Find a Regular Doctor for Ongoing Health

A regular doctor whom you can easily see when you’re not feeling well or need health management or illness prevention advice is always a good idea. In Japan, you can find such doctors in your local community by looking for facilities with クリニック or 医院 (“clinic” in both cases) at the end of the name. If you go to a large hospital, you will often have a long wait to see a doctor and may be charged extra fees. For peace of mind, find a local physician whom you feel comfortable visiting anytime rather than frantically searching for health care when you become ill.

Benefits of a Regular Doctor

1. Shorter waiting times and simpler reception procedures.
2. Introduction/referral to cooperating specialists or hospital departments when more detailed tests or hospitalization is required.
3. Familiarity with your (or a family member’s) symptoms, illnesses and regular health condition, allowing suggestion of tailored treatment strategies.
4. Advice on diet, vaccinations and other everyday health management issues.

Points for Choosing a Regular Doctor

1. A clinic close to home for convenient access.
2. A doctor who listens to patients and who is easy to consult with on health matters.
3. Plain, simple explanations about your illness, treatments and medicines.
4. Good neighborhood reputation.

In addition to an internist and a pediatrician, be sure to find a regular dentist and go for regular checkups!

Advice from a Foreign Doctor Practicing in Naka Ward

Q: What are some important points for clinic visits?
A: Always bring your own health insurance card. Also bring any medications you are currently taking. The doctor must examine you in order to write a prescription. If you don’t understand what the doctor is saying in Japanese, ask them to write things down and ask a Japanese-speaking friend to explain.

Q: How are Chinese hospitals different from Japan?
A: It’s a lot quicker and easier to get an exam in Japan. There’s no need to line up the day before or pay several times during the visit, like you do in China.

Q: What would you like to say to foreign residents?
A: Japan’s health insurance system has a reimbursement system for high medical costs. If your bill is above a certain threshold (for an average household, about 80,000 yen) your insurance will cover the excess amount. Many foreigners consider getting treatment back home for major procedures such as surgery, but if you are paying health insurance premiums in Japan, you can get high-quality treatment at a low cost.

Talk to Naka International Lounge

When you need a medical interpreter (see page 2 for details) or want to see a doctor who can speak your language, Naka International Lounge can help you. We can also provide guidance on how hospital visits in Japan work. We also have a multilingual medical questionnaire that will help you communicate with the doctor without a common language. Come talk with us anytime you need either immediate or preventive help.

Consultations: 10 a.m.–5 p.m. (until 8 p.m. Tue/Sat)
Closed: Third Sunday each month, 12/29–1/3
Languages: English, Chinese, Japanese
Location: 1F, Naka Ward Office Annex

Dr. Ma Liyun(China), Yokohama Clinic

Besides medical matters, Naka International Lounge has a wealth of information on everyday matters of life in Japan, including visas and schools. Come talk with us when you need to know something about living in Japan!
Understanding Health Insurance in Japan

Everyone residing in Japan, including foreigners, should be enrolled in public health insurance (known as the “system of the public health insurance for the whole nation”). The system bears part of the cost of medical care when an enrollee requires treatment for illness, injury and the like.

There are basically two kinds of public health insurance. One is National Health Insurance for the self-employed, part-time workers and the unemployed, and the other is health insurance for company employees and their families. You must enroll in one or the other.

Public Health Insurance (Mandatory)

National Health Insurance

This program is for people who are self-employed, whose workplace does not have a health insurance program, or are unemployed and are not enrolled in another public insurance program.

You join the National Health Insurance system through your ward office. If you become an employee, move, etc. you must take certain procedures at the ward office. Enrollees are required to pay health insurance premiums even if they do not visit a doctor regularly. If you pay your premiums, the insurance will cover 70–90 percent of your medical costs when you go to a hospital or clinic (percentage varies according to age).

Most medical treatment for illness, injury and dental work are covered, so please apply to join National Health Insurance so you will be prepared for a health emergency.

<From Naka Ward Office Hoken Kenkin-ka (Insurance and Pension Division), Tel: 045-224-8315>

Persons 75 and older are enrolled in the Latter-Stage Elderly Healthcare System.

Private Medical Care Insurance (Optional)

Such insurance is provided by private insurance companies for additional security beyond what is covered by public health insurance schemes; it is insurance used mainly for hospitalization, surgery and the like, and pays out amounts based on fixed amounts for the each day of hospitalization, type of surgical procedure, etc.

From Naka Ward National Health Insurance Section Officers

Are you worried about dealing with explanations in Japanese about symptoms or treatments? If you will go for treatment at a hospital under contract with the MIC Kanagawa, a medical interpreter can be dispatched to help you. The following hospitals do not charge for this interpretation service, which can be provided in 11 languages. Please note that you cannot arrange for this service on your own. First talk with the social worker at the target medical institution. If they determine that an interpreter is required, they will contact MIC to dispatch an interpreter.

Yokohama City University Medical Center*
4-57 Urafunecho, Minami Ward, Tel. 045-261-5656
* Requires a referral letter from your regular doctor

Yokohama Chuo Hospital
268 Yamashita-cho, Naka Ward, Tel: 045-641-1921
Both General hospitals with 18 departments, including Internal Medicine, Surgery, Gynecology and Ophthalmology.

Get Screened for Cancer

Cancer can happen to anyone. Regular screening can help detect cancer early, allowing for proper treatment. Depending on your age, you will be sent a coupon (in Japanese) for a free cancer screening. If you are older than the age for a particular screening, you can still be tested at low cost.

Eligibility for free cancer screening
· Uterine cancer: females at age 20
· Breast cancer: females at age 40
· Prostate cancer: males at age 50
· Colon cancer: males and females at age 50
· Cervical cancer: females at age 20
· Lung cancer: males at age 40

For details, please see http://translate-en.city.yokohama.lg.jp/kenko/14594.html
National Health Insurance enrollees can also take a basic health checkup for 1,200 yen. For details, please see page 3.
Seeking Renters for Shiei (Yokohama City-run) or Ken’ei (Kanagawa Prefecture-run) Public Housing

The City of Yokohama and Kanagawa Prefecture offer public housing with relatively low-cost rents. The sogo annai (information desk) on the first floor at Naka Ward Office distributes a guide (in Japanese) on applying during application periods, which provides details about public housing, eligibility, etc.

Next application period

Shiei housing: April 15 (Wed.)–22 (Fri.), Tel: 045-451-7777
Ken’ei housing: Scheduled for May, Tel: 045-201-3673

If you cannot read the Japanese application guide or are unable to fill out the application in Japanese, the Kanagawa Housing Support Center for Foreigners (second floor of the Yokohama YMCA, Tel: 045-228-1752) can provide assistance.

Hours: Mon.–Fri., 10 a.m.–5 p.m. (English support: Tue.–Thu., 10 a.m.–5 p.m., Fri., 1–5 p.m.)

High School Scholarships

Scholarships of 5,000 yen per month are available to high school students who meet the following requirements: 1) parent living in Yokohama, 2) excellent grades (averaged score for all subjects of at least 4 by five-grade evaluation), 3) funding difficulties (household income of less than 8 million yen). Repayment is unnecessary. Number of scholarships: 480 (by selection). To apply; Pick up an application (in Japanese) from any high school in Kanagawa or go to the first floor information desk at Naka Ward Office, and submit it to each high school.

Note that different schools have different application dates in April. Restrictions apply. Please refer to the application form for details.

To National Health Insurance Enrollees

Coupons for Tokutei Kenshin (Special Health Checkups) will be sent out in late May to enrollees between the ages of 40 and 74. For 1,200 yen, you can be checked for lifestyle diseases such as diabetes, high blood pressure, and hyperlipidaemia. A list (in Japanese) of medical institutions where you can use the coupon will be included. Make an appointment on your own. To find out if any of the listed institutions can provide service in your own language, please consult with Naka International Lounge (see page 1).

FY 2016国民健康保険給付決定通知 (Notification of NHI Premiums) to be sent out in June

National Health Insurance is calculated per household based on the previous year’s income of any enrollees. Premiums are calculated from April through the following March and a notification of premiums is mailed out to applicable households, to be paid in 10 installments from June through March. Please pay each installment by the payment due date printed on the payment slip. Automatic withdrawal is also available.

Naka Ward Office Token Nenkün-ka (Insurance and Pension Division), Tel: 045-224-8315

Submit Your Genkyo Todoke (Status Report) for the Jido Teate (Child Allowance) by June 30

Recipient of this allowance must submit a genkyō todoke to confirm their present conditions as of June 1. If notification is not submitted, payment of the allowance may be affected, so please provide the required information. The needed documents (in Japanese) will be sent out by post in early June.

Naka Ward Office, Kodomo Katei Shienka (Children and Families Support Division), Tel: 045-224-8198

First Shi-kenminzei (Residence Tax) Payment Due Thursday, June 30

Persons who received a 税務通知書 (nōzei tōchishobu, Notification of Taxes) for residence tax have until June 30 to pay the first installment. You can make your payment at a bank or other financial institution, or (if the payment slip has a bar code) at a convenience store. Arranging for automatic deduction from your bank account is also very convenient.

International Service Staff

Naka Ward Office, Counter 22 (second floor) (English) 10:00 a.m.–5:00 p.m.

International Service Staff provide assistance with matters such as guidance on ward office activities and interpretation at various counters, as well as support for filling out certificate applications. Stop by it you would like assistance.

Help keep the town beautiful! Naka Ward Clean Up Day 2016

Starting in front of Sakuragicho Sta., volunteers will walk toward Yokohama Park while picking up litter along the way. Why not join in to keep the town clean and beautiful?

May 21 (Sat.), 8:45–11 a.m.

Venue: Naka Ward Clean Up Day 2016 (starting in front of JR Sakuragicho Sta.)

Let's Play in Japanese

Simple Japanese language activities for international families to enjoy. No application necessary. Please come directly to the venue.

Dates: Apr. 7 (Thu.), May 12 (Thu.), 2–3 p.m.
Venue: Naka Ward Childcare Support Center Nonbirinko (9F, Certe Bldg., in front of Kannai Sta.)

Nonbirinko, Tel: 045-663-9715

Naka Ward Multilingual Website

Information in English, Chinese and Korean and Easy Japanese for administrative services and events. Updated monthly. The Naka Ward Town News is also available on the website. Machine translation functions are available for information provided only in Japanese.

http://www.city.yokohama.lg.jp/naka/english/

I’m finding it tiring to raise my child in Japan. I’d like a little time to myself to go to the hairdresser’s or do some shopping. Is there somewhere where I can leave my child for a few hours for things like this?

The Yokohama Child-Rearing Support System can help.

Persons who need someone to look after their child and persons who look after such children register as members in this system. Start by joining an explanatory meeting (in Japanese) as a registering as a member. Some basics are explained below.

When can I use the system?

To attend weddings and funerals, to attend a school event for an older child, for your own lessons, appointments (e.g., doctor, hairdresser), to do some shopping, to have a break to refresh yourself, etc. You can request to have your child picked up at kindergarten or daycare.

Who are the members providing care services?

Local residents who have completed the requisite childcare training.

Where will my child be cared for?

In principle, at the home of the member providing care.

New Babysitting Members Also Welcome

Members can volunteer their time as babysitters after taking a training class. Persons bilingual in Japanese and another language are especially welcome. Please join for explanatory meetings (reservation required).
Enjoy Professional Baseball at Yokohama Stadium

The most refreshing sports season is here! Right in front of Kannai Station is Yokohama Stadium, home to the professional baseball team DeNA BayStars. On game days, you’ll hear the cheers from the game even on the streets. Live TV and radio broadcasts of the game are fun, but nothing beats the thrill of cheering on the team with fellow fans. So come on out to the ballpark!

What’s the Cheering Section?
The cheering section is a characteristic unique to Japanese professional baseball. If you’re looking to live it up in a cheering section while watching the game, then outfield seats are the best place, with tickets starting at 3,100 yen. BayStars supporters sit along the first-base line, while the opposing team’s fans sit along the third-base line. Yokohama Stadium seating is arranged in different styles for your viewing preferences, such as exciting seats that bring you up close to the action and box seats with more room to relax.

The Excitement of Game Days
The service entrance known as “Dream Gate” below the outfield screen offers a glimpse into the stadium for pictures and observation. Sometimes there has a play area for children or a beer garden and is fun for everyone, not just for people coming to the game. For more information, see the team website at www.baystars.co.jp

Yokohama Culture Gymnasium

Yokohama F-Marinos Soccer Classes
Three Yokohama-based soccer teams play in the professional J League. One of those teams, the Yokohama F-Marinos holds fun futsal classes to contribute to the community. Reception will be onsite on the day of each class (all on Tuesdays).
Grade 1–3 students:
4/12, 4/26, 5/24, 6/7, 6/21, 7/5, 5:50–7:10 p.m.
Grade 4–6 students:
4/19, 5/17, 5/31, 6/14, 6/28, 5:50–7:10 p.m.
Cost: 1,200 yen per class, maximum 30 students per class

Yokohama Culture Gymnasium
(Yokohama Bunka Taiikukan)
This facility is one of the home courts for B-Corsairs basketball. Enjoy the excitement of B-Corsairs professional-league basketball or other events here such as the All-Japan Judo Championships, gymnastics, ping pong and dance tournaments, pro wrestling, circus performances.

Yokohama Culture Gymnasium, Tel: 045-641-5741
(in Japanese)

“Health insurance was a godsend”: my friend’s hospitalization story

This is a story about my friend, who was hospitalized for a broken bone in a fall on her way home last winter.

In severe pain and disoriented, my friend was taken by ambulance to the hospital. She had a broken ankle that required surgery, and would have to stay in the hospital for four to eight weeks. If it was China, family members would have to prepare meals and stay with her at night, but her worries were unfounded: the hospital provided nutritionally balanced meals (included in the cost of her stay) and even brought the meals to her bed after the surgery, when she was unable to walk. A friendly nurse took good care of my friend, helping her go to the bathroom and bathe. Her hospital experience was excellent. But then she began to worry about how much this would all cost. She was shocked to find the bill was reasonable since, as a member of the National Health Insurance program, she only had to cover the self-pay portion (30 percent). Two months later she was surprised when she received notice that she had paid more than the self-pay monthly limit and qualified for a refund of the difference. She thought to herself, “What a compassionate system!” She is grateful for her National Health Insurance.

(Naka International Lounge Chinese staff member)

Thoughts of a Naka Foreign Resident

Life and Culture in Japan

Naka Foreign Resident

Nakakuyakusyo-mae

Annex 1F

International Lounge

Japanese Classes

Learn useful everyday Japanese in a fun environment. Lessons are small group classes divided according to level. In principle, participants must be at least 16 years old and live or work in Naka Ward.

Tuesdays and Thursdays from May 17 to Oct. 6 (30 classes, with break for summer holidays), 10:30 a.m. to noon (3,600 yen (30 totals)
First, come in person to Naka International Lounge for a level check between 10 a.m. -5 p.m. (8 p.m. on Tuesdays and Saturdays, closed the third Sunday of each month)

Naka International Lounge, Tel: 045-210-0667>

We are currently looking for locations to distribute Naka Ward Town News. If you have many foreign visitors to your shop, office, clinic or organization, etc. and would like to make this newsletter available to them, please contact us to arrange delivery of copies.

The next issue will be published Friday, July 1.