

KEEP**2024**

Please keep this for a year

Yamato City Health Checkup Guide

Yamaton,
the Yamato City
Mascot
Character

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

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Health Checkups (special/elderly/basic checkups) (hepatitis, prostate cancer)

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

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Screening to check your bone condition.
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Examination of teeth and gums.
Available for anyone who is turning 40, 50, 60, or 70 years old during this fiscal year.

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

Yamato City Medical Checkup Division

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

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

Cancer Screenings (Institution / Group Screenings)

Available once per fiscal year. Get routine screening to stay healthy.

○How to get a screening

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



Pick a venue

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

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



Application

Institution Screenings: Partner medical institution

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Screenings

○Screening Items / subjects

Screening Items Eligible Persons		Lungs	Stomach	Colon	Uterus		Brest	
					Cervix	Body	US	Mammography
Male	Over 40 years old	○	○	○				
Female	20-29 years old				○			
	30-39 years old				○	○	○	
	Over 40 years old	○	○	○	○	○ (Institution Screening only)		○

※Over 40 years old: Born before April 1, 1985.

※30-39 years old: Born between April 2, 1985 and April 1, 1995.

※20-29 years old : Born between April 2, 1995 and April 1, 2005.

※Pregnant women are not included in the list of targets eligibles for the uterine cancer screening test.

Please use [a prenatal checkup voucher](#).

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

Screenings

Primary inspection for City Cancer Screenings

One of the major causes of death in Japan

Lung Cancer Screening

Lung X-ray Test:

Obtain a whole lung X-ray image.

Two doctors will check the 2-way images.

Sputum test:

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



Common type of cancer

for people over 50 years old.

Stomach Cancer Screening

Gastroscopy:

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

Stomach X-ray Test:

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



The number of patients has been increasing.

Colon Cancer Screening

Stool Occult Blood:

Colon bleeding can be observed with colon

This is the test to detect such bleeding.

Stool samples should be collected for two days at home.



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

Breast Cancer Screening

Mammography:

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

Ultrasound:

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



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

Uterine Cancer Screening

Cervical Cancer:

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

Uterine Body Cancer Screening:

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

Major tests as a Complete Screening Self-pay

Lung Cancer Complete Screening

Chest CT Test:

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

A contrast agent may be used.

Bronchoscopy:

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

Stomach Cancer Complete Screening Test

Gastroscopy:

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

Cytology:

Evaluation of cells from the suspected area.

Colorectal Cancer Complete Screening

Colonoscopy:

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

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

Breast Cancer Complete Screening

Mammography:

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

Breast ultrasonography

Breast MRI Test, Breast CT Test:

A detailed image is taken of the suspected area.

Cytology, Histology:

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

Uterine Cancer Detailed Examination

Colposcope:

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



Screening at a Medical Institution

(Available at nearby affiliate medical institutions)



Period:	From April 1st, 2024, to February 28th, 2025. (Be aware that there may be no vacancies near the end of the period)
Venue:	Please refer to the list of partner medical institutions in Yamato City (pages 19-22).
How to Schedule:	Please contact the partner medical institution you want to visit. (Some venues may require an advance appointment.)
Things to bring	<ul style="list-style-type: none"> • Ticket for the Cancer Screening you want to have (If you forget to bring the ticket, you will not be allowed to have the exam). • Health Insurance Card • Rate of Self-Pay (please bring the certification documents listed on page 23 if you are applying for an exemption) • Prescription log (for patients with chronic illnesses) *Present the log when you are requested at your examination. <p>※A Cancer Screening ticket can be reissued. Please check for details on page 23.</p>
Notification of results:	Please have the results explained by the medical institution you visited.

OCopayment

※The amount of charge may differ from the Group Screening (please bring the certification documents listed on page 23 if you are applying for an exemption)

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

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

※ 2 Institution Cancer Screening only. ※ 3 A visual inspection is added with the recommendation of a doctor.


※ 4 Breast Cancer Screenings are free for the individuals of the target group (those who will turn 41, 46, 51, or 56 years old during the fiscal year).

※ 5 Uterine Cancer Screenings are free for the individuals of the target group (those who will turn 20, 21, 22, 24, 26, or 28 years old during the fiscal year).

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

Unit : Persons



	Yamato City Cancer Screenings in 2021				
	Tested	Detailed Examination			Diagnosis of Cancer
		Needs Further Inspection	Percentage of Tested		
Lung Cancer	18,288	119	95	79.8%	11
Stomach Cancer	15,838	2,112	2,099	99.4%	39
Colorectal Cancer	17,554	2,046	1,378	67.4%	44
Breast Cancer	10,969	808	730	90.3%	56
Cervical Cancer	12,567	333	228	68.5%	3

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

Group Cancer Screenings



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

Period:	Please refer to the schedule on pages 6-7. (from April 2024 to March 2025)
Venue:	<ul style="list-style-type: none"> Local Medical Center (1-28-5, Tsuruma, Yamato) Health and Welfare Center (1-31-7, Tsuruma, Yamato) Shibuya Learning Center (In IKOZA, 5-22, Shibuya, Yamato)
Application:	Please refer to the instructions on page 6.
Things to bring:	<ul style="list-style-type: none"> Cancer Screening ticket for the exam(s) you take. Self-Pay rate (if applying for an exemption, please bring the Certification forms listed on page 23). All documents from Yamato City that are received within four days of The examination (questionnaire, etc.). ※The screening ticket is reissuable. Please refer to page 23 for more details.
Notification of results:	Mailed to individuals about one and half months after the examination date.

Self-Pay Amount

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

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

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

OTuberculosis Screening

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

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

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

In a Lung Cancer Screening, X-ray images are taken from two directions and two doctors evaluate them. In a Tuberculosis Screening, an image is obtained from one direction, and one doctor evaluates the image. Lung Cancer Screenings are recommended for those over 40 years old.

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




Group Cancer Screening

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

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

Month	Day	DOW	Screening type	Venue	PM only	Female only	Childcare	Application period
4	14	Sun.	L・S・R・M・C	H	*Refer to the schedule on “Koho Yamato” or city website			
4	26	Fri.	L・S・R・M・C	H/L				
5	2	Thu.	L・S・R・M・C	H/L				3/1~3/29
5	12	Sun.	L・S・R・M・C	H				
5	13	Mon.	L・S・R・M・C	H				
5	18	Sat.	R・M・U・C	L	●	●	●	4/1~4/10
5	20	Mon.	L・S・R・M・C	H				
6	4	Tue.	L・S・R・M・C	H			●	4/1~4/22
6	10	Mon.	L・S・R・M・C	H				
6	15	Sat.	L・S・R・M・C	H/L				
6	18	Tue.	L・S・R・C	S				5/1~5/10
6	20	Thu.	L・S・R・M・C	H				
6	29	Sat.	R・M・U・C	S	●	●	●	
7	4	Thu.	L・S・R・M・C	H				5/1~5/20
7	7	Sun.	L・S・R・M・C	H				
7	13	Sat.	L・S・R・M・C	H				6/1~6/10
7	17	Wed.	R・M・U・C	L	●	●	●	
8	3	Sat.	R・M・U・C	L	●	●	●	6/1~6/20
8	10	Sat.	L・S・R・M・C	H/L				7/1~7/10
8	27	Tue.	L・S・R・C	S				
9	4	Wed.	L・S・R・M・C	H			●	7/1~7/22
9	6	Fri.	R・M・U・C	S	●	●	●	
9	26	Thu.	L・S・R・M・C	H/L				8/1~8/13

○Application

Online	City website>online service >online application>e-kanagawa e-application Search Keyword: (Mass Cancer Screening)		【Required info】 Address, name, date of birth, age, phone, screening date, screening item ※For childcare service, please fill in your children's age and how many of them you'll bring.
FAX	0 4 6 (2 6 0) 1 1 5 6		
Mail	〒242-8601 To: Iryo Kenshin-ka (Medical Checkup Section) (no need to write the address)		
Phone	0 4 6 (2 6 0) 5 6 6 2 Weekday: 8:30 – 17:00 ※Please keep your screening ticket at hand. ※If you lose your ticket, you can request reissue. Please see the detail on page 18.		
<ul style="list-style-type: none">○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.○There will be no additional application quota after the application period.○In principle, an applicant cannot choose the sign-up 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.			

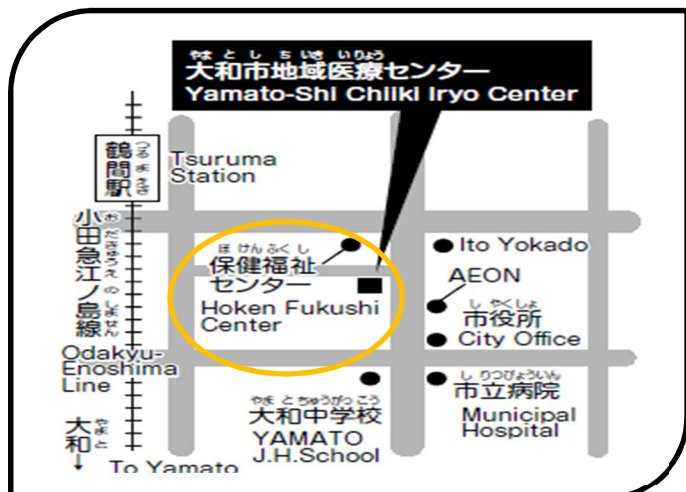
Month	Day	DOW	Screening type	Venue	PM only	Female only	Childcare	Application period
10	9	Wed.	L・S・R・M・C	H				8/1~8/20
10	12	Sat.	L・S・R・M・C	H				
10	15	Tue.	L・S・R・M・C	H/L				
10	24	Thu.	L・S・R・M・C	H				9/1~9/10
10	31	Thu.	R・M・U・C	L	●	●	●	
11	8	Fri.	L・S・R・M・C	H				9/1~9/20
11	20	Wed.	L・S・R・M・C	H				
11	28	Thu.	L・S・R・M・C	H				
11	30	Sat.	R・M・U・C	L	●	●	●	10/1~10/10
12	4	Wed.	L・S・R・M・C	H			●	
12	7	Sat.	L・S・R・M・C	H/L				10/1~10/21
12	9	Mon.	R・M・U・C	S	●	●	●	
12	10	Tue.	L・S・R・M・C	H				
12	18	Wed.	L・S・R・C	S				11/1~11/11
1	10	Fri.	L・S・R・C	S				11/1~11/20
1	22	Wed.	L・S・R・M・C	H				
1	25	Sat.	L・S・R・M・C	H/L				12/1~12/20
1	27	Mon.	R・M・U・C	L	●	●	●	
1	28	Tue.	L・S・R・M・C	H				
2	6	Thu.	L・S・R・M・C	H			●	12/1~12/20
2	10	Mon.	R・M・U・C	L	●	●	●	
2	20	Thu.	L・S・R・M・C	H				1/1~1/10
2	25	Tue.	L・S・R・M・C	H/L				
3	1	Sat.	L・S・R・M・C	H/L				1/1~1/20
3	5	Wed.	L・S・R・M・C	H				

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

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

○Map

Health and Welfare Center・Local Medical Center



Shibuya Learning Center



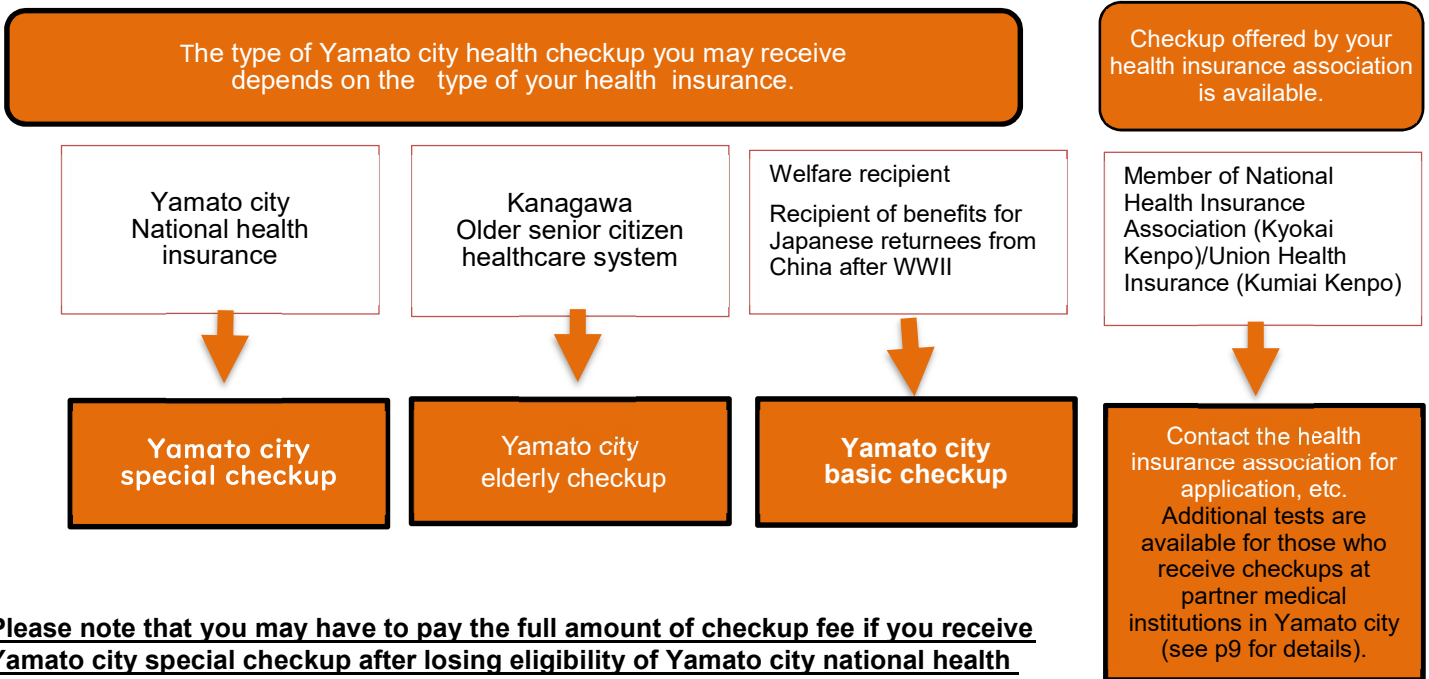
Health checkup

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

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

○Eligible person

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



○Application info

Period	April 1 st to September 30 th , 2024※	Please note that last-minute sign-up may be difficult. Early application is recommended.
Venue	Please refer to the list of partner medical institutions in Yamato city (page 19-22).	
Process	Pick the date and institution, then contact them by yourself.	

○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 by height and weight.
Blood pressure	Measure the pressure to the blood vessel wall and examine the resistance/elasticity of vessels.
Blood test	Examine the blood components to evaluate blood sugar, lipid, liver/renal function.
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 vessel 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 that is not on the list above or treatment. Please pay attention to the doctor's explanation.

○Additional test(Hepatitis virus/Prostate cancer screening)

Additional tests are performed to a Yamato city resident who receives health checkup (special/elderly /basic checkup) at a partner medical institution in the city. A citizen who underwent a checkup offered by Kyokai Kempo, Kumiai Kempo at a partner medical institution in the city is also eligible for these tests. Please tell the staff that you request the tests when you visit for health checkup.

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

○Examination Items

Test Item	Eligible Person	Test Content
Blood Test	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.
Chest X-ray Test		hole-lung X-ray image is obtained. Please take this test if you are recommended to undergo lung cancer screening.
Hepatitis Virus test	>40 year old Yamato resident who has never had a hepatitis virus test before.	Viral hepatitis is the major cause of liver cancer. This test can detect hepatitis B and C. Please take this test.
Prostate Cancer Screening	>50 year old male resident of Yamato city	Prostate cancer screening test that evaluates the level of PSA(Prostate-Specific Antigen).

○Self-Pay Amount and Things to Bring

In addition to health insurance card, following items are also needed to take the tests.
For the details of self-pay exemption, please refer to the page 18 and make sure to bring the required documents.

Test Item	Self-Pay amount	Test Ticket
Health Checkup (Basic/Complete items)	1,200yen	<u>Yamato city health checkup ticket</u> <ul style="list-style-type: none"> • Ticket is not necessary for Basic Checkup.
Additional Test	Blood test	Free *Bring the certificate for public assistant recipient /ID that certifies financial assistance for Japanese returnees from China after WWII, etc. <ul style="list-style-type: none"> • Ticket is not needed for a person who requests additional tests at the health checkup offered by Kyokai / Kumiai Kempo.
	Chest X-ray	
	Hepatitis Virus test	1,000yen Hepatitis virus test ticket ※You will not be charged if your ticket says “free” on the self-pay section. (For those who turn 40、45、50、55、60、and 65 years old by the end of fiscal year)
	Prostate Cancer Screening	500yen Prostate cancer screening ticket

○Important notices for Health checkup

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

○Checkup result and Follow-up Guidance

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

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

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

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

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



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

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

How to access► Access the website (<http://yamato.city-hc.jp>) by smartphone, computer, or any cell phone with internet access.

Scan the code on the right for easy access.

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



6 Types of Services are Provided:

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

Applications for Group Cancer Screenings and Female Checkups are also available

Health Checkups for Women

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

○Checkup Items

Test Items		Eligible Persons	Self-Pay Amount
Basic	Interview・Physical Measurement・Blood Pressure Urine Test・Blood Test Examination・Nutritional counseling	Females born between April 1 st , 1985 and April 1 st , 2007	1,500yen
	Tuberculosis Test		Free
Additional	Breast Cancer (Ultrasound) Screening	Females born between April 2 nd , 1985 and April 1 st , 1995	1,200yen
	Cervical Cancer Screening	Females born between April 1 st , 1985 and April 1 st , 2005	900yen

- ※Apply for the Group Cancer Screening (pages 6-7) if you want to have additional tests.
- ※You can also receive Breast/Uterine Cancer Screenings at an institution conducting Cancer Screenings (page 4).
- ※Please refer to the details about self-pay exemptions on page 18. If you are eligible, bring the required documents to your checkup.
- ※A pregnant woman is not allowed to have both basic and additional tests.
- ※A breastfeeding woman cannot take a Breast Cancer Screening.
- ※Also, you cannot receive a Cervical Cancer Screening during menstruation.
- ※Results from the examinations will be sent to you about one month later.

○Schedule

Date	DoW	Venue	Application Period	Note
5/18	Sat.	Local Medical Center	*For schedule, refer to "Koho Yamato" or city website	Quota : 80 people each time. Childcare service is available for all days. ※Morning only. You will be notified of the reception time after application.
6/29	Sat.	Shibuya Learning Center	4/1 (Mon.) ~ 4/15 (Mon.)	
7/17	Wed.	Local Medical Center	5/1 (Wed.) ~ 5/15 (Wed.)	
8/3	Sat.	Local Medical Center	6/1 (Sat.) ~ 6/17 (Mon.)	
9/6	Fri.	Shibuya Learning Center	7/1 (Mon.) ~ 7/16 (Tue.)	
10/31	Thu.	Local Medical Center	8/1 (Thu.) ~ 8/15 (Thu.)	
11/30	Sat.	Local Medical Center	9/1 (sun.) ~ 9/17 (Tue.)	
12/9	Mon.	Shibuya Learning Center	10/1 (Tue.) ~ 10/15 (Tue.)	
1/27	Mon.	Local Medical Center	11/1 (Fri.) ~ 11/15 (Fri.)	
2/10	Mon.	Local Medical Center	12/1 (Sun.) ~ 12/16 (Mon.)	

○Application

Online application	City website > Administration/Life > Online Service > Online Application > e-kanagawa Online application (「Please search with "Health Examination for Women" in the search box.」)		【Required Information】 Address, name, date of birth, age, phone number, date of checkup, requests for additional tests (if any), number of children and their ages (if you want childcare service).
	FAX	(0 4 6) 2 6 0 1 1 5 6	
	Phone	(0 4 6) 2 6 0 5 6 6 2 ※Weekdays 8:30 to 17:00	
	Mail(postcard)	Mail(postcard) 〒242-8601 (No need to write address) To Medical Checkup Division	

- If the number of applicants exceeds the quota, there will be a lottery. All applicants, regardless of the result, will be sent a postcard. The postcards for the applicants who win the lottery will have the check-in time on it.
- In principle, you cannot choose the check-in time.
- Childcare service is available for any preschool-aged child over 6 months old. The limit for each venue is 45 children and is free of charge.
- Please bring your Cancer Screening ticket if you are having additional cancer screenings (there is no ticket for the Female Checkup).

Osteoporosis Screening

For females over the age of 40

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

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

○Period, Target, and Cost

Period	April 1 st , 2024 to February 28 th , 2025
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"> · 40 years old (born between April 2nd, 1984 and April 1st, 1985) · 45 years old (born between April 2nd, 1979 and April 1st, 1980) · 50 years old (born between April 2nd, 1974 and April 1st, 1975) · 55 years old (born between April 2nd, 1969 and April 1st, 1970) · 60 years old (born between April 2nd, 1964 and April 1st, 1965) · 65 years old (born between April 2nd, 1959 and April 1st, 1960) · 70 years old (born between April 2nd, 1954 and April 1st, 1955)
Fee	¥1,000 Payment exempted: person on welfare / benefits for Japanese returnees from China after WWII
Test Method	Test using X-film, or ultrasound
Test Site	Partner medical institutions in Yamato city

○Application

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

○Things to Bring

Osteoporosis screening ticket, health insurance card etc. (*)Eligible individuals: Documents for medical checkup cost exemption.

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

Partner medical institutions in Yamato city

Medical Institutions	Phone	Medical Institutions	Phone	Medical Institutions	Phone
Near Tsukimino Station		Near Tsuruma Station		Near Sagami-Otsuka Station	
Ebihara Orthopedics Clinic	278-5877	Ikedo Orthopedics Clinic	262-5788	Yoshizawa Clinic	264-1288
Yamato Surgery/Internal Medicine Clinic	274-1767	Ideguchi Internal Medicine/Rheumatoid Arthritis Clinic	204-5190	Yotsuba Orthopedics Clinic	205-2052
Near Chuo - Rinkan Station		Seiwa Clinic	264-3911	Near Koza-Shibuya Station	
Shiosaka Surgery Clinic	275-3500	Maekawa Internal Medicine Clinic	278-3777	Tanaka Clinic	200-3322
Chuo-rinkan Sakura Internal Medicine Clinic	278-1515	Near Yamato Station		Near Sakuragaoka Station	
Chuo-rinkan hospital	276-8822	Okamoto Orthopedics Clinic	262-2080	Koh Orthopedics Clinic	267-1414
Nakamura Internal Medicine/Surgery Clinic	219-2300	Osada Clinic	262-2500	Near Koza-Shibuya Station	
Fukushima Orthopedics/Surgery/Dermatology Clinic	271-0217	Sekimizu Orthopedics/Surgery Clinic	200-2211	Koza-Shibuya Internal Medicine/Surgery Clinic	201-0370
Near Minami-Rinkan Station		Fukamidai Central Hospital	263-6661	Nire Family Clinic	244-0562
Iizuka Clinic	278-3207	Yamato Iki-iki Clinic	261-1840	Fujinuma Internal Medicine Clinic	201-0161
Takano Clinic	277-1561	Yamato Central Cardiology Clinic	204-5090	Honda Gynecological and Internal Medical Clinic	267-7222
		Yamato East Clinic	244-0810	Morita Orthopedics/Pediatrics Clinic	269-3662

Dental Checkups for Adults ~for Healthy Teeth and Gums~

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

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

At the Adult Dental Checkup, in addition to a cavity check, the periodontal pocket will be checked for early detection of other dental problems. Please take this opportunity to have this checkup.

○Period, eligibility, cost

Period	From April 1 st to November 30 th , 2024
Eligible persons	<p>Registered Yamato citizens who fall within one of following age groups.</p> <p>(The age group pertains to the age one will turn between Apr.1, 2023 and Mar.31, 2024).</p> <ul style="list-style-type: none"> • 40 years old (born between April 2nd, 1984 and April 1st, 1985) • 50 years old (born between April 2nd, 1974 and April 1st, 1975) • 60 years old (born between April 2nd, 1964 and April 1st, 1965) • 70 years old (born between April 2nd, 1954 and April 1st, 1955)
Cost	500 yen Exempted for anyone receiving public assistance or financial support for Japanese returnees from China after WWII
Examination Contents	Medical interview, check of current teeth and defects, periodontal tissue, oral soft tissue, etc.
Venue	Please refer to the list of partner medical institutions (pages 12-13).

○Sign-up

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

○Things to bring

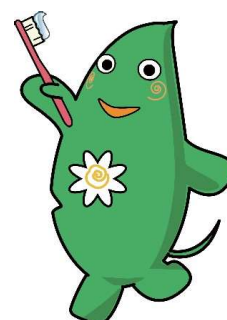
Your Adult Dental Checkup ticket and health insurance card to the checkup※.Eligible individuals: Documents for medical checkup cost exemption.

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

The Information about oral cancer screenings

Yamato Ayase Dentist Association offers free oral cancer screenings 3 times a year (July, September, November). Information is available on the Yamato Ayase Dentist Association website, or in Koho Yamato when the application period starts.

Please contact the Yamato Ayase Dentist Association ([TEL:046-263-0681](tel:046-263-0681), weekdays from 9:00-17:00) for more details.



Adult Dental Checkup Partner Medical Institutes Period: April to November

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

【Yamato City】

Name	Address	Phone
Yanagisawa Tsukimino-ekimae Dental Clinic	Village B-1, Tokyu Doeru Tsukimino, 4-5-1 Tsukimino, 112	2 7 7 - 4 6 1 8
Nakano Dental Clinic	1-11-13, Tsukimino	2 7 5 - 8 1 3 9
Saito Dental Clinic	4-3-18, Tsukimino	2 7 6 - 8 2 4 1
Tsukimino Dental Clinic	4-12-6, Tsukimino	2 7 3 - 0 0 0 3
Tajirika Dental Clinic	5-14-15, Tsukimino	2 7 5 - 2 1 4 1
Watabe Dental Clinic	6-1-46, Tsukimino	2 7 5 - 4 8 8 4
Denen Dental Clinic	M&M bld. 2F, 3-4-10, Chuo-rinkan	2 7 7 - 7 8 7 7
Hatano Dental Clinic	111, Greenwood Chuo-rinkan, 3-19-20, Chuo-rinkan	2 7 7 - 7 6 8 0
Aibi Dental Clinic	Aibi Dental Clinic bld., 3-10-8, Chuo-rinkan	2 7 7 - 7 4 7 4
Ishida Dental Clinic	Amenity Hill 1F, 4-26-18, Chuo-rinkan	2 5 9 - 8 2 6 2
Chuo-Rinkan Ito Dental Clinic	RISE Chuo-rinkan 2F, 4-14-20, Chuo-rinkan	2 0 4 - 7 3 0 3
Hori Dental/Orthodontic Clinic, Chuo-rinkan	4-29-22, Chuo-rinkan	2 0 5 - 6 8 7 1
Shimada Orthodontic Clinic	Ato-moe Chuo-rinkan 2F, 5-7-8, Chuo-rinkan	2 7 4 - 4 0 0 0
Hemmi Dental Clinic	1-13-7, Chuo Rinkan Nishi	2 7 7 - 0 6 3 1
Omata Dental Clinic	1-3-9, Minami-rinkan	2 7 4 - 0 4 6 2
Inaba Dental Clinic	Junes Minami-rinkan 1F, 1-4-18, Minami-rinkan	2 7 4 - 5 1 0 6
Sugiura Dental Clinic	Sugiura bld. 2F, 2-11-4, Minami-rinkan	2 7 4 - 6 0 0 2
Mizuno Dental Clinic	3-2-5, Minami-rinkan	2 7 6 - 5 4 3 8
Yamato Dental Clinic Minami-rinkan	Takeuchi bld. 1F, 4-6-16, Minami-rinkan	2 8 3 - 1 1 8 0
Takayama Dental Clinic	4-11-9, Minami-rinkan	2 7 1 - 2 2 1 1
Ito Dental Clinic	5-9-12, Minami-rinkan	2 7 5 - 6 5 3 0
Ashida Dental Clinic	7-15-4, Minami-rinkan	2 7 4 - 8 2 4 1
Itasaka Dental Clinic	Nikka Soko bld. 2F-A, 7-25-8, Minami-rinkan	2 7 7 - 6 4 8 8
K Dental Clinic	East One bld. 2F, 1-4-6, Rinkan	2 7 5 - 3 3 3 2
Minami-rinkan Alpha Dental/Orthodontic Clinic	Cliere Minami-Rinkan 1F, 1-5-5, Rinkan	2 7 2 - 6 7 7 6
Hayashi Dental Clinic	1-6-11, Rinkan	2 7 6 - 4 6 1 8
Oak Hills Dental Clinic	Ito Yokado Yamato Shimo-tsuruma 2F, 1-3-1, Shimo-tsuruma	2 6 0 - 4 6 1 8
Taiyo Dental Clinic	2777-5-6-1F, Shimo-tsuruma	2 7 8 - 4 6 1 8
Minami-rinkan Himawari Dental Clinic	3005-1, Shimo-tsuruma	2 0 0 - 9 9 0 4
Sugiyama Dental Clinic	Amino bld. 2F, 1-1-2, Tsuruma	2 6 2 - 6 8 6 0
Saint Luke Ophthalmology/Dental Clinic	Yamato Clinic mall 1F, 1-31-1, Tsuruma	2 6 2 - 6 4 8 0
Senuma Dental Clinic	2-1-22, Tsuruma	2 7 3 - 1 5 0 0
Yagi Dental Clinic	2-2-3, Tsuruma	2 7 4 - 2 5 2 5
Tsuruma Ekimae Dental Clinic	Verdomir Minami-rinkan 1F, 102 2-3-22, Tsuruma	2 7 5 - 7 4 6 5
Tsuruma Dental Clinic	Nabeta bld. 2F, 1-2-1, Nishi-tsuruma	2 7 6 - 3 5 0 1
Ishizuka Dental Clinic	1-3-2-2F, Nishi-tsuruma	2 7 5 - 8 2 4 1
Matsuo Dental Clinic	1-9-14, Nishi-tsuruma	2 7 4 - 0 9 0 3
Hirata Dental Clinic	Fuyo bld. 2F, 1-17-1, Nishi-tsuruma	2 7 4 - 4 1 0 8
Amity Dental Clinic	109, Highness Amity Tsuruma, 3-5-6, Nishi-tsuruma	2 6 4 - 9 6 0 5
Takahashi Dental Clinic	7-8-7, Kamisoyagi	2 0 0 - 4 1 1 8
Kawasaki Dental Clinic	1-4-30, Fukami-nishi	2 6 5 - 6 6 5 5
Dental Clinic Nakamura	1-8-19, Fukamidai	2 6 0 - 2 3 7 8
Fukamidai Dental Clinic	3-5-28-2F, Fukamidai	2 4 0 - 6 8 8 8
Magokoro Dental Clinic	7 th Siinoki bld. 2F, 1-3-8, Yamato-higashi	2 4 4 - 3 1 1 9
Yu Dental Clinic	Taiyo bld. 20th · 2F, 1-3-15, Yamato-higashi	2 0 5 - 7 2 2 1
Mikuni Dental Clinic	1-5-12, Yamato-higashi	2 6 4 - 0 0 6 1
Shigematsu Dental Clinic	1-10-11, Yamato-higashi	2 6 1 - 1 7 3 5
Handa Orthodontic clinic	Waizu bld. 2F, 2-2-1, Yamato-higashi	2 6 4 - 8 8 0 8

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

【Ayase City】

Name	Address	Phone
Takeuchi Dental Clinic	3-12-32, Terao-kita, Ayase	0467-78-3020
Kondo Dental Clinic	4-13-1, Terao-naka, Ayase	0467-77-0300
Komori Dental Clinic	3-9-10, Terao-minami, Ayase	0467-77-9494
Tokunaga Dental Clinic	1328-67, Kozono, Ayase	0467-76-8801
Kaida Dental Clinic	1-11-12, Kozono-minami, Ayase	0467-77-0685
Atsugi Dental Clinic	7-10-9, Ogami, Ayase	0467-78-1364
Tomita Dental Clinic	2-3-12, Fukaya-naka, Ayase	0467-53-8133
Tsuda Dental/ Orthodontic Clinic	RISEMALL Ayase A-03, 7-18-1, Fukaya-naka, Ayase	0467-39-6632
Ayase First Dental Clinic	7-29-32, Fukaya-naka, Ayase	0467-70-1275
Momo Dental Clinic	1-1-51, Fukaya-kami, Ayase	0467-78-5858
Tobayama Dental Clinic	2-3-16, Fukaya-kami, Ayase	0467-53-8217
Ayase Chuo Dental Clinic	6-49-19, Fukaya-kami, Ayase	0467-77-4491
Arakawa Dental Clinic	Okubo bld. 1F, 1-3-22, Hayakawa-shiroyama, Ayase	0467-70-4618
Miya Dental Clinic	3-12-1, Hayakawa-shiroyama, Ayase	0467-81-3841
Shibagaki Dental Clinic	2366-1, Yoshioka, Ayase	0467-76-1889
Kao Dental Clinic	6-6-7, Kamitsuchidana-naka, Ayase	0467-70-6480
Hibiki Dental Clinic	Bellflower, 1-8-19, Kamitsuchidan-minami, Ayase	0467-78-3851
Hanamura Dental Clinic	101, Hill Valley Watai, 1-11-19, Kamitsuchidana-minami, Ayase	0467-78-7100

Rubella Vaccination for Adults

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



These are two
programs which
target different
people.




○Additional Rubella Measure

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

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

Vaccination Period:	until February 28th, 2025	Cost:	Free
Target:	<p>★Males Yamato city resident born between April 2nd, 1962, and April 1st, 1979</p> <p>A vaccination voucher is issued to eligible people. If you have no history of using a voucher and need one after moving in Yamato or are missing it, please refer to the “Issuing Voucher” below to request one. You can also use an expired voucher if you have one. Check the Yamato City website for details.</p> <p>※You cannot use your voucher after moving out of Yamato City (including the date of moving out). Please contact the municipality where you are moving to about the vaccination there.</p> <p>※This program only allows one antibody test. A single vaccination is allowed for people with the antibody titer lower than the criteria.</p>		
Issuing Voucher	<p>The application is available online (QR code on the bottom right), by phone, or FAX (the number is on the cover). ※Vouchers will be sent about a week after application.</p> <p>For a faxed application, state your address, name, date of birth, and phone number.</p> <p>※If you need the voucher immediately, visit the Medical Checkup Division counter with your ID. We will issue you a voucher on the spot. If you cannot come, another person can be a substitute. If the substitute lives with you, only your ID is required. If the substitute lives in the different place, he/she will need to bring a letter of attorney in addition to your ID.</p> 		
Partner Medical Institute	<p>Vaccinations are available through medical institutions all over Japan that join this program.</p>  <p>Please refer to the list of partner medical institutions in Yamato City on page 19-22 (Rubella Measure). For the list of partner medical institutions, check the “Additional Rubella Measures” section of the Ministry of Health, Labor, and Welfare website.</p>		

○Partial Subsidy for Adult Rubella Vaccination (optional)

Period:	Year-round
Eligible people:	<p>★Those who are over 19 years old and are registered as Yamato City residents who are:</p> <p>①Females who want to become pregnant</p> <p>②Husband or partner of a pregnant woman</p> <p><The following people are not eligible for this program (self-paid vaccinations are available)></p> <ul style="list-style-type: none"> · 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.) · A person who has had a history of rubella infection. · A person who has applied for the Yamato City Rubella Prevention Subsidy Program for Adults (this program) before. · A male who was born between April 2nd, 1962 and April 1st, 1979 may not apply for this program because he is eligible for the “Additional Rubella Measure”(page 16). · Please note that a female citizen who is pregnant or has a possibility of being pregnant may not receive the vaccination. <p>Please use birth control for 2 or 3 months after the vaccination.</p>
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 is 6,000 yen</p> <p>◆The amount of subsidy for the Rubella vaccine is 4,000 yen</p> <p>※The cost differs at each medical institution.</p>
Application and required documents:	<ul style="list-style-type: none"> · Online (QR code on the right) ※Please search with “Rubella Vaccination” in the search box · Mail an application form to the Yamato City Medical Checkup Division, or submit it at the division counter. <p>*Those who apply to ②also need to submit a copy of your child's mother -and- child handbook. Please copy the page with parents' names, dates of birth and address.</p> <p>*After applying, visit a partner medical institution (refer to page 19-22 “Rubella(voluntary)”) for your vaccination. Please bring the document sent from the city and your health insurance card.</p> 

Are all your child's vaccinations up to date?

Japanese encephalitis	2nd period	9 to 12 years old (Notified in the month when your child turns 9 years and 1 month old.)	Once
	Special case	A person who is under 20 years old and was born before April 1 st , 2007.	A person who has not had all four doses during the first and second periods may have the remaining doses before turning 20 years old.
Diphtheria, Tetanus (DT) combination vaccine	11 to 12 years old (notifications sent to 6 th grade students)		Once
HPV (cervical cancer prevention)	Any girl from grade 6 to the age corresponding with a first-year student of high school is eligible.		<p>The number of doses varies based on the type of vaccine and the age at which vaccination begins. In general, the same vaccine is administered consistently after selecting one</p> <ul style="list-style-type: none"> · Silgard-9 (9-valent vaccine) · Gardasil (4-valent vaccine) · Cervarix (2-valent vaccine)
	Catch up: Vaccination period ends in March, 2025	For females born between April 2 nd , 1997 and April 1 st , 2008.	

Important notice for vaccinations

※Please contact us if you are eligible for the catchup vaccination and have already received the first or second dose of HPV vaccine and then stopped.

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

Vaccination for Those Over 65 Years Old (Routine Vaccination)

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

○Pneumococcus Vaccination for Adults

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

○Seasonal Flu Vaccination

Period:	from October 1st to December 31st, 2024
Eligible people:	Registered residents in Yamato city who meet the following criteria: ① or ② Age at the date of Vaccination: ① Over 65 years old ② 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) ※Presentation of certification for people with disabilities or medical certificate is required.
Vaccination cost:	2,000 yen ※Ineligible people will be responsible for all charges. *Available only once during the period at a Yamato City partner medical institution.

<For the person who applied for the vaccination>

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

<For a person with exempted expenses>

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

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

○COVID-19 Vaccination

From FY2024, routine vaccinations will be offered to individuals 65 years of age and above.
Please refer to Koho Yamato or visit the city website for more information.

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

※Eye...Medical Institutions Performing Ophthalmoscopy ※E...Engoscope Only ※B・E...Barium or Endoscopy

※U...Ultrasound Only U・M...Ultrasound and Mammography A...Antibody test only

※Please contact individual medical institutions for details on how to make appointments for visiting in advance. (Depending on the application status, receptions may be closed early)

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screenings					Vaccinations			
				Lung	Stoma ch	Colore ctal	Breast	Uterine	Pneum onia	Flu	Rubella	
	Address	Phone	Measureme nt								Optional	
N e a r C h u o - r i n k a n ・ T s u k i m i n o S t a t i o n	Aizawa OB-GYN							○			○	○
	9-7-22, Chuo-rinkan	275-6161									○	○
	Ishikawa Clinic		○	○		○			○	○		
	5-5-32, Chuo-rinkan	274-4746										
	Imanishi Internal Medicine		○	○		○			○	○	○	○
	1900-14, Shimo-tsuruma	275-8585										
	Ebihara Orthopedics									○		
	521-8, Shimo-tsuruma, 1F	278-5877										
	Kawanishi Internal Medicine Clinic		○	○		○			○	○	○	○
	3-5-11, Chuo-rinkan, 2F	278-1201										
	Kinoshita Otolaryngology										○	
	3-5-11, Chuo-rinkan, 6F	271-3838										
	Kusuhara Internal Medicine Clinic		○	○		○			○	○	○	○
	521-8, Shimo-tsuruma, 1F	278-5483										
	Kuroyama Internal Medicine		○	○		○			○	○	○	○
	2-21-20, Chuo-rinkan, 1F	277-9680										
	Sakai Internal Medicine/ Cardiology Clinic		○			○			○	○	○	○
	4-5-15, Chuo-rinkan, 2F	276-8131	(Eye)	○								
	Shiosaka Surgical Clinic		○	○		○			○	○	○	
	9-8-31, Chuo-rinkan	275-3500	(Eye)									
	Takada Gastroenterology/ Internal Medicine Clinic		○	○	E	○			○	○	○	○
	6-11-15, Chuo-rinkan	278-2211										
	Chuo-rinkan Sakura Internal Medicine		○	○		○			○	○	○	○
	4-16-20, Chuo-rinkan, 3F	278-1515										
	Chuo-rinkan Diabetes /Thyroid Clinic		○						○	○		
	4-29-22 3F, Chuo-rinkan	277-1024										
	Chuo-rinkan Hospital		○	○	B・E	○	U		○	○	○	○
	4-14-18, Chuo-rinkan	276-8822	(Eye)									
	Chuo-rinkan Miki Dermatology Clinic										○	
	4-29-22, Chuo-rinkan, 1F	276-4112										
	Chuo-rinkan Yamakawa Ophthalmology										○	
	4-29-22, Chuo-rinkan, 2F	277-0322										
	Tsukimino Onakato Internal Medicine Clinic		○	○	E	○			○	○	○	○
	I -6-29, Tsukimino	276-1107										
Tsukimino Fujita Ophthalmology										○		
1-6-29, Tsukimino, 2F	273-1113											
Tsubame Children's Clinic											○	
I -6-29, Tsukimino, 2F	277-7700											
Nakamura, Internal Medicine/ Surgical Clinic		○	○	E	○	U		○	○			
3-11-13, Chuo-rinkan, 2F	219-2300											
Hashimoto Clinic		○		E	○					○		
3-18-1, Chuo-rinkan	271-0306											
Higuchi Internal Medicine Clinic		○	○		○			○	○			
3-4-16, Chuo-rinkan, 1F	278-1777											
Fukushima Orthopedic/Dermatology										○		
3-5-11, Chuo-rinkan, 1F	271-0217											
Mochizuki Otolaryngology								○	○			
4-20-4, Chuo-rinkan	271-3387											
Yamato Surgical/Internal Medicine Clinic		○	○	E	○	U		○	○	○	○	
704-6, Shimo-tsuruma	274-1767											
Yamato Tsukimino Urology/Internal Medicine Clinic		○			○			○	○	○		
4-9-24, Tsukimino	244-4115											
Rinkan Clinic		○			○	U M	○	○	○	○	○	
5-1-3, Chuo-rinkan	278-6668											

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

	Name (Japanese Alphabetical Order)		Special Elderly	Institution Cancer Screenings					Vaccinations				
	Address	Phone	Hepatitis Prostate	Lung	Stomach	Colorectal	Breast	Uterine	Pneumonia	Flu	Rubella		
											Measurement	Optional	
Near Tsuruma Station	Miyazaki Surgical Clinic		○			○			○	○	○		
	2-10-3, Tsuruma												
	Yasuno Clinic		○	○		○			○	○	○	○	
	2568, Shimo-tsuruma												
	Yamaguchi Clinic		○	○		○			○	○	○	○	
	1-11-12, Nishi-tsuruma												
	Yamato City Hospital				E	○	U M						
	8-3-6, Fukami-nishi												
	※For cancer screenings at Yamato City Hospital, please call between 2-4PM, Mon-Fri, to make an appointment.												
	Yamamoto Clinic										○		
	1-3-5, Tsuruma, 2F												
	Yukosu Medical Care Clinic		○	○		○			○	○		○	
	3-6-1 1, Nishi-tsuruma, 1F& 2F-120												
	Lilac Clinic		○	○		○			○	○	○	○	
	2-11-29, Tsuruma, 3F												
	Okabayashi Okamoto Osada Sakuramori Near Yamato Souyagi Tanaka Sakuramori Nobukiyo Fukumidai Murakami Otsu Suk Yamato Station	Okabayashi Clinic		○	○		○			○	○		○
		1-1-2, Chuo, 2F											
		Okamoto Orthopedic /Surgery		○	○		○	U			○		
5-6-29, Chuo, 1F		(Eye)											
Osada Clinic		○	○	E	○			○	○	○	○		
2-2-1, Chuo, 2F		(Eye)											
Sakuramori ENT Clinic									○				
186-3, Kami-Soyagi													
Sasai Clinic		○	○		○			○	○				
1-7-21, Yamato-higashi, 3F													
Sekimizu Orthopedic /Surgery Clinic		○						○	○	○	○		
2-3-28, Fukami-nishi													
Saint Xavier Clinic		○	○		○			○	○	○	○		
2-6-8 2F, Yamato-minami		(Eye)											
Souyagi Clinic		○			○			○	○				
2-15-9, Souyagi													
Tanaka Clinic		○			○			○	○	○	○		
3-7-18, Sakuramori													
Sakuramori Otsu Suk Yamato Station	Nobukiyo Otolaryngology Clinic									○			
	1-9-25, Yamato-higashi, 1F												
	Fukumidai Chuo Hospital		○	○	E	○	U		○	○	○	○	
	3-5-28, Fukamidai												
	Murakami Clinic		○						○	○			
	2-9-10, Yamato-minami												
	Mominoki Clinic		○						○	○	○	○	
	2-6-5, Yamato-minami												
	Yamato Iki-iki Clinic		○	○		○			○	○		○	
	2-5-12, Yamato-higashi												
	Yamato Station Hoshino Clinic		○			○			○	○	○	○	
	1-4-2, Yamato, 3F												
	Yamato Children's Clinic											○	
	3-4-18, Yamato-higashi												
	Yamato Sun Clinic										○		
	3-4-27, Yamato-higashi												
	Yamato Station	Yamato Chuo Cardiology		○	○		○			○	○	A	
		7-10-15, Chuo											
Yamato Tokushukai Hospital		○	○	B E	○	U M	○	○	○		○		
4-4-12, Chuo		(Eye)											
Yamato Internal Medicine/Pediatric Clinic		○	○		○			○	○	○	○		
2-14-9, Chuo													
Yamato Higashi Clinic		○	○	E	○			○	○	○	○		
1-4-2, Yamato Higashi, 2F													
Yamato Hospital Kidney Clinic								○	○				
8-2-10, Fukami-nishi													

	Name (Japanese Alphabetical Order)		Special Elderly Hepatitis Prostate	Institution Cancer Screenings					Vaccinations			
	Address	Phone		Lung	Stoma ch	Colore ctal	Breast	Uterine	Pneum onia	Flu	Rubella	
			Measureme nt								Optional	
Ne sa ta Y i o m a t o	Yamato Urban Clinic											
	3-1-6, Yamato-higashi, 3F	204-5010									○	
	Yamato Ladies' Clinic											
	2-13-27, Chuo, 101	260-1151			○		○			○		
	Yoshizawa Clinic		○		E	○			○	○		
	1-3-2, Kamisouyagi	264-1288										
	Yotsuba Orthopedics		○						○	○		
	1-7-21, Yamato-higashi, 2F	205-2052										
S a k u r a g a o k a	Wakaba Clinic		○	○		○			○	○		○
	1-7-21, Chuo	265-6224										
	Koh Orthopedics		○								○	
	5516, Fukuda	267-1414										
	Koyanagi Internal Medicine/ Gastroenterology		○	○		○			○	○		○
	5514-6, Fukuda	267-6003										
	Sakuragaoka Otolaryngology										○	
	5515-1, Fukuda	267-1813										
N e a r	Sauragaoka Chuo Hospital		○	○	B	○	U	○	○	○	○	○
	1-7-1, Fukuda	269-4111	(Eye)		E		M					
	Hiro Clinic		○	○		○			○	○	○	
	2-8-1, Fukuda	269-0020										
	Ai Clinic Urology/ Dermatology		○			○			○	○	○	○
	5-25-1, Shibuya, 2F	279-5670										
	Kouza-shibuya Kidney Clinic								○	○		○
	8-4-1, Shibuya, 1F	201-0027										
K o u z a s h i b u y a	Kouza-shibuya Tsubasa Clinic		○	○		○			○	○	○	○
	5-22, Shibuya, 2F	279-5111										
	Kouza-shibuya Internal Medicine/Surgical Clinic		○	○	E	○			○	○	○	○
	8-3-2, Shibuya	201-0370										
	Kouza Shibuya Hyodo Otolaryngology									○		
	7-23-1, Shibuya	279-5333										
	Shiba Ladies' Clinic					○		○				
	8-1-10, Shibuya, 2F	268-5050										
S h i b u y a	Sudo Orthopedic Clinic								○	○	○	○
	5-6-6, Shibuya	201-0822										
	Daikan Ai Clinic								○	○	○	○
	1-15-7, Daikan, 2,4F	205-7771										
	Nire Family Clinic		○	○		○			○	○		
	6-12-6, Shibuya, 1F	244-0562	(Eye)									
	Fujinuma Internal Medicine Clinic		○	○		○			○	○	○	○
5-25-1, Shibuya, 1F	201-0161	(Eye)										
M i a m i - Y a m a t o	Honda OB&GYN, Internal Medicine Clinic		○			○	U	○	○	○	○	○
	5-39-2, Shibuya	267-7222										
	Minami Yamato Clinic		○	○	B	○			○	○		
	940-1, Shimow ada	268-5999			E							
	Minami-Yamato Kouza Clinic								○	○		○
	5-22, Shibuya, 2F	269-7111										
	Miami-Yamato Hospital		○	○	B	○	U		○	○	○	○
1331-2, Shimow ada	269-2411	(Eye)	E		M							
	Mihira Clinic		○	○		○			○	○	○	○
	4-8-4-101, Shibuya	201-2220										
	Morita Orthopedic/Pediatrics		○						○	○	○	○
	816-1, Shimow ada	269-3662										

Exemption for Self-Pay Expense

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

Eligible medical examinations and checkups

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

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

Individuals who are exempted from co-payments	Required Certificate
>70 years old (born before Apr. 1 st , 1955)※	Cancer Screening Ticket (with “Free co-payment”)
Public assistance household※	Certificate for Public Assistant Recipient
A person receiving financial assistance for Japanese Orphans in China after WWII, etc. ※	ID that certifies financial assistance
City/Prefecture tax-exempt household (Taxation status is verified on a household basis as of the date of application. If even any member of the household is subject to municipal or prefectural tax, he/she will not be eligible for the fee waiver).	Yamato City Health Checkup/Screening Fee Exemption Certificate * Application is required in advance. See the following for more details.

Application requirements have changed since FY2024.

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

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

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

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

③Return envelope (with your mailing address and stamp)

* For those who will be examined in April or May and who moved to Yamato City on or after January 2, 2023, a taxation certificate issued by the municipality in which they resided as of January 1, 2023 is also required.

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

Please contact Medical Checkup Division for more details.


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

For those who are eligible for co-payment waiver, the co-payment “free of charge” is indicated on each screening ticket.

Please bring the ticket on the day of screening.

Reissuance of a Ticket

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

Online application:	City website > Administration/Life > Online Service > Online Application > e-kanagawa online application (search by “checkup ticket”).	
FAX	(046) 260 1156	
Phone	(046) 260 5662 Weekdays 8:30-17:00	
Mail (postcard)	〒242-8601 To Medical Checkup Division (no need to write the address)	

※ Fill in your name, date of birth, address, and a phone number for daytime contact. Also state that you request a reissue. Those with welfare / benefits for Japanese returnees from China after WWII are not issued the (basic) checkup ticket. Please bring a welfare certificate or an ID of benefits for Japanese returnees from China. Cancer screening ticket is also needed if you have cancer screening at the same time.

Yamaton Health Points

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

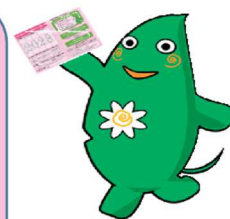
Eligible people : Yamato city resident who is over 20 years old (born before Apr. 1st, 2005)

Point Expiration : Mar. 31st, 2025*

Application Period : Apr. 1st, 2024 – Apr. 10th, 2025

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

*If your points do not reach 20 by the end of the fiscal year, you can add the points on a card (only allowed for ONE card) to the points of the following year when you apply for a prize. In this case, the final deadline is July 10th, 2025.



In addition, QUO cards worth 3,000 yen are given to 10 people from each generation (20's, 30's, 40's, 50's, 60's, 70's, over 80). The winners of FY23 will get the prize in April 2025.



《The Application to Raffle Process》

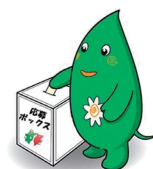
1. Get points

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

- Join the classes or events to get stamps on your card.
- Get points by visiting Koza-shibuya, Sirius, Tsurumainosato history museum (1 point per day/institution) .
- Fill in your checkup date on your point-card (You can get one point for each type of checkup, once a FY year).

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

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



3. Raffle and Get a Prize

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

Time of raffle and deadline for application:

- ① July 2024(deadline:7/10) ② Oct 2024(deadline:10/10)
③ Jan 2025 (deadline:1/10) ④ Apr 2025 (deadline:4/10)

Check website or information flier near the “application box”

Access website from here →

Inquiry: Health Policy & Walking Section, Health Promotion Division, 046-260-5803



Health-Visualize Section

At the Health Library located on the 4th floor of the Culture Creation Base Sirius, you can use machines such as a Body Composition Analyzer and a Brain Age Measuring Device to evaluate your health condition. Also, based on the results of your measurements, you can receive health counseling. For more details, please check the event calendar on the Sirius website or contact the Health Promotion Division.

Find the event calendar here →



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