmetic surgery, or those using insulin pump, VP shunt, or CV port, due to the risk of damaging implants or devices.</li> </ul> |
| Stomach Cancer    | X-ray (with Barium)       | 1,500 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Colorectal Cancer | Stool Test (2-day method) | 600 yen         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Breast Cancer     | Ultrasound (echo)         | 1,300 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                   | Mammography ※3            | 2,200 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Uterine Cancer    | Cervices Cytology ※4      | 1,000 yen       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

※3 ※4 refer to page 24

## ○ Tuberculosis Screening

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

The application process is the same as Mobile Cancer Screenings. Please refer to the instructions on page 6. No need to bring a screening voucher.

### 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, images are obtained from one direction, and one doctor evaluates the images. Lung Cancer Screenings are recommended for those over 40 years old. If you are eligible for both lung cancer and tuberculosis screening, you may receive only one of these screenings per fiscal year.

Some Mobile Screenings offer childcare service (page 6-7).  
Any preschool-aged child at least 6 months old may use this service.  
Please sign up for this free service.



# Mobile Cancer Screening

※Stomach cancer screening check-in are available in the morning only.

※Screen items are as follows.

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

| OSchedule |     |     | Pick the date and apply during application period. |       |                                                           |                    |
|-----------|-----|-----|----------------------------------------------------|-------|-----------------------------------------------------------|--------------------|
| Month     | Day | DOW | Screening type                                     | Venue | Remarks                                                   | Application Period |
| 4         | 24  | Fri | L, S, R, M, C                                      | H     | ※Schedule is provided on Koho Yamato and the city website |                    |
| 4         | 30  | Thu | L, S, R, M, C                                      | H,L   |                                                           |                    |
| 5         | 10  | Sun | L, S, R, M, C                                      | H     |                                                           |                    |
| 5         | 14  | Thu | L, S, R, M, C                                      | H     |                                                           | 4/1~4/17           |
| 5         | 16  | Sat | R, M, U, C                                         | L     | Afternoon only. Women only. Childcare available.          |                    |
| 5         | 22  | Fri | L, S, R, M, C                                      | H     |                                                           | 4/1~4/24           |
| 5         | 29  | Fri | L, S, R, M, C                                      | H,L   |                                                           |                    |
| 6         | 1   | Mon | L, S, R, M, C                                      | H     |                                                           | 5/1~5/11           |
| 6         | 6   | Sat | R, M, U, C                                         | L     | Afternoon only. Women only. Childcare available.          |                    |
| 6         | 10  | Wed | L, S, R, M, C                                      | H     |                                                           |                    |
| 6         | 13  | Sat | L, S, R, M, C                                      | H,L   |                                                           | 5/1~5/20           |
| 6         | 25  | Thu | L, S, R, M, C                                      | H     |                                                           |                    |
| 6         | 30  | Tue | L, S, R, M, C                                      | H     |                                                           |                    |
| 7         | 16  | Thu | R, M, U, C                                         | S     | Afternoon only. Women only. Childcare available.          | 6/1~6/10           |
| 7         | 18  | Sat | L, S, R, M, C                                      | H     |                                                           | 6/1~6/22           |
| 7         | 31  | Fri | L, S, R, M, C                                      | H     |                                                           |                    |
| 8         | 22  | Sat | R, M, U, C                                         | L     | Afternoon only. Women only. Childcare available.          | 7/1~7/10           |
| 8         | 31  | Mon | L, S, R, M, C                                      | H,L   |                                                           |                    |
| 9         | 4   | Fri | L, S, R, M, C                                      | H     |                                                           | 7/1~7/21           |
| 9         | 10  | Thu | L, S, R, M, C                                      | H     |                                                           |                    |
| 9         | 18  | Fri | R, M, U, C                                         | S     | Afternoon only. Women only. Childcare available.          |                    |

## ○Application

|               |                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                            |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Online</b> | City website>Search by Organization<br>>Digital Strategy Section>Digital Service<br>>Online Application<br>e-Kanagawa<br>Search Keyword: Mobile Cancer Screening                             |  <p><b>【Required info】</b><br/>Address, name, date of birth, age, phone, requested screening date, screening item<br/>※If you would like childcare services on a screening date when childcare is available, please indicate the number of children and their ages.</p> |
| <b>FAX</b>    | 0 4 6 ( 2 6 0 ) 1 1 5 6                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                            |
| <b>Mail</b>   | 〒242-8601 To: Iryo Kenko-ka (Medical Health Section) (no need to write the address)                                                                                                          |                                                                                                                                                                                                                                                                                                                                                            |
| <b>Phone</b>  | 0 4 6 ( 2 6 0 ) 5 6 6 2 <b>Weekday: 8:30 – 17:00</b><br>※Please keep your screening voucher at hand.<br>※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 at least 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.

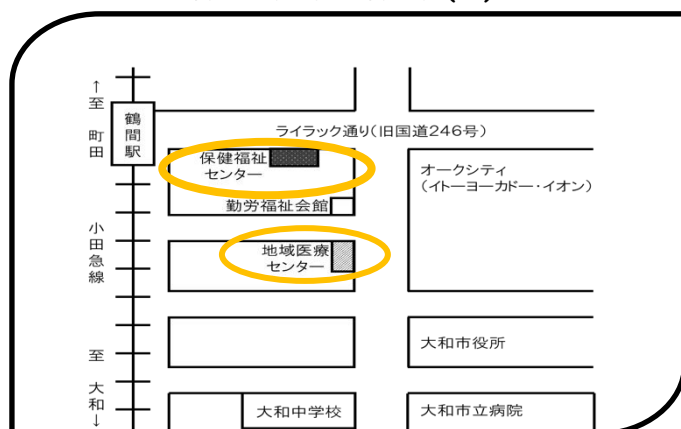
※Venue: **H**:health and welfare center,  
**L**:Local medical center **S**:Shibuya learning center

| Month | Day | DOW | Screening type |     | Remarks                                             | Application period |
|-------|-----|-----|----------------|-----|-----------------------------------------------------|--------------------|
| 9     | 28  | Mon | L, S, R, M, C  | H   |                                                     | 8/1~8/10           |
| 10    | 1   | Thu | L, S, R, C     | S   |                                                     |                    |
| 10    | 18  | Sun | L, S, R, M, C  | H   |                                                     | 8/1~8/20           |
| 10    | 24  | Sat | L, S, R, M, C  | H   |                                                     |                    |
| 10    | 27  | Tue | C, M, U,C      | H   | Afternoon only. Women only.<br>Childcare available. | 9/1~9/10           |
| 10    | 30  | Fri | L, S, R, M, C  | H   |                                                     |                    |
| 11    | 2   | Mon | L, S, R, M, C  | H   |                                                     | 9/1~9/24           |
| 11    | 14  | Sat | L, S, R, M, C  | H,L |                                                     |                    |
| 11    | 19  | Thu | L, S, R, M, C  | H   |                                                     | 10/1~10/13         |
| 11    | 24  | Tue | C, M, U,C      | L   | Afternoon only. Women only.<br>Childcare available. |                    |
| 11    | 30  | Mon | L, S, R, M, C  | H   |                                                     | 10/1~10/20         |
| 12    | 5   | Sat | L, S, R, M, C  | H   |                                                     |                    |
| 12    | 10  | Thu | L, S, R, M, C  | H   |                                                     |                    |
| 12    | 16  | Wed | C, M, U,C      | L   | Afternoon only. Women only.<br>Childcare available. |                    |
| 12    | 23  | Wed | L, S, R, M, C  | H   |                                                     | 11/1~11/10         |
| 1     | 16  | Sat | C, M, U,C      | L   | Afternoon only. Women only.<br>Childcare available. |                    |
| 1     | 27  | Wed | L, S, R, M, C  | H,L |                                                     | 11/1~11/20         |
| 1     | 29  | Fri | L, S, R, M, C  | H   |                                                     |                    |
| 2     | 5   | Fri | C, M, U,C      | L   | Afternoon only. Women only.<br>Childcare available. | 12/1~12/10         |
| 2     | 15  | Mon | L, S, R, M, C  | H   |                                                     | 12/1~12/21         |
| 2     | 20  | Sat | L, S, R, M, C  | H   |                                                     |                    |
| 2     | 27  | Sat | L, S, R, M, C  | H,L |                                                     | 1/1~1/25           |
| 3     | 1   | Mon | L, S, R, M, C  | H,L |                                                     |                    |
| 3     | 15  | Mon | L, S, R, M, C  | H,L |                                                     |                    |

\*Appointments for July, August, October, and March tend to have more availability (based on last year's appointment data). Please feel free to make an appointment.

※Appointment availability is generally greater in July, August, October, and March (based on last year's examination data). We encourage you to apply during these months.

### ○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>, 1987 (Aged 40 years or older as of the end of the fiscal year), 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 a checkup after losing eligibility of the health insurance (cf. on the day of moving out of Yamato city, or joining other health insurance).

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

### ○ Application info

|         |                                                                                       |
|---------|---------------------------------------------------------------------------------------|
| Period  | April 20 <sup>th</sup> to December 31 <sup>th</sup> , 2026※                           |
| Venue   | Please refer to the list of partner medical institutions in Yamato city (page 18-21). |
| Process | Pick the date and institution, then contact them by yourself.                         |

\*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

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

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

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

※In addition to self-pay charge, there may be other types of charges if you have an exam or treatment that is not on the list above. 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 and 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<br/>(this test can be conducted independently)</b>      | Yamato resident aged 40 and older 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. Strongly recommended to take this test. |
| <b>Prostate Cancer Screening<br/>(this test can be conducted independently)</b> | Male residents of Yamato city aged 50 and older                                                 | Prostate cancer screening test that evaluates the level of PSA (Prostate-Specific Antigen).                                         |

### ○ Self-Pay Amount and Things to Bring

| Test Item                                        |                                  | Self-Pay amount<br>*For exemption, refer to page 24 | Test Voucher<br>In addition to My Number Health Insurance Card or Certificate of Insurance Eligibility, please bring the items below.                                                                                                                                                                                                                                  |
|--------------------------------------------------|----------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Health Checkup<br/>(Basic/Complete items)</b> |                                  | <b>1,200yen</b>                                     | <b><u>Yamato city health checkup voucher</u></b><br>※Voucher is not necessary for Basic Checkup. Bring the certificate for welfare recipient or the ID that certifies Recipient of benefits for Japanese returnees from China after WWII.<br>※Voucher is not needed for a person who requests additional tests at the health checkup offered by Kyokai / Kumiai Kempo. |
| <b>Additional Test</b>                           | <b>Blood test</b>                | <b>Free</b>                                         |                                                                                                                                                                                                                                                                                                                                                                        |
|                                                  | <b>Chest X-ray</b>               | w/o CR... <b>500yen</b><br>w/ CR... <b>800yen</b>   |                                                                                                                                                                                                                                                                                                                                                                        |
|                                                  | <b>Hepatitis Virus test</b>      | <b>1,000yen</b>                                     |                                                                                                                                                                                                                                                                                                                                                                        |
|                                                  | <b>Prostate Cancer Screening</b> | <b>1,000yen</b>                                     | <b><u>Hepatitis virus test voucher</u></b><br>・ You will not be charged if your voucher says “free” on the self-pay section.<br>(For those who turn 40、45、50、55、60、and 65 years old by the end of fiscal year)                                                                                                                                                         |
|                                                  |                                  |                                                     | Prostate cancer screening voucher                                                                                                                                                                                                                                                                                                                                      |

## ○ 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 voucher.
- 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 visited. 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 voucher 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 division (Kenko-zukuri Suishinka) may visit the house of a person who has a problem such as high blood glucose, decreased renal function, or 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 Kenkou 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 (refer to page 22 for details).

Aim for your ideal BMI range  
BMI(Body Mass Index) is an indicator used to assess body build.

BMI=Weight(kg) ÷ Height(m) ÷ Height(m) =Your BMI

Aim for your ideal BMI range

| Age   | Ideal BMI |
|-------|-----------|
| 18-49 | 18.5-24.9 |
| 50-64 | 20.0-24.9 |
| >65   | 21.5-24.9 |

Source: “Obesity Classification” by JASSO and “Japanese Dietary Reference Intakes (2025 Edition)” by Ministry of Health, Labour and Welfare

### Please Try the “Prenal (maternal) and Child Health Handbook ” (Oyako Techo)”

A new app has been launched to support parenting!

You can manage your child's vaccinations and health checkups all in one place with this app.  
Main features:

- Manage your Maternal and Child Health Handbook records on your smartphone.
- Offers useful parenting information in your community.
- Automatically creates a vaccination schedule.
- Easily search for medical facilities by vaccine and checkup type.

Suku-Suku Kosodate Division (Oyako Techo) [TEL:046-260-5609](tel:046-260-5609)  
Medical / Health Division 046-260-5662

Easy & Free registration



## Health Checkups for Women (Available at the city facilities such as a local medical center. Not offered at medical institutions)

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> , 1987 and April 1 <sup>st</sup> , 2009 | 1,500yen        |
|            | Tuberculosis Test                                                                                      |                                                                                    | Free            |
| Additional | Breast Cancer (Ultrasound) Screening                                                                   | Females born between April 2 <sup>nd</sup> , 1987 and April 1 <sup>st</sup> , 1997 | 1,300yen        |
|            | Cervical Cancer Screening                                                                              | Females born between April 1 <sup>st</sup> , 1987 and April 1 <sup>st</sup> , 2007 | 1,000yen        |

※Apply for the Mobile Cancer Screening (pages 6-7) if you only want to have a cancer screening.

※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                                        | Remarks                                                                                                                                                                                                  |
|-------|-----|-----|-------|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5     | 16  | Sat | L     | ※Schedule is provided on Koho Yamato and the city website | Capacity: 80 participants per session<br>Childcare provided for all sessions!<br>All health checkups are held in the morning. The exact check-in time will be determined after the application deadline. |
| 6     | 6   | Sat | L     | 4/1(Wed)~4/15(Wed)                                        |                                                                                                                                                                                                          |
| 7     | 16  | Thu | S     | 5/1(Fri)~5/18(Mon)                                        |                                                                                                                                                                                                          |
| 8     | 22  | Sat | L     | 6/1(Mon)~6/15(Mon)                                        |                                                                                                                                                                                                          |
| 9     | 18  | Fri | S     | 7/1(Wed)~7/15(Wed)                                        |                                                                                                                                                                                                          |
| 10    | 27  | Tue | H     | 8/1(Sat)~8/20(Thu)                                        |                                                                                                                                                                                                          |
| 11    | 24  | Tue | L     | 9/1(Tue)~9/15(Tue)                                        |                                                                                                                                                                                                          |
| 12    | 16  | Wed | L     | 10/1(Thu)~10/15(Thu)                                      |                                                                                                                                                                                                          |
| 1     | 16  | Sat | L     | 11/1(Sun)~11/16(Mon)                                      |                                                                                                                                                                                                          |
| 2     | 5   | Fri | L     | 12/1(Tue)~12/15(Tue)                                      |                                                                                                                                                                                                          |

### ○Application

|                    |                                                                                                                                                                       |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Online application | City website>Search by Organization<br>>Digital Strategy Section>Digital Service<br>>Online Application<br>e-Kanagawa Search Keyword:<br>Health Examination for Women |  | <b>【Required Information】</b><br>Address, name, date of birth, age, phone number, desired date of checkup, requests for additional tests (if any), number of children and their ages (if you want childcare service).<br>※Please note that mobile cancer screenings are conducted in the afternoon on the same day, so be careful not to select the wrong program when applying. |
|                    | FAX                                                                                                                                                                   |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |
|                    | Phone                                                                                                                                                                 |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |
|                    | Mail(postcard)                                                                                                                                                        |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |

○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 voucher if you are having additional cancer screenings (there is no voucher 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 Fee

|             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Period      | April 20 <sup>st</sup> , 2026 to February 28 <sup>th</sup> , 2027                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 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>, 1986 and April 1<sup>st</sup>, 1987)</li> <li>• <b>45 years old</b> (born between April 2<sup>nd</sup>, 1981 and April 1<sup>st</sup>, 1982)</li> <li>• <b>50 years old</b> (born between April 2<sup>nd</sup>, 1976 and April 1<sup>st</sup>, 1977)</li> <li>• <b>55 years old</b> (born between April 2<sup>nd</sup>, 1971 and April 1<sup>st</sup>, 1972)</li> <li>• <b>60 years old</b> (born between April 2<sup>nd</sup>, 1966 and April 1<sup>st</sup>, 1967)</li> <li>• <b>65 years old</b> (born between April 2<sup>nd</sup>, 1961 and April 1<sup>st</sup>, 1962)</li> <li>• <b>70 years old</b> (born between April 2<sup>nd</sup>, 1956 and April 1<sup>st</sup>, 1957)</li> </ul> |
| Fee         | ¥1,500 Payment exempted: person on welfare / benefits for Japanese returnees from China after WWII<br>※Please note that fee exemptions are not available for households exempt from municipal and prefectural resident taxes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 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 voucher, My Number Health Insurance Card or Certificate of Insurance Eligibility, and Welfare Benefit Certificate or ID for support benefits (Eligible individuals only).

\* 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 /Dermatology Clinic   | 271-0217 |
| <b>Near Minami-Rinkan Station</b>           |          |
| Iizuka Clinic                               | 278-3207 |
| Takano Clinic                               | 277-1561 |
| Tasuku Home Clinic                          | 206-7131 |

| Medical Institutions                                   | Phone    |
|--------------------------------------------------------|----------|
| <b>Near Tsuruma Station</b>                            |          |
| Ikeda 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 |
| Sakura Internal Medicine / Renal Clinic                | 261-1840 |
| Sekimizu Orthopedics Clinic                            | 200-2211 |
| Fukamidai Central Hospital                             | 263-6661 |
| Medical Park Yamato                                    | 244-5561 |
| 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/Endoscopy Clinic | 201-0370 |
| Nire Family Clinic                              | 244-0562 |
| Fujinuma Internal Medicine Clinic               | 201-0161 |
| Honda OB-GYN / Internal Medicine Clinic         | 267-7222 |
|                                                 |          |

## 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 gum abnormalities. Please take this opportunity to have this checkup.

### ○Period, Eligibility, Fee

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Period</b>               | From April 20 <sup>th</sup> , 2026 to February 28 <sup>th</sup> , 2027                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <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, 2026 and Mar.31, 2027).</p> <ul style="list-style-type: none"> <li>• <b>40 years old</b> (born between April 2<sup>nd</sup>, 1986 and April 1<sup>st</sup>, 1987)</li> <li>• <b>50 years old</b> (born between April 2<sup>nd</sup>, 1976 and April 1<sup>st</sup>, 1977)</li> <li>• <b>60 years old</b> (born between April 2<sup>nd</sup>, 1966 and April 1<sup>st</sup>, 1967)</li> <li>• <b>70 years old</b> (born between April 2<sup>nd</sup>, 1956 and April 1<sup>st</sup>, 1957)</li> </ul> |
| <b>Fee</b>                  | <p><b>800 yen</b> Exempted for anyone on welfare or financial support for Japanese returnees from China after WWII</p> <p>※Please note that fee exemptions are not available for households exempt from municipal and prefectural resident taxes.</p>                                                                                                                                                                                                                                                                                                                   |
| <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 14-15).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

### ○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 voucher, My Number Health Insurance Card / Certificate of Insurance Eligibility.

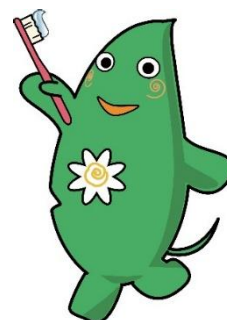
Please bring the Welfare Benefit Certificate or ID for support benefits if you are eligible.

※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 Institutions

**[Within Yamato City]**

Period: April 20, 2026 ~ February 28, 2027

| Name                                          | Address                                                  | Phone    |
|-----------------------------------------------|----------------------------------------------------------|----------|
| Yanagisawa Tsukimino-ekimae Dental Clinic     | 112, Tokyu Doeru Tsukimino Village B-1, 4-5-1 Tsukimino  | 277-4618 |
| Saito Dental Clinic                           | 4-3-18, Tsukimino                                        | 276-8241 |
| Tsukimino Hidamari Dental Office              | Tsukimino Seisen Ichiba 2F, 4-10-3 Tsukimino             | 244-0458 |
| Tsukimino Dental Clinic                       | 4-12-6, Tsukimino                                        | 273-0003 |
| Tajirika Dental Clinic                        | 5-14-15, Tsukimino                                       | 275-2141 |
| Watabe Dental Clinic                          | 6-1-46, Tsukimino                                        | 275-4884 |
| Nakazawa Dental Clinic                        | Takimoto Tenpo A, 7-12-2 Tsukimino                       | 206-4667 |
| Den-en Dental Clinic                          | M&M bld. 2F, 3-4-10 Chuo-rinkan                          | 277-7877 |
| Hatano Dental Clinic                          | 111, Greenwood Chuo-rinkan, 3-19-20, Chuo-rinkan         | 277-7680 |
| Aibi Dental Clinic                            | Aibi Dental Clinic bld., 3-10-8, Chuo-rinkan             | 277-7474 |
| Chuo-Rinkan Ito Dental Clinic                 | RISE Chuo-rinkan 2F, 4-14-20, Chuo-rinkan                | 204-7303 |
| Ishida Dental Clinic                          | Amenity Hill 1F, 4-26-18, Chuo-rinkan                    | 259-8262 |
| Hori Dental/Orthodontic Clinic, Chuo-rinkan   | 4-29-22, Chuo-rinkan                                     | 205-6871 |
| Shimada Orthodontic Clinic                    | Ato-moe Chuo-rinkan 2F, 5-7-8, Chuo-rinkan               | 274-4000 |
| Hemmi Dental Clinic                           | 1-13-7, Chuo Rinkan Nishi                                | 277-0631 |
| Komata Dental Clinic                          | 1-3-9, Minami-rinkan                                     | 274-0462 |
| Inaba Dental Clinic                           | Junes Minami-rinkan 1F, 1-4-18, Minami-rinkan            | 274-5106 |
| Sugiura Dental Clinic                         | Sugiura bld. 2F, 2-11-4, Minami-rinkan                   | 274-6002 |
| Mizuno Dental Clinic                          | 3-2-5, Minami-rinkan                                     | 276-5438 |
| Yamato Dental Clinic Minami-rinkan            | Takeuchi bld. 1F, 4-6-16, Minami-rinkan                  | 283-1180 |
| Takayama Dental Clinic                        | 4-11-9, Minami-rinkan                                    | 271-2211 |
| Ito Dental Clinic                             | 5-9-12, Minami-rinkan                                    | 275-6530 |
| Ashida Dental Clinic                          | 7-15-4, Minami-rinkan                                    | 274-8241 |
| Itasaka Dental Clinic                         | Nikka Soko bld. 2F-A, 7-25-8, Minami-rinkan              | 277-6488 |
| K Dental Clinic                               | East One bld. 2F, 1-4-6, Rinkan                          | 275-3332 |
| Minami-rinkan Alpha Dental/Orthodontic Clinic | Cliere Minami-Rinkan 1F, 1-5-5, Rinkan                   | 272-6776 |
| Hayashi Dental Clinic                         | 1-6-11, Rinkan                                           | 276-4618 |
| Oak Hills Dental Clinic                       | Ito Yokado Yamato Shimo-tsuruma 2F, 1-3-1, Shimo-tsuruma | 260-4618 |
| Lion Dental Clinic - Chuo Rinkan              | 1785-10 Shimo-tsuruma                                    | 205-1182 |
| Taiyo Dental Clinic                           | 2777-5-6-1F, Shimo-tsuruma                               | 278-4618 |
| Minami-rinkan Himawari Dental Clinic          | 3005-1, Shimo-tsuruma                                    | 200-9904 |
| Poka Poka Dental Clinic                       | Nakamura bld. Tsuruma 1F, 1-28-12, Tsuruma               | 259-8180 |
| Saint Luke Ophthalmology/Dental Clinic        | Yamato Clinic mall 1F, 1-31-1, Tsuruma                   | 262-6480 |
| Senuma Dental Clinic                          | 2-1-22, Tsuruma                                          | 273-1500 |
| Yagi Dental Clinic                            | 2-2-3, Tsuruma                                           | 274-2525 |
| Tsuruma Ekimae Dental Clinic                  | 102, Verdomir Minami-rinkan 1F, 2-3-22, Tsuruma          | 275-7465 |
| Tsuruma Dental Clinic                         | Nabeta bld. 2F, 1-2-1, Nishi-tsuruma                     | 276-3501 |
| Ishizuka Dental Clinic                        | 1-3-2-2F, Nishi-tsuruma                                  | 275-8241 |
| Matsuo Dental Clinic                          | 1-9-14, Nishi-tsuruma                                    | 274-0903 |
| Hirata Dental Clinic                          | Fuyo bld. 2F, 1-17-1, Nishi-tsuruma                      | 274-4108 |
| Amity Dental Clinic                           | 109, Highness Amity Tsuruma, 3-5-6, Nishi-tsuruma        | 264-9605 |
| Takahashi Dental Clinic                       | 7-8-7, Kamisoyagi                                        | 200-4118 |
| Kawasaki Dental Clinic                        | 1-4-30, Fukami-nishi                                     | 265-6655 |
| Dental Clinic Nakamura                        | 1-8-19, Fukamidai                                        | 260-2378 |
| Fukamidai Dental Clinic                       | 3-5-28-2F, Fukamidai                                     | 240-6888 |
| 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             | 205-7221 |
| Mikuni Dental Clinic                          | 1-5-12, Yamato-higashi                                   | 264-0061 |
| Shigematsu Dental Clinic                      | 1-10-11, Yamato-higashi                                  | 261-1735 |

|                                             |                                                            |          |
|---------------------------------------------|------------------------------------------------------------|----------|
| Handa Orthodontic clinic                    | Waizu bld. 2F,2-2-1, Yamato-higashi                        | 264-8808 |
| Yamato Heart Dental Clinic                  | Kojima Building 101, 2-5-12, Yamato-higashi                | 244-0501 |
| Saiki Dental Clinic                         | 3-1-16, Yamato-higashi                                     | 263-0118 |
| Hongo Dental Clinic                         | 1-3-10, Yamato-minami                                      | 261-0648 |
| Yamato Ekimae Dental Clinic                 | 1-5-17, Yamato-minami                                      | 261-0552 |
| Child Dental Hoshi Dental Clinic            | Serene Kubota Mansion 1F, 1-7-3 Yamato-minami              | 200-4184 |
| Yamato Sirius Adulto&Child Clinic           | YAMATO Bunka-mori 1F, 1-8-1, Yamato-minami                 | 263-8148 |
| Saint Xavier Clinic                         | Yamato-minami Medical mall, 2-6-8, Yamato-minami           | 204-7473 |
| Inoue Dental Clinic                         | 2-7-33, Yamato-minami                                      | 264-3889 |
| Chihiro Dental Clinic                       | 2-10-4, Yamato-minami                                      | 262-7337 |
| Otake Dental Clinic                         | 1-1-16, Chuo                                               | 262-2131 |
| Yamato-ekimae Family Dental Clinic          | 1-1-25-1F, Chuo                                            | 408-8148 |
| Yamato Merry Dental Clinic                  | 1-6-14, Chuo                                               | 200-9838 |
| Imamiya Dental Clinic                       | 2-3-13, Chuo                                               | 200-5900 |
| Mori Dental Clinic                          | Mashita bld. 2F, 2-4-13, Chuo                              | 261-9898 |
| Hirano Dental Clinic                        | Kondo bld. 2F, 4-1-2, Chuo                                 | 262-3663 |
| Odate Dental Clinic                         | Hanasaki bld. 3F, 7-4-14, Chuo                             | 264-1089 |
| Yamaguchi Dental Clinic                     | 3-9-4, Sakuramori                                          | 264-0017 |
| Sukoyaka Dental Clinic                      | 5521-7, Fukuda                                             | 268-1288 |
| Heiw a Dental Clinic                        | 2-3-8-202, Fukuda                                          | 269-8123 |
| Sakuragaoka Kaneko Orthodontic Clinic       | Ganadore Sakuragaoka Ekimae bld. 1 F No. 2 , 2-3-18,Fukuda | 200-7542 |
| Shinsei Dental Clinic                       | 2-14-2-2F, Fukuda                                          | 268-8487 |
| Shimamura Dental Clinic                     | Silver co-po Sakuragaoka 2F, 979-1, Kamiwada               | 267-2256 |
| Watanabe Dental Clinic                      | 5-25-10, Shibuya                                           | 279-4199 |
| Shirose Dental Clinic                       | 6-15-1, Shibuya                                            | 268-1169 |
| Eight Nine Dental Clinic                    | Odakyu Marche 2F, 6-16-3, Shibuya                          | 268-0069 |
| Fuji Dental Clinic                          | 6-20-1, Shibuya                                            | 267-0463 |
| Ringo Dental Clinic                         | Sato bld.502, 7-1-6, Shibuya                               | 409-0922 |
| Yabe Dental Clinic                          | 7-12-1, Shibuya                                            | 269-7200 |
| Koza Shibuya Pearl Dental/OrthodonticClinic | 8-3-2, Shibuya                                             | 279-1118 |

| 【Ayase City】                     |                                                               |              |
|----------------------------------|---------------------------------------------------------------|--------------|
| Name                             | Address                                                       | Phone        |
| Takeuchi Dental Clinic           | 3-12-32, Terao-kita                                           | 0467-78-3020 |
| Kondo Dental Clinic              | 4-13-1, Terao-naka                                            | 0467-77-0300 |
| Komori Dental Clinic             | 3-9-10, Terao-minami                                          | 0467-77-9494 |
| Tokunaga Dental Clinic           | 1328-67, Kozono                                               | 0467-76-8801 |
| Atsugi Dental Clinic             | 7-10-9, Ogami                                                 | 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                                          | 0467-70-1275 |
| Momo Dental Clinic               | 1-1-51, Fukaya-kami                                           | 0467-78-5858 |
| Tobayama Dental Clinic           | 2-3-16, Fukaya-kami                                           | 0467-53-8217 |
| Lion Dental Clinic Ayase         | 6-1-33, Fukaya-kami                                           | 0467-77-8241 |
| Ayase Chuo Dental Clinic         | 6-49-19, Fukaya-kami                                          | 0467-77-4491 |
| Arakawa Dental Clinic            | Okubo bld. 1F,1-3-22, Hayakawa-shiroyama                      | 0467-70-4618 |
| Miya Dental Clinic               | 3-12-1, Hayakawa-shiroyama                                    | 0467-81-3841 |
| Shibagaki Dental Clinic          | 2366-1, Yoshioka                                              | 0467-76-1889 |
| Kao Dental Clinic                | 6-6-7, Kamitsuchidana-naka                                    | 0467-70-6480 |
| Hanamura Dental Clinic           | 101, Hill Valley Watai, 1-11-19, Kamitsuchidana-minami, Ayase | 0467-78-7100 |

## 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 Fee (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 welfare / Welfare Benefit Certificate

② A person receiving financial assistance for Japanese Orphans in China after WWII, etc. / ID for support benefits

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

### < For Individuals Requesting Vaccination >

Bring My Number Health Insurance Card / Certificate of Insurance Eligibility and vaccination fee.

Please read the notice from the city regarding the vaccine's effectiveness and possible side effects thoroughly before receiving the vaccination.

The city notice is available at the partner medical institutions.

## ○ Pneumococcus Vaccination for Adults

\* This vaccine 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> | <p>Registered Yamato citizens who have never had a 20-valent pneumococcus vaccination and eligible for either ① or ② below.</p> <p>Age at the date of Vaccination:</p> <p>① <b>65 years old</b></p> <p>* Except for those who have received this vaccination as those who fall under ②.</p> <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></p> <p>※Presentation of certification for people with disabilities or medical certificate is required.</p> <p>Note: Individuals with a history of vaccination (including the vaccinations received with a co-payment) are generally not eligible for routine vaccination. However, there are some exceptions. Please consult your doctor regarding this vaccination.</p> |

## ○ Seasonal Flu and COVID-19 Vaccination

Since Fiscal Year 2026, the High-Dose Influenza HA Vaccine has been added to the routine vaccination program. Details about this vaccine are provided "Koho Yamato" website, etc.

|                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Period:</b>               | <b>From October 1<sup>st</sup>, 2026 to January 31<sup>st</sup>, 2027</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Eligible individuals:</b> | <p>Registered residents in Yamato city who meet the following criteria: ① or ②</p> <p>Age at the date of Vaccination:</p> <p>① <b>Over 65 years old</b></p> <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></p> <p>※Presentation of certification for people with disabilities or medical certificate is required.</p> |

## ○ Shingles Vaccine

|        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Period | April 1 <sup>st</sup> , 2026 to March 31 <sup>st</sup> , 2027                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Target | Registered residents in Yamato city who have not completed shingles vaccination and meet the either of the following criteria: ① or ②<br>① Eligible individuals for Fiscal Year 2026 by date of birth (vaccination is available even before their birthday)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|        | <ul style="list-style-type: none"> <li>• <b>65 years old</b> (born between April 2<sup>nd</sup>, 1961 and April 1<sup>st</sup>, 1962)</li> <li>• <b>70 years old</b> (born between April 2<sup>nd</sup>, 1956 and April 1<sup>st</sup>, 1957)</li> <li>• <b>75 years old</b> (born between April 2<sup>nd</sup>, 1951 and April 1<sup>st</sup>, 1952)</li> <li>• <b>80 years old</b> (born between April 2<sup>nd</sup>, 1946 and April 1<sup>st</sup>, 1947)</li> <li>• <b>85 years old</b> (born between April 2<sup>nd</sup>, 1941 and April 1<sup>st</sup>, 1942)</li> <li>• <b>90 years old</b> (born between April 2<sup>nd</sup>, 1936 and April 1<sup>st</sup>, 1937)</li> <li>• <b>95 years old</b> (born between April 2<sup>nd</sup>, 1931 and April 1<sup>st</sup>, 1932)</li> <li>• <b>100 years old</b> (born between April 2<sup>nd</sup>, 1926 and April 1<sup>st</sup>, 1927)</li> </ul> <p>② <b>A person who is between 60 and 64 years old with an immune system disorder due to the HIV virus that severely affects daily life.</b><br/>(Corresponding with 1 degree of certification for people with disabilities)</p> <p>※Presentation of certification for people with disabilities or medical certificate is required.<br/>※Individuals with disabilities equivalent to Grade 1 on the Physical Disability Certificate due to cardiac, renal, or respiratory dysfunction are not eligible.<br/>Note: Individuals who have already completed the shingles vaccination (two doses of the inactivated vaccine or one dose of the live vaccine) are generally not be eligible for routine vaccination in principle. However, the vaccination may be available depending on the case. Therefore, please consult your doctor.</p> |

## ○ Other Vaccination

### • RSV vaccination (routine)

Since Fiscal Year 2026, RSV vaccination has been added to the routine vaccination program. Details are available in Koho Yamato, on the City website, and through other sources.

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

|                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Period:                             | April 1 <sup>st</sup> , 2026 to March 31 <sup>st</sup> , 2027                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Eligible individuals:               | <p>★Registered Yamato residents who are over 18 years old and meet any of the following criteria:</p> <p>① Females who want to become pregnant<br/>②An individual living with a woman who is intending to become pregnant.<br/>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>• Women who are currently pregnant or has possibility of pregnancy.</li> </ul> |
| Out of pocket expenses:             | <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: 6,000 yen<br/>◆The amount of subsidy for the Rubella vaccine: 4,000 yen<br/>※The fee differs at each medical institution.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Application and required documents: | <ul style="list-style-type: none"> <li>• Online (QR code on the right) ※Please search with "Rubella Vaccination" in the search box</li> <li>• Submit an application form at the Yamato City Medical Checkup Division, or mail it to the division.</li> </ul> <p>※A copy of the applicant's Mother -and- Child Handbook (including the pages showing the applicant's name and date of birth), as well as all vaccination record (record pages) must be submitted.<br/>※After applying, visit a partner medical institution (refer to page 18-21 on rubella) for your vaccination. Please bring the document sent from the city and you're My Number health insurance card.</p>                                                                                                                                                                        |

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

※Eye: Medical institutions performing ophthalmoscopy ※E: Endoscopy only ※B・E: Barium or Endoscopy ※U: Ultrasound only  
 ※U・M: Ultrasound and Mammography  
 ※Reservation and screening / vaccination procedures vary depending on the medical institution. Please check the medical institution's website or other sources in advance.  
 (Depending on the application status, receptions may be closed early)

| Name<br>(Japanese Alphabetical Order)            |          | Specialty/<br>Elderly/Hepatitis/Prostate | Institution Cancer Screenings |         |            |        |         | Vaccinations |     |          |          |         |
|--------------------------------------------------|----------|------------------------------------------|-------------------------------|---------|------------|--------|---------|--------------|-----|----------|----------|---------|
|                                                  |          |                                          | Lung                          | Stomach | Colorectal | Breast | Uterine | Pneumonia    | Flu | COVID-19 | Shingles | Rubella |
| Aizawa OB-GYN Clinic                             |          |                                          |                               |         |            |        | ○       |              |     |          |          | ○       |
| 9--7-22 Chuo-rinkan                              | 275-6161 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Ishikawa Clinic                                  |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 5-5-32 Chuo-rinkan                               | 274-4746 |                                          |                               |         |            |        |         |              | ○   |          |          |         |
| Ebihara Orthopedics                              |          |                                          |                               |         |            |        |         |              | ○   |          |          |         |
| 531-8, Shimo-tsuruma                             | 278-5877 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Kawanishi Internak Medicine Clinic               |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 3-5-11 Chuo-rinkan                           | 278-1201 |                                          |                               |         |            |        |         |              | ○   | ○        | ○        |         |
| Kinoshita Otolaryngology                         |          |                                          |                               |         |            |        |         |              | ○   | ○        | ○        |         |
| 6F,3-5-11 Chuo-rinkan                            | 271-3838 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Kusuhara Internal Medicine Clinic                |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 521-8 Shimo-tsuru                            | 278-5483 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Kuroyama Internal Medicine Clinic                |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 2-21-20 Chuo-rinkan                          | 277-9680 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Sakai Internal Medicine/Cardiology               |          | ○ (Eye)                                  | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F,4-5-15 Chuo-rinkan                            | 276-8131 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Shiosaka Surgical Clinic                         |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 9-8-31 Chuo-rinkan                               | 275-3500 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Takada Gastroenterology/Internal Medicine Clinic |          | ○                                        | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 6-11-15 Chuo-rinkan                              | 278-2211 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Chuo-rinkan Sakura Internal Medicine Clinic      |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 3F, 4-16-20 Chuo-rinkan                          | 278-1515 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Chuo-rinkan Diabetes/Thyroid Clinic              |          | ○                                        |                               |         |            |        |         | ○            | ○   |          |          |         |
| 3F 4-29-22 Chuo-rinkan                           | 277-1024 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Chuo-rinkan Heart Clinic                         |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F,4-14-25 Chuo-rinkan                           | 259-5963 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Chuo-rinkan Hospital                             |          | ○ (Eye)                                  | ○                             | B・E     | ○          | U      |         | ○            | ○   | ○        | ○        | ○       |
| 4-14-18 Chuo-rinkan                              | 276-8822 |                                          |                               |         |            |        |         |              | ○   |          | ○        |         |
| Chuo-rinkan Miki Dermatology Clinic              |          |                                          |                               |         |            |        |         |              |     |          |          |         |
| 1F, 24-29-22 Chuo-rinkan                         | 276-4112 |                                          |                               |         |            |        |         |              | ○   |          | ○        |         |
| Chuo-rinkan Yamakawa Ophthalmology Clinic        |          |                                          |                               |         |            |        |         |              | ○   |          |          |         |
| 2F, 4-29-22, Chuo-rinkan                         | 277-0322 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Tsukimino Stomach and Internal Medicine Clinic   |          | ○                                        | ○                             | E       | ○          |        |         | ○            | ○   |          | ○        | ○       |
| 1-6-29 Tsukimino                                 | 276-1107 |                                          |                               |         |            |        |         |              | ○   | ○        |          |         |
| Tsukimino Fujita Ophthalmology Clinic            |          |                                          |                               |         |            |        |         |              |     |          |          |         |
| 2F, 1-6-29 Tsukimino                             | 273-1113 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Tsubakihara Dermatology                          |          |                                          |                               |         |            |        |         |              |     |          | ○        |         |
| 2F, 521-8 Shimo-tsuru                            | 276-6085 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Tsubame Children's Clinic                        |          |                                          |                               |         |            |        |         |              |     |          |          | ○       |
| 2F, 1-6-29 Tsukimino                             | 277-7700 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Hashimoto Clinic                                 |          | ○                                        |                               | E       | ○          |        |         |              | ○   |          |          |         |
| 3-18-1, Chuo-rinkan                              | 271-0306 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Higushi Internal Medicine Clinic                 |          | ○                                        | ○                             |         | ○          |        |         | ○            | ○   |          | ○        |         |
| 1F, 3-4-16 Chuo-rinkan                           | 278-1777 |                                          |                               |         |            |        |         |              | ○   |          |          |         |
| Fukushima Orthopedic/Dermatology                 |          |                                          |                               |         |            |        |         |              |     |          |          |         |
| 3-5-11 Chuo-rinkan                               | 271-0217 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Mochizuki Otolaryngology                         |          |                                          |                               |         |            |        |         | ○            | ○   | ○        | ○        |         |
| 4-20-4 Chuo-rinkan                               | 271-3387 |                                          |                               |         |            |        |         |              |     |          |          |         |
| Yamato Surgical/Internal Medicine Clinic         |          | ○                                        | ○                             | E       | ○          | U      |         | ○            | ○   | ○        | ○        | ○       |
| 704-6 Shimo-tsuruma                              | 274-1767 |                                          |                               |         |            |        |         |              |     |          |          |         |

| Name<br>(Japanese Alphabetical Order)             |          | Specialty<br>Urology/Hepatitis/Prostate | Institution Cancer Screenings |         |            |        |         | Vaccinations |     |          |          |         |
|---------------------------------------------------|----------|-----------------------------------------|-------------------------------|---------|------------|--------|---------|--------------|-----|----------|----------|---------|
|                                                   |          |                                         | Lung                          | Stomach | Colorectal | Breast | Uterine | Pneumonia    | Flu | COVID-19 | Shingles | Rubella |
| Yamato Tsukimino Urology/Internal Medicine Clinic |          | ○                                       |                               |         | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 4-9-24 Tsukimino                                  | 244-4115 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Rinkan Clinic                                     |          | ○                                       |                               |         | ○          | U・M    | ○       | ○            | ○   | ○        | ○        | ○       |
| 5-1-3 Chuo-rinkan                                 | 278-6668 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Aiiku Children's Clinic                           |          |                                         |                               |         |            |        |         |              |     |          |          | ○       |
| 2-14-13 Minami-rinkan                             | 278-3221 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Aiiku Hospital                                    |          |                                         |                               |         |            |        | ○       |              |     |          |          |         |
| 2-14-13 Minami-rinkan                             | 274-0077 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Iizuka Clinic                                     |          | ○                                       | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 1-5-8 Minami-rinkan                           | 278-3207 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Ueda Children's Clinic                            |          |                                         |                               |         |            |        |         |              |     |          |          | ○       |
| 2-17-6 Rinkan                                     | 274-6240 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Kikuta Internal Medicine Clinic                   |          | ○                                       |                               | E       | ○          |        |         | ○            | ○   |          |          |         |
| 2-1-5 Rinkan                                      | 274-0030 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Tamai Pediatric Clinic                            |          |                                         |                               |         |            |        |         |              |     |          |          | ○       |
| 1F, 1-8-11 Rinkan                                 | 277-3030 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Suzuki Clinic                                     |          | ○                                       |                               |         |            |        |         | ○            | ○   |          | ○        |         |
| 2-5-4 Minami-rinkan                               | 274-4107 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Takano Clinic                                     |          | ○                                       | ○                             |         | ○          |        |         | ○            | ○   |          | ○        | ○       |
| 2F, 1-7-9 Minami-rinkan                           | 277-1561 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Taguchi Clinic                                    |          | ○                                       | ○                             |         | ○          |        |         | ○            | ○   | ○        |          |         |
| 7-25-6 Minami-rinkan                              | 275-3830 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Tasuku Home Clinic                                |          |                                         |                               |         |            |        |         | ○            | ○   | ○        | ○        |         |
| 1-5-7-201 Rinkan                                  | 206-7131 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Miwa Women's Clinic                               |          |                                         |                               |         |            | U      | ○       |              | ○   |          |          | ○       |
| 7-20-30 Minami-rinkan                             | 272-1103 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Wada Clinic                                       |          | ○                                       |                               |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 5-11-25 Minami-rinkan                             | 274-5251 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Wada Orthopedic Clinic                            |          |                                         |                               |         |            |        |         | ○            | ○   |          |          |         |
| 2F, 1-7-9 Minami-rinkan                           | 276-5955 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Ikeda Orthopedic Clinic                           |          | ○                                       |                               |         |            |        |         | ○            | ○   | ○        | ○        |         |
| 2F, 1-31-1 Tsuruma                                | 262-5788 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Izuminomori Clinic                                |          |                                         |                               |         |            |        |         | ○            | ○   |          | ○        | ○       |
| 1-19-8 Nishi-tsuruma                              | 271-7070 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Ideguchi Internal Medicine/Rheumatology Clinic    |          | ○                                       | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1-1-7 Nishi-tsuruma                               | 204-5190 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Kure Internal Medicine/Gastroenterology Clinic    |          | ○                                       | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 2F, 2-11-29 Tsuruma                               | 219-9090 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Kobayashi International Clinic                    |          | ○                                       | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 3-5-6-110 Nishi-trusur                            | 263-1380 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Sakura Clinic                                     |          |                                         |                               |         |            |        |         | ○            | ○   |          | ○        | ○       |
| 1-22-7 Tsuruma                                    | 208-8511 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Seiwa Clinic                                      |          | ○                                       | ○                             | B・E     | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 5-3488-7 Nishi-tsuruma                            | 264-3911 |                                         |                               |         |            |        |         |              |     |          |          |         |
| So Internal Medicine/Cardiology Clinic            |          | ○                                       | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 2F, 1-31-1 Tsuruma                                | 293-7774 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Tsuruma Kaneshiro Internal Medicine Clinic        |          |                                         |                               |         | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 2F, 2-1-24 Tsuruma                                | 271-7410 |                                         |                               |         |            |        |         |              | ○   |          |          |         |
| Tsuruma Orthopedic Clinic                         |          |                                         |                               |         |            |        |         |              | ○   |          |          |         |
| 2F, 3-13-20 Nishi-tsuruma                         | 273-1155 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Nakamura Pediatric/Allergy Clinic                 |          |                                         |                               |         |            |        |         |              |     |          |          | ○       |
| 1F, 2-11-29 Tsuruma                               | 219-2223 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Nishi-tsuruma Medical Clinic                      |          | ○                                       | ○                             | E       | ○          | U・M    |         | ○            | ○   | ○        | ○        |         |
| 4-1-4 Nishi-tsuruma                               | 261-0867 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Maekawa Internal Medicine Clinic                  |          | ○                                       | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 2777-5-6 Shimo-ts                             | 278-3777 |                                         |                               |         |            |        |         |              |     |          |          |         |
| Miyazaki Surgery Clinic                           |          | ○                                       |                               |         | ○          |        |         | ○            | ○   | ○        |          |         |
| 2-10-3 Tsuruma                                    | 274-0263 |                                         |                               |         |            |        |         |              |     |          |          |         |

| Name<br>(Japanese Alphabetical Order)                                                                                                                                               |          | Specialty<br>I/<br>Elderly/<br>Hepatitis/<br>Prostate | Institution Cancer Screenings |         |            |        |         | Vaccinations |     |          |          |         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------|-------------------------------|---------|------------|--------|---------|--------------|-----|----------|----------|---------|
|                                                                                                                                                                                     |          |                                                       | Lung                          | Stomach | Colorectal | Breast | Uterine | Pneumonia    | Flu | COVID-19 | Shingles | Rubella |
| <b>Yaguchi Dermatology Clinic</b>                                                                                                                                                   |          |                                                       |                               |         |            |        |         |              |     |          | ○        |         |
| 3F, 1-31-1 Tsuruma                                                                                                                                                                  | 200-5262 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Anno Clinic</b>                                                                                                                                                                  |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2568 Shimo-tsuruma                                                                                                                                                                  | 262-0311 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamaguchi Clinic</b>                                                                                                                                                             |          | ○                                                     |                               |         | ○          |        |         | ○            | ○   |          | ○        | ○       |
| 1-11-12 Nishi-tsuruma                                                                                                                                                               | 274-4067 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Municipal Hospital</b>                                                                                                                                                    |          |                                                       |                               | E       | ○          | M      |         |              |     |          |          |         |
| 8-3-6 Fukami-nishi                                                                                                                                                                  | 260-0111 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| ※Cancer screenings at Yamato Municipal Hospital require advance phone reservations. Please call on weekdays (Monday-Friday) between 2:00 p.m. and 4:00 p.m. to make an appointment. |          |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yukosu Medical Care Clinic</b>                                                                                                                                                   |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   |          | ○        |         |
| 2F No.120, 3-6-1 Nishi                                                                                                                                                              | 244-6762 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Lilac Clinic</b>                                                                                                                                                                 |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 3F, 2-11-29 Tsuruma                                                                                                                                                                 | 204-5551 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Okabayashi Clinic</b>                                                                                                                                                            |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 2F, 1-1-2 Chuo                                                                                                                                                                      | 262-4885 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Okamoto Orthopedic Clinic</b>                                                                                                                                                    |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 5-6-29 Chuo                                                                                                                                                                     | 262-2080 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Osadda Clinic</b>                                                                                                                                                                |          | ○<br>(Eye)                                            | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 2-2-1 Chuo                                                                                                                                                                      | 262-2500 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Sagami-otsuka Hidamari Internal Medicine Clinic</b>                                                                                                                              |          | ○                                                     | ○                             |         | ○          | U      |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 186-3 Kami-soyagi                                                                                                                                                               | 261-7007 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Sakura Internal Medicine/Renal Clinic</b>                                                                                                                                        |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   |          | ○        |         |
| 2-5-12 Yamato-higashi                                                                                                                                                               | 261-1840 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Sakura-mori Otolaryngology Clinic</b>                                                                                                                                            |          |                                                       |                               |         |            |        |         |              | ○   |          |          |         |
| 186-3 Kami-soyagi                                                                                                                                                                   | 200-3387 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>JOY Women's Yamato Ekimae Clinic</b>                                                                                                                                             |          |                                                       |                               |         |            |        | ○       |              |     |          |          | ○       |
| 5F, 1-3-15 Yamato-higashi                                                                                                                                                           | 200-8282 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Sekimizu Orthopedic Clinic</b>                                                                                                                                                   |          | ○                                                     |                               |         |            |        |         | ○            | ○   | ○        | ○        | ○       |
| 2-3-28 Fukami-nishi                                                                                                                                                                 | 200-2211 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Saint Xavier Clinic</b>                                                                                                                                                          |          | ○<br>(Eye)                                            | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 2-6-8 Yamato-minami                                                                                                                                                             | 204-7473 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Soyagi Clinic</b>                                                                                                                                                                |          | ○                                                     |                               |         | ○          |        |         | ○            | ○   |          |          |         |
| 2-15-9 Soyagi                                                                                                                                                                       | 265-5358 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Tanaka Clinic</b>                                                                                                                                                                |          | ○                                                     |                               |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 3-7-18 Sakuramori                                                                                                                                                                   | 200-3322 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Nobukiyo Otolaryngology Clinic</b>                                                                                                                                               |          |                                                       |                               |         |            |        |         |              | ○   |          |          |         |
| 1F, 1-9-25 Yamato-higashi                                                                                                                                                           | 240-8714 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Fukamidai Central Hospital</b>                                                                                                                                                   |          | ○                                                     | ○                             | E       | ○          | U      |         | ○            | ○   | ○        | ○        | ○       |
| 3-5-28 Fukamidai                                                                                                                                                                    | 263-6661 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Murakami Clinic</b>                                                                                                                                                              |          | ○                                                     |                               |         |            |        |         | ○            | ○   |          |          |         |
| 2-9-10 Yamato-minami                                                                                                                                                                | 264-0505 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Medical Park Yamato</b>                                                                                                                                                          |          |                                                       |                               |         |            |        | ○       |              | ○   |          |          | ○       |
| 1-4-10-102 Yamato-higashi                                                                                                                                                           | 244-5561 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Mominoki Clinic</b>                                                                                                                                                              |          | ○                                                     |                               |         |            |        |         | ○            | ○   | ○        | ○        | ○       |
| 2-6-5 Yamato-minami                                                                                                                                                                 | 261-0214 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Ekimae Hoshino Clinic</b>                                                                                                                                                 |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 3F, 1-4-2 Yamato-higashi                                                                                                                                                            | 260-6020 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Koiso Clinic</b>                                                                                                                                                          |          | ○                                                     | ○                             |         | ○          | U      |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 5-4-25 Chuo                                                                                                                                                                     | 200-3900 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Children's Clinic</b>                                                                                                                                                     |          |                                                       |                               |         |            |        |         |              |     |          |          | ○       |
| 3-4-18 Yamato-higashi                                                                                                                                                               | 261-0100 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Central Cardiology/Internal Medicine Clinic</b>                                                                                                                           |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   |          |          |         |
| 7-10-15 Chuo                                                                                                                                                                        | 204-5090 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Tokushukai Hospital</b>                                                                                                                                                   |          | ○<br>(Eye)                                            | ○                             | B・E     | ○          | U・M    | ○       | ○            | ○   | ○        | ○        | ○       |
| 4-4-12 Chuo                                                                                                                                                                         | 264-1111 |                                                       |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Internal Medicine/Pediatrics Clinic</b>                                                                                                                                   |          | ○                                                     | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2-14-9 Chuo                                                                                                                                                                         | 265-3335 |                                                       |                               |         |            |        |         |              |     |          |          |         |

| Name<br>(Japanese Alphabetical Order)                     |          | Specialty<br>/ Elderly/Hepatitis/Prostate | Institution Cancer Screenings |         |            |        |         | Vaccinations |     |          |          |         |
|-----------------------------------------------------------|----------|-------------------------------------------|-------------------------------|---------|------------|--------|---------|--------------|-----|----------|----------|---------|
|                                                           |          |                                           | Lung                          | Stomach | Colorectal | Breast | Uterine | Pneumonia    | Flu | COVID-19 | Shingles | Rubella |
| <b>Yamato-higashi Clinic</b>                              |          | ○                                         | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 2F, 1-4-2 Yamato-higashi                                  | 244-0810 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Yamato Women's Clinic</b>                              |          | ○                                         |                               |         | ○          |        | ○       |              | ○   | ○        | ○        | ○       |
| 2-13-27-101 Chuo                                          | 260-1151 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Yoshizawa Clinic</b>                                   |          | ○                                         |                               | E       | ○          |        |         | ○            | ○   | ○        | ○        |         |
| 1-3-2 Kami-soyagi                                         | 264-1288 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Yotsuba Orthopedic Clinic</b>                          |          | ○                                         |                               |         |            |        |         | ○            | ○   |          |          |         |
| 2F, 1-7-21 Yamato-higashi                                 | 205-2052 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Wakaba Clinic</b>                                      |          | ○                                         | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1-7-21 Chuo                                               | 265-6224 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Ko Orthopedic Clinic</b>                               |          | ○                                         |                               |         |            |        |         |              | ○   |          |          |         |
| 5516 Fukuda                                               | 267-1414 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Koyanagi Internal Medicine/Gastroenterology Clinic</b> |          | ○                                         | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 5514-6 Fukuda                                             | 267-6003 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Sakuragaoka Otolaryngology Clinic</b>                  |          | ○                                         |                               |         |            |        |         |              | ○   |          |          |         |
| 5525-1 Fukuda                                             | 267-1813 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Sakuragaoka Central Hospital</b>                       |          | ○ (Eye)                                   | ○                             | B・E     | ○          | U・M    | ○       | ○            | ○   |          | ○        | ○       |
| 1-7-1 Fukuda                                              | 269-4111 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Ai Clinic Urology/Dermatology</b>                      |          | ○                                         |                               |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 5-25-1 Shibuya                                        | 279-5670 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Koza-shibuya Renal Clinic</b>                          |          | ○                                         |                               |         |            |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 8-4-1 Shibuya                                         | 201-0027 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Koza-shibuya Tsubasa Clinic</b>                        |          | ○                                         | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 5-22 Shibuya                                          | 279-5111 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Koza-shibuya Internal Medicine/Endoscopy Clinic</b>    |          | ○                                         | ○                             | E       | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 8-3-2 B, Shibuya                                          | 201-0370 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Koza-shibuya Hyodo Otolaryngology Clinic</b>           |          | ○                                         |                               |         |            |        |         |              | ○   |          |          |         |
| 7-23-1 Shibuya                                            | 279-5333 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Shiba Women's Clinic</b>                               |          | ○                                         |                               |         | ○          |        | ○       |              |     |          |          |         |
| 2F, 8-1-10 Shibuya                                        | 268-5050 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Sudo Orthopedic Clinic</b>                             |          | ○                                         |                               |         |            |        |         | ○            | ○   | ○        | ○        | ○       |
| 5-6-6 Shibuya                                             | 201-0822 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Daikan Ai Clinic</b>                                   |          | ○                                         |                               |         |            |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 1-15-7 Daikan                                         | 205-7771 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Nire Family Clinic</b>                                 |          | ○ (Eye)                                   | ○                             |         | ○          |        |         | ○            | ○   |          | ○        |         |
| 1F, 6-12-6 Shibuya                                        | 244-0562 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Fujinuma Internal medicine Clinic</b>                  |          | ○ (Eye)                                   | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 5-25-1 Shibuya                                        | 201-0161 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Honda OB-GYN/Internal Medicine Clinic</b>              |          | ○                                         |                               |         | ○          | U      | ○       | ○            | ○   |          | ○        | ○       |
| 5-39-2 Shibuya                                            | 267-7222 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Minami-yamato Clinic</b>                               |          | ○                                         |                               |         |            | U・M    |         |              |     |          |          |         |
| 940-1 Shimo-wada                                          | 268-5999 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Minami-yamato Koza Clinic</b>                          |          | ○                                         |                               |         |            |        |         | ○            | ○   | ○        | ○        | ○       |
| 2F, 5-22 Shibuya                                          | 269-7111 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Minami-yamato Hospital</b>                             |          | ○ (Eye)                                   | ○                             | B・E     | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1331-2 Shimo-wada                                         | 269-2411 |                                           |                               |         |            |        |         |              |     |          |          |         |
| <b>Mihira Clinic</b>                                      |          | ○                                         | ○                             |         | ○          |        |         | ○            | ○   | ○        | ○        | ○       |
| 1F, 4-8-4 Shibuya                                         | 201-2220 |                                           |                               |         |            |        |         |              |     |          |          |         |

# Request for Submission of Health Checkup Results, Including Comprehensive Medical Checkups and Workplace Health Screenings

Individuals enrolled in Yamato City National Health Insurance who have undergone a comprehensive medical checkup, workplace health screening, or other examination that includes items equivalent to those of the Yamato City Specific Health Checkup are requested to provide their examination results.  
Depending on the screening results, the city may send guidance regarding specific health counseling. In addition, your health checkup information will be available for viewing through Mynportal.

| ① Eligible Individuals                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Individuals aged 40 to 74 who have been continuously enrolled in Yamato City National Health Insurance since April 1, 2026.</li> <li>Individuals who have undergone a comprehensive medical checkup or workplace health screening between April 1, 2026 and March 31, 2027.</li> </ul> <p>※Individuals who have used the National Health Insurance comprehensive medical checkup subsidy program described on page 23, those who have lost eligibility, and those who have undergone the Yamato City Specific Health Checkup are not eligible.</p> |

| ② Application Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>By mail: Please send a copy of your health checkup results and your Yamato City Specific Health Checkup voucher.</li> <li>In person: Please bring a copy of your health checkup results and your Yamato City Specific Health Checkup voucher to the Medicine / Health Division service counter.</li> </ul> <p>※By submitting your health checkup results to the City, you will be deemed to have consented to the use of those results in place of the Specific Health Checkup results.</p> |

| ③Application period / address                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------|
| <p>From April 1, 2026 to May 31, 2027</p> <p>Medicine / Health Division, Health and Welfare center 4F, 1-31-7 Tsuruma, 242-8601</p> |



## Reissuance of a Ticket

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

|                     |                                                                                                                                                           |                                                                                                                                                          |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Online application: | City website>Search by Organization<br>>Digital Strategy Section>Digital Service<br>>Online Application<br>>e-Kanagawa<br>Search Keyword: checkup voucher |                                                                                                                                                          |
| FAX                 | (046) 260 1156                                                                                                                                            | Please include your name, date of birth, address, and a daytime contact telephone number, and also indicate that you wish to have your voucher reissued. |
| Phone               | (046) 260 5662<br>Weekdays 8:30-17:00                                                                                                                     |                                                                                                                                                          |
| Mail (postcard)     | 〒242-8601 To Medical / Health Division (no need to write the address)                                                                                     |                                                                                                                                                          |

※ Those with welfare / benefits for Japanese returnees from China after WWII are not issued the (basic) checkup voucher. Please bring a welfare certificate or an ID of benefits for Japanese returnees from China. Cancer screening voucher 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 Central Hospital   | Basic Course, Basic + Gynecology (cervix) Course<br>Basic + Gynecology (body) Course, Basic + Gynecology (cervix + body) Course |
| Minami Yamato Hospital         | Basic Course                                                                                                                    |

| Subsidy Amount                            | Examination Fee<br>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   |

City website



Online application



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)



| 24/7 Consultation Hotline                                                                                                                                                                                             |                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Yamato 24-Hour Health Consultation Hotline<br>0120-244-810<br>(For Yamato residents only • Toll free)<br>Consultation services are provided for medical, health, mental health, parenting, and nursing care concerns. | Kanagawa Emergency Consultation Center<br>#7119<br>or<br>045-232-7119<br>045-523-7119<br>(For hearing impaired only)<br>FAX: 045-242-3808 (Information on medical institutions for individuals with hearing impairments) |

## 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 (Special health checkups, Elderly checkup, etc.)
- Female health checkup

※The osteoporosis screening / adult dental checkup fee will be waived only for any households receiving public assistance / recipients of the Support Benefits for Displaced Japanese in China, etc.

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

| Individuals who are exempted from co-payments                                                                                                                                                                                                        | Required Certificates                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| >70 years old (born before Apr. 1 <sup>st</sup> , 1957)※                                                                                                                                                                                             | Document that shows your age (My Number Card / Qualification Certificate, etc.)                                                                                                      |
| Household on Welfare ※                                                                                                                                                                                                                               | Certificate for Welfare Recipient                                                                                                                                                    |
| A person receiving financial assistance for Japanese Orphans in China after WWII, etc. ※                                                                                                                                                             | ID for support benefits                                                                                                                                                              |
| City/Prefecture tax-exempt household<br>(Taxation status is verified on a household basis as of the date of application. If any member of the household is subject to municipal or prefectural tax, he/she will not be eligible for the fee waiver). | Yamato City Health Checkup/Screening Fee Exemption Certificate<br>* Application is required in advance (Insurance takes approximately one week). See the following for more details. |

### Application period of Yamato City Health Checkup / Screening Fee Exemption Certificate

|                                                                               |     |                                                          |   |       |
|-------------------------------------------------------------------------------|-----|----------------------------------------------------------|---|-------|
| April                                                                         | May | June                                                     | ~ | March |
| For individuals scheduled for examination between April 20 and the end of May |     | For individuals scheduled for examination after June 1st |   |       |

Apply at least one week before your scheduled examination date

Apply at least one week before your examination date scheduled in June and after

※If you applied after June 2025, have already obtained a fee exemption certificate, and plan to undergo the examination by the end of May 2026, your certificate remains valid through May 31, 2026, and you may continue to use your current certificate.

## ○ Application Procedure for Yamato City Health Checkup/Screening Fee Exemption Certificate

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 within the validity period 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, Only for those who wish to receive their certificate by mail)

\* If you are scheduled for an examination in April or May and moved to Yamato City on or after January 2, 2025, or if you are scheduled for an examination in June or later and moved to Yamato City on or after January 2, 2026, please scan the QR code on the right, confirm the required documents, and submit them.

\* Submit an application form for a person requesting an exemption (Two copies are required if applying for two individuals in the same household) . Please refer to the city website or 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 section of each voucher indicates "free of charge". Please bring the voucher on the day of screening.