

[April 2026 to March 2027]

Information from the Midori Health and Welfare Center

This information can also be viewed on the Midori-ku website.

Midori Health and Welfare Center (Inside the Midori Ward)
 Contact each division or section directly for further details.
 118 Terayamacho, Midori-ku, Yokohama
 Tel: 045-930-2323 (Main Line)

Note: Projects that are dependent on the fiscal 2026 budget will be determined after the budget has been fixed by the city council.

Issued: March 2026

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Guide to Duties

Note: The area code for telephone numbers and fax numbers is [045] when not listed.

Division	Section (Counter)	Tel. No.	Fax	Main Duties
Health and Welfare Division	Administration Planning Section (39)	930-2328	930-2355	Social workers, child social workers / Disaster financial relief, condolence money / Measures for so-called "hoarding houses"
	Project Planning Subdivision (39)	930-2304~5		Promotion of the Midori-no-wa and Sasae-ai plan / Planning adjustment for businesses involved in health and welfare
	Health Promotion Section (38)	930-2357~9		Measures for preventing tuberculosis and contagious diseases / Cancer screening / Prevention of lifestyle-related illnesses / Dietary and lifestyle health consultations / Dentistry consultations Vaccinations *Yokohama Vaccination Call Center: 045-330-8561
Public Assistance Division	Office Affairs Section (18)	930-2327	930-2329	Protection of the bereaved of war dead / JR Commuter's pass discounts (households in receipt of public assistance)
	Public Assistance Section (17)	930-2318		Public assistance consultations and applications Consultations on self-reliance for those suffering from financial difficulties (support for job-hunting, support for improving family expenditures, etc.)
Elderly and Disabled Support Division	Elderly and Disabled Administration Section (15)	930-2317	930-2310	Issue of certificates for special free transportation passes for the elderly and special free transportation passes / Hamatomo Cards / Expressway discounts (for the disabled) / Senior Club aid / Aid for covering medical expenses for designated intractable diseases
	Elderly Support Subdivision (15)	930-2311~4		Support for nursing elderly people / Dementia consultations / Preventative care for the elderly / Visiting guidance / Support for people suffering from intractable diseases
	Long-term Care Insurance Subdivision (15)	930-2315~6		Authorization of nursing care insurance / Support for businesses, etc., providing home nursing care / Applications for proxy care managers
	Disabled People Support Subdivision (16)	930-2433~4		Support for disabled people / Mental health and welfare / Outpatient care for the mentally disabled / Rehabilitation medical care / Disability Handbooks
	Health and Welfare Section (14)			Health and welfare consultations, procedures related to all services
Children and Families Support Division	Children and Families Support Section (11)	930-2332	930-2435	Mother and Child Handbooks / Child allowance / Special welfare transportation passes, JR Commuter's pass discounts (households in receipt of child rearing allowances) / Health screening for infants and toddlers
	School Cooperation Subdivision (11)	930-2216		After-school children's club, After-school kids club, Counseling services for youth
	Children and Families Support Subdivision (12)	930-2361		Mother and child visits / Child-rearing support
		930-2432		Child rearing allowances / Mother and child/father and child widow welfare / Female welfare / Support for disabled children
	Nursery Affairs Subdivision (13)	930-2331		930-2356
Health Insurance and Pension Division	National Health Insurance Section (Medical Benefits Subdivision) (25)	930-2344	930-2347	Applications for receiving National Health Insurance and nursing care insurance / Medical care for latter-stage elderly persons / Medical expense aid (children*, severely disabled people, single-parent families, etc.) * From June 1, 2026, the current eligibility range "from infants to 9th-grade students" will be expanded to "from infants to the end of the fiscal year in which the child turns 18."
	National Health Insurance Section (Subscriptions, etc.) (26)	930-2341		Procedures for people who have lost eligibility for National Health Insurance / Procedures for people who have lost eligibility for nursing care insurance / Specific health screening under National Health Insurance
	National Health Insurance Section (Payments) (27)	930-2342		Payment and consultations for insurance premiums
	National Pension Section (28)	930-2337		Procedures and consultations for national pensions / Noncontributory old-age pension documentation, etc.
Health Sanitation Division	Food Sanitation Section (36)	930-2365~6	930-2367	Permits and applications for operating food-related facilities / Food sanitation consultations / Permits and applications for pharmaceutical-related facilities and places of treatment / Applications for medical worker, nutritionist and cook licenses, etc.
	Environmental Sanitation Section (37)	930-2368		Matters related to operating beauty salons, dry-cleaners, inns and hotels, swimming pools, etc. / Applications for installing water tanks / Consultations on exterminating, etc., harmful insects, etc. / Dog registration / Consultations for dog and cat owners / Businesses involving animals, etc.

During Sudden Illnesses

Name	Treatment	Appointment Days	Appointment Times / Telephone Consultation Times	Contact Number	
Midori Ward Holiday Emergency Clinic	Internal medicine, pediatrics	Sundays, national holidays, December 30th to January 3rd	10:00 to 16:00	3-16-2 Nakayama, Midori-ku Tel 937-2300	
Yokohama Night Emergency Medical Center	Internal medicine, pediatrics, ophthalmology, otolaryngology	Every Day	20:00 to 24:00	1-1 Sakuragicho, Naka-ku Tel 212-3535	
North Yokohama Night Emergency Medical Center	Internal medicine, pediatrics	Every Day	20:00 to 24:00	1-23-4 Ushikubonishi, Tsuzuki-ku Tel 911-0088	
Yokohama Dental Health and Medical Center	Dentistry	Every Day	19:00 to 23:00 (Last Appointment: 22:30)	6-107 Aioicho, Naka-ku Tel 201-7737	
		Sundays, national holidays, December 29th to January 4th	10:00 to 16:00 (Last Appointment: 15:30)		
Japan Poison Information Center	Telephone response services concerning accidental ingestion or swallowing incidents occurring within the household		Tsukuba Poison Information Service [110]	029-852-9999	Open all year 24-hours a day
			Osaka Poison Information Service [110]	072-727-2499	Open all year 24-hours a day
Kanagawa Emergency Consultation Center	If you are not sure what to do with your illness or injury, dial #7119 (or call 045-232-7119, 045-523-7119) for consultations on "hospitals and clinics where you can receive emergency treatment" and "if you should see a doctor right now or call an ambulance" by telephone. <Yokohama Emergency Treatment Guide> It is possible to check the degree of emergency for sudden illnesses and injuries on a PC or smartphone.		Open all year 24-hours a day	Tel: #7119 or Tel 232-7119 (*In the case of dial lines & IP telephones) FAX 242-3808 (for people with impaired hearing / guide to medical institutions only)	

For People Searching for a Family Doctor

Regional Medical Liaison Office (Yokohama Medical Association)

Tel 201-8712 Fax 201-8768

Provides information on nearby medical facilities by phone.

Opening Hours: Mon. to Fri. 09:00 - 12:00, 13:00 - 17:00

(Excluding national holidays, and the Year End/New Year period)



Yokohama Medical Association Website
https://yokomed.com

Health and Welfare Consultations

Midori Health and Welfare Center

Case workers and public health nurses provide consultations on health and welfare. Consultations available cover the elderly (including applications for nursing care insurance, etc.), physical, intellectual and mental disabilities, single-parent families, domestic violence, and support for the self-reliance of public assistance recipients and persons facing economic hardship, etc.

Yokohama Community Care Plazas

(Community Based Integrated Support Centers)

Local consultation centers providing consultations on health and welfare.

Possible to consult on or submit applications for nursing care insurance. Open for consultations during the times listed below even on Saturdays, Sundays and national holidays.

< Consultation Hours >

09:00 - 18:00 (09:00 - 17:00 on Sundays and national holidays)

Closed: Year End/New Year period, days scheduled for building inspections

(see the table on the right)

Telephone calls received outside consultation hours will be forwarded to the dedicated Consultation Call Center. If you wish to visit the center for an in-person consultation, please contact us in advance by phone. For details, please refer to our website.



Consultations for Disabled Children and Adults

Name	Details	Address	Tel. No.	
Midori Ward Main Consultation and Support Center (Aozora Midori Community Activity Home)	Provides consultations on a wide range of subjects to ensure that disabled children and adults can live without anxiety in familiar communities.	1st & 2nd Floor, 3-16-1 Nakayama	929-2292 (Consultations only)	Mon. to Fri. 09:00 - 17:00 (Closed on Saturdays, Sundays, national holidays, and the Year End/New Year period)
Midori Ward Daily Life Support Center	Provides daily living support and consultation services for individuals living with mental illness and their families, promotes community interaction, and works to support social reintegration, independence, and social participation of the individuals concerned, while also fostering greater understanding of mental disabilities	3rd Floor, 3-16-1 Nakayama	929-2800	Mon. to Fri. 10:00 - 19:00 Sat. 09:00 - 15:00 (Closed on Sundays, and the Year End/New Year period)

Duties Not Covered by Health and Welfare Centers

Please contact each department concerned.

Dog & Cat Carcasses	Resources and Waste Recycling Bureau, Green Office	Tel 983-7611
Cesspool Collection	Resources and Waste Recycling Bureau, Northern Office	Tel 953-0941
Septic Tanks	Resources and Waste Recycling Bureau, Industrial Waste Disposal Division	Tel 671-2547
Oversized Garbage	Oversized Garbage Reception Center	Tel 0570-200-530 (Tel: 330-3953 from mobile phone)
Sewage, Roads, Rivers	Midori Doboku Office	Tel 981-2100
Damage Caused by Wild Animals	Midori Environment Bureau, Environmental Activities Business Division	Tel 671-3448

Babies, Children and Women, etc.

Issuance of Mother & Child Handbooks

[Children and Families Support Section
Tel 930-2332]

Submit a notification of pregnancy to the Ward Office if you have been diagnosed as being pregnant by a medical institution. You will be issued a Mother & Child Handbook when this notification is submitted.

When submitting notification of pregnancy, please bring "any document that certifies your individual number" (individual number card, etc.) and "any document that verifies your identity" (driver's license, etc.).

These are available in English, Chinese, Hangul, Spanish, Portuguese and Vietnamese.

Expectant and Nursing Mother Dental Consultations

[Children and Families Support Subdivision
Tel 930-2361]

Time: 09:30 - 10:00
(*13:30 - 14:00)

Place: Ward Office medical checkup floor

Eligibility: Expectant mothers and mothers for whom less than one year has elapsed since giving birth

Service Available: Dental consultations

Items to Bring: Mother & Child Handbook

Application: Access the application site from the website
<Appointment Required>



Home Treatment Consultations

Midori-ku Home Visit Consultation Office (Midori-ku Medical Association)

Tel 937-2303 Fax 050-3385-1549

Provides introductions to home treatment and nursing care consultations, and doctors providing home treatment, etc.

Opening Hours: Mon. to Fri. 09:00 - 17:00

(Excluding Saturdays, Sundays, national holidays, and the Year End/New Year period)

Details	Section Concerned	Tel. No.
Consultations Related to the Elderly	Elderly Support Subdivision	930-2311
Consultations Related to the Disabled	Disabled People Support Subdivision	930-2433
Consultations Related to Children	Children and Families Support Section	930-2356
Consultations Related to Self-Reliance Support for the Economically Disadvantaged	Public Assistance Division	930-2318

Name	Address	Tel. No.	Closed *1
Higashihongo Community Care Plaza	5-5-6 Higashihongo	471-0677	4th Sunday Every Month
Kamoi Community Care Plaza	5-29-8 Kamoi	930-1121	4th Monday Every Month
Nakayama Community Care Plaza	2-1-1 Nakayama	935-5698	Last Sunday Every Month
Yamashita Community Care Plaza	218-13 Kitahassakucho	931-1187	4th Monday Every Month
Tokaichiba Community Care Plaza	825-1 Tokaichibacho	985-9034	3rd Monday Every Month
Kirigaoka Community Care Plaza	3-23 Kirigaoka	922-6633	4th Monday Every Month *2
Nagatsuta Community Care Plaza	2-11-2 Nagatsuta	981-7763	4th Monday Every Month

*1: All facilities closed during the Year End/New Year period. *

*2: If this day falls on a national holiday, the facility will be closed on the following day.

Expectant and Nursing Mother Health Consultations

[Children and Families Support Subdivision
Tel 930-2356]

Eligibility: Expectant mothers and mothers for whom less than one year has elapsed since giving birth

Items to Bring: Mother & Child Handbook

Service Available: Telephone and in-person health consultations for expectant and nursing mothers <Appointments required for in-person consultations>

Special Consultation Service for Youth

[School Partnership Subdivision: Tel 930-2216]

Eligibility: Persons aged 15 - 39 living in Yokohama, and their family members etc.

Subjects: Worries about interpersonal relations, difficulties in daily life, truancy, etc.

Site: Consultation Room, Midori Ward Office

*Consultation with an expert in this area

Consultation days: Twice a month (1st & 3rd Thursdays), in the afternoon (about 50 minutes per time)

Application: 045-948-5505 Yokohama Hokubu Youth Plaza <appointments required>

M	April	May	June	July	August	September
D	3rd (Fri.)	20th (Wed.)	3rd (Wed.)	1st (Wed.)	5th (Wed.)*	2nd (Wed.)
M	October	November	December	January	February	March
D	7th (Wed.)	4th (Wed.)	2nd (Wed.)	6th (Wed.)	3rd (Wed.)	3rd (Wed.)

Breastfeeding Consultations

[Children and Families Support Subdivision
Tel 930-2361]

Provides consultations related to mothers' milk after the child has weaned, and consultations on child-rearing. Consultations by telephone accepted at all times.
Time: ☆ 09:30 - 11:30

★ 13:00 - 15:00 (approx. 30 minutes per group)

Place: Ward Office medical checkup floor
Items to Bring: Mother & Child Handbook, face towel
Application: Telephone or arrival at the counter
<Appointments Required>

M	April	May	June	July	August	September
D	9th (Thu.) ☆AM	8th (Fri.) ☆AM	12th (Fri.) ☆AM	9th (Thu.) ☆AM	6th (Thu.) ★PM	8th (Tue.) ★PM
	21st (Tue.) ★PM	20th (Wed.) ★PM	26th (Fri.) ★PM	21st (Tue.) ★PM	20th (Thu.) ☆AM	24th (Thu.) ☆AM
M	October	November	December	January	February	March
D	9th (Fri.) ☆AM	5th (Thu.) ★PM	10th (Thu.) ★PM	7th (Thu.) ★PM	9th (Tue.) ★PM	9th (Tue.) ★PM
	23rd (Fri.) ☆AM	27th (Fri.) ☆AM	24th (Thu.) ☆AM	26th (Tue.) ☆AM	26th (Fri.) ☆AM	26th (Fri.) ☆AM

Pre-Father/Pre-Mother Seminars (Parent Classroom)

[Children and Families Support Subdivision
Tel 930-2361]

The seminar will discuss fetal growth, birth, and post-natal life.
Pre-fathers will practice bathing (how to bathe infants).

Time: 09:30 - 11:45 (reception opens at 09:10)

Place: Ward Office medical checkup floor

Eligibility: First-time expectant mothers (in the 7th, 8th, or 9th month of pregnancy on the day of the seminar) who live in Midori Ward, and their partners

Items to Bring: Mother & Child Handbook, handkerchiefs (for drying off after bathing practice), drinks (optional), writing materials

Maximum Number of Participants: 30 couples (60 people) * If more than the maximum number of participants arrive, the people with the earliest delivery dates will take part, with the people who applied earliest taking part if the same date of delivery is apparent.

Application: Access the Yokohama City Child-rearing Support App "Pamatoko" via the QR code shown on the right after 09:00 on the morning of the day reception begins.



M	April	May	June	July	August	September	October	November	December	January	February	March
D	11th (Sat.)	9th (Sat.)	13th (Sat.)	11th (Sat.)	8th (Sat.)	12th (Sat.)	10th (Sat.)	14th (Sat.)	12th (Sat.)	9th (Sat.)	13th (Sat.)	13th (Sat.)
Application Period	March 10th - 23rd	April 10th - 23rd	May 10th - 23rd	June 10th - 23rd	July 10th - 23rd	August 10th - 23rd	September 10th - 23rd	October 10th - 23rd	November 10th - 23rd	December 10th - 23rd	January 10th - 23rd	February 10th - 23rd

Mother (and Father) Classroom

Time: (First, second and third periods) 13:15 - 15:00 (Fourth periods) 13:15 - 15:15

*Reception begins at 13:00 for all periods.

Place: Ward Office medical checkup floor

Eligibility: First-time expectant mothers who live in Midori Ward, and their partners

If you cannot attend during the estimated period of eligibility (scheduled month of birth), feel free to apply for any month that is suitable.

Items to Bring: Mother & Child Handbook, "Dore Dore" Yokohama child-rearing guidebook, drinks (optional)

Maximum Number of Participants: 20 people * If more than the maximum number of participants arrive, the people with the earliest delivery dates will take part.

Application: Access the Yokohama City Child-rearing Support App "Pamatoko" via the QR code shown on the right between the 1st and 20th of the month prior to the month of attendance (open from 09:00). * Please note that the schedule for February differs from the regular schedule.



Course Details		April	May	June	July	August	September	October	November	December	January	February	March
First Time	Life and minor troubles during pregnancy, Experience of caring for babies	3rd (Fri.)	8th (Fri.)	12th (Fri.)	3rd (Fri.)	7th (Fri.)	4th (Fri.)	9th (Fri.)	6th (Fri.)	4th (Fri.)	8th (Fri.)	5th (Fri.)	5th (Fri.)
Second Time	Exercising during pregnancy, Simulated pregnancy experience for father to be, Dietary customs during pregnancy, Prevention of passive smoking	10th (Fri.)	15th (Fri.)	19th (Fri.)	10th (Fri.)	14th (Fri.)	11th (Fri.)	16th (Fri.)	13th (Fri.)	11th (Fri.)	15th (Fri.)	12th (Fri.)	12th (Fri.)
Third Time	Preparations and processes for delivery, Daily life after birth, Talk on dental care for mothers, fathers and children	14th (Tue.)	19th (Tue.)	24th (Wed.)	14th (Tue.)	18th (Tue.)	15th (Tue.)	20th (Tue.)	17th (Tue.)	15th (Tue.)	19th (Tue.)	24th (Wed.) *	16th (Tue.)
Fourth Time	Living with babies, Post-natal mental health, Exchange meeting with experienced parents and their children, Child-rearing household and disaster prevention	22nd (Wed.)	26th (Tue.)	30th (Tue.)	22nd (Wed.)	26th (Wed.)	29th (Tue.)	27th (Tue.)	25th (Wed.)	22nd (Tue.)	26th (Tue.)	17th (Wed.) *	24th (Wed.)
Estimated Period of Eligibility (Scheduled Month of Birth)		August, 2026	September, 2026	October, 2026	November, 2026	December, 2026	January, 2027	February, 2027	March, 2027	April, 2027	May, 2027	June, 2027	July, 2027

Children and Family

[Children and Families Support Subdivision
Tel 930-2356]

Provides a wide range of consultations, from anxieties over child-rearing to family and school issues.

Women's Health Consultations

[Children and Families Support Subdivision
Tel 930-2356]

Providing consultations by telephone or in person (appointments required) regarding anxieties over physical and mental health from puberty to menopause, family planning and infertility, etc.

Women's Welfare Consultations

[Children and Families Support Subdivision
Tel 930-2356]

Provides consultations on physical and verbal abuse committed by spouses and other known people, and other issues apparent in daily family life.
You are recommended to make an appointment if the issue is not urgent.

Visits to Homes with Babies

Children and Families Support Subdivision
Tel 930-2356]

Please submit your [Delivery Notification Card] (postcard) attached to your Mother & Child Handbook after giving birth

◆Mother & Child Home Visits

A midwife or public health nurse will visit the homes of mothers who have given birth for the first time and provide advice on weighing the baby and child-rearing. Mothers who have previously given birth but have anxieties are also free to consult with us.
(From new-born babies through to less than 3-months old)

◆Konnicchi-wa Akachan Home Visits

Konnicchi-wa Akachan home visitors for the community of residence will visit homes up until infants are 4-months old and provide information on child-rearing within the community without entering your home.

Baby Classroom

[Children and Families Support Subdivision
Tel 930-2361]

Provides a forum for parents/guardians whose first child is less than one-year old to exchange information on child-rearing and make friends.
Held once every month between 10:00 and 11:30.
The location differs depending on the district, so contact us first.

Green Peace (Midori Ward child-rearing support sites)

[Children and Families Support Subdivision Tel 930-2361]

At neighborhood centers and other sites where children gather, experienced mothers are on hand for a little consultation and exchange of information. People are free to come and go as they wish, and there is no need to make an appointment. Make an inquiry in advance, because the location differs depending on the neighborhood.

Infant Health Checkups

[Children and Families Support Section
Tel 930-2332]

Parents with eligible infants will be notified two weeks prior to the day of the checkup. Access the website if you wish to know the date of the checkup in advance.
To avoid crowding, we limit the number of children seen per period. If the specified date of the checkup is inconvenient for you, contact us to arrange an alternative date.
Place: Ward Office medical checkup floor
Appointments: You will be contacted two weeks prior to the day of the checkup
Items to Bring: Questionnaire sheet mailed to you, Mother & Child Handbook, writing materials, bath towel, child's toothbrush (not necessary for 4-month checkup)
* The Ward Office car park is expected to be congested, so you are advised to use public transport as far as possible.

◆Checkups for 4-Month Old Infants Contents: Interview, measurements, medical examination, etc.

April	May	June	July	August	September	October	November	December	January	February	March
2nd (Thu.)	/	4th (Thu.)	7th (Thu.)	/	3rd (Thu.)	1st (Thu.)	/	3rd (Thu.)	/	4th (Thu.)	4th (Thu.)
24th (Fri.)	22nd (Fri.)	/	24th (Fri.)	21st (Fri.)	25th (Fri.)	23rd (Fri.)	27th (Fri.)	25th (Fri.)	22nd (Fri.)	26th (Fri.)	26th (Fri.)

◆Checkups for 18-Month Old Infants Contents: Interview, measurements, medical examination, dental checkup, etc.

April	May	June	July	August	September	October	November	December	January	February	March
9th (Thu.)	13th (Wed.)	10th (Wed.)	9th (Thu.)	/	9th (Wed.)	/	11th (Wed.)	9th (Wed.)	13th (Wed.)	/	10th (Wed.)
23rd (Thu.)	/	25th (Thu.)	29th (Wed.)	27th (Thu.)	24th (Thu.)	21st (Wed.)	26th (Thu.)	24th (Thu.)	28th (Thu.)	25th (Thu.)	25th (Thu.)

◆Checkups for 3-Year Old Infants Contents: Interview, measurements, medical examination, dental checkup, urine check (please collect a sample of urine in a container and bring it with you). etc.

April	May	June	July	August	September	October	November	December	January	February	March
8th (Wed.)	14th (Thu.)	3rd (Wed.)	8th (Wed.)	/	2nd (Wed.)	7th (Wed.)	4th (Wed.)	2nd (Wed.)	6th (Wed.)	/	3rd (Wed.)
30th (Thu.)	27th (Wed.)	18th (Thu.)	23rd (Thu.)	20th (Thu.)	17th (Thu.)	/	19th (Thu.)	17th (Thu.)	21st (Thu.)	18th (Thu.)	18th (Thu.)

Hatsuratsu 1-Year Infant Dental Seminar

[Children and Families Support Subdivision
Tel 930-2361]
<Appointments Required>
Place: Ward Office medical checkup floor

Eligibility: Children of the specified age and their parents/guardians who are residents of the ward
Maximum Number of Participants: <One-Day Class> 12 groups
<Two-Day Course> 10 groups

Service Available:
<One-Day Class> Talk on tooth decay by a dental hygienist, and practice at brushing teeth
<Two-Day Course> Lecture on maintaining healthy teeth by a dentist, talk on dietary customs by a nutritionist, and practice at brushing teeth, etc.

Items to Bring: Mother & Child Handbook, handkerchief, drinks, toothbrush you usually use
Time: 10:00–11:30 for both the One-Day Class and the Two-Day Course

Application: Access the application site from the website after 09:00 on the day of attendance (acceptance on a first come, first serve basis)

Miscellaneous: Applications will only be accepted for either the one-day class or two-day course, not both.

Only those able to attend on both days may apply for the two-day course.
Your child will be taken care of in a separate room during the two-day course lecture.
The contents may be amended in accordance with conditions.



	Date	Eligible Age	Application Period
One-Day Class	April 17th (Fri.)	Infants born between March and June 2025	March 11th – April 10th
	June 19th (Fri.)	Infants born between May and August 2025	May 11th – June 10th
	July 24th (Fri.)	Infants born between June and September 2025	June 11th – July 10th
	August 21st (Fri.)	Infants born between July and October 2025	July 11th – August 10th
	October 16th (Fri.)	Infants born between September and December 2025	September 11th – October 10th
	November 20th (Fri.)	Infants born between October 2024 and January 2026	October 11th – November 10th
	December 18th (Fri.)	Infants born between November 2025 and February 2026	November 11th – December 10th
	February 26th (Fri.)	Infants born between January and April 2026	January 11th – February 10th
	March 19th (Fri.)	Infants born between February and May 2026	February 11th – March 10th
Two-Day Course	May 15th (Fri.) May 22nd (Fri.)	Infants born between April and July 2025	April 11th – May 10th
	September 18th (Fri.) September 25th (Fri.)	Infants born between August and November 2025	August 11th – September 10th
	January 15th (Fri.) January 22nd (Fri.)	Infants born between December 2025 and March 2026	December 11th – January 10th

Children Dietary Custom Consultations

[Health Promotion Section
Tel 930-2357 / Fax 930-2355]
<Appointments Required> Place:
Ward Office medical checkup floor

Feel free to consult with us on anything from weaning food and infant diets, through to dietary customs for school-age children through to puberty.
Time: 09:00 - 11:00 (Consultation Time: About 30 minutes)
Item to Bring: Mother & Child Handbook

M	April	May	June	July	August	September
D	22nd (Wed.)	26th (Tue.)	30th (Tue.)	22nd (Wed.)	26th (Wed.)	29th (Tue.)
M	October	November	December	January	February	March
D	27th (Tue.)	25th (Wed.)	22nd (Tue.)	26th (Tue.)	17th (Wed.)	24th (Wed.)

Mogu-Mogu Classroom (Weaning Food Classroom)

[Health Promotion Section Tel 930-2357 / Fax 930-2355]
<Appointments Required> Place: Ward Office medical checkup floor

Eligibility: Children around 7 to 8 months old and their parents/guardians
Maximum Number of Participants: First 15 groups to arrive
Time: Course: 13:15 - 14:15 (Reception opens at 13:00)
Service Available: Talk on moving ahead with weaning food and the points involved (Lecture, practicing simple food preparation, and sampling)
Items to Bring: Hand towel, drink, child's spoon
Application: On the day of the start of application acceptance, access the application page from the website (acceptance on a first come, first serve basis).



M	April	May	June	July	August	September
D	22nd (Wed.)	26th (Tue.)	30th (Tue.)	22nd (Tue.)	26th (Wed.)	29th (Tue.)
Start of Applications	April 13th (Mon.)	May 11th (Mon.)	June 11th (Thu.)	July 13th (Mon.)	August 12th (Wed.)	September 11th (Fri.)
M	October	November	December	January	February	March
D	27th (Tue.)	25th (Wed.)	22nd (Wed.)	26th (Tue.)	17th (Wed.)	24th (Wed.)
Start of Applications	October 13th (Tue.)	November 11th (Wed.)	December 11th (Fri.)	January 12th (Tue.)	February 12th (Tue.)	March 11th (Thu.)

Infant Dental Consultations

[Children and Families Support Subdivision Tel 930-2361]
<Appointments Required> Place: Ward Office medical checkup floor

Time: 09:30 - 10:30
(*13:30 - 14:30)
Application: Access the application page from the website (Appointments required)
Eligibility: Children from 0 to pre-school age
Service Available: Dental health, dental consultations, advice on teeth brushing, etc.
Items to Bring: Toothbrush, Mother & Child Handbook, towel



M	April	May	June	July	August	September
D	3rd (Fri.)	20th (Wed.)	3rd (Wed.)	1st (Wed.)	5th (Wed.)*	2nd (Wed.)
M	October	November	December	January	February	March
D	7th (Wed.)	4th (Wed.)	2nd (Wed.)	6th (Wed.)	3rd (Wed.)	3rd (Wed.)

Health Promotion

Diet and Lifestyle Health Consultations

[Health Promotion Section Tel 930-2357]
<Appointments Required>
Place: Ward Office medical checkup floor

Consultations on diets for preventing lifestyle-related illnesses and health.

M		April	May	June	July	August	September
D	PM	7th (Tue.)	12th (Tue.)	9th (Tue.)	7th (Tue.)	4th (Tue.)	1st (Tue.)
	AM	17th (Fri.)	29th (Fri.)	26th (Fri.)	17th (Fri.)	28th (Fri.)	18th (Fri.)
M		October	November	December	January	February	March
D	PM	6th (Tue.)	10th (Tue.)	1st (Tue.)	12th (Tue.)	2nd (Tue.)	2nd (Tue.)
	AM	16th (Fri.)	20th (Fri.)	18th (Fri.)	29th (Fri.)	19th (Fri.)	19th (Fri.)

Dietary Education Day/Month Campaigns

[Health Promotion Section Tel 930-2357]
<Appointments Required>Place: Ward Office 1st floor event space
A fun chance to think about eating and chewing!
In June, we are going to hold an expanded program for Dietary Education Month! There will also be some wonderful presents for participants.
Dates and locations are subject to change due to circumstances.

◆Dietary education month

Panel display	June 8th (Mon.) - 13th (Sat.)
Event	June 16th (Tue.) 9:30 - about 14:00

◆Dietary education days

Dates	
May 22nd (Fri.)	10:30 - about 15:00
October 23rd (Fri.)	
December 2nd (Wed.)	

Parent and Child Oral Health Classroom

[Health Promotion Section Tel 930-2357]
<Appointments Required>
Place: Ward Office medical checkup floor

Eligibility: 0 to 6 years old children and their parents/guardians (You can attend with your children.)
Subject: Instructions on how to prevent tooth decay from a dentist, check of the risk of decay and periodontal disease (only for parents/guardians, face-to-face), advice on brushing, and presents of toothbrushing goods

Date/Time	Application Period
July 3rd (Fri.) 10:00 - 11:30	June 11th - 30th
November 6th (Fri.) 10:00 - 11:30	October 9th - 30th



Compassion and Health Promotion Day

[Health Promotion Section: Tel 930-2357]

If you want to feel free to check your health, please come directly to the venue on the day of the event!

Anyone is welcomed, and no reservation is required.

Time: 9:10 - 11:30

*1 In June, the event will be held from 09:30 to around 14:00.

(jointly held with the Food Education Month event)

*2 In July, the event will be held from 13:15 to 15:30.

Place: Ward Office 1st floor event space

Service available: Health check, dietary consultations, dental consultations, walking*3 (The service varies depending on the month. Dates and locations are subject to change due to circumstances. Please check the website for details).

*Walking (canceled in case of rain): 9:45, meet at the square in front of the Midori Ward Office (Not offered in July, September, and February of the following year)

M	April	May	June	July	August	September
D	14th (Tue.) Walking only	12th (Tue.)	16th (Tue.) *1	8th (Wed.) *2		1st (Tue.)
M	October	November	December	January	February	March
D	6th (Tue.) Walking only	10th (Tue.)	3rd (Thu.)		2nd (Tue.)	2nd (Tue.)



◆Guide to periodontal disease checkups◆

[Health Promotion Section: Tel 930-2357]

Eligibility: Yokohama residents aged 20, 30, 40, 50, 60, or 70

Fee: 500 yen (free for some persons aged 70 etc.)

Site: Implemented at medical institutions that do checkups for periodontal disease in Yokohama

*For details, dial the special telephone number for Yokohama. health checkups (Tel 045-664-2606 Fax 045-664-3851).



Vaccination

● Guide to the Yokohama Vaccination Call Center ●

Answers your questions related to the vaccinations being provided by Yokohama City.
Feel free to contact us.

For example: Questions about the schedule for periodic vaccinations (including for COVID-19), time of delivery of guides to vaccination (vaccination screening questionnaire), etc.

Tel: 045-330-8561 / FAX: 045-664-7296

Opening Hours: 09:00 - 17:00

(excluding Saturdays, Sundays, national holidays and the Year End/New Year period)



Procedure in the case of vaccination outside

Persons who are going to be vaccinated outside Yokohama owing to circumstances such as childbirth or hospitalization outside the city must apply for issuance of a vaccination request in advance.

Submit an application through website.



[Health Promotion Section: Tel 930-2357]

Guide to Pneumococcus Vaccinations for Adults

Eligibility: Residents of Yokohama who are registered in the city as of the vaccination date and fall under either (1) or (2) below.

(1) Persons who are 65 years old (from your 65th birthday to the day before your 66th birthday) *These people will be sent related information individually

(2) Persons who are at least 60 but less than 65 on the day of vaccination and have the equivalent of a Class 1 disability in respect of the functioning of the heart, kidneys, or respiratory tract, or in the immunity system due to the human immunodeficiency virus.
(from your 60th birthday to the day before your 65th birthday)

* For details, contact the Yokohama Vaccination Call Center (Tel 045-330-8561 / FAX 045-664-7296).

Shingles (Herpes Zoster) Vaccination (Planned period: July 2026 – March 2027)

Eligibility: Residents of Yokohama who are registered in the city as of the vaccination date and fall under either (1) or (2) below.

(1) Persons who will turn 65 during FY2026 (Born between April 2, 1961 and April 1, 1962) *These people will be sent related information individually.

- In addition, as a transitional measure from FY2025 to FY2029, persons who will turn 70, 75, 80, 85, 90, 95, or 100 during the fiscal year are also eligible.

(2) Persons who are at least 60 but less than 65 on the day of vaccination and have the equivalent of a Class 1 disability in the immunity system due to the human immunodeficiency virus.

* For details, contact the Yokohama Vaccination Call Center (Tel 045-330-8561 / FAX 045-664-7296).

HIV Tests / Syphilis Tests / Consultations (Free of Charge/Anonymous)

Facility Name	Tests	Opening Days/Hours	Contact
1st Floor – Health Checkup Area Midori Health and Welfare Center (118 Terayamacho, Midori-ku, Midori Ward Office 1F)	HIV Tests Syphilis Tests	Thursday 09:00 - 09:30 Twice a month (Closed on national holidays and the Year End/New Year period, etc.)	Health Promotion Section Tel 930-2357 * Appointment to be made from 2 weeks before the day of implementation by 16:00 of the previous day (If the appointment start date is a holiday, the next day)

◆ We shall directly notify the person tested of the testing results one week after the testing

◆ Inquiries into Testing by Yokohama city: Health Safety Division, Medical Care Bureau Tel 671-2729 FAX 664-7296

◆ Information on HIV tests and sexually transmitted disease tests

Cancer Screening

[Special telephone number for Yokohama health checkups Tel 664-2606 Fax 664-3851]

◆ Apply for an appointment by making a telephone call directly to the implementing medical institution.

◆ Information on cancer screening

Screening Type	People Eligible	Screening Frequency	Tests Implemented	Cost
Stomach Cancer	50 Years and Older (Men/Women)	Once Every Two Years	Interview, X-Ray (Barium)	¥2,500
Lung Cancer	40 Years and Older (Men/Women)	Once Every Year	Interview, Chest X-Ray	¥680
Cervical cancer (cytology)	20 to 29 Years Old, 61 Years and Older (Women)	Once Every Two Years	Interview, Cytodiagnosis	¥1,360
Cervical cancer (HPV test alone method)	30 to 60 Year Old (Women)	Once Every Five Years *	Interview, HPV test alone method	¥2,000
Breast Cancer	40 Years and Older (Women)	Once Every Two Years	Interview, Mammography	¥680
Colon Cancer	40 Years and Older (Men/Women)	Once Every Year	Interview, Occult Blood Test	Free of Charge
PSA Test (Prostate Cancer)	50 Years and Older (Men)	Once Every Year	Interview, Blood Test	¥1,000

*As a general guideline, health checkups are offered at milestone ages every five years, starting at age 30 (30, 35, 40 ... 60). During the initial implementation period, however, the interval may be shorter than five years so that your next checkup can be scheduled at the appropriate milestone age.

<People Exempt from Payment>

1. People from households in receipt of Public Assistance

→ Submit your National Holiday & Night Medical Care Request Certificate when arriving for your screening appointment.

2. People to whom the Payment System for Japanese Returnees from China applies

→ Submit a document that proves your identity when arriving for your screening appointment.

3. People who are 65 years old or older as of April 1st, 2027 (people born before April 1st, 1962)

→ Submit a document that proves your age when arriving for your screening appointment.

4. People from households that were exempt from paying municipal and prefecture taxes in 2025, and people from households that pay only a per capita rate for taxes (★).

★ There are certain advance procedures that must be completed by the people to whom 4. applies. Contact the Health Promotion Section for further details.

Website




You can find medical institutions for checkups

●Special telephone number for Yokohama health checkups●

Provides answers to inquiries on health checkups. Tel 045-664-2606 FAX 045-664-3851 Opening Hours: 08:30 - 17:15 (excluding Sundays, national holidays and the Year End/New Year period)

Yokohama Health Checkups [Health Promotion Section Tel 930-2357]

People Eligible	Checkup Frequency	Cost	Tests Implemented	Medical Institutions Concerned
(1) People insured by the Medical Care for Latter-Stage Elderly Persons system (2) People 40 years or older in receipt of Public Assistance (3) People 40 years or older to whom the Payment System for Japanese Returnees from China applies	Once Every Year	Free of Charge	Physical tests, physical measurements, blood pressure tests, urine tests, blood tests, etc.	

National Health Insurance Specific Health Checkups [Medical Benefits Subdivision Tel 930-2341]

Specific health checkups are health checkups for preventing and curing lifestyle-related illnesses, such as diabetes and high blood pressure, etc., and to discover metabolic syndrome before it takes effect for the purpose of improving lifestyle-related illnesses. These checkups are received once every year.

For details on the medical institutions performing these tests, either access the Yokohama website, or contact the Yokohama Kenshin Call Center (Tel: 664-2606, Fax: 663-4469).

People Eligible
Yokohama residents who subscribe to National Health Insurance who will turn 40 or older by March 31st, 2027
Checkup Appointments
<ul style="list-style-type: none"> Yokohama residents who were subscribed to National Health Insurance as of April 1st, 2026 are scheduled to be mailed a consultation ticket and questionnaire by the end of May (with the exception of people born between April 2nd and June 30th, 1951. * People who begin to subscribe and people whose eligibility for health checkups changes midway through the fiscal year, etc., are required to apply to the National Health Insurance Section, Health Insurance and Pension Division. Contact one of the medical institutions concerned directly to make an appointment, and take your consultation ticket, questionnaire and Yokohama National Health Insurance card, and documents that can confirm eligibility for Yokohama City National Health Insurance (my number card as your health insurance certificate, eligibility confirmation certificate) with you when you receive your checkup.

Elderly People

[Elderly Support Tel 930-2311]

Rehabilitation Classroom <Appointments Required>	The mental and physical rehabilitation classroom is held for people suffering from cerebrovascular disease or other disabilities for the purpose of preventing reoccurrence, so that they can make friends, and to expand the range of their daily lives, etc. (mainly targeting people between the ages of 40 and 64).
Caregiver Gatherings	Providing a forum in which caregivers can discuss their anxieties over caregiving, can exchange information, and can organize study groups, etc. These gatherings are held in local Community Care Plazas, etc. Contact the Ward Office or your local Community Care Plaza for further details.
Forgetfulness Consultations <Appointments Required>	Consultations are provided by experts for people anxious over forgetfulness and depression in elderly people, etc., with each session lasting approximately one hour per person. Advance appointments are required, so feel free to contact us for consultations. Schedule: From 13:30 on the second Friday of every month in principle
SOS Network for Elderly People Suffering from Dementia in Midori-ku	A system in which information on elderly people suffering from dementia at risk of going missing when they leave the home is registered in advance, and a network of related institutions works together to find them and take them into care as quickly as possible. Contact the Ward Office or your local Community Care Plaza for registration details.

Nursing Care Prevention Seminar

[Elderly Support Subdivision Tel 930-2311]

A seminar, etc., mainly targeting people of 65 years and older to enable them to remain healthy and continue with lively lifestyles for as long as possible.

Contents: Physical exercises, dementia prevention, frailty prevention, etc.

* Contact the Ward Office or your local Community Care Plaza for further details.

Name	Address	Tel. No.
Higashihongo Community Care Plaza	5-5-6 Higashihongo	471-0661
Kamoi Community Care Plaza	5-29-8 Kamoi	930-1122
Nakayama Community Care Plaza	2-1-1 Nakayama	935-5694
Yamashita Community Care Plaza	218-13 Kita-Hassakucho	931-6275
Tokaichiba Community Care Plaza	825-1 Tokaichibacho	985-6321
Kirigaoka Community Care Plaza	3-23 Kirigaoka	920-0666
Nagatsuta Community Care Plaza	2-11-2 Nagatsuta	981-7755

Disabilities

Mental Health [Disabled People Support Subdivision Tel 930-2434]

Mental Health and Welfare Consultations	Consultations provided by social workers for people and families anxious over mental illnesses.
Consultations with Experts <Appointments Required>	Consultations provided by experts in mental health with regard to the existence of and cure for mental illnesses. Held three times per month.
Lifestyle Classroom (Minori-no-Kai)	A forum for enabling people with mental illnesses to make friends and take an active part in society through group activities. Held once every week.
Family Classroom for Addictions	A gathering of people and families facing the issues of alcohol, drug, gambling and other such addictions. Expert lecturers will provide explanations on understanding that addiction is an illness, and the methods of coping with it. Held once every month

Intractable Disease Consultations [Elderly Support Subdivision Tel 930-2311]

Interactive Meetings Between Patients and Families (Midori-Fureaikai)	Lectures by experts on coping with daily life for people suffering from Parkinson's disease, multiple system atrophy, and spinocerebellar degeneration as well as interactive meetings between patients. Held five times every year.
Lectures on Intractable Diseases	Conducted on themes pertaining to specific diseases and their treatment.

Food Hygiene

[Food Sanitation Section Tel 930-2365 - 6]

Permits and Applications for Operating Food-Related Businesses	Permits and notifications are required to operate bars and restaurants, etc., and to manufacture and sell food. Consult with us in advance if you are planning on starting up a new business related to this.
Consultations on Food Hygiene	Provides consultations on food poisoning and foreign matter in food products, etc.
Permits and Applications for Operating Pharmacies and Places of Treatment, etc.	Permits and notifications are required to operate pharmacies and to sell pharmaceuticals and medical equipment. Consult with us in advance if you are planning on starting up a new business related to this.
Licenses for Medical Care Workers, etc.	Applications are accepted for the issuance of licenses for doctors, dentists, pharmacists, nurses, nutritionists and cooks, etc.

Environmental Hygiene

[Environmental Sanitation Section Tel 930-2368]

Permits and Applications for Operating Businesses Related to Environmental Hygiene	Permits and notifications are required to operate barber shops, hairdressing salons, dry-cleaner stops, hotels and inns, and swimming pools, etc. Consult with us in advance if you are planning on starting up a new business related to this.
Consultations on Residential Hygiene	Provides consultations on bee (wasp/hornet) infestations, insanitary insect infestations, and mice infestations, and on the sanitary management of septic tanks, and Sick building syndrome, etc.
Dog Registration and Rabies Inoculations	Dog owners must register dogs that are more than three-months old (first time only), and ensure that their dogs receive rabies inoculations once every year. Owners must also contact us if their address or name, etc., changes, and when the dog dies.
Registration of Businesses Handling Animals	It is necessary to register businesses that sell, store, lend out, train, exhibit, auction or breed animals (mammals, avians, reptiles). Consult with us in advance if you are planning on starting up a new business related to this.

Correctly Understanding the Work Involved in Impounding Dogs

A large number of incidents involving dog bites occur throughout the country every year. In the event of a report on a loose dog being received, the dog is impounded by the ward's Health and Welfare Center or Animal Protection Center.

This is important work for preventing the spread of rabies and dog bite incidents, as well as for protecting dogs from becoming involved in traffic accidents, etc.

Unfortunately, the people involved in this work often face verbal and physical discrimination by being violently criticized for their actions as if they were doing something terrible. These workers are under a great deal of mental stress due to this.

We hope that everybody will understand that the work they are doing helps us all live pleasant and anxiety-free lives.

Guide to District Community Care Plazas (Area Comprehensive Support Centers)

[Project Planning Subdivision Tel: 930-2305]

Provide consultations related to health and welfare as local liaison counters. Feel free to consult with them at any time. * See details on the days the centers are closed listed on page 2.

Higashihongo Community Care Plaza



- Bus from JR Kamoi Station. Alight at Higashihongo Community Care Plaza Mae, Higashihongocho, or Senkokuji-danchi Mae.

Kamoi Community Care Plaza



- Bus from JR Kamoi Station Alight at Kamoicho. Approximately ten minutes on foot.

Nakayama Community Care Plaza



- Seven minutes on foot from Nakayama Station (JR, Municipal Subway)

Yamashita Community Care Plaza



- Bus from Nakayama Station (JR, Municipal Subway). Alight at Sabuyato.
- Twenty minutes on foot from Kawawacho Station on the Municipal Subway

Tokaichiba Community Care Plaza



- Three minutes on foot from JR Tokachiba Station.

Kirigaoka Community Care Plaza



- Bus from JR Tokachiba Station Alight at Nakamaru Iriguchi, or Kayaba Koen Iriguchi.

Nagatsuta Community Care Plaza



- Five minutes on foot from the north exit of Nagatsuta Station (JR, Tokyu)