

## Basics / III. Health / 1. Health check-ups

Residents of Sendai City may take citizen health check-ups provided by the City.

For details, please see the International Relations Department section of SenTIA's website:

[Top>Information in Foreign Languages>Health・Medical treatment>Medical examination](#) (J, E, C, K)

## Basics / III. Health / 2. Hospitals

Japan has large, well-equipped hospitals (general hospitals) and local, everyday clinics and hospitals. When you are not feeling well, please visit your local clinic/hospital first.

※ General hospitals may require a letter of introduction before you can schedule an appointment.

### ●Going to a hospital/clinic●

- ① Call the clinic/hospital before you go, and make an appointment if necessary.
  - ② Take your health insurance card (※) with you to the clinic/hospital. Hand it in at the reception desk.
- ※ If you do not bring your health insurance card, you will be charged the full amount for your visit, even if you have health insurance.
- ※ Hand in your health insurance card at the reception desk the first time you visit a clinic/hospital and again if you were to visit at the beginning of a month.
- ③ The first time you visit a hospital/clinic, you will have to fill out a medical questionnaire. When you are finished, give it to the receptionist. A medical questionnaire is a sheet of questions to determine your state of health.

### You can download a multilingual medical questionnaire at

<https://www.kifjp.org/medical/> (This sheet was created by Kanagawa International Foundation and International Community Hearty Konandai in 23 languages.)

- ④ When you are called, enter the examination room.
- ⑤ Pay the consultation fee. If you need medication, you will receive a prescription.
- ⑥ If you have received a prescription, bring it to a pharmacy to buy the medication.

Those who need assistance finding information about doctors and staff who can speak foreign languages at hospitals, dentist offices, etc., or need help making an appointment should contact **the Sendai Multicultural Center:**

**(TEL: 022-224-1919 E-mail: [tabunka@sentia-sendai.jp](mailto:tabunka@sentia-sendai.jp)).**

### ●Health insurance system and insurance cards●

Residents of Japan must enroll in one of the following two insurance programs. When you enroll, you will receive an insurance card. If you do not enroll, you will be charged the full amount for any visits to the doctor. (If you have health insurance, you pay 30%.)

- ① **Social Insurance (Employee Insurance)**... If you are employed, your employer will complete the procedure for enrollment. Insurance fees will be deducted from your pay.

- ② **National Health Insurance**... If you do not have social insurance, you will enroll in this program. Enroll at your ward office. (Bring your residence card, passport, and bank cash card).

For details, please see the International Relations Department section of SenTIA's website:

[Top>Information in Foreign Languages>Daily Life>National Health Insurance Guidebook](#)

(J, E, C, K)

## Basics / IV. Children / 1. Pregnancy, childbirth and babies

### ●If you are pregnant●

Submit a Notification of Pregnancy to your ward's Public Health and Welfare Center or the Public Health and Welfare Section of any general branch.

- ① **You will receive a Maternal and Child Health Handbook** (J, E, C, K, V, N, and 5 other languages)

• A booklet in which you record the progress of your pregnancy, the growth of your baby, and other information.

- ② **You will also receive a supplementary booklet (for expecting and nursing mothers) which includes items such as vouchers for health check-ups for pregnant persons.**

• You can use these subsidized vouchers to receive up to 14 pregnancy check-ups at registered medical institutions.

• After giving birth, you can have up to two postpartum check-ups at registered medical institutions.

- ③ **Health classes are available**

• Parenting classes for pregnant persons and their families are held at Public Health and Welfare Centers.

### ●Childbirth Assistance Program●

This system helps low income individuals who cannot afford fees associated with giving birth, by offering affordable options that matches their income. Eligibility depends on a household's tax exemption status. Consultation with the ward office of the area in which you reside is available.

For details, see the City of Sendai website:

[ホーム Top>くらしの情報 Life Information>健康と福祉 Health and Welfare>子育て・若者 Child-rearing/Youth>子育て施策 Child-rearing Policies>各種支援・助成・給付 Support/Subsidies/Benefits>妊娠・出産に関するサポート Support Related to Pregnancy/Giving Birth>助産制度 Childbirth Assistance Program](#) (J)

### ●When your baby is born●

Submit a Notification of Delivery to your ward office within 14 days. You will receive a lump-sum allowance for childbirth. If you have National Health Insurance, apply for the allowance when you submit your notification to your ward's Public Health and Welfare Center, National Health Insurance and Pension Section of the Miyagi General Branch, or the Public Health and Welfare Section of the Akiu General Branch. If you have Employee Insurance (Social Insurance), make your application through your workplace.

Please also fill out the Delivery Contact Information Form in your Maternal and Child Health Handbook/supplementary booklet (for expectant and nursing mothers) and send it to your Public Health and Welfare Center as soon as possible. (You will be sent vouchers for health check-ups