

FY 2023

Health Guide

令和 5 年度

健康のしおり 英語版



'Kaichan & Tsubuchan' the official mascots of Misato City



"Health Guide," the English version of 'Kenko-no Shiori' is available at public facilities in Misato City as well as on Misato City official website for download.

- IMPORTANT NOTICE -

Apply before due date, if you wish to receive health checkup(s) and/or cancer screening(s).

For further information, please see page 22-23.

Primary application due date: Tue, May 9

- NOTICE OF APPLICATION FOR SPECIFIED HEALTH CHECKUP -

Misato City will send information leaflet about health checkups (enclosed in an orange envelope) to those who are 40-74 years old* and insured by Misato City National Health Insurance in the middle of April.

If you prefer to receive checkup(s) through Individual Examination, you do NOT need to apply to Misato City.

For further information, please see page 22-23.

*Age as of March 31, 2024.

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1. Saitama-ken Kyukyu Denwa Soudan

[Emergency medical information center telephone consultation] 埼玉県救急電話相談

Get advice at first if you are not sure whether you should see a doctor or not!

In Saitama Prefecture, Saitama emergency medical information center telephone consultation, #7119 (for adults and children), is available 24 hours a day, 365 days a year.

We grow uneasy in the event of a sudden unwellness or injury. In such occasions, you can consult with us about how to treat at home and/or whether you should immediately see a doctor or not.

**Consult with a nurse over the phone.
Call emergency medical information center
telephone consultation at:
#7119**

<https://www.pref.saitama.lg.jp/a0703/20151214.html>

If you call from a dial pulse line, IP phone,
PHS or call near the prefectural border with
Tokyo or other prefectures:

☎ 048-824-4199



You can also call **Emergency Medical Information
Center Telephone Consultation for Children at
#8000**.

(Target age: Up to junior high school students)

If you cannot reach the number,
please call: ☎ 048-833-7911.

**Information service for those who have difficulty in
hearing or speech:**

Fill out 『医療機関案内依頼書』 - *Iryou kikan annai
iraishyo* (a request form for “Information about
medical institutions”) and send it by fax to the
dedicated fax number (048-831-0099).

*The form is available on the official website of Saitama
Prefecture (Japanese page), 「埼玉県救急電話相談」 -
Saitama-ken kyukyu denwa soudan [Saitama emergency
medical information center telephone consultation].
(Please see the above URL.)

Tips on consultaion:

You will be questioned ‘who’, has ‘what
symptoms’, ‘since when’.

Feel free to consult online via ‘chat’.

AI Emergency consultation

埼玉県 AI 緊急相談 検索
Saitama AI Emergency Medical Information/Consultation Search

**You can consult with us about your or your family
member’s symptoms online via ‘chat’ from your PC,
smartphone, or tablet.**

<https://www.pref.saitama.lg.jp/a0703/aikyukyu.html>

What are the symptoms?

My mother has a
severe headache.

What other symptoms
do you have?



<Note>

Replies to your consultation on the display is just a piece
of advice. Please make decision on your own
responsibility whether you visit a medical institution or
not. The consultation is free of charge, but the internet
access fee and phone call fee will be on your account.

**If it is an emergency,
call 119 immediately for an ambulance!**

Following types of consultations will not be accepted:

◎Consultation on the use of medicines treatment plans for illness, health matters, long-term nursing care concerns, childrearing matters, personal problems.

◎Information provision about dentistry, dental surgery or psychiatry and consultation about COVID-19 infections.
(As of January 2023)

◎The advice provided by Emergency Telephone Consultation Service and AI Emergency Consultation is not a medical treatment but a reference to help you make a decision. Please understand this before using these services.

◎Also, please note that your inquiry may not be responded.

2. Off-hours Pediatric Practice (for Initial First Aid Measures) System

小児時間外（初期救急）診療体制

Misato City

Misato Medical Association

Off-hours pediatrics practice provides your child with initial emergency care at night. (See pages 3-4 for 'Roster of Off-hours Pediatric Practice Night On-duty Medical Institutions'.)

●Night On-duty medical institutions are open from Monday through Saturday from 7:00 p.m. to 9:00 p.m. (Reception opens between 7:00 p.m. and 8:30 p.m.) On Saturdays, however, you can see a doctor at Misato Medical Association Holiday Clinic.

*Depending on the condition of your child, you might be advised to visit a medical institution in other municipality.

●This service is not available on Sundays, National Holidays, Bon period (August 13-15) or the year-end and New Year Holidays (December 29 - January 3).

*Holiday & Sunday Nights Consultation (by Misato Medical Association Holiday Clinic) is available, if you need to see a doctor on Sundays, National Holidays or the year-end and New Year Holidays (December 31 - January 3). (See below No.3 for further information.)

<Off-Hours Pediatric Practice (for initial first aid measures) Night On-duty Medical Institutions>

Medical Institutions	Address	Phone
Taniguchi Family Clinic	523-1 Nizo	050-3146-7471
Misato Ekimae Clinic	1F KTT5 Bld, 1-1-1 Waseda	048-959-5550
Matsumoto Clinic	4F MMC Bld, 2-2-10 Waseda	048-959-2233
Misato Hifuka lin	4-7-5 Waseda	048-950-1138
Tatewaki lin	6-28-13 Waseda	048-957-0151
Sugiura Shounika	2F M's Town Misato Chuo, 1-3-1 Chuo	048-952-2124
Tachizawa Geka Ichoka lin	2-380 Shinwa	048-952-8171
Aoba Family Clinic	2-286-1 Togasaki	048-955-8621
Sato Clinic	3-11-17-101 Hikonari	048-957-8021
Kawaguchi Hinyouki/Naika Clinic	1-238-1 Uneme	048-969-4353
Misato Medical Association Holiday Clinic	2-20-7 Chuo	048-949-1000

Your child can see a doctor at a medical institution in Misato City at night from Mon through Sat.

How to Visit a Night On-duty Medical Institution:

- (1) Before you take your child to an on-duty medical institution, please call and describe your child's symptoms.
- (2) As the night on-duty medical institution may be closed or can be changed for any reason, be sure to call there before visiting.
- (3) We recommend that you call **119** for an ambulance if your child cannot be treated at the on-duty medical institution according to a result of the telephone consultation or if he/she becomes ill after 9:00 p.m.



*You can see the latest roster of the night on-duty medical institutions at Misato City official website.

Also, you can see it from the QR code on the left.

QR code is a Registered Trademark of DENSO WAVE INCORPORATED.

Inquiries:

◆ **Off-Hours Pediatric Practice**
(for initial first aid measures):

Misato City Hall

048-953-1111

◆ **Emergency after practice hours:**

Misato City Fire-Defense Headquarters

048-952-1211

(If you have hearing problem and become ill suddenly, please contact the dedicated fax number.

Misato City Fire-Defense Headquarters
Dedicated fax number: 048-952-1119

<Flow chart to receive medical consultation with Off-Hours Pediatric Practice (for initial first aid measures)>

Call the on-duty medical institution.

On-duty medical institution



Describe your child's symptoms.

Contact by phone.



Receive a medical consultation.



In case that your child is seriously ill.



Transferred to a secondary emergency hospital.

3. Holiday & Sunday Nights Consultation (Misato Medical Association HOLIDAY CLINIC)

休日・日曜夜間診療（三郷市医師会立休日診療所）

Address: 2-20-7 Chuo, Misato City, Saitama 341-0038

Phone: 048-949-1000 (Please be sure to call before visiting.)

URL: <http://www.misato-med.server-shared.com/sankyushin.html>

Department: Internal medicine, Pediatrics

Consultation Hours:

① Sundays

[Daytime] 10:00 a.m. - Noon (cutoff time: 11:50 a.m.)

2:00 p.m. - 4:00 p.m. (cutoff time: 3:50 p.m.)

[Nighttime] 6:00 p.m. - 9:00 p.m. (cutoff time: 8:30 p.m.)

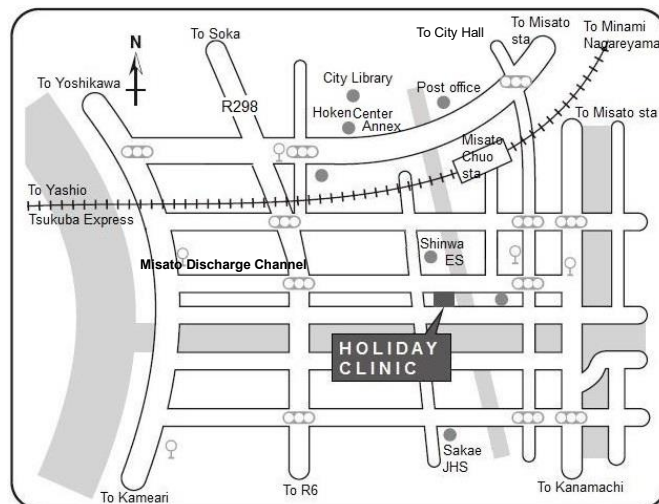
② National Holidays / Year-end & New Year Holidays

[Daytime] 10:00 a.m. - Noon (cutoff time: 11:50 a.m.)

2:00 p.m. - 4:00 p.m. (cutoff time: 3:50 p.m.)

*Not available on August 14, 15, December 29, and 30.

*Depending on the condition of your child, you might be advised to visit a medical institution in other municipality.



Roster of Off-hours Pediatric Practice (for Initial First Aid Measures)

小児時間外(初期救急)診療当番表

Consultation Hours: 7:00 p.m. - 9:00 p.m. (cutoff time: 8:30 p.m.)

☆Call #7119 for an advice if you cannot decide whether you should see a doctor or not for a sudden illness or injury.

APRIL			MAY			JUNE		
1	Sat	The Holiday Clinic	1	Mon	Tachizawa Geka Ichoka lin	1	Thu	Aoba Family Clinic
2	Sun	☆The Holiday Clinic	2	Tue	The Holiday Clinic	2	Fri	The Holiday Clinic
3	Mon	Tachizawa Geka Ichoka lin	3	Wed	☆The Holiday Clinic (daytime only)	3	Sat	The Holiday Clinic
4	Tue	Sugiura Shounika	4	Thu	☆The Holiday Clinic (daytime only)	4	Sun	☆The Holiday Clinic
5	Wed	Matsumoto Clinic	5	Fri	☆The Holiday Clinic (daytime only)	5	Mon	Tachizawa Geka Ichoka lin
6	Thu	Kawaguchi Hinyouki/Naika Clinic	6	Sat	The Holiday Clinic	6	Tue	Misato Ekimae Clinic
7	Fri	Aoba Family Clinic	7	Sun	☆The Holiday Clinic	7	Wed	Matsumoto Clinic
8	Sat	The Holiday Clinic	8	Mon	Misato Ekimae Clinic	8	Thu	Kawaguchi Hinyouki/Naika Clinic
9	Sun	☆The Holiday Clinic	9	Tue	Tatewaki lin	9	Fri	Sugiura Shounika
10	Mon	Misato Ekimae Clinic	10	Wed	Matsumoto Clinic	10	Sat	The Holiday Clinic
11	Tue	Tatewaki lin	11	Thu	Kawaguchi Hinyouki/Naika Clinic	11	Sun	☆The Holiday Clinic
12	Wed	Matsumoto Clinic	12	Fri	Sugiura Shounika	12	Mon	Misato Ekimae Clinic
13	Thu	Aoba Family Clinic	13	Sat	The Holiday Clinic	13	Tue	Tatewaki lin
14	Fri	Sugiura Shounika	14	Sun	☆The Holiday Clinic	14	Wed	Matsumoto Clinic
15	Sat	The Holiday Clinic	15	Mon	Misato Ekimae Clinic	15	Thu	Aoba Family Clinic
16	Sun	☆The Holiday Clinic	16	Tue	Taniguchi Family Clinic	16	Fri	Sugiura Shounika
17	Mon	Misato Ekimae Clinic	17	Wed	Matsumoto Clinic	17	Sat	The Holiday Clinic
18	Tue	Taniguchi Family Clinic	18	Thu	Aoba Family Clinic	18	Sun	☆The Holiday Clinic
19	Wed	Matsumoto Clinic	19	Fri	Sugiura Shounika	19	Mon	Misato Hifuka lin
20	Thu	Kawaguchi Hinyouki/Naika Clinic	20	Sat	The Holiday Clinic	20	Tue	Taniguchi Family Clinic
21	Fri	The Holiday Clinic	21	Sun	☆The Holiday Clinic	21	Wed	Matsumoto Clinic
22	Sat	The Holiday Clinic	22	Mon	Sato Clinic	22	Thu	Kawaguchi Hinyouki/Naika Clinic
23	Sun	☆The Holiday Clinic	23	Tue	The Holiday Clinic	23	Fri	Sugiura Shounika
24	Mon	Sato Clinic	24	Wed	Matsumoto Clinic	24	Sat	The Holiday Clinic
25	Tue	Sugiura Shounika	25	Thu	Kawaguchi Hinyouki/Naika Clinic	25	Sun	☆The Holiday Clinic
26	Wed	Matsumoto Clinic	26	Fri	Aoba Family Clinic	26	Mon	Sato Clinic
27	Thu	Aoba Family Clinic	27	Sat	The Holiday Clinic	27	Tue	The Holiday Clinic
28	Fri	The Holiday Clinic	28	Sun	☆The Holiday Clinic	28	Wed	Matsumoto Clinic
29	Sat	☆The Holiday Clinic (daytime only)	29	Mon	The Holiday Clinic	29	Thu	The Holiday Clinic
30	Sun	☆The Holiday Clinic	30	Tue	Sugiura Shounika	30	Fri	Aoba Family Clinic
			31	Wed	Matsumoto Clinic			

JULY			AUGUST			SEPTEMBER		
1	Sat	The Holiday Clinic	1	Tue	The Holiday Clinic	1	Fri	The Holiday Clinic
2	Sun	☆The Holiday Clinic	2	Wed	Matsumoto Clinic	2	Sat	The Holiday Clinic
3	Mon	Tachizawa Geka Ichoka lin	3	Thu	Aoba Family Clinic	3	Sun	☆The Holiday Clinic
4	Tue	The Holiday Clinic	4	Fri	Sugiura Shounika	4	Mon	Tachizawa Geka Ichoka lin
5	Wed	Matsumoto Clinic	5	Sat	The Holiday Clinic	5	Tue	Misato Ekimae Clinic
6	Thu	Kawaguchi Hinyouki/Naika Clinic	6	Sun	☆The Holiday Clinic	6	Wed	Matsumoto Clinic
7	Fri	Sugiura Shounika	7	Mon	Tachizawa Geka Ichoka lin	7	Thu	Kawaguchi Hinyouki/Naika Clinic
8	Sat	The Holiday Clinic	8	Tue	Tatewaki lin	8	Fri	Sugiura Shounika
9	Sun	☆The Holiday Clinic	9	Wed	Matsumoto Clinic	9	Sat	The Holiday Clinic
10	Mon	Misato Ekimae Clinic	10	Thu	Aoba Family Clinic	10	Sun	☆The Holiday Clinic
11	Tue	Tatewaki lin	11	Fri	☆The Holiday Clinic (daytime only)	11	Mon	Misato Ekimae Clinic
12	Wed	Matsumoto Clinic	12	Sat	The Holiday Clinic	12	Tue	Tatewaki lin
13	Thu	Aoba Family Clinic	13	Sun	☆The Holiday Clinic	13	Wed	Matsumoto Clinic
14	Fri	Sugiura Shounika	14	Mon		14	Thu	Aoba Family Clinic
15	Sat	The Holiday Clinic	15	Tue		15	Fri	Sugiura Shounika
16	Sun	☆The Holiday Clinic	16	Wed	The Holiday Clinic	16	Sat	The Holiday Clinic
17	Mon	☆The Holiday Clinic (daytime only)	17	Thu	The Holiday Clinic	17	Sun	☆The Holiday Clinic
18	Tue	The Holiday Clinic	18	Fri	Misato Ekimae Clinic	18	Mon	☆The Holiday Clinic (daytime only)
19	Wed	Matsumoto Clinic	19	Sat	The Holiday Clinic	19	Tue	Taniguchi Family Clinic
20	Thu	Kawaguchi Hinyouki/Naika Clinic	20	Sun	☆The Holiday Clinic	20	Wed	Matsumoto Clinic
21	Fri	Misato Ekimae Clinic	21	Mon	Misato Hifuka lin	21	Thu	Kawaguchi Hinyouki/Naika Clinic
22	Sat	The Holiday Clinic	22	Tue	Taniguchi Family Clinic	22	Fri	The Holiday Clinic
23	Sun	☆The Holiday Clinic	23	Wed	Matsumoto Clinic	23	Sat	☆The Holiday Clinic (daytime only)
24	Mon	Sato Clinic	24	Thu	Kawaguchi Hinyouki/Naika Clinic	24	Sun	☆The Holiday Clinic
25	Tue	Taniguchi Family Clinic	25	Fri	Sugiura Shounika	25	Mon	Sato Clinic
26	Wed	Matsumoto Clinic	26	Sat	The Holiday Clinic	26	Tue	Sugiura Shounika
27	Thu	Aoba Family Clinic	27	Sun	☆The Holiday Clinic	27	Wed	Matsumoto Clinic
28	Fri	Sugiura Shounika	28	Mon	Sato Clinic	28	Thu	Aoba Family Clinic
29	Sat	The Holiday Clinic	29	Tue	Sugiura Shounika	29	Fri	The Holiday Clinic
30	Sun	☆The Holiday Clinic	30	Wed	Matsumoto Clinic	30	Sat	The Holiday Clinic
31	Mon	The Holiday Clinic	31	Thu	Kawaguchi Hinyouki/Naika Clinic			

*Regarding 'Roster is being adjusted', on-duty medical institutions have not been settled. In the case when no medical institution is available on the day, please call #7119 for "Information about medical institutions" For the latest information, please see Misato City official website.

- Before you take your child to a medical institution, please call there and describe your child's symptoms. (Exclusively at night)
- Please note that the on-duty medical institution may be closed or can be changed for any reason. Please see Misato City official website for the latest information.
- You can see a doctor of the medical institution in Misato City at Misato Medical Association Holiday Clinic on Saturdays. Please note that consultation hours are from 7:00 p.m. to 9:00 p.m. (Reception opens until 8:30 p.m.)

Note: "☆The Holiday Clinic" means the Misato Medical Association Holiday Clinic. (Please refer to the page 2 for details)

OCTOBER			NOVEMBER			DECEMBER		
1	Sun	☆The Holiday Clinic	1	Wed	Matsumoto Clinic	1	Fri	The Holiday Clinic
2	Mon	Tachizawa Geka Ichoka lin	2	Thu	Kawaguchi Hinyouki/Naika Clinic	2	Sat	The Holiday Clinic
3	Tue	Sugiura Shounika	3	Fri	☆The Holiday Clinic (daytime only)	3	Sun	☆The Holiday Clinic
4	Wed	Matsumoto Clinic	4	Sat	The Holiday Clinic	4	Mon	Tachizawa Geka Ichoka lin
5	Thu	Kawaguchi Hinyouki/Naika Clinic	5	Sun	☆The Holiday Clinic	5	Tue	Misato Ekimae Clinic
6	Fri	The Holiday Clinic	6	Mon	Tachizawa Geka Ichoka lin	6	Wed	Matsumoto Clinic
7	Sat	The Holiday Clinic	7	Tue	Sugiura Shounika	7	Thu	Kawaguchi Hinyouki/Naika Clinic
8	Sun	☆The Holiday Clinic	8	Wed	Matsumoto Clinic	8	Fri	Sugiura Shounika
9	Mon	☆The Holiday Clinic (daytime	9	Thu	Aoba Family Clinic	9	Sat	The Holiday Clinic
10	Tue	Tatewaki lin	10	Fri	Misato Ekimae Clinic	10	Sun	☆The Holiday Clinic
11	Wed	Matsumoto Clinic	11	Sat	The Holiday Clinic	11	Mon	Misato Ekimae Clinic
12	Thu	Aoba Family Clinic	12	Sun	☆The Holiday Clinic	12	Tue	Tatewaki lin
13	Fri	Misato Ekimae Clinic	13	Mon	Misato Ekimae Clinic	13	Wed	Matsumoto Clinic
14	Sat	The Holiday Clinic	14	Tue	Tatewaki lin	14	Thu	Aoba Family Clinic
15	Sun	☆The Holiday Clinic	15	Wed	Matsumoto Clinic	15	Fri	Sugiura Shounika
16	Mon	The Holiday Clinic	16	Thu	Kawaguchi Hinyouki/Naika Clinic	16	Sat	The Holiday Clinic
17	Tue	Taniguchi Family Clinic	17	Fri	Sugiura Shounika	17	Sun	☆The Holiday Clinic
18	Wed	Matsumoto Clinic	18	Sat	The Holiday Clinic	18	Mon	The Holiday Clinic
19	Thu	Kawaguchi Hinyouki/Naika Clinic	19	Sun	☆The Holiday Clinic	19	Tue	Taniguchi Family Clinic
20	Fri	Misato Ekimae Clinic	20	Mon	Sato Clinic	20	Wed	Matsumoto Clinic
21	Sat	The Holiday Clinic	21	Tue	Taniguchi Family Clinic	21	Thu	Kawaguchi Hinyouki/Naika Clinic
22	Sun	☆The Holiday Clinic	22	Wed	Matsumoto Clinic	22	Fri	Aoba Family Clinic
23	Mon	Sato Clinic	23	Thu	☆The Holiday Clinic (daytime only)	23	Sat	The Holiday Clinic
24	Tue	Sugiura Shounika	24	Fri	Aoba Family Clinic	24	Sun	☆The Holiday Clinic
25	Wed	Matsumoto Clinic	25	Sat	The Holiday Clinic	25	Mon	Sato Clinic
26	Thu	Aoba Family Clinic	26	Sun	☆The Holiday Clinic	26	Tue	Sugiura Shounika
27	Fri	Aoba Family Clinic	27	Mon	The Holiday Clinic	27	Wed	Matsumoto Clinic
28	Sat	The Holiday Clinic	28	Tue	Sugiura Shounika	28	Thu	Aoba Family Clinic
29	Sun	☆The Holiday Clinic	29	Wed	Matsumoto Clinic	29	Fri	
30	Mon	The Holiday Clinic	30	Thu	Aoba Family Clinic	30	Sat	
31	Tue	Sugiura Shounika				31	Sun	☆The Holiday Clinic (daytime only)

JANUARY			FEBRUARY			MARCH		
1	Mon	☆The Holiday Clinic(daytime only)	1	Thu	Aoba Family Clinic	1	Fri	The Holiday Clinic
2	Tue	☆The Holiday Clinic(daytime only)	2	Fri	The Holiday Clinic	2	Sat	The Holiday Clinic
3	Wed	☆The Holiday Clinic(daytime only)	3	Sat	The Holiday Clinic	3	Sun	☆The Holiday Clinic
4	Thu	Aoba Family Clinic	4	Sun	☆The Holiday Clinic	4	Mon	Tachizawa Geka Ichoka lin
5	Fri	The Holiday Clinic	5	Mon	Tachizawa Geka Ichoka lin	5	Tue	Sugiura Shounika
6	Sat	The Holiday Clinic	6	Tue	Sugiura Shounika	6	Wed	Matsumoto Clinic
7	Sun	☆The Holiday Clinic	7	Wed	Matsumoto Clinic	7	Thu	Kawaguchi Hinyouki/Naika Clinic
8	Mon	☆The Holiday Clinic(daytime only)	8	Thu	Kawaguchi Hinyouki/Naika Clinic	8	Fri	Misato Ekimae Clinic
9	Tue	Tatewaki lin	9	Fri	Misato Ekimae Clinic	9	Sat	The Holiday Clinic
10	Wed	Matsumoto Clinic	10	Sat	The Holiday Clinic	10	Sun	☆The Holiday Clinic
11	Thu	Kawaguchi Hinyouki/Naika Clinic	11	Sun	☆The Holiday Clinic	11	Mon	Misato Ekimae Clinic
12	Fri	Misato Ekimae Clinic	12	Mon	☆The Holiday Clinic(daytime only)	12	Tue	Tatewaki lin
13	Sat	The Holiday Clinic	13	Tue	Tatewaki lin	13	Wed	Matsumoto Clinic
14	Sun	☆The Holiday Clinic	14	Wed	Matsumoto Clinic	14	Thu	Aoba Family Clinic
15	Mon	Misato Ekimae Clinic	15	Thu	Aoba Family Clinic	15	Fri	Sugiura Shounika
16	Tue	Taniguchi Family Clinic	16	Fri	Misato Ekimae Clinic	16	Sat	The Holiday Clinic
17	Wed	Matsumoto Clinic	17	Sat	The Holiday Clinic	17	Sun	☆The Holiday Clinic
18	Thu	Aoba Family Clinic	18	Sun	☆The Holiday Clinic	18	Mon	The Holiday Clinic
19	Fri	Sugiura Shounika	19	Mon	The Holiday Clinic	19	Tue	Sugiura Shounika
20	Sat	The Holiday Clinic	20	Tue	Taniguchi Family Clinic	20	Wed	☆The Holiday Clinic (daytime only)
21	Sun	☆The Holiday Clinic	21	Wed	Matsumoto Clinic	21	Thu	Kawaguchi Hinyouki/Naika Clinic
22	Mon	Sato Clinic	22	Thu	Kawaguchi Hinyouki/Naika Clinic	22	Fri	The Holiday Clinic
23	Tue	Sugiura Shounika	23	Fri	☆The Holiday Clinic(daytime only)	23	Sat	The Holiday Clinic
24	Wed	Matsumoto Clinic	24	Sat	The Holiday Clinic	24	Sun	☆The Holiday Clinic
25	Thu	Kawaguchi Hinyouki/Naika Clinic	25	Sun	☆The Holiday Clinic	25	Mon	Sato Clinic
26	Fri	The Holiday Clinic	26	Mon	Sato Clinic	26	Tue	Taniguchi Family Clinic
27	Sat	The Holiday Clinic	27	Tue	Sugiura Shounika	27	Wed	Matsumoto Clinic
28	Sun	☆The Holiday Clinic	28	Wed	Matsumoto Clinic	28	Thu	Aoba Family Clinic
29	Mon	The Holiday Clinic	29	Thu	The Holiday Clinic	29	Fri	The Holiday Clinic
30	Tue	Sugiura Shounika				30	Sat	The Holiday Clinic
31	Wed	Matsumoto Clinic				31	Sun	☆The Holiday Clinic

Subsidy for Fertility Test/ Infertility Test/ Infertility Treatment Fees

不妊検査・不育症検査・不妊治療費の助成

The medical fees will be provided for those who have finished the fertility test, infertility test or infertility treatments. Please see Misato City official website for details.

<https://www.city.misato.lg.jp/8528.htm>

Inquiries: Regional Health Section; Call: 048-930-7772



Notice of Pregnancy/ Issuance of Mother and Child Health Handbook

妊娠届出・母子健康手帳の交付

After your pregnancy is confirmed at a medical institution, please submit a Pregnancy Notification Form to Childrearing Support Station ‘*Hohoemi*’ (smile). A public health nurse or a mid-wife will interview and provide consultation to all pregnant women about their concerns through consultations, then she will issue a Mother and Child Health Handbook. (It takes approximately 30 minutes to issue the Handbook. A maternity strap and other materials will be provided at the interview.)

If you receive the Handbook at Resident Affairs Division or *KIBOU-no Sato Koryu Center Shutchojo* (branch office) due to unavoidable circumstances, we will set up an interview by the baby’s due date, either requesting you to visit ‘*Hohoemi*’ or we will pay a visit to your house. If you wish to obtain a Mother and Child Health Handbook in foreign language, please consult us when you report your pregnancy.

Application and Issuance place

●Childrearing Support Station ‘*Hohoemi*’ (smile)

- Monday through Friday, from 9:00 a.m. to 4:00 p.m. <Reservation priority>

- ‘Hello Baby Class ①’ session days (see next page): (the class will be held once in a month on Saturday), from 9:00 a.m. to 11:00 a.m. [Advanced reservation required]

How to make a reservation

- **Access ‘Kaichan & Tsubuchan’s Reservation Support System’ through PC or your smartphone.**

<https://misato.city-ca.jp/>

- Make a reservation by phone

(On weekday from 8:30 a.m. to 5:15 p.m.)

●**Resident Affairs Division** (Only on Sundays when the Division opens.)

●***KIBOU-no Sato Koryu Center Shutchojo*** (branch office) (On weekdays and Sundays when the branch office opens.)



What to bring for application

You will be asked to fill in the estimated due date (EDD), gestational age (weeks of pregnancy), medical institution’s name and address on the notification form.

◆If the notification is made by an expectant mother herself:

- “My Number Card” (Individual Number Card) card or Individual Number Notification card

- ID such as a Residence Card, driver’s license or passport

◆If the notification is made by a proxy of the expectant mother on behalf of her:

- A letter of proxy

- Proxy’s identification documents

- The expectant mother’s “My Number Card” or “Individual Number Notification Card”

Online application

Misato City accepts the Pregnancy Notification on its website. (Visit Misato City official website for further information.)

***Note:** Please see Misato City official website for the latest information as issuance place, date or time may change during the Fiscal Year.

Inquiries: Childrearing Support Station; Call: 048-930-7827

Prenatal Checkups, Newborn Hearing Screening and Maternity Health Checkups 妊婦健康診査・新生児聴覚スクリーニング検査・産婦健康診査

When a Mother and Child Health Handbook is issued to you, you will receive 14 tickets for prenatal checkups, 1 ticket for the 1st newborn hearing screening, and 1 ticket for maternity health checkup. A part of the expenses of the prenatal/ maternity health checkups is covered by the public funds.

How to use the checkup coupons

- ◆Your prenatal coupons will be usable only at medical institutions contracted with Misato City. (See Misato City official website for the contracted medical institutions.)
- ◆If you receive the prenatal checkups at a medical institution uncontracted with the City, please first pay the fee on your account and then claim the reimbursement to the City office within 1 year after the delivery date or the date of ending a pregnancy. (See Misato City official website for the details.)
- ◆If you move to another municipality, be sure to exchange them with those issued by the municipality which you move in.

Note: Your prenatal checkups before issuing coupons shall be fully on your account.

Inquiries: Childrearing Support Station; Call: 048-930-7827

Prenatal Checkups for Multiple Pregnancy 多胎妊娠の妊婦健康診査

For those with multiple pregnancies, if they receive over the usual 14 prenatal checkups, the expense of up to five more checkups will be partially subsidized.

After the delivery date or the date of ending a pregnancy, claim the reimbursement to the City office within 1 year. (See Misato City official website for the details.)

Inquiries: Childrearing Support Station; Call: 048-930-7827

Hello Baby Class ハローベイビー教室～

①Childbirth / Childrearing ②Teeth / Nutrition～ ①出産・育児 ②歯・栄養編

Misato City offers total two classes of lectures and practices on how to spend maternity life, childbirth, and childrearing. Please feel free to attend as a place to make friends and exchange information. <Reservation priority>

Target ①An expectant mother **around 5 months pregnant** who lives in Misato City and her partner etc.

②An expectant mother **around 6 months pregnant** who lives in Misato City and her partner etc.

*An expectant mother alone can participate on each day.

Contents ① Family ties, Lecture on childbirth/ childrearing, How to bathe a baby (training), Introducing administrative services

②Lecture on dental health and dental checkup for pregnant women, lecture on nutrition during a gestation period

What to bring Mother and Child Health Handbook, writing utensils

Others You can also participate in either ① or ②.

For the information about date and time and how to make a reservation, please access
‘Kaichan & Tsubuchan’s Reservation Support System’.

<https://misato.city-ca.jp/>

Inquiries: Regional Health Section; Call: 048-930-7772



Accommodation-style Postpartum Care 宿泊型産後ケア

Some postpartum mothers cannot receive enough help from their family members for doing household chores or childcare after giving birth and are also in poor mental and physical health conditions having anxieties of baby care affairs. This service aims to provide them with mental and physical care and childrearing support while staying at a medical institution. (A partial co-payment is required.) Please consult with the section in charge for details.

Inquiries: Childrearing Support Station; Call: 048-930-7827

Home-visit to Families with Prematurely-born Baby / Babies

未熟児訪問

A health nurse or a maternity nurse will visit families with a prematurely-born baby and provides physical measurements and consultation about childrearing.

Target Beneficiaries of the Nursing and Medical Care for Premature Babies

Inquiries: Childrearing Support Station; Call: 048-930-7827

Home-visit to All Families with Baby / Babies (*Konnichiwa Akachan*)

乳児家庭全戸訪問（こんにちは赤ちゃん）

We wish that all children are able to grow up healthily and support families raising children, a maternity nurse, a public health nurse, a nurse or a member of *Aiiku-han* will visit all families with newborn baby / babies up to the age of 4 months old to check health conditions of mother and the child and gives a congratulatory gift and childrearing information in your community. If you have any concerns about childrearing, feel free to consult them. We will arrange the date of visit by phone or other methods. (A maternity nurse may call you directly from her mobile phone.)

Request Please submit a 『出生連絡票』 - “Contact card of childbirth” (a pink colored postcard) distributed together with the Mother and Child Health Handbook to Childrearing Support Station in person or by post.

Inquiries: Childrearing Support Station; Call: 048-930-7827

Class Introducing Weaning Food ～① ‘Start’ class ② ‘Step up’ class～

離乳食教室 ～①スタート教室 ②ステップアップ教室～

Misato City offers classes introducing weaning food including nutritionist’s lectures, cooking demonstration, individual consultation on how to start and cook solid foods. <Reservation priority>

Target ① For babies around **5 to 6 months old and their parents** who lives in Misato City

② For babies around **9 months old and their parents** who lives in Misato City

*Baby-sitting service is not available. Participating of a parent alone is also accepted in classes.

Place Play Room on the 2F of *Kenko Fukushima Kaikan* (Health and Welfare Center)

What to bring Mother and Child Health Handbook, writing utensils, bath towel, and other items which are necessary for your baby.

Others Baby-sitting service is not available. Participating in each class only by parent her-/himself is also accepted. You can participate in either ① or ② class or both.

For the information about date and time and how to make a reservation, please access
‘Kaichan & Tsubuchan’s Reservation Support System’.

<https://misato.city-ca.jp/>

Inquiries: Regional Health Section; Call: 048-930-7772



Childrearing Free Consultation Service (about pregnancy, delivery, and childrearing)

子育て無料相談（妊娠・出産・子育ての相談）

Childrearing Support Station ‘*Hohoemi*’ (smile) is a general consultation service for children and his/her family (including expectant and nursing mother). Childrearing supporters (nursery teachers), public health nurses, midwives, and/or psychologist will provide consultation. <Reservation priority>

How to make a reservation

- Access ‘**Kaichan & Tsubuchan’s Reservation Support System**’ through PC or your smartphone.

<https://misato.city-ca.jp/>

- Make a reservation by phone

Inquiries: Childrearing Support Station; Call: 048-930-7827



“Easy cooking! A baby food recipe”

When a baby turns around 5 months old, it's about time to start solids. As a child grows up, the nutrition from only breastfeeding or formula milk is not sufficient for his/her healthy growth. Let make your child eat a variety of foods by the time he /she completes the weaning period.

(<https://www.city.misato.lg.jp/2520.htm>)



SWEET POTETO STEAMED BUNS

(Suitable for the weaning completion period: i.e., a child aged around 12 to 18 months old)



<Ingredients>

(Amount per 2 servings of a 3×3 cm aluminum cup):

Ready-made pancake mix . . .	45 g
Sweet potato	40 g
Vegetable juice	2 Tbsp
Candy cheeses	15 g

<Nutrition facts>

Amount per 2 servings	196 kcal
Protein	5.7 g
Fat	4.9 g
Carbohydrates	32.1 g
Sodium	0.6 g

<How to cook>

- 1) Peel off a sweet potato and cut it into dices of 1 cm³ and put them into a heat-resistant container. Cover it with plastic wrap and cook in a microwave oven for 1 minute and 30 seconds at 600-watt heat.
- 2) Pour vegetable juice into the pancake mix and stir; then, add 1) with candy cheeses and mix together.
- 3) Pour the mixture evenly into 2 aluminum cups. Prepare a frypan filled with 250 ml of water. Heat it up to the boiling temperature and place the aluminum cups in the pan; cover with the lid and steam them for about 5 minutes until they are fully cooked. Check the inside with a bamboo stick to make sure no liquid comes with the stick; if so, it's done!

Suggestions:

- If you have no candy cheese in your refrigerator, it's okay to alternatively use other cheese such as baby cheese (small cheese) or melting cheese!
- The buns can be stored in a refrigerator or freezer wrapped with plastic wrap. Eat them up within 2 days if stored in a refrigerator or within 5 days if stored in a freezer.

The recipe video is posted on the Misato City official website.

Health Checkups for Children 子どもの健康診査

Reception time Please see the **notice on Health Checkup for Children**.

Place 1F of *Kenko Fukushi Kaikan* (Health and Welfare Center)

What to bring Health Questionnaire (for ●●-old health checkup), your child's Mother and Child Health Handbook, Health Check Sheet, and others items specified on the notice.
<https://www.city.misato.lg.jp/3381.htm>



[Sending documents]

The checkup documents will be sent to you around the middle of the month prior to your child's checkup date. Please contact us if you recently moved in or have not received the documents by the day.

[Change of checkup date]

Contact us if the designated date is inconvenient for you. You can change the date as long as he/she is eligible age. **The alternative date should be later than your initial designated dates**

Inquiries: Regional Health Section; Call: 048-930-7772

[Health Checkups for 4-month-old Children]

【Health Checkups for 4-month-old Children】														Contents	
Calendar		2023 Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	2024 Jan	Feb	Mar	* Medical Consultation * Physical measurements * Medical interview and developmental check * Nutritional Consultation * Child-rearing consultation	
Schedule	First half	Fri, 21	Fri, 12	Fri, 9	Wed, 19	Fri, 25	Fri, 15	Fri, 20	Wed, 22	Mon, 18	Fri, 19	Fri, 16	Fri, 15		
	Last half	Wed, 26	Wed, 17	Wed, 21	Fri, 28	Wed, 30	Wed, 20	Mon, 30	Fri, 24	Fri, 22	Wed, 24	Wed, 21	Mon, 18		
Birth month		2022 Dec	2023 Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov		

[Health Checkups for 9-month-old Children]

【Health Checkups for 9-month-old Children】													Contents	
Calendar		2023 Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	2024 Jan	Feb	Mar	* Medical Consultation * Physical measurements * Medical interview and developmental check * Child-rearing consultation * Nutritional Consultation
Schedule	First half	Wed, 19	Fri, 19	Mon, 12	Wed 12	Mon, 7	Thu, 14	Mon, 23	Mon, 20	Wed, 13	Mon 22	Wed, 14	Mon, 4	
	Last half	Mon, 24	Mon, 29	Tue 20	Tue. 18	Mon, 28	Tue, 19	Tue. 31	Mon, 27	Wed, 20	Fri. 26	Mon, 19	Thu, 7	
Birth month		2022 Jun	Jul	Aug	Sep	Oct	Nov	Dec	2023 Jan	Feb	Mar	Apr	May	

[Health Checkups for 1-year-8-month-old Children]

【Health Checkups for 1-year-8-month-old Children】													Contents	
Calendar		2023 Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	2024 Jan	Feb	Mar	* Medical Consultation * Dental checkup * Physical measurements * Medical interview and developmental check * Child-rearing consultation * Tooth brushing instruction: (Please bring a toothbrush, a cup and a hand towel)
Schedule	First half	Wed, 12	Wed, 10	Wed, 7	Wed, 5	Wed, 9	Fri, 8	Wed, 4	Wed, 1	Wed, 6	Wed, 10	Fri, 2	Wed, 6	
	Last half	Mon, 17	Tue, 16	Thu, 15	Mon, 10	Thu, 31	Wed, 13	Thu, 12	Wed, 15	Mon, 11	Thu, 18	Wed, 7	Tue, 12	
Birth month		2021 Aug	Sep	Oct	Nov	Dec	2022 Jan	Feb	Mar	Apr	May	Jun	Jul	

[Health Checkups for 3-year-6-month-old Children]

【Health Checkups for 3-year-6-month-old Children】													Contents	
Calendar		2023 Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	2024 Jan	Feb	Mar	* Medical Consultation * Dental checkup * Vision test
Schedule	First half	Fri, 14	Fri, 26	Fri, 2	Mon, 3	Fri, 4	Fri, 1	Fri, 6	Fri, 10	Mon, 4	Fri, 12	Mon, 5	Fri, 1	* Urine test * Physical measurements * Medical interview and developmental check
	Last half	Thu, 20	Wed, 31	Mon, 19	Fri, 7	Thu, 10	Mon, 11	Tue, 10	Thu, 30	Fri, 15	Wed, 17	Fri, 9	Thu, 14	* Child-rearing consultation * Tooth brushing instruction: (Please bring a toothbrush, a cup and a hand towel)
Birth month		2019 Sep	Oct	Nov	Dec	2020 Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	* Fluoride varnish (Applicants only)

Inquiries: Regional Health Section; Call: 048-930-7772

Health Consultation Service 健康相談

A health nurse and/or a nutritionist will provide consultation on lifestyle diseases, dietary habits, mental health, childrearing matters, and more.

If you wish to have a face-to-face consultation, please make a prior reservation by phone. Consultations over the phone are accepted at any time.

If you want to take body measurements of your baby's weight and height, please feel free to use the free measurement corner located on the 2nd floor of *Kenko Fukushi Kaikan* (Health and Welfare Center).

Inquiries: Regional Health Section; Call: 048-930-7772

Development Counseling 'Fureai' / 'Himawari' (Sunflower) Class - (Learning through play)

発達ふれあい相談・ひまわり教室

We provide individual counseling by child specialists (such as a pediatrician, a clinical psychotherapist, an occupational therapist, a health nurse, a nutritionist, and nursery staff) about your child's growth, motor development, speech development, and relationships with others and more.

Please inquire us for more information about the date, details and how to apply. (Different specialists will advise you depending on the subject of your counseling.)

Inquiries: Regional Health Section; Call: 048-930-7772

**If you notice these situations implying child abuses like below,
call us at the number ☎ 1 - 8 - 9 (1/ichi- 8/haya - 9/ku) immediately.**

You will reach your nearest Child Consultation Center.

I wonder
if the child is being
abused?

I am harsh on my child because
I'm having a hard time in raising
my child.

I know someone in my
neighborhood who is very worried
about his/her childrearing.

Let's speedily pick up S.O.S signals from the parent(s) having problems of childrearing!

- Anonymous callings are acceptable. The caller's personal information and the contents will be strictly protected.
- Call us at 0570-064-000 to reach your nearest Child Consultation Center.

*If you call from a certain type of IP Phones, you will not be connected with this number.

*Communication fee will be on your account.



Notice of Pregnancy / Issuance of Mother and Child Health Handbook

妊娠届出・母子健康手帳の交付

【What is vaccination?】

Vaccination is one of the effective preventive measures against infectious diseases by administering vaccines to enhance one's immunity against pathogenic microbes. It aims preventing the disease, preventing the disease to develop seriously, and preventing the spread of infection from person to person.

If the disease develops seriously in one's body, aftereffect(s) may remain after his/her illness is cured. Let's have your child vaccinated to protect him/her and people around.

【Vaccination practices and send out of questionnaire sheets etc.】

Children living in Misato City can receive each vaccination individually at designated medical institutions (see pages 16-17) when they are in good health.

For those who have a target child, Misato City sends the documents for vaccination around the time mentioned below: a bundle of sheets of the "Questionnaire for Vaccination*" (in Japanese)* which is questionnaire sheets to fill out your child's health condition etc. on the vaccination day, and a guidebook titled "Vaccination and Children's Health" which describes in detail about immunizations. Be sure to fully understand the expected effects and side reactions of each vaccine before receiving a vaccination. [*An English version of "Questionnaire for vaccination" is available at each medical institution.]

Those who were born in Misato City:

We will send it to you by post approximately in one month after you report your child's birth.

Those who moved in Misato City:

After completing your Moving-in procedure, we will hand it out at the service counter of Health Promotion Division or sent it by post about one month after the moving-in date.

Misato Childrearing Support Application 'Kai-Tsubu Navi' みさと子育て支援アプリ「かいつぶナビ」

If you use the 'Kai-Tsubu Navi' application, it will automatically create a vaccination schedule customized for your child and notify you of the vaccination day when it is approaching.

<https://misato.city-hc.jp/>

*The registration and user fees will be free of charge but the fees for communication and packet will be on your account.



【How to receive vaccinations】

Fee: Free of charge [*However, if a vaccine is administered to a child at the age other than in the period designated for the target age, not respecting the stipulated intervals between inoculations, or if he/she is not a registered resident of Misato City as of the date of inoculation, the vaccination fee will be on your account (as voluntary vaccination) in principle.]

What to bring: "Questionnaire for Vaccination" sheet(s), your child's Mother and Child Health Handbook and his/her health insurance card (or other document proving his/her address and age)

Where to visit: Designated medical institutions in Misato City (See pages 16-17.)

As some designated institutions may administer a vaccine by appointment, we recommend you to confirm about it by phone or other ways before visiting.

If you cannot have your child vaccinated at a designated institution in Misato City due to a particular reason such as childbirth in your home country or illness, you need to take a procedure at the Health Promotion Division in advance of administration. (As the procedure may require some days, please contact us as soon as possible.)

【The intervals between inoculations】

20-56 days ... From 3 weeks (on the same day of the week) to 8 weeks (on the following day of the same day of the week after the first inoculation)

6-28 days ... From 1 week (on the same day of the week) to 4 weeks (on the following day of the same day of the week after the first inoculation)

27days or later... 4 weeks (on the same day of the same week) after the first inoculation, your child can receive the next vaccine.

*As to each interval between inoculations, please refer to the page 13.

【Time intervals between vaccines】

Same types of vaccines ➡ Follow the instructions 'Standard Intervals' specified on the next page.

Different types of vaccines ➡ Only injectable live vaccines have defined time intervals.

- Following are the injectable live vaccines covered by the routine vaccination program.

[BCG, MR (Measles and Rubella combined), Measles, Rubella, Varicella (Chicken pox)]

【MR (Measles and Rubella) - Notice of the 2nd term vaccination】

Eligibility for the FY2023

One who was born between April 2, 2017 (H29) and April 1, 2018 (H30)

Vaccination period

From Saturday, April 1, 2023 to Sunday, March 31, 2024

【JE (Japanese Encephalitis) vaccination - Eligibility for the exceptional measure】

There was a period when the vaccination for Japanese Encephalitis had not been actively recommended and it had lasted until the safety of the vaccine was verified. Thus, those who had been the target children mentioned below but have not yet completed JE vaccination (4 doses in total) can receive the vaccines at public expense.

Check your child's immunization record in his/her Mother and Child Health Handbook or by other means.

Eligibility and Vaccination period:

One who was born between April 2, 1995 (H7) and April 1, 2007 (H19)

Vaccination period: before his/her 20th birthday

*For further information, please see Misato City official website.

Regarding the 'Classification of Vaccine Designated by Laws etc.', please refer to the page 13.

Please note that those who plan to move out of the City will not be eligible for the vaccination from the date of Moving-out.

Keep in mind to arrange a vaccination reservation allowing enough time to complete it within the period of time required by law.

[If your child could not receive the routine vaccines due to his/her disease that required a long-term treatment]

*If your child has suffered from a disease that required a long-term treatment and could not receive the routine vaccinations during the designated period and if Misato City determines as applicable, he/she can receive the vaccines as routine vaccination, although each vaccination has its age limit. As the procedure requires, please contact Health Promotion Division beforehand.

Inquiries: Health Promotion Section; Call: 048-930-7771

Classification of Vaccines Designated by Laws etc. 【法律等で定められている予防接種の種類】

<How to figure out ages of the target child>

◇Age 'under ○○' means the vaccination by 1 day before his/her birth date of the month or the year. (The target age does not include the exact birth date.)

In the term "A baby aged ○○ weeks and ●● days", the next day of his/her birthday is counted as 0 week and 1 day, and the day "until he/she turns ○○ weeks and ●● days" includes the day when "after he/she turns ○○ weeks and ●● days" falls on.

Vaccinations during infancy and toddlerhood	Description		Doses	Target child	Standard interval	Desirable age
	Hep B (Hepatitis B) B型肝炎		3	Age under[◇] 1 year ([◇] One day before the baby turns 1)	The 2 nd dose will be administered at least 27 days after the 1 st dose. The 3 rd dose will be administered at least 139 days (20 weeks) after the 1 st dose.	Age 2 months - under[◇] 9 months
	RV (Rotavirus) ロタウイルス *1	Rotarix (monovalent) ロタリックス(1価)	2	A baby aged 6 weeks and 0 day - 24 weeks and 0 day	The 2 nd dose will be administered at least 27 days after the 1 st dose.	Initial dose: It should be administered between one day before a baby turns 2 months and 14 weeks and 6 days The 1 st dose of RV vaccination for a baby aged 15 weeks and 0 day is not recommended as the safety has not been established.
		RotaTaq (5-valent) ロタテック(5価)	3	A baby aged 6 weeks and 0 day - 32 weeks and 0 day	<Exclusively for a baby administered Rota Tq vaccine> The 3 rd dose will be administered at least 27 days after the 2 nd dose.	
	Hib (Haemophilus influenza type B) ヒブ	Initial	3	A baby aged 2 months - under[◇] 5 years *If a child starts vaccinating after he/she turns 7 months, the total number of the dosages will be fewer than the regularly required number of the doses.	27 - 56 days from each dose (Hib must be completed by 12 months old)	Age 2 months - under[◇] 7 months
		Booster	1		7 - 13 months after completing the initial doses	
	PCV (Pediatric Pneumococcal) 小児用肺炎球菌	Initial	3	A baby aged 2 months - under[◇] 5 years *If a child starts vaccinating after he/she turns 7 months, the total number of the dosages will be fewer than the regularly required number of the doses.	At least 27 days from each dose (PCV must be completed by 12 months old)	Age 2 months - under[◇] 7 months
		Booster	1		After he/she turns 12 months old or older and at least 60 days after completing the initial doses	
	DPT - IPV (Diphtheria-Pertussis-Tetanus and Inactivated Polio) 四種混合 (DPT+IPV) *2	Initial	3	A baby aged 2 months - under[◇] 7 years 6 months	20 - 56 days from each dose	Age 2 months - 12 months
		1 st Term Booster	1		At least 6 months after completing the initial (3 rd) dose	After completing the initial (3 rd) dose Age 12 months - 18 months
	BCG BCG		1	Age under[◇] 1 year		Age 5 months - 8 months
	MR (Measles/Rubella) 麻疹 風疹	1 st Term	1	Age 1 year - under[◇] 2 years		Soon after he/she turns 1 year
		2 nd Term	1	★Target child for FY2023: One who was born from April 2, 2017 to April 1, 2018		Soon after he/she goes up to the elder-class in preschool
	Varicella (Chicken pox) 水痘	Initial	1	Age 1 year - under[◇] 3 years		Age 12 months - 15 months
		Booster	1		At least 3 months after the initial dose	6 - 12 months after the initial dose
	JE (Japanese Encephalitis) 日本脳炎	1 st Term Initial	2	A baby aged 6months - under[◇] 7 years 6 months	6 - 28 days from each dose	Age 3 years
		Booster	1		Approximately 1 year after the initial (2 nd) dose	Age 4 years

Vaccinations during school age	Description		Doses	Target child	Standard Interval		Desirable age
	JE (Japanese Encephalitis) 日本脳炎	2 nd Term	1	Age 9 years - <u>under</u> ◇ 13 years			Age 9 years
	DT (Diphtheria-Tetanus) 二種混合	2 nd Term	1	Age 11 years - <u>under</u> ◇ 13 years	DT vaccine (Diphtheria-Tetanus combined) will be administered.		Age 11 years
	HPV (Human Papillomavirus) (Cervical Cancer Prevention) 子宮頸がん予防 *1		3	Female child age equivalent to the 6 th grade in elementary school to the first grade in high school ★Target child for FY2023: One who was born from April 2, 2007 to April 1, 2012	Cervarix (bivalent) サーバリックス (2価)	Normally, two doses should be administered in succession after taking a 1-month interval , and one more dose (the 3 rd dose) after taking a 6-month interval from the 1 st dose. (However, when it is impossible to follow this instruction, administer the 2nd dose after taking at least a 1-month interval , and administer one more dose (the 3 rd dose) after taking at least a 5-month interval from the 1st dose <u>and also</u> at least a 2.5-month interval from the 2nd dose .)	During the 1st grade year in junior high school
					Gardasil (quadrivalent) ガーダシル (4価)	Normally, two doses should be administered in succession after taking a 2-month interval and one more dose (the 3 rd dose) after taking a 6-month interval from the 1 st dose. (However, when it is impossible to follow this instruction, administer the 2nd dose after taking at least a 1-month interval , and administer one more dose (the 3 rd dose) after taking at least a 3-month interval from the 2nd dose .)	
For the latest information about SILGARD (9-valent) vaccine, please refer to Misato City official website.				SILGARD (9-valent) シルガード (9価)			

Designated number of doses and/or other descriptions may change if the laws are revised.

*1 Each type of products is designed to produce the same outcome. Be sure to administer the same type and designated doses in principle.

*2 DPT - IPV (Diphtheria-Pertussis-Tetanus and Inactivated Polio vaccine) is not necessary for a child who had already completed DPT and Polio vaccines.

Please inquire in advance for a seasonal influenza vaccination to a designated medical institution by yourself when the vaccination period approaches. Questionnaire form for this vaccination is available at the designated medical institutions in Misato City. (This vaccination is not obligation.)

Eligibility:

① One aged 65 or over as of inoculation day

*Misato City will send the documents for vaccination individually in September.

② One aged between 60 and 64 who is extremely restricted from doing his/her personal daily life activities because of disability in the heart, kidney or respiratory functions or who is disabled to lead a normal life due to the immune dysfunction resulted from a human immunodeficiency virus (which is equivalent to the first degree of Physical disability certificate). (Please consult with the Health Promotion Division or your family doctor for details.)

Where to visit: Designated medical institutions in Misato City (See pages 16-17.)

***Be sure to inform the Health Promotion Division before receiving the flu vaccination and take necessary procedures if you prefer to receive it at a medical institution other than the designated one.**

Period of vaccination: From **Sunday, October 1, 2023** to Wednesday, **January 31, 2024**

Fee: Co-payment of 1,500 yen (Exempted if you are receiving Public Assistance or benefits for Japanese who had been left behind in China)

Number of vaccination:

Maximum of 1 dose.

What to bring:

- A 'QUESTIONNAIRE FOR INFLUENZA VACCINATION' for Senior Citizens in Misato City (enclosed in individual notice)
- A document proving your current address and your date of birth, such as Residence Card, health insurance card or driving license, or *My Number Card* (Individual Number Card)
- Fee for vaccination
- Official certificate or documents is needed if you are:
 - One who applies above mentioned ②, bring the Physical disability certificate etc.
 - One who is receiving Public Assistance or benefits for Japanese who had been left behind in China, bring its certificate

Ways to receive the vaccination and procedures to take

《At the designated medical institutions in Misato City》

- 1) Call and inquire to a medical institution beforehand.
- 2) Bring what on the list 'what to bring' with you and visit medical institution.

《At the medical institutions outside of Misato City》

- 1) It might be necessary to take a procedure before getting vaccinated. Please see individual notification or the city official website (it will be updated in mid-September).
- 2) Bring what on the list 'what to bring' etc. with you and visit medical institution.

Note: If you receive the vaccination outside of Misato City without taking a proper procedure, the vaccination will be charged as a voluntary vaccination (all fees will be on your account). Be sure to contact Health Promotion Division before getting vaccinated. Please note that it will not be reimbursed retroactively.

Inquiries: Health Promotion Section; Call: 048-930-7771

Pneumococcal Vaccination for Senior Citizens 高齢者の肺炎球菌ワクチン予防接種

Since October, 2014, routine vaccination of Pneumococcal Polysaccharide for senior citizens has started and we have announced 'Eligible citizens are those aged 65 in FY 2019 and after'. However, Ministry of Health, Labor and Welfare decide in January, 2019 to provide the vaccination for one who has never received it. [Limited period of 5 years (from FY2019 to FY2023)] .

Eligibility: Eligible citizens differ every year.

Note: You are NOT eligible for the routine vaccination, if you have already received Pneumococcal vaccine for the elderly (including voluntary vaccine) called 'Pneumovax NP (23-valent Pneumococcal Capsular Polysaccharide vaccine)'.

① One who turns under mentioned age in FY 2023 (as of March 31, 2024)

Age 65	Born from April 2, 1958 to April 1, 1959	Age 85	Born from April 2, 1938 to April 1, 1939
Age 70	Born from April 2, 1953 to April 1, 1954	Age 90	Born from April 2, 1933 to April 1, 1934
Age 75	Born from April 2, 1948 to April 1, 1949	Age 95	Born from April 2, 1928 to April 1, 1929
Age 80	Born from April 2, 1943 to April 1, 1944	Age 100	Born from April 2, 1923 to April 1, 1924

*** An individual notice will be sent to eligible citizens during April.**

② One aged between 60 and 64, the same as the eligibility for "Seasonal Influenza Vaccination for Senior Citizens"

Where to visit: Designated medical institutions in Misato City (See pages 16-17.)

Period of vaccination: From Saturday, April 1, 2023 to Sunday, March 31, 2024

*If you miss above mentioned period, you will be charged the fee as a voluntary vaccination (all fees will be on your account).

Fee: Co-payment of 3,000 yen (Exempted if you are receiving Public Assistance or benefit for Japanese who had been left behind in China)

Number of dose: Once

What to bring:

- Vaccination coupon (enclosed with the individual notice)
- *If you have lost a vaccination coupon, please contact Health Promotion Division.
- A document proving your current address and your date of birth, such as Residence Card, health insurance card or driving license, or *My Number Card* (Individual Number Card)
- Fee for vaccination
- Official certificate or documents is needed if you are:
 - One who applies above mentioned ②, bring the physical disability certificate etc.
 - One who is receiving Public Assistance or benefits for Japanese who had been left behind in China, bring its certificate

Ways to receive the vaccination and procedures to take

Same as the contents mentioned in the section of "Seasonal Influenza Vaccination for Senior Citizens".

If you wish to receive this vaccine at a medical institution outside of Misato City, please contact us beforehand.

Inquiries: Health Promotion Section; Call: 048-930-7771

Designated Medical Institutions for Individual Vaccination in Misato City

個別予防接種 市内指定医療機関

*Each medical institution number corresponds to the number listed on the pages 32-34 of Medical Institutions in Misato City.
(As of February 2023)

HepB - Hepatitis B Vaccine	RV - Rotavirus Vaccine	Hib - Haemophilus influenza type b Vaccine
PCV - Pneumococcal Conjugate Vaccine for children (13-valent)	DPT-IPV - Diphtheria-Pertussis-Tetanus and Inactivated Polio	DT - Diphtheria-Tetanus
IPV - Inactivated Polio Vaccine	BCG	MR - Measles-Rubella Vaccine
Var - Varicella [Chicken pox] Vaccine	JE - Japanese Encephalitis Vaccine	HPV - Human Papillomavirus Vaccine (against Cervical Cancer)
MV - Mumps Vaccine (voluntary)	Flu - Seasonal Influenza Vaccine	PPSV - Pneumococcal Polysaccharide Vaccine (23-valent)

No	Name of Medical Institutions	Phone	Children												Elderly	
			HepB	RV	Hib	PCV	DPT-IPV (DT)	IPV	BCG	MR	Var	JE	HPV	MV (voluntary)	Flu	PPSV
1	Misato Kyoritsu Byoin	048-959-1811	-	-	-	-	-	-	-	-	-	-	-	-	●	●
2	Let's Daicho Komon Clinic	048-950-0255	-	-	-	-	-	-	-	-	-	-	-	-	●	●
3	Taniguchi Family Clinic	050-3146-7471	●	●	●	●	●	●	●	●	●	●	●	●	●	●
4	Misato Ekimae Clinic	048-959-5550	-	-	-	-	-	-	-	-	-	-	-	-	●	●
6	Nagai Women's Clinic	048-950-2221	-	-	-	-	-	-	-	-	-	-	●	-	-	-
7	Matsumoto Clinic	048-959-2233	●	●	●	●	●	●	●	●	●	●	●	●	●	●
8	Waseda Iin	048-957-3428	-	-	-	-	-	-	-	-	-	-	-	-	●	●
9	Clinic Fureai Waseda	048-950-3330	●	●	●	●	●	-	●	●	●	●	●	●	●	●
10	Misato Hifuka Iin	048-950-1138	●	●	●	●	●	●	●	●	●	●	●	●	●	●
11	Tatewaki Iin	048-957-0151	●	●	●	●	●	●	●	●	●	●	●	●	●	●
13	Suzuki Jibiinkouka Iin	048-954-0233	-	-	-	-	-	-	-	-	-	-	-	-	●	-
15	Iwasawa Naika Iin	048-953-7300	●	-	●	●	●	-	●	●	●	●	-	●	●	●
16	Utsumi Naika Clinic	048-953-9681	-	-	-	-	●	-	-	●	-	●	-	●	●	●
17	Misato Chuo Jibiinko-ka/Allergy-ka	048-952-4187	-	-	-	-	●	-	-	-	●	●	-	●	●	●
18	Central Clinic Misato Chuo	048-949-0381	●	●	●	●	●	●	●	●	●	●	●	●	●	●
19	Funakushi Hifuka Clinic	048-954-2794	-	-	-	-	-	-	-	-	●	-	-	-	●	-
20	IM Clinic	048-949-2181	-	-	-	-	-	-	-	-	-	-	-	-	●	●
21	Koh Seikeigeka Clinic	048-949-2025	-	-	-	-	-	-	-	-	-	-	-	-	●	-
22	Sugiura Shounika	048-952-2124	●	●	●	●	●	●	●	●	●	●	●	●	-	-
23	Misato Chuo Clinic	048-953-5300	●	●	●	●	●	●	●	●	●	●	●	●	●	●
24	Misato Mental Clinic	048-953-6100	-	-	-	-	-	-	-	-	-	-	-	-	●	-
25	Misato Chuo Kimura Ganka	048-954-8938	-	-	-	-	-	-	-	-	-	-	-	-	●	-
26	Misato Chuo Sogo Byoin	048-953-1321	-	-	-	-	-	-	-	-	-	-	-	-	●	●
27	Tachizawa Geka Ichoka Iin	048-952-8171	-	-	-	-	●	●	-	●	●	●	-	●	●	●
28	Saitama Misato Sogo Rehabilitation Byoin	048-953-1211	-	-	-	-	-	-	-	-	-	-	-	-	●	●
29	Onai Naika Shinkeika Byoin	048-955-8191	-	-	-	-	-	-	-	-	-	-	-	-	●	●

HepB - Hepatitis B Vaccine	RV - Rotavirus Vaccine	Hib - Haemophilus influenza type b Vaccine
PCV - Pneumococcal Conjugate Vaccine for children (13-valent)	DPT-IPV - Diphtheria-Pertussis-Tetanus and Inactivated Polio	DT - Diphtheria-Tetanus
IPV - Inactivated Polio Vaccine	BCG	MR - Measles-Rubella Vaccine
Var - Varicella [Chicken pox] Vaccine	JE - Japanese Encephalitis Vaccine	HPV - Human Papillomavirus Vaccine (against Cervical Cancer)
MV - Mumps Vaccine (voluntary)	Flu - Seasonal Influenza Vaccine	PPSV - Pneumococcal Polysaccharide Vaccine (23-valent)

No	Name of Medical Institutions	Phone	Children												Elderly	
			HepB	RV	Hib	PCV	DPT-IPV (DT)	IPV	BCG	MR	Var	JE	HPV	MV (voluntary)	Flu	PPSV
30	Misato Kenwa Byoin	048-955-7171	-	-	-	-	-	-	-	-	-	-	-	-	●	-
31	Misato Kenwa Clinic	048-955-8551	●	●	●	●	●	●	●	●	●	●	●	●	●	●
32	Misato Family Clinic	048-956-5570	●	●	●	●	●	●	●	●	●	●	●	●	●	●
33	Katougi Ganka	048-934-9333	-	-	-	-	-	-	-	-	-	-	-	-	●	-
35	Miyakawa lin	048-955-0874	-	-	-	-	-	-	●	●	●	●	●	●	●	●
36	Jinshin Naika Clinic	048-949-2211	-	-	-	-	-	-	-	-	-	-	-	-	●	●
37	Togasaki Clinic	048-948-1133	●	●	●	●	●	●	●	●	●	●	-	●	●	●
38	Aoba Family Clinic	048-955-8621	●	●	●	●	●	●	●	●	●	●	●	●	●	●
39	Ishibashi lin	048-952-8158	-	-	-	-	-	-	-	-	-	-	-	-	●	●
40	Kamiguchi Clinic	048-952-2323	-	-	-	-	-	-	-	-	-	-	-	-	●	●
43	Nagai Mothers Hospital	048-959-1311	●	●	●	●	●	-	●	●	●	●	●	●	-	-
45	Satsuki Naika	048-951-9100	-	-	-	-	-	-	-	-	-	-	-	-	●	●
46	LaLaport Shinmisato Naika/ Shounika	048-950-1060	●	●	●	●	●	●	●	●	●	●	●	●	●	●
48	Simizu Hinyoukika/ Naika Clinic	048-957-8865	-	-	-	-	-	-	-	-	-	-	-	-	●	●
49	San-aikai Sogo Byoin	048-958-3111	●	●	●	●	●	●	●	●	●	●	●	●	●	●
50	Sato Clinic	048-957-8021	●	●	●	●	●	●	●	●	●	●	●	●	●	●
51	Misato Heart Clinic	048-958-5550	-	-	-	-	-	-	-	-	-	-	-	-	●	●
52	Misato Danchi Chuo Shinryojo	048-957-5411	-	-	-	-	-	-	-	-	-	-	-	-	●	●
53	Misato Kenwa Danchi Shinryojo	048-959-5011	-	-	-	-	-	-	-	-	-	-	-	-	●	●
54	Ichijo Clinic	048-957-3501	●	●	●	●	●	●	●	●	●	●	●	●	●	●
55	IMS Misato Clinic	048-959-8181	-	-	-	-	-	-	-	-	-	-	-	-	●	●
58	Takahashi Ladies Clinic	048-950-1200	-	-	-	-	-	-	-	-	-	-	●	-	●	-
59	Kawaguchi Hinyouki/Naika Clinic	048-969-4353	-	-	-	-	-	-	-	●	-	-	-	-	●	●

*1. Name of the medical institution will be changed to 'Misato Mental Clinic' due to its relocation on June 1.

*2. Name of the medical institution will be changed around April.

*3. Phone number will be different as the institution will be relocated in autumn.

Rubella Antibody Test/ Vaccination for Adult Males 成人男性の風しん抗体検査・予防接種

Central Government will provide Rubella antibody test for males who fall in the target age group having low levels of antibodies and also the routine vaccination for those who are tested low in antibody titer. This undertaking has started in April 2019 and, although it was announced that the undertaking would end on March 31, 2022, it is decided to extend to March 2025.

Eligibility:

<Antibody test> Male citizens born between April 2, 1962 and April 1, 1979

<Routine vaccination> Male citizens born in the above period and tested as having low antibody titer

*Either test or vaccination is targeted for citizens who is a registered resident as of the date of testing or inoculation.

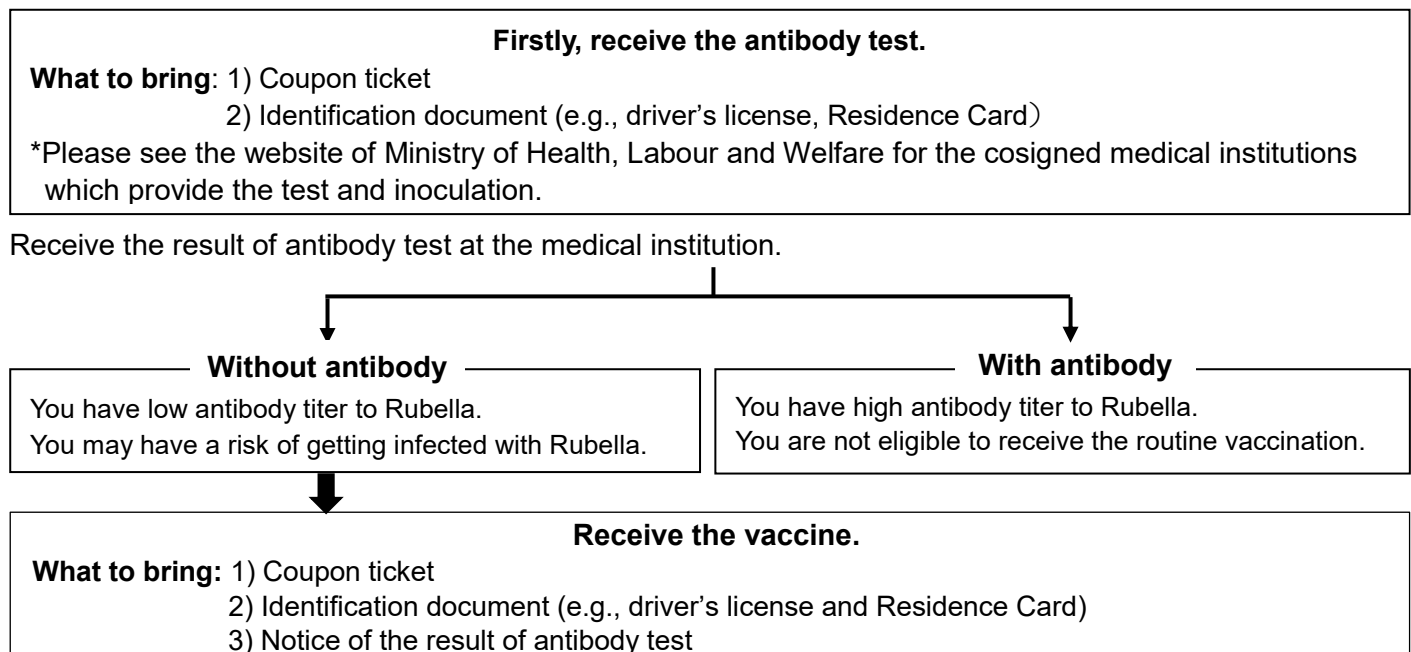
Inoculation place: Consigned medical institutions in Japan

Fees: Free of charge

(One time per person during the period)

Coupon ticket: To receive the test / vaccine, you need to have a coupon ticket issued by the municipality in which you registered as a resident. If you do not have the coupon, please inquire with us.
In addition, if you have a coupon that have expired, you can still use it as it is.

<Flow chart of receiving antibody test / vaccination>



*Please inquire in advance to your preferred medical institution.

*One who is not targeted for this program and wishes to receive Rubella vaccination may be eligible for '**Misato City subsidizes for voluntary vaccinations**'. Please refer to the following section regarding the eligibility and application method.

Inquiries: Health Promotion Section; Call: 048-930-7771

Misato City subsidizes for voluntary vaccinations

三郷市任意予防接種費用の一部助成


- Please visit Misato City official website about how to apply for the subsidy -

Misato City subsidizes a partial fee of the “voluntary vaccination” if the person administered the designated vaccines by the City.

【Eligibility and the number of subsidies】

Eligibility One who is a registered resident in Misato City as of inoculation day and falls under any of the condition for ‘Eligibilities’ mentioned below.

Applicable period Vaccination(s) administrated from April 1, 2023 to March 31, 2024 (See **Note 1.**)

Types of Vaccines		Eligibilities	Subsidized Amount (Note 3)	Number of Subsidy (Note 4)
Mumps vaccine		Age 1 year - a child before starting the compulsory education (Note 2)	2,000 yen	Once
Rubella	Single antigen Rubella vaccine	Information about eligibility, please refer to Misato City official website.  URL: http://www.city.misato.lg.jp/6831.htm	3,000 yen	Once: either one of the two vaccines
	Measles and Rubella (MR) combined vaccine		5,000 yen	

Note 1: Application period is until March 31, 2024. (Valid with the postmark of the deadline date)

Note 2: ‘Before starting compulsory schooling’ means that a child who enters an elementary school in April, 2024 in the FY2023.

Note 3: If the fees do not exceed the subsidized amount, you will be subsidized up to the actual fees.

Note 4: If you have received the subsidy from Misato City in the past, you are NOT eligible.

【Voluntary vaccination】

Those voluntary vaccines are medically approved, but they are not designated by the Immunization Law. Be sure to think carefully and understand the expected effects, side effects and Relief System for Injury to Health with Vaccination before receiving a vaccination.

Inquiries: Health Promotion Section; Call: 048-930-7771

Health Checkups / Cancer Screenings

健康診査・がん検診

Prevention of lifestyle-related diseases and early detection of cancer is the key to a longer and healthier life. Please receive Health checkups for your health management.

As checkups are crowded usually between October and December, please have a checkup earlier.

【What you should check about before receiving a cancer screening】

Eligible persons for cancer screening must be in good health condition. If you have a subjective symptom, please do not receive for the public cancer screenings and visit medical institution promptly. Please consider to take a cancer screening after understanding the advantages and disadvantages of receiving respective cancer screening.

Advantages of cancer screenings	Disadvantages of cancer screenings
-Cancer screening tests may reduce deaths from cancer, as a cancer can be detected at its early stage by the tests and you may promptly receive necessary medical treatment.	-This cancer screening aims to check whether you have potential lesions in the body and the result does not guarantee 100% accuracy.
-Not only a cancer but also other diseases can be detected at the cancer screening tests and you may promptly receive necessary medical treatment.	-You may have contingency diseases (unexpected complication symptoms caused by medical treatment) when you receive medical checkups. Its possibility is quite low.
-You can live without fear from cancers.	-You may receive your screening result with "Diagnostic examination needed," even though you are not affected.

It is proved that cancer screenings have bigger advantage to reduce deaths from a cancer than disadvantage which may happen not very often. If you receive your screening result with "Diagnostic examination needed," **certainly visit a medical institution and receive a detailed examination.**

Inquiries: Medical Examination and Disease Prevention Section; Call: 048-930-7773

Schedules 日程

●Individual Examination● From Monday, May 8, 2023 to Friday, December 8, 2023

(at designated medical institutions in Misato City)

One insured by Misato City National Health Insurance

After receiving an orange envelope, directly make a reservation to a medical institution. (from mid-April)
However, regarding Breast Cancer Screening and Cervical Cancer Screening, you need to apply to Misato City.

Notes: You cannot receive some screening items as a group and other items individually. (For example, it is not acceptable to receive health checkup, lung and colon cancer screenings by group and stomach cancer screening by individual examination.)

One insured by other than Misato City National Health Insurance

Apply to Misato City by Tuesday, May 9, 2023
After receiving a document of Health Checkups and Cancer Screenings, You can make a reservation to a medical institution. (after mid-June)

*One insured by in Latter-stage Elderly Medical Care System, Employees' Insurance etc. or Public Assistance recipient.

●Group Examination● Place: *Hoken Center*

(1F, *Kenko Fukushi Kaikan* [Health and Welfare Center])

*You need to apply to the City office

Checkup / Screening Category	Each Health Checkup, Stomach Cancer / Lung Cancer / Colon Cancer / Hepatitis Virus Screening	Breast Cancer / Cervical Cancer Screening	Osteoporosis Checkup
Reception time	7:45 a.m. - 10:00 a.m.	11:30 a.m. - 1:30 p.m.	1:00 p.m. - 3:30 p.m.
Date	June: Thu, 22 Fri, 23 Sat, 24 Tue, 27 Wed, 28 Thu, 29 Fri, 30	Fri, 16 Sat, 17	Thu, Jul 7 Tue, Oct 3 Sat, Nov 11*
	July: Thu, 20 Fri, 21 Sun, 23 Tue, 25 Wed, 26 Thu, 27	—	
	August: Fri, 18 Mon, 21 Tue, 22 Wed, 23 Thu, 24	—	
	September: Thu, 21 Fri, 22 Mon, 25* Wed, 27 Thu, 28 Fri, 29	—	
	October: Fri, 13 Sun, 15 Tue, 17 Wed, 18 Thu, 19	Wed, 25 Thu, 26	
	November: Thu, 2 Mon, 6 Tue, 7 Wed, 8	—	
Ladies' day	※Mon, September 25		
Results	Send by post approx. 50 days after the checkups / screenings day.	Send by post approx. 30 days after the screening day.	

*Please refer to 'Misato City official website' for the latest information.

(<https://www.city.misato.lg.jp/3902.htm>)

*If you change the date of health checkup(s)/ cancer screening(s) by group examination, please contact Medical Examination and Disease Prevention Section.

Inquiries: Medical Examination and Disease Prevention Section; Call: 048-930-7773



To Those Aged 40-74 Insured by Misato City National Health Insurance

40歳～74歳の三郷市国民健康保険ご加入のかたへ

Specified Health Checkup and Cancer Screenings etc. (for citizens who meet the target criteria) are available.

FY2023 Information leaflet about health checkups 『令和5年度健診のご案内』 (with an orange envelope) will be sent **to those who enrolled in Misato City National Health Insurance by Monday, May 15, 2023**. Please confirm the details.

The notice will be sent from Tuesday, April 11 sequentially.

Target Citizens, born between April 1, 1949 and March 31, 1984, **insured by Misato City National Health Insurance**

Category Specified Health Checkup, Cancer Screenings and Hepatitis Virus Screening (Please refer to pages 24-25, for the target group of each checkup / screening.)

Others **If you enrolled in Misato City National Health Insurance on and after Tuesday, May 16, 2023** and wish to receive health checkups and/or cancer screenings; or if you request to reissue FY2023 Information leaflet about health checkups 『令和5年度健診のご案内』 (with an orange envelope), please contact the Medical Examination and Disease Prevention Section.

Inquiries: Medical Examination and Disease Prevention Section; Call: 048-930-7773



Let's have a health checkup/ cancer screening every year!



How to Receive Health Checkups/ Cancer Screenings

*Ages as of March 31, 2024

健(検)診の受けかた

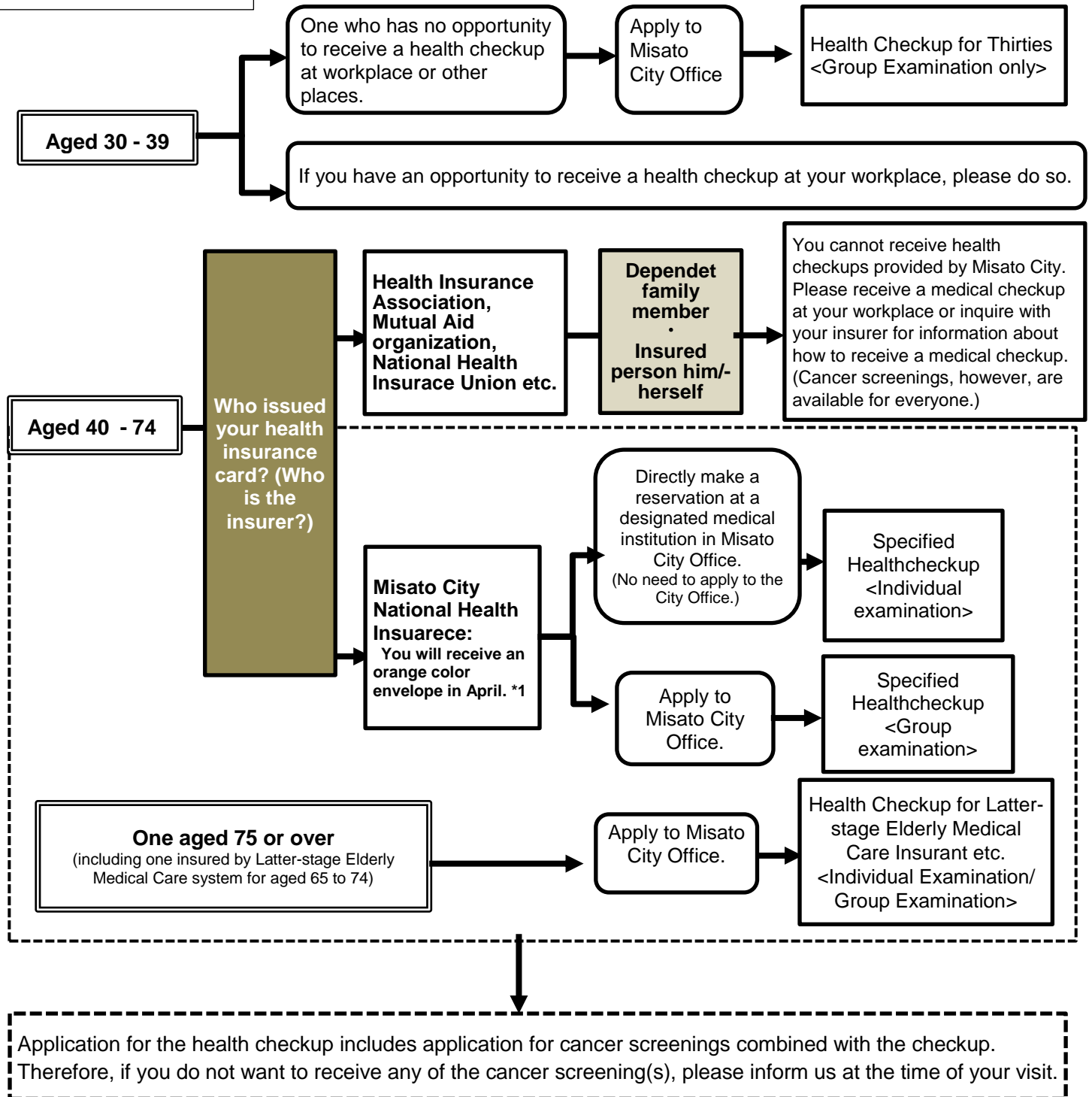
*年齢は令和6年3月31日時点の年齢です。

Please see on page 24-25 for the Contents and on page 28-29 for the special notes.

Health Checkups

健康診査

Body measurements, consultation, blood-pressure check, urinalysis, blood test etc.



*One insured by the insurance program and aged 40 to 74 as of March 23, 2023.

Please refer to page 23 about how to apply to Misato City Office.

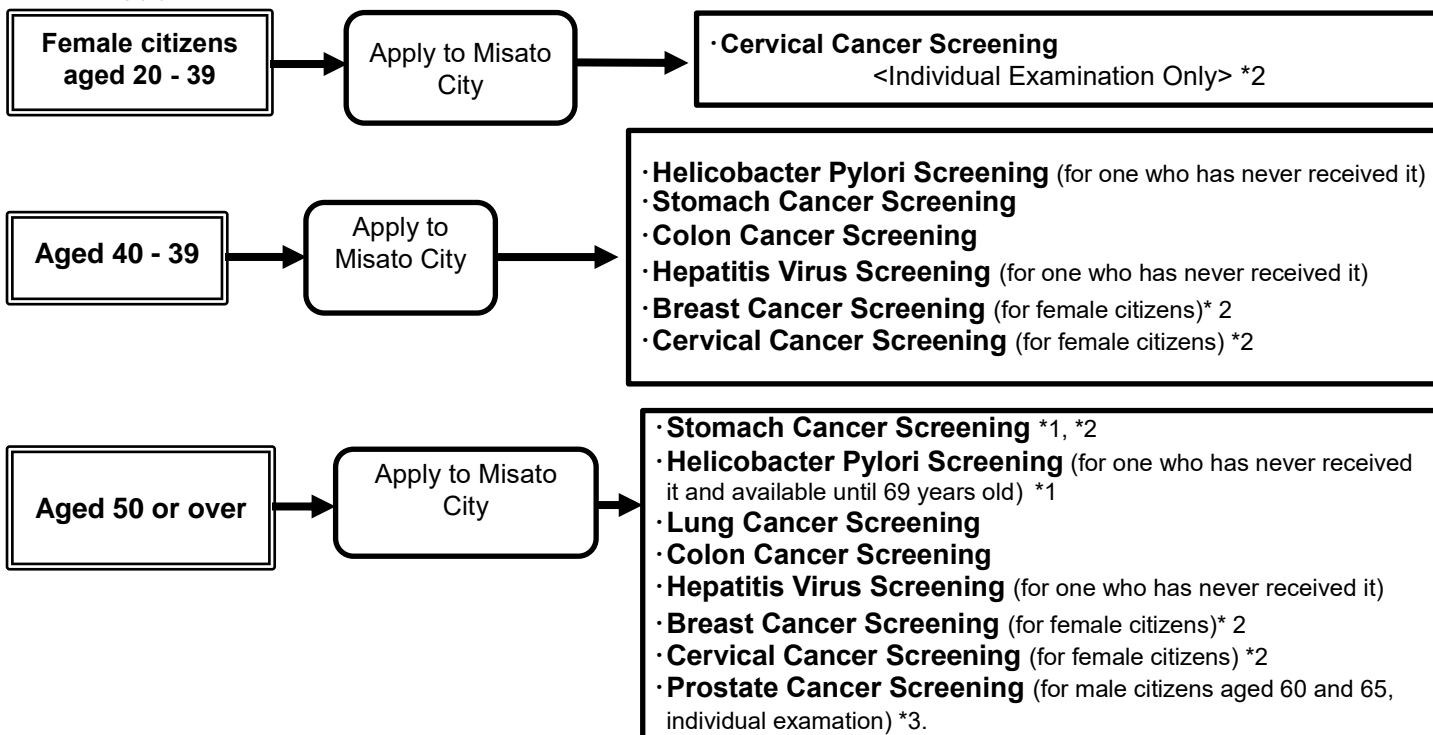
Cancer Screenings etc.

がん検診等

*Ages as of March 31, 2024.

As cancer screenings are provided by municipalities, everyone can receive them regardless of his/her health insurance program.

Please refer to page 24-25 about screening items and page 28-29 about notice to 'Those Who Receive Cancer Screening(s)'.



*1) You cannot receive both stomach cancer screening and helicobacter pylori screening in the same fiscal year.

*2) The screening is available for one who did not receive it in FY 2022.

*3) If you wish to receive this screening, please inquire with Medical Examination and Disease Prevention Section.

【<Important> Notice on Health Checkups/ Cancer Screenings (including Breast Cancer Screening / Cervical Cancer Screening) by Group Examination】

You can choose your preferred dates of checkup up to the 3rd choice. Therefore, applications will be accepted on a first-come, first-served basis. To grasp the preferred dates of all applicants, please apply through the electric application system or by an application postcard as much as possible. Please understand that we may not be able to accommodate your request if the number of applicants exceeds the capacity.

《Application due date》 ● Primary application: by Tuesday, May 9, 2023 ● Final application: by Tuesday, October 31, 2023

*In order to determine the accurate preferred checkup dates, please apply through 'Application method ①' as much as possible.

Application method ①

By electronic application (through Misato City official website)

Accepts around the clock (24 hours)

**Period: from Tuesday, April 11 to
Tuesday, October 31**

Access from here.

<https://www.city.misato.lg.jp/kenshin-mousikomi/>



Application method ②

By an application form (application postcard)

•Send an application postcard attached to *Kenko-no Shiori* (Health Guide in Japanese) or placed at public facilities and designated medical institutions in Misato City.

•Postmark valid

Application method ③

By phone (dedicated line for application)

☎048-930-7764

Weekdays: from 10:00 to 16:00

**Period: from Tuesday, April 11 to
Tuesday, May 9**

Category		Target group	Items (Marked with ○ items are available only for applicable recipients.)
Health Checkups	Specified Health Checkup 特定健康診査	Citizen aged 40 to 74 who is insured by Misato City National Health Insurance	<Checkup Items for All> ●Body measurement: ①height, ②weight, ③BMI, ④abdominal circumference [excluding for one who receives Health Checkup for Latter-stage Elderly Medical Care Insurant], ●Medical interview, ●Consultation, ●Blood-pressure check, ●Urinalysis (sugar / protein), ●Blood test: ①Blood lipid test (levels of neutral fat, HDL cholesterol, LDL cholesterol), ②Hepatic function test: (AST<GOT>, ALT<GPT>, γ-GT<γ-GTP>), ③Diabetes test: (Hemoglobin A1c), ④Kidney function test: (Creatinine, Uric acid, eGFR), ⑤Anemia test: (Red blood cell count, Hemoglobin, Hematocrit) <Following tests are provided for one instructed by a doctor.> ○Electrocardiography [excluding for one who receives Health Checkup for Thirties] ○Fundus examination [excluding for one who receives Health Checkup for Thirties or Health Checkup for Latter-stage Elderly Medical Care Insurant]
	Health Checkup for age 75 75歳健康診査	Citizen Aged 75	
	Health Checkup for Latter-stage Elderly Medical Care Insurant etc. 後期高齢者等健康診査	Citizen who is insured by Latter-stage Elderly Medical Care System etc.	
	Health Checkup for Thirties 30歳代健康診査	Citizen aged 30 to 39	
Cancer Screenings	Stomach Cancer Screening 胃がん検診 *If you apply for an Individual Examination, you can choose a Stomach X-ray or a gastroscopy.	Citizen aged 50 or over *Only for one who didn't receive this screening in the FY2022	Choose either one ➤ ●Stomach X-ray (by barium contrast agents) ➤ ●Gastroscopy Individual Examination only *Capacity is limited for each medical institution. *Choose a gastroscopy <Individual Examination only> if you have any problem with the examination using barium. *You cannot receive both stomach cancer screening and Helicobacter pylori screening in the same fiscal year. *Please note that some medical institutions may charge you for the pre-examination fee.
	Helicobacter Pylori Screening ピロリ菌検診	Citizen aged 40 to 69 *For one who has never received Helicobacter Pylori Screening.	●Blood test (Serum pepsinogen level test, Helicobacter pylori antibody test) *You cannot receive this screening in addition to a Stomach Cancer Screening in the same fiscal year.
	Lung Cancer Screening 肺がん検診 (Tuberculosis screening) (結核検診)	Citizen aged 40 or over	●Chest X-ray *Other than lung cancer, tuberculosis or other chest diseases also will be checked through a Chest X-ray examination. ○Sputum cytology test ◎Only for one aged 50 or over, having the smoking index (the number of cigarettes per day he/she smokes multiplied by the number of years he/she has smoked) 600 or more, who received a Chest X-ray examination and instructed by a doctor to receive this test. *Please read 'numbers of cigarette(s)/day' as 'numbers of cartridge(s)/day' if you smoke heated tobacco.
	Colon Cancer Screening 大腸がん検診	Citizen aged 40 or over	●Immunological fecal occult blood test (submit 2 days stool specimens)
	Hepatitis Virus Screening 肝炎ウイルス検診	Citizen aged 40 or over *For one who has never received this screening before	●Blood test (HCV antibody test / HBs antigen-antibody test)

Category	Target group	Items (Marked with ○ items are available only for applicable recipients.)
Group Periodontal Disease Checkup 集団歯周病疾患検診 - Offered on Sun, Saturday, Nov 11, 2023	Citizen aged 40 or over	●Dental examination, instruction on how to use tooth and interdental brushes correctly, and bacteria test in the oral cavity
Individual Dementia Checkup 個別認知症検診	Citizen aged 70	●Bring your check list for Dementia Checkup (examined by a medical interview) Individual Examination only Apply directly to a medical institution offered Dementia Checkup listed on the pages 30-31.

<Checkups / Screenings for Females>

Breast Cancer Screening 乳がん検診	Female citizen aged 40 or over <u>*Only who didn't receive this screening in the FY2022</u>	●Mammography (A woman who is in the forties will have a mammogram from two directions, and who is aged 50 or over from one direction) *Neither visual inspection nor manipulation will be provided. *If you are pregnant, possibly pregnant, breast feeding, have a breast implant, with a pacemaker/ ICD or have received a Ventriculoperitoneal Shunt surgery (e.g., V-P shunt), you cannot receive this screening.
Cervical Cancer Screening 子宮頸がん検診	Female citizen aged 20 or over <u>*Only who didn't receive this screening in the FY2022</u>	●Cervical cancer screening (Cytodiagnosis of cervix, visual inspection, pelvic examination) ◎If you are aged 20 to 39 Individual Examination only *If you are pregnant, possibly pregnant, had a total hysterectomy or during menstruation, you cannot receive this screening. <Following test is provided for one instructed by a doctor.> ○ <u>Uterine body cancer screening (Cytodiagnosis of uterine body)</u> Individual Examination only
Group Osteoporosis Checkup 集団骨粗鬆症検診 (Offered 3 times a year)	Female citizen aged 40, 45, 50, 55, 60, 65, or 70	●X-ray test on your arm (DXA method on forearm bone) *If you are receiving treatment for osteoporosis with medicines for internal use, you cannot receive this checkup. *If you prefer to receive Group Checkup for Osteoporosis, apply to the Health Promotion Section by phone.

<Checkup / Screening for Males>

Prostate Cancer Screening 前立腺がん検診	Male citizen aged 60 and 65	●Blood test (PSA test) Individual Examination only *If you prefer to receive PSA test only, apply to the Medical Examination and Disease Prevention Section by phone.
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Inquiries: Medical Examination and Disease Prevention Section; Call: 048-930-7773

Fees 費用

○Age as of March 31, 2024

Classification Checkup / Screening Category		Insured by Misato City National Health Insurance *1		Insured by Employees' Insurance or other insurance program		Insured by Latter-stage Elderly Medical Care System One aged 75 or over*2
		Group Examination	Individual Examination	Group Examination	Individual Examination	
Specified Health Checkup		800 yen	1,000 yen			
Health Checkup for age 75		Free of charge				
Health Checkup for Latter-stage Elderly Medical Care Insurant etc.						Free of charge
Health Checkup for Thirties		1,000 yen		2,000 yen		
Stomach Cancer Screening	Stomach X-ray	700 yen	1,650 yen	1,400 yen	3,300 yen	Free of charge
	Gastroscopy		1,900 yen		3,800 yen	
	Helicobacter pylori	250 yen	250 yen	500 yen	500 yen	
Lung Cancer Screening	Chest X-ray	400 yen	450 yen	800 yen	900 yen	Free of charge
	Sputum test (aged 50 or over)	450 yen	450 yen	900 yen	900 yen	
Colon Cancer Screening		350 yen	650 yen	700 yen	1,300 yen	
Hepatitis Virus Screening		350 yen	600 yen	700 yen	1,200 yen	
Breast Cancer Screening	Female citizen in the forties	1,050 yen	1,050 yen	2,100 yen	2,100 yen	
	Female citizen aged 50 or over	850 yen	850 yen	1,700 yen	1,700 yen	
Cervical Cancer Screening	Cervix	750 yen	1,000 yen	1,500 yen	2,000 yen	
	Uterine body		550 yen		1,100 yen	
Prostate Cancer Screenings (Male citizen aged 60 and 65)			200 yen		400 yen	
Group Periodontal Disease Checkup*3		650 yen		1,300 yen		Free of charge
Group Osteoporosis Checkup		Free of charge (only for women aged 40, 45, 50, 55, 60, 65 and 70 indicated on page25 are eligible)				
Individual Dementia Checkup (aged 70)		Free of charge				

*1. If you are a Misato City National Health Insurance enrollee, your medical fees will be partially subsidized by Misato City Health Insurance. In order to be subsidized, submit 『三郷市健康診査等補助金交付申請書』 - an 'Application for Subsidy for Health Checkups / Cancer Screenings of Misato City' to your health checkup provider (or a medical institution). The fees shown above are the amounts after deducting coverage by the insurance (The amount you will pay at the reception counter).

*2. If you present a Certificate of Public Assistance Recipient, you will receive the health checkups and cancer screenings free of charge.

*3. You can receive a Group Periodontal Disease Checkup free of charge, if you reach the milestone ages of 40, 50, 60, 70) and 75 or over.

Inquiries: Medical Examination and Disease Prevention Section; Call: 048-930-7773

Group Periodontal Disease Checkup 集団歯周病疾患検診

Date	Saturday, November 11, 2023 9:00 a.m. -11:00 a.m. / 1:00 p.m. -3:00 p.m.
Place	Kenko Fukushi Kaikan (Health and Welfare Center)
Eligibility	A person aged 40 or over*
Capacity	60 for morning / 60 for afternoon
Contents	Dental checkup, instructions on how to brush and floss correctly
Fee	1,300 yen (650 yen for a person insured by Misato City National Health Insurance) *Free of charge for a person aged 40, 50, 60, 70 or over 75 as of March 31, 2023.
Application	Apply to Medical Examination and Disease Prevention Section by phone. (Please note that the application will close as it reaches to the quota.)

Inquiries: Medical Examination and Disease Prevention Section
Call: 048-930-7773

Subsidy for *Ningen Dock* (a complete medical checkup) 人間ドック受診費用助成のご案内 (Please refer to Misato City official website for details.) (詳しくは三郷市ホームページをご覧ください。)

A part of the medical fee for Ningen Dock, (complete medical checkup), will be subsidized for a citizen who enrolled in Latter-stage Elderly Medical Care System or a citizen aged 30 or over insured by Misato City Health Insurance if he or she receives the checkup which includes the specified examination items(basic items designated by JAPAN SOCIETY OF NINGEN DOCK); the subsidy is payable to the recipient (up to 20,000 yen within 70% of the total checkup fee including the consumption tax) once a fiscal year.

Note 1: This subsidy is not applicable to a person who receives Specified Health Checkup, Health Checkup for Thirties, Health Checkup for age 75, or Health Checkup for Latter-stage Elderly Medical Care provided by Misato City during the same fiscal year.

Note 2: Please note that if the examination items are insufficient, you may not be eligible for the subsidy.

●Inquiries about examination items:

Medical Examination and Disease Prevention Section

Call: 048-930-7773

●Inquiries about application:

- If you are insured by Misato City National Health Insurance:

Inquiries: Insurance Benefits Section, National Health Insurance and National Pension Division

Call: 049-930-7702

- If you are insured by Saitama Prefecture's Latter-stage Elderly Medical Care System:

Inquiries: Latter-stage Elderly Medical Care Section, National Health Insurance and National Pension Division

Call: 049-930-7789

To Those Who Receive Cancer Screening(s) がん検診を受診するかたへ

After looking through the notes below, please study what kind of screening items, screening methods, and which types of examination methods [Group or Individual] you should choose.

Should you have any uncertainties or questions, please inquire with the Medical Examination and Disease Prevention Division.

Cancer Screenings (in common)

- If you are pregnant or suspected of being pregnant, you cannot receive cancer screenings except Helicobacter pylori screening and Colon cancer screening.

Stomach Cancer Screening (in common)

- If you are undergoing a treatment (including taking medications) or in a stage of follow-ups for a gastroduodenal disease, you cannot receive this screening as your treatment must to be prioritized. Please consult with your family doctor about screenings.
- You cannot receive both Helicobacter pylori screening and Stomach cancer screening in the same fiscal year.

Stomach Cancer Screening (by Stomach X-ray)

- If you are hypersensitive (allergy) to barium contrast agents, you cannot receive the Stomach X-ray examination (with barium).
- If you have undergone a celiotomy [abdominal surgery] (including surgeries of stomach, intestine, gallbladder, and/or Cesarean section) or if you are likely to be constipated and feel bloated in the abdomen, you may have a risk of developing an ileus in the gastrointestinal obstruction area due to barium intake for the Stomach X-ray examination (by barium contrast agents). For this reason, we recommend that you receive the screening by gastroscopy <Individual examination only>.
- If you have experienced colonic volvulus [twist] or ileus [intestinal obstruction], please confirm with your physician beforehand as you are required to have a permission to receive the Stomach X-ray examination (by barium contrast agents).

Stomach Cancer Screening (by Gastroscopy)

- If you fall under any of the following cases, you cannot receive the Stomach cancer screening (by gastroscopy) provided by the City.
 - One who is undergoing a treatment for stomach disease(s) such as peptic ulcer disease (including eradication treatment for Helicobacter pylori)
 - One who has received a total gastrectomy
 - One who has serious diseases in the nasopharyngeal [pharynx and nasal cavity] area and has difficulty in inserting an endoscopy
 - One who is a patient of respiratory insufficiency
 - One who has acute myocardial infarction or arrhythmia [irregular pulse]
 - One who has obvious or suspected bleeding tendency

Lung Cancer Screening

- If you have a silicone gel breast implant or other materials, you may not be diagnosed from the Chest X-ray examination as the artificial materials can obstruct the determination.
You cannot receive the Lung cancer screening either, as it may induce a risk of scattered X-ray disorder by the reflection.
- If you have a pacemaker implant, you cannot receive a Lung cancer screening as it may induce a risk of malfunction of the pacemaker through the X-ray or a risk of scattered X-ray disorder by the reflection.

Colon Cancer Screening

- If you are a woman in a menstruation period, you cannot receive a Colon cancer screening as the screening is determined by immunoassay fecal occult blood test.
We recommend that you make reservation on another date for checkup.

Breast Cancer Screening

- If you are pregnant, possibly pregnant, breast feeding, or have a breast implant, with a pacemaker/ICD, or have received a Ventriculoperitoneal Shunt surgery (e.g., V-P shunt), you cannot receive a Breast cancer screening.

○ After getting vaccinated for COVID-19, the lymph nodes in the armpit and neck of the injected side may swell, which may result in inaccurate Breast Cancer Screening.

Therefore, Breast Cancer Screening is recommended before inoculation or 6 to 10 weeks after inoculation (by Japan Association of Breast Cancer Screening). When applying, please decide your screening date considering the date of COVID-19 vaccination.

Cervical Cancer Screening

- If you are a woman who are pregnant, possibly pregnant, had received a total hysterectomy, or are during menstruation period, you cannot receive a Cervical cancer screening.

*If you received Breast cancer screening / Cervical cancer screening in FY2022 we will not send you the checkup documents as you are not eligible for the screenings in FY2023.

Should you need to confirm the history of the screening(s) or other information, please contact the Medical Examination and Disease Prevention Section.

Helicobacter Pylori Screening

- If you apply to the following notes, you cannot receive a Helicobacter pylori screening provided by the City.
 - One who has obvious upper gastrointestinal symptom and is highly suspicious of disorder at stomach and/or duodenum
 - One who has had eradication treatment of Helicobacter pylori
 - One who is suffering from deterioration or disorder in renal function
 - One who has had gastric acid reducer (proton pump inhibitor)
 - One who has received gastrectomy
 - One who has suffered immune deficiency and/or immune impairment (who has taken an immunosuppressive medication)
- You cannot receive a Stomach Cancer Screening by both Stomach X-ray and gastroscopy in the same fiscal year.

Inquiries: Medical Examination and Disease Prevention Section; Call: 048-930-7773

Designated Medical Institutions for Individual Health Checkups / Cancer Screenings in Misato City

個別健康診査・検診 市内指定医療機関

*Each medical institution number corresponds to the number listed on the pages 32-34 of Medical Institutions in Misato City

(As of February, 2023)

No	Name of Medical Institutions	Phone	Specified Health Checkup etc. (*1)	Stomach Cancer Screening			Lung Cancer Screening	Colon Cancer Screening	Breast Cancer Screening	Cervical Cancer Screening	Prostate Cancer Screening	Dementia Checkup	Hepatitis Virus Screening	Practicable on Saturdays (*2)
				Helicobacter pylori	Stomach X-ray	Gastroscopy								
3	Taniguchi Family Clinic	050-3146-7471	●	●	-	●	●	●	-	-	●	●	●	●
6	Nagai Women's Clinic	048-950-2221	-	-	-	-	-	-	●	●	-	-	-	●
7	Matsumoto Clinic	048-959-2233	●	●	-	●	●	●	-	-	●	●	●	●
8	Waseda lin	048-957-3428	●	●	-	●	●	●	-	-	●	●	●	▲
9	Clinic Fureai Waseda	048-950-3330	●	●	-	-	●	●	-	-	●	●	●	-
11	Tatewaki lin	048-957-0151	●	●	●	●	●	●	-	-	●	●	●	●
15	Iwasawa Naika lin	048-953-7300	●	●	-	●	●	●	-	-	●	●	●	●
16	Utsumi Naika Clinic	048-953-9681	●	●	-	-	-	●	-	-	-	●	●	●
18	Central Clinic Misato Chuo	048-949-0381	●	●	-	-	●	●	-	-	●	●	●	●
20	IM Clinic	048-949-2181	●	-	-	-	●	●	-	-	●	-	●	●
23	Misato Chuo Clinic	048-953-5300	●	●	-	●	●	●	-	-	●	●	●	●
26	Misato Chuo Sogo Byoin	048-953-1321	●	●	-	●	●	●	●	-	●	-	●	-
27	Tachizawa Geka Ichoka lin	048-952-8171	●	●	●	-	●	●	-	-	●	●	●	●
28	Saitama Misato Sogo Rehabilitation Byoin	048-953-1211	●	●	-	-	●	●	-	-	●	-	●	●
30	Misato Kenwa Byoin	048-955-5494	●	●	●	●	●	●	●	●	●	-	●	●
31	Misato Kenwa Clinic	048-955-8551	-	-	-	-	-	-	●	-	-	●	-	▲
32	Misato Family Clinic	048-956-5570	●	●	-	-	●	●	-	-	●	-	●	●

Note (*1) 'Specified Health Checkup etc' includes Health Checkup for age 75 and Health Checkup for Latter-stage Elderly Medical Care Insurant etc.

Note (*2) Medical services are available on different days of the week marked as follows depending on institutions:
 ▲ means open irregularly. Even if an institution indicates that the medical services are available on Saturdays (●), it may provide the services only in the morning. Please inquire the institution and make an appointment in advance.

No	Name of Medical Institutions	Phone	Specified Health Checkup etc. (*1)	Stomach Cancer Screening			Lung Cancer Screening	Colon Cancer Screening	Breast Cancer Screening	Cervical Cancer Screening	Prostate Cancer Screening	Dementia Checkup	Hepatitis Virus Screening	Practicable on Saturdays (*2)
				Helicobacter pylori	Stomach X-ray	Gastroscopy								
35	Miyakawa Iin	048-955-0874	●	●	-	-	●	●	-	-	●	●	●	●
37	Togasaki Clinic	048-948-1133	●	●	-	-	●	●	-	-	●	●	●	▲
38	Aoba Family Clinic	048-955-8621	●	●	-	-	●	●	-	-	●	●	●	●
39	Ishibashi Iin	048-952-8158	●	-	-	-	●	●	-	-	●	-	●	●
40	Kamiguchi Clinic	048-952-2323	●	●	-	●	●	●	-	-	●	●	●	●
43	Nagai Mothers Hospital	048-959-1311	-	-	-	-	-	-	-	●	-	-	-	-
45	Satsuki Naika	048-951-9100	●	●	-	●	●	●	-	-	●	●	●	▲
46	LaLaport Shinmisato Naika/Shounika	048-950-1060	●	●	-	-	●	●	-	-	●	-	●	-
48	Simizu Hinyoukika/Naika Clinic	048-957-8865	●	●	-	-	●	●	-	-	●	-	●	●
49	San-aikai Sogo Byoin	048-958-3111	●	●	●	-	●	●	●	-	●	●	●	●
50	Sato Clinic	048-957-8021	●	●	-	-	●	●	-	-	●	-	●	●
52	Misato Danchi Chuo Shinryojo	048-957-5411	●	●	●	●	●	●	-	●	●	●	●	▲
53	Misato Kenwa Danchi Shinryojo	048-959-5011	●	●	●	-	●	●	-	-	●	●	●	▲
54	Ichijo Clinic	048-957-3501	●	●	-	●	●	●	-	-	●	●	●	▲
55	IMS Misato Clinic	048-959-8181	●	●	●	-	●	●	-	-	●	●	●	-
58	Takahashi Ladies Clinic	048-950-1200	-	-	-	-	-	-	-	●	-	-	-	●
59	Kawaguchi Hinyoki/Naika Clinic	048-969-4353	●	●	-	-	●	●	-	-	●	-	●	-

Note (*1) 'Specified Health Checkup etc.' includes Health Checkup for age 75 and Health Checkup for Latter-stage Elderly Medical Care Insurant etc.

Note (*2) Medical services are available on different days of the week marked as follows depending on institutions: ▲ means open irregularly. Even if an institution indicates that the medical services are available on Saturdays (●), it may provide the services only in the morning. Please inquire the institution and make an appointment in advance.

**1. Phone number will be different as the institution will be relocated in autumn.

Medical Institutions in Misato City 病院・診療所（一般外来を行っている医療機関、診療科目等） (Name of medical institutions and departments which accept outpatients)

Note: The listed information is compiled based on the information from Soka Public Health Center of Saitama Prefecture as of December 2022. Please check with each medical institution for the latest information as some of the status might be changed.

【Medical Departments】 1 Internal Medicine (内), 2 Psychiatry (精), 3 Neurology (神), 4 Neurology Medicine (神内), 5 Respiratory (呼), 6 Respiratory Medicine (呼内), 7 Respiratory Surgery (呼外), 8 Allergology (ア), 9 Gastrointestinal Department (胃), 10 Gastrointestinal Medicine (胃内), 11 Gastrointestinal Surgery (消外), 12 Pediatrics (小), 13 orthopedics (整), 14 Dermatology (皮), 16 Gynecology (婦), 17 Otorhinolaryngology (耳), 18 Rehabilitation (リハ), 19 Psychosomatic Internal Medicine (心内), 20 Gastroenterology (消), 21 Gastroenterology Medicine (消内), 22 Cardiology (循), 23 Cardiology Medicine (循内), 24 Rheumatology (リウ), 25 Surgery (外), 26 Plastic Surgery (形), 28 Neurosurgery (脳外), 29 Cardiovascular Surgery (心外), 30 Urology (泌), 31 Proctology (肛), 32 Proctology Surgery (肛外), 33 Obstetrics (産), 34 Ophthalmology (眼), 36 Radiology (放), 37 Anesthesiology (麻), 38 Emergency Department (救), 39 Hemodialysis Medicine (透内), 40 Institution with Dialyzers 《透》, 41 Nursing for outpatients with a Stoma or who are diabetic (看), 42 Outpatient for smoking cessation (禁煙), 44 Nephrology (腎内), 45 Outpatient for Mental Health Care (メン), 46 Pathology (病診), 47 Dementia (認), 48. Traditional Herbal (漢), 50 Collagen Disease and Rheumatology (膠).

Note: No1, 26, 28, 29, 30, 43 and 49 are hospitals with 20 beds or more *Please be careful not to call the wrong telephone number.

*If you make a phone call from a mobile phone or outside of Misato City, please be sure to press the area code '048'.

No	Name of Medical Institutions	Address (in Misato City)	Phone	Medical Departments and others
1	Misato Kyoritsu Byoin	273-1 Tanakashinden	048-959-1811	18(リハ)・1(内)・2(精)・3(神)・40《透》・43(認)
2	Let's Daicho Komon Clinic	1218 Hanta	048-950-0255	32(肛外)・Endoscopy of internal medicine (内視鏡内科)・21(消内)
3	Taniguchi Family Clinic	523-1 Nizo	050-3146-7471	1(内)・21(消内)・12(小)・25(外)・42(禁煙)・47(認)
4	Misato Ekimae Clinic	1F KTT5 Bld, 1-1-1 Waseda	048-959-5550	1(内)・19(心内)・2(精)・42(禁煙)・48(漢)
5	Misato Ganka	5F KTT6 Bld, 1-3-10 Waseda	048-959-1146	34(眼)
6	Nagai Women's Clinic	3F MMC Bld, 2-2-10 Waseda	048-950-2221	33(産)・16(婦)
7	Matsumoto Clinic	4F MMC Bld, 2-2-10 Waseda	048-959-2233	1(内)・12(小)・20(消)
8	Waseda lin	2-19-1 Waseda	048-957-3428	1(内)・10(胃内)・18(リハ)
9	Clinic Fureai Waseda	3-26-3 Waseda	048-950-3330	1(内)・12(小)・8(ア)・2(精)・20(消)・3(神)
10	Misato Hifuka lin	4-7-5 Waseda	048-950-1138	14(皮)・12(小)・8(ア)
11	Tatewaki lin	6-28-13 Waseda	048-957-0151	9(胃)・31(肛)・1(内)・12(小)・25(外)・13(整)・22(循)・6(呼内)・42(禁煙)・8(ア)
12	Ajioka Ganka Clinic	2F Tokushige Bld, 1-1-10 Misato	048-960-0132	34(眼)
13	Suzuki Jibiinkouka lin	3F Okada Bld, 2-2-3 Misato	048-954-0233	17(耳)
14	Kodama Clinic	1F Green Park Misato, 2-11-5 Misato	048-933-9152	13(整)・1(内)・18(リハ)
15	Iwasawa Naika lin	472-1 Koubou	048-953-7300	1(内)・10(胃内)・30(泌)・14(皮)・42(禁煙)
16	Utsumi Naika Clinic	568-1 Yaguchi	048-953-9681	1(内)・44(腎内)・23(循内)・42(禁煙)・47(認)
17	Misato Chuo Jibiinkouka/Arerugika	Room 102, The Lions Misato Chuo, 1-2-1 Chuou	048-952-4187	17(耳)・8(ア)
18	Central Clinic Misato Chuo	103 Bld C, The Lions Misato Chuo, 1-2-1 Chuo	048-949-0381	1(内)・24(リウ)・8(ア)・12(小)・42(禁煙)・47(認)
19	Funakushi Hifuka Clinic	1F Bld C, The Lions Misato Chuo, 1-2-1 Chuo	048-954-2794	14(皮)・8(ア)
20	IM Clinic	2F M's Town Misato Chuo, 1-3-1 Chuo	048-949-2181	1(内)・8(ア)・14(皮)

No	Name of Medical Institutions	Address (in Misato City)	Phone	Medical Departments and others
21	Koh Seikeigeka Clinic	2F M's Town Misato Chuo, 1-3-1 Chuo	048-949-2025	13(整)・18(リハ)・24(リウ)
22	Sugiura Shounika	2F M's Town Misato Chuo, 1-3-1 Chuo	048-952-2124	12(小)
23	Misato Chuo Clinic	1-4-13 Chuo	048-953-5300	25(外)・10(胃内)・32(肛外)・23(循内)・1(内)・12(小)・42(禁煙)
24	Misato Mental Clinic	3F, 1-16-1 Chuo	048-953-6100	2(精)
25	Misato Chuo Kimura Ganka	2-2-4 Chuo	048-954-8938	34(眼)
26	Misato Chuo Sogo Byoin	4-5-1 Chuo	048-953-1321	1(内)・17(耳)・13(整)・25(外)・28(脳外)・14(皮)・34(眼)・30(泌)・18(リハ)・37(麻)・29(心外)・40《透》・23(循内)・11(消外)・44(腎内)・4(神内)・Diabetes and Endocrinology (糖尿病内分泌内科)・6(呼内)・21(消内)
27	Tachizawa Geka Ichouka lin	2-380 Shinwa	048-952-8171	9(胃)・1(内)・25(外)・13(整)・18(リハ)・12(小)
28	Saitama Misato Sogo Rihabirite-shon Byoin	5-207 Shinwa	048-953-1211	1(内)・4(神内)・18(リハ)
29	Onai Naika Shinkeika Byoin	3-270-1 Takano	048-955-8191	2(精)
30	Misato Kenwa Byoin	4-494-1 Takano	048-955-7171	1(内)・6(呼内)・7(呼外)・21(消内)・11(消外)・23(循内)・24(リウ)・8(ア)・2(精)・12(小)・26(形)・25(外)・13(整)・28(脳外)・14(皮)・30(泌)・32(肛外)・16(婦)・34(眼)・17(耳)・18(リハ)・37(麻)・38(救)・40《透》・46(病診)
31	Misato Kenwa Clinic	4-510-1 Takano	048-955-8551	1(内)・25(外)・13(整)・12(小)・14(皮)・34(眼)・17(耳)・28(脳外)・9(胃)・30(泌)・22(循)・18(リハ)・31(肛)・5(呼)・24(リウ)・26(形)・2(精)・36(放)・7(呼外)・41(看)・42(禁煙)・4(神内)・11(消外)・21(消内)・40《透》・8(ア)・16(婦)
32	Misato Family Clinic	1-181-2 Takasu	048-956-5570	1(内)・22(循)・12(小)・5(呼)・48(漢)
33	Katougi Ganka	1-181-2 Takasu	048-934-9333	34(眼)
34	Murashita Jibiinkouka	1-181-2 Takasu	048-948-3387	17(耳)
35	Miyakawa lin	2370 Togasaki	048-955-0874	1(内)・14(皮)・12(小)・42(禁煙)・47(認)
36	Jinshin Naika Clinic	1-631-4 Togasaki	048-949-2211	1(内)・22(循)・9(胃)
37	Togasaki Clinic	2-38-2 Togasaki	048-948-1133	17(耳)・1(内)・6(呼内)
38	Aoba Family Clinic	2-286-1 Togasaki	048-955-8621	1(内)・12(小)・14(皮)・13(整)・45(メ)・47(認)
39	Ishibashi lin	5-78-4 Sakae	048-952-8158	1(内)
40	Kamiguchi Clinic	1-2-3 Kamiguchi	048-952-2323	1(内)・20(消)・18(リハ)
41	Sukoyaka Clinic Misato	330-4 Minamihatsunuma	048-953-5888	13(整)・18(リハ)・1(内)
42	Hayashi Seikeigeka	105-2 Komagata	048-959-2300	13(整)
43	Nagai Mothers Hospital	607-1 Kamihikona	048-959-1311	33(産)・16(婦)・26(形)・37(麻)・12(小)・42(禁煙)
44	Osamura Hifuka Clinic	632-1 Kamihikona	048-958-0161	14(皮)

No	Name of Medical Institutions	Address (in Misato City)	Phone	Medical Departments and others
45	Satsuki Naika	2F City Forum, 2-1-2 Satsukidaira	048-951-9100	1(内)・21(消内)・23(循内)・47(認)
46	LaLaport Shinmisato Naika/Shounika	2F LaLaport Shinmisato, 3-1-1 Shin Misato LaLaCity	048-950-1060	1(内)・12(小)・14(皮)
47	Shinoki ganka	2F LaLaport Shinmisato, 3-1-1 Shin Misato LaLaCity	048-953-9388	34(眼)
48	Simizu Hinyoukika / Naika Clinic	1-226 Hikonari	048-957-8865	30(泌)・1(内)
49	San-aikai Sogo Byoin	2-342 Hikonari	048-958-3111	1(内)・23(循内)・21(消内)・6(呼内)・12(小)・25(外)・ 13(整)・34(眼)・17(耳)・28(脳外)・30(泌)・14(皮)・ 37(麻)・36(透内)・40《透》・18(リハ)・50(膠)・ Hematology (血液内科)・44(腎内)・11(消外)
50	Sato Clinic	3-11-17-101 Hikonari	048-957-8021	1(内)・12(小)・25(外)・13(整)・22(循)
51	Misato Heart Clinic	3-313 Hikonari	048-958-5550	1(内)・22(循)
52	Misato Danchi Chuo Shinryojo	4-4-15-101 Hikonari	048-957-5411	1(内)・20(消)・9(胃)・16(婦検のみ)《Gynecology/ Only for cancer screenings for females》・14(皮)・ 12(小)
53	Misato Kenwa Danchi Shinryojo	1F 1-76 Uneme	048-959-5011	1(内)・13(整)・30(泌)・42(禁煙)・47(認)
54	Ichijou Clinic	1-82 Uneme	048-957-3501	1(内)・12(小)・21(消内)・23(循内)
55	IMS Misato Clinic	1-102-2 Uneme	048-959-8181	1(内)・40《透》・36(透内)・23(循内)・47(認)
56	Fujihira Jibiinkouka	1-150-1 Uneme	048-957-1881	17(耳)
57	Hifuka Dermatech Shin-Misato	1-162-4 Uneme	048-958-0707	14(皮)
58	Takahashi Ladies Clinic	1-232 Uneme	048-950-1200	33(産)・16(婦)
59	Kawaguchi Hinyouki/Naika Clinic	1-238-1 Uneme	048-969-4353	30(泌)・1(内)
60	Shin-Misato Ekimae Ganka	1-238-5 Uneme	048-950-1146	34(眼)

Competent Public Health Center (三郷市を担当する保健所)

SOKA PUBLIC HEALTH CENTER (草加保健所)

Address 425-2 Nishicho, Soka City, 340-0035

Call 048-925-1551 (Health and Prevention Promotion)
048-999-5515 (Community Health Promotion)
(Life sanitation/ Pharmaceutical Affairs)

Fax 048-925-1554

Services

[Health and Prevention Promotion]

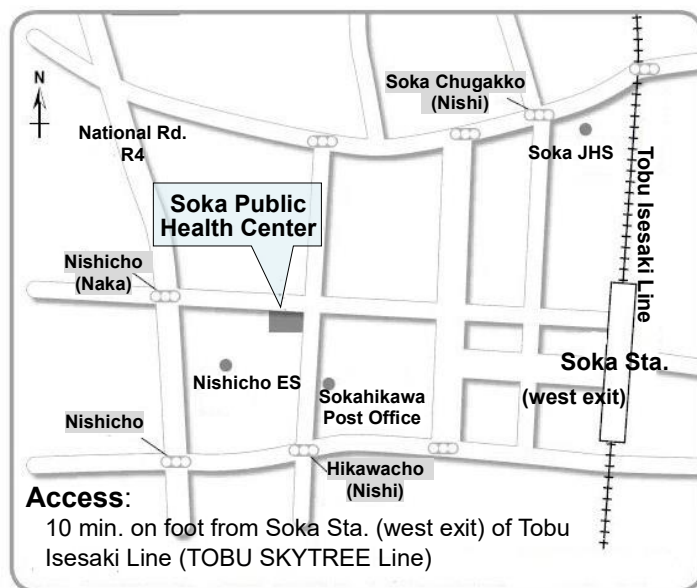
- Reception of application for medical expenses subsidy or covered by public funds
- Medical treatment of designated intractable diseases (medical treatment of specified diseases, etc.)
- Medical treatment of specified chronic infantile diseases
- Clerical support work for Atomic bomb sufferers
- Subsidy for infertility treatment fees
- Hepatitis interferon therapy, and so forth
- Consultation and examination about AIDS or sexually transmitted diseases, hepatitis examination
- Consultation about infectious diseases
- Consultation about mental health care
- Consultation about social withdrawal
- Consultation about mental health care for children
- Consultation about nutrition and health
- Consultation about second-hand tobacco smoke

[Community Health Promotion]

- Application for License [Doctor, Dispensing chemist, Nurse, and Cook etc.]
- Medical care [opening of Hospital, Clinic, Treatment facility]

[Life sanitation/ Pharmaceutical Affairs]

- Food business license, consultation about food etc.
- Business license of public bath, barber, beauty salon, cleaning facility, and reporting, consultation
- License of opening pharmacy, registration for the poisonous and deleterious substances sales management
- Consultation about dogs, registration for animal deale



Dentists in Misato City 歯科診療所 （一般外来を行っている医療機関、診療科目）
(Name of institutions and departments which accept outpatients)

***Note:** The listed information is compiled based on the information from Soka Public Health Center of Saitama Prefecture as of December 2022. Please check with each dentist for the latest information as some of the status might be changed.

***Please be careful not to call the wrong telephone number.**

No	Dentists	Address (in Misato City)	Phone	Departments
1	Family Dental Clinic	1074-2 Hanta	048-958-8000	D, P, OS
2	Central Shika	1-6-17 Waseda	048-957-8263	D, P
3	Unai Shika lin	1F Cosmo Square, 1-14-1 Waseda	048-958-6192	D, P, OS
4	Abehiro Sogo Shika	1F North Plaza, 2-2-8 Waseda	048-950-2525	D, P, OS, O
5	Hamasaki Shika Clinic	2-3-15 Waseda	048-950-1118	D, P, OS, O
6	Wakaba Shika Clinic	2-19-4 Waseda	048-958-6556	D, P, OS, O
7	Saito Shika lin	2-26-3 Waseda	048-957-2018	D
8	Matsuo Shika	4-7-20 Waseda	048-950-5588	D, P, OS, O
9	Terao Shika lin	5-7-7 Waseda	048-949-6190	D, P, OS, O
10	Takano Shika lin	5-8-13 Waseda	048-957-3933	D
11	Ivy Waseda Shika Clinic	1F, 7-1-8 Waseda	048-951-8241	D, P, OS
12	Taguma Shika Clinic	7-13-8 Waseda	048-959-0018	D, P
13	Komine Shika lin	8-15-11 Waseda	048-959-3781	D, P, OS
14	(Medical Corporation) Taisho Kai Taihei Shika	1F Pocket Park, 1-1-8 Misato	048-954-7467	D, P, OS
15	Yoshizaki Shika lin	1-12-17 Misato	048-953-4800	D, P, OS, O
16	Kezuka Shika lin	1-26-2 Misato	048-952-1518	D, P, OS, O
17	Matsushima Shika Clinic	302 Wins Bld, 2-1-5 Misato	048-952-8893	D, P
18	Shishido Shika lin	2-2-2 Misato	048-952-4180	D, P
19	Kato Orthodontic Clinic	2F EkimaeOkada Bld, 2-2-3 Misato	048-949-1031	O
20	Kuriyama Shika lin	2-2-12 Misato	048-952-2208	D, P
21	Miyajima Shika lin	3-3-3 Misato	048-952-8841	D, P
22	Kato Shika lin	62-2 Sasazuka	048-953-1166	D
23	Hiyoko Shika	2F Maruetsu Misato Chuo-ten, 1-3-1 Chuo	048-954-0648	D, P, OS, O
24	Misato Chuo Shika	1F Misato Chuo Center Marks, 1-3-2 Chuo	048-949-0031	D, P, OS, O
25	Dental Clinic Family	1F, 1-13-3 Chuo	0800-800-6480	D, P, OS, O
26	Nomoto Shika lin	2-2-9 Chuo	048-953-7480	D, P
27	Misatonomori Dental Clinic	2F, 2-2-21 Chuo	048-933-9710	D, P, OS
28	Misato Chuo SUN Dental Pier	3-2-9 Chuo	048-948-6251	D, P, OS, O
29	Suzuki Shika lin	4-208-2 Shinwa	048-951-3033	D, P, OS
30	Okubo Shika lin	3-255 -1 Takano	048-956-2181	D, P, OS
31	Misato Shika Clinic	4-211-2 Takano	048-956-4156	D, P
32	Misato Kenwa Shika	4-260-1 Takano	048-956-6996	D, P, O
33	Ihashi Dental Clinic	5-379-1 Takano	048-955-1184	D, P, OS, O
34	Nakajima Shika	1-181-2 Takasu	048-956-4878	D, P
35	Takasu Shika lin	1-220 Takasu	048-956-8699	D, P
36	Fukushima Shika lin	1-308-3 Takasu	048-955-6488	D
37	Takehana Shika lin	2-278-1 Takasu	048-955-2202	D, P
38	(Medical Corporation) Wahei Kai Uchida Shika lin	2-331-4 Takasu	048-956-1131	D, P, OS, O

<Note: Dentist =D, Pedodontics =P, Oral Surgery = OS, Orthodontics=O>

No	Dentists	Address (in Misato City)	Phone	Departments
39	Munakata Shika	4-75-2 Takasu	048-956-1825	D, P, OS, O
40	Mori Shika Clinic	3124-31 Togasaki	048-948-8241	D, P
41	Aiyuu Shika Misato Shinryojo	2-243 Togasaki	048-956-8119	D, P, OS, O
42	Takara Shika Togasaki Shinryojo	1F Urgent Hights, 2-244 Togasaki	048-948-5584	D, P, OS
43	Gojinkai Shika	2-705-2 Togasaki	048-956-1000	D, P, OS, O
44	Osaki Shika lin	3-42 Togasaki	048-956-3501	D, P
45	Takasaki Shika Clinic	3-83-1 Togasaki	048-955-6966	D
46	Rapport Shika lin	1F Kouki Mansion, 3-402-3 Togasaki	048-956-2810	D, P
47	Takara Shika Maeya Shinryojo	3-515 Togasaki	048-948-3000	D, P, OS
48	Misato Tenjin Shika Clinic	2F Ito-yokado Misato-ten, 1-1-1 Pialacity	048-949-5566	D, P, OS, O
49	Shin-Misato Chuo Shika lin	864-1 Kami-hikokawado	048-957-6051	D, P
50	BRISTO DENTAL CLINIC	799 Shimo-hikokawado	048-950-2166	D, P, OS, O
51	Lapark Misato Shika	B1 MEGA Don Quijote Misato-ten, 1-1-1 Satsukidaira	048-959-6480	D, P, OS
52	Wakamatsu Shika lin	2-1-2-201 Satsukidaira	048-958-6879	D, P
53	LaLaport Shinmisato Dental Clinic	1F LaLaport Shinmisato 3-1-1 Shinmisato LaLaCity	048-950-0896	D, P, OS, O
54	Kobayashi Shika lin	1-364 Hikonari	048-959-2867	D, P, OS
55	Matsumoto Shika lin	3-11-17-104 Hikonari	048-959-8211	D, P
56	Fukai Shika lin	3-86 Hikonari	048-957-3315	D, P
57	Imazawa Shika lin	4-4-15-102 Hikonari	048-957-6969	D, P, OS, O
58	Misato White Shika lin	1-85-1 Uneme	048-959-0008	D, P, O
59	IS Shika Clinic Shinmisato/IS Kids	1-205-3 Uneme	048-957-0418	D, P, OS, O
60	Nakamura Shika lin	1-235-1 Uneme	048-958-0118	D, P, OS, O

<Note: Dentist =D, Pedodontics =P, Oral Surgery = OS, Orthodontics=O>

Dental Service 歯科事業

Free Dental Health Consultation, Free Topical Application of Fluoride Solution

Free dental health consultation and/or free topical fluoride application are offered to citizens of Misato City.

How to apply Confirm the website of *Misatoshi shikaishikai* (Misato City Dental Association) and make a reservation by phone beforehand.

Place Office of Misato-shi Dental Association

Date Sun, April 16 / Sun, June 18 / Sun, August 20 / Sun, October 15 / Sun, December 17, 2023
Sun, February 18, 2024

Time From 10:00 a.m. to 11:30 a.m.

Dental Treatment on Holidays

Open May 3, 4, and 5 / August 13, 14 and 15 / year-end and New Year Holidays (December 31, 2023 and January 1, 2 and 3, 2024) (by rotation)

Place Dental clinic on-duty

Time from 10:00 am to 1:00 p.m.

Inquiries Misato City Dental Association

Home-visit for Dental Treatment

Home-visit is available for people living in Misato City and having difficulty in clinic visit.

Inquiries *Misatoshi shikaishikai* (Misato City Dental Association)

●*Misatoshi shikaishikai* (Misato City Dental Association)

* **Address:** 544 Yaguchi, Misato City

* **Call:** 048-949-2100

* **URL:** <http://www2.tbb.t-com.ne.jp/misato-dc/>

‘Enjoy eating with your own teeth for your entire life.’

- 8020 activity -

Keep 20 teeth of your own when you turn 80 years old!



Dispensing Pharmacies in Misato City 薬局

***Note:** The listed information is compiled based on the information from Saitama Prefectural Government as of December 2022. Please check with each pharmacy for the latest information as some of the status might be changed. *Please be careful not to call the wrong telephone number.

<Note: “Yakkyoku” means “pharmacy” in Japanese>

No	Pharmacies	Address (in Misato City)	Phone
1	Misato Shiinoki Yakkyoku	146-23 Tanakashinden	048-950-6670
2	Plaza Yakkyoku Shin-Misato	1259-1 Hanta	048-959-3501
3	Sogo Yakkyoku Shin-Misato-ten	523-3 Nizo	048-959-8171
4	Waseda Chozai Yakkyoku	1F KTT6 Bld, 1-3-10	048-959-3301
5	Olive Yakkyoku Misato-ten	1F MMC Bld, 2-2-10	048-958-9996
6	Nemunoki Yakkyoku	2-2-18 Waseda	048-958-1801
7	Segami Yakkyoku Misato-ten	1F Eiko Bld, 2-19-2	048-957-1507
8	Kurieito Yakkyoku Misato-Waseda-ten	2-22-2 Waseda	048-950-6116
9	Tango Yakkyoku	3-28-22 Waseda	048-950-3222
10	Alice Yakkyoku	4-14-6 Waseda	048-950-7488
11	Welcia Yakkyoku Misato-Waseda-ten	6-10-10 Waseda	048-950-1815
12	Hayami Yakkyoku	6-27-33 Waseda	048-959-2111
13	Miyata Yakkyoku	1-26-3 Misato	048-952-0062
14	Endo Yakkyoku Misato-Ekimaie-ten	2-1-5 Misato	048-953-7760
15	Taiyou Yakkyoku Misato-ten	1F Yoshino Bld, 2-2-16	048-949-7877
16	Nozomi Yakkyoku Misato-ten	476-12 Kobo	048-953-0886
17	Great Kanpo Yakkyoku	37 Iwanoki	048-953-4382
18	Kamome Yakkyoku Misato-ten	567-1 Yaguchi	048-954-8202
19	Asahi Yakkyoku	627 Yaguchi	048-952-4723
20	Aisei Yakkyoku Misato-Chuo-ten	1-2-1-105 Chuo	048-949-1011
21	Yakkyoku Kusuri-no-Fukutaro Misato-Chuo-ten	1F M's Town Misato	048-949-1859
22	Shinwa Yakkyoku	1-4-12 Chuo	048-960-0153
23	Lawson Qol Yakkyoku Misato-Yanaka-ten	1-10-1 Chuo	048-949-0589
24	Niodori Yakkyoku	1F, 1-16-1 Chuo	048-954-9014
25	Hitomi Yakkyoku	2-2-4 Chuo	048-951-3257
26	Medicine-shop Hamanasu Yakkyoku	1F Avanzato Corso Misato Chuo, 2-3-1	048-967-5383
27	Misato Chozai Yakkyoku (Opens only the days when Misato Medical Association HOLIDAY CLINIC provides medical consultations)	2-20-7 Chuo	048-953-4782
28	Drug Seims Misato Chuo Yakkyoku	3-20-3 Chuo	048-949-5762
29	Kobo Yakkyoku	4-29-1 Chuo	048-952-7285
30	Nagomi Yakkyoku	3-260-2 Takano	048-956-9225
31	Takano Yakkyoku	4-491-2 Takano	048-956-5781
32	Karin Yakkyoku	4-501-2 Takano	048-948-2106
33	Kamakura Yakkyoku	4-514-2 Takano	048-948-1751
34	Hikari Yakkyoku	4-516-1 Takano	048-955-3110

No	Pharmacies	Address (in Misato City)	Phone
35	Aisei Yakkyoku Misato-Takasu-ten	1-181-2 Takasu	048-948-3310
36	Togasaki Yakkyoku	2207-2 Togasaki	048-956-1698
37	Sanritsu Yakkyoku Togasaki-ten	1-631-5 Togasaki	048-949-1831
38	Alpha Yakkyoku Misato-ten	2-286-1 Togasaki	048-956-0610
39	Seki Yakkyoku Misato-Togasaki-ten	3-593 Togasaki	048-948-6979
40	Apple Yakkyoku Misato-ten	1-2-4 Kamiguchi	048-951-1877
41	Pharmarise Yakkyoku Misato-ten	312-1	048-949-1171
42	Hikonari Yakkyoku	1-38-3 Tenjin	048-953-7269
43	Magokoro Yakkyoku	467 Kamihikona	048-950-7788
44	Daruma Yakkyoku Misato-ten	632-1 Kamihikona	048-959-9966
45	Yakkyoku Matsumotokiyoshi matsukiyoLAB LaLaport Shin-Misato-ten	1F LaLaport Shinmisato 3-1-1 Shinmisato LaLaCity	048-950-1070 (Pharmacy) 048-959-7582 (Dispensary room)
46	Costco wholesale Shin-Misato Souko-ten Yakkyoku	3-1-2 ShinMisato LaLaCity	048-950-2804
47	Endo Yakkyoku Misato-Hikonari-ten	2-377-1 Hikonari	048-953-9877
48	Danchi Yakkyoku	3-7-6-4 Hikonari	048-954-5920
49	Endo Yakkyoku Misato-Danchi-ten	3-7-13-106 Hikonari	048-957-6068
50	Mabashi Yakkyoku	3-11-19-103 Hikonari	048-957-8411
51	Misaki Yakkyoku	1-155-3 Uneme	048-950-7650
52	Chozai Yakkyoku Matsumotokiyoshi Shin-Misato-ten	1-229-3 Uneme	048-950-7233
53	Shin-Misato Yakkyoku	1-238-4 Uneme	048-959-3322

●Misato Pharmaceutical Association

* **Address:** 544 Yaguchi, Misato City

* **Call:** 048-953-8338

You can easily find information of pharmacy (business day, business hour, nearest station, parking lot etc.) by searching through the below website of Saitama Prefecture (in Japanese).

URL <http://www.iryō-kensaku.jp/saitama/>

Josan-jo (Birth Center) 助産所

***Note:** The listed information is compiled based on the information from Soka Public Health Center of Saitama Prefecture as of December 2022. Please check with each birth center for the latest information as some of the status might be changed.

<Note: “Josan-jo” means “birth center” in Japanese>

Birth Center	Address (in Misato City)	Phone	Service
Yamaguchi Josan-jo	2-11-15 Waseda	090-7222-1886	Home-visit consultation for pregnant women, newborns and infants
Kaneko Josan-jo	8-4-4 Waseda	090-6955-8848	Home-visit consultation for pregnant women, newborns and infants, consultation about breastfeeding, baby massage
Aiai Birth Shima Aiko	3-490-2 Togasaki	090-7278-2737	Home-visit consultation for pregnant women, newborns and infants, consultation about breastfeeding, and adolescence sex education
Hisatomi Josan-in	1-262-9 Sakae	090-2318-2693	Home-visit consultation for newborns and infants
Ai Josan-in	3-178-7 Togasaki	080-1348-4841 048-951-2627	Homebirth, Childbirth at a birth center (midwifery home), ‘Open System’ birth service (prenatal checkup/care by a midwife and giving birth at an affiliated facility), consultation about breastfeeding and childrearing, home-visit consultation for newborns and infants
Tonami Josan-jo	1-2-2-101 Satsukidaira	090-5804-1001	Home-visit consultation for pregnant women, newborns and infants
Yamada Josan-jo	2-5-2-108 Satsukidaira	090-1736-6957	Home-visit consultation for pregnant women, newborns and infants

Note: **Ai Josan-in** accepts an inpatient delivery but not accept an inpatient for postpartum caring.

All birth centers except *Ai Josan-in* provide their services exclusively at home-visit basis.

Community Nutritional Guidance 地域の栄養相談

Nutritionists give you free nutritional consultations about your concerns regarding health, meals and nourishment **at each district community center and children's center** for all citizens from babies to elderly people. You may receive a consultation on that day without appointment, however, please note that the one who has an appointment has priority to receive a consultation.

About the date, time and place for consulting, please see Misato City official website, posters or leaflets.

*Children's centers have restrictions on the age of users so that only children under 18 years of age and their parents or guardians may consult at the center.

Inquiries: Regional Health Section; Call: 048-930-7772

«Supervised by Education Institute of Nutrition»

“Easy to cook! A high-protein recipe”

Frailty means a physical and mental condition becoming weak due to aging.

Try to take adequate protein in everyday life and have nutritious meals, do some exercise, take a rest, and participate in social activities.



A menu example:

Rice cooked with canned saury

See the website below for other recipes, their ingredients, and preparation methods.

URL: <https://www.city.misato.lg.jp/2520.htm>



The recipe booklets are distributed free of charge at public facilities in the City and Health Promotion Division.

Sukoyaka Misato On-site Lecture すこやかみさと出前講座

A travelling health class is available at your community site for a group of 10 citizens or more (excluding groups for commercial activities). The 12 lectures are organized a year and one lecture is offered per group. We provide the following four lectures three times a year. One group can make application and attend the lecture free of charge once per year.

Lecture name

- 1) Lecture on diabetes / metabolic syndrome prevention
- 2) Lecture to be a supporter (staff member) to promote healthy longevity activities
- 3) Lectures on Locomotive Syndrome / Frailty prevention
- 4) Lectures on 'To be a 'Gate Keeper' - to promote a person to be mentally healthy

Submit 'Application form' prior to 2 months or earlier of your preferred date. Firstly, consult us if you are interested in the class(es) as the application is in order of arrivals (up to 3 groups per each lecture).

Inquiries: Regional Health Section; Call: 048-930-7772

Subsidy for Donor of Bone Marrow Transplantation 骨髄移植ドナー助成金交付

Eligibility

- 1) One who has finished bone-marrow-donation under a bone-marrow-donation project promoted by Japan Marrow Donor Program (hereinafter JMDP) and received a certificate about bone-marrow-donation issued by JMDP.
- 2) One who was a registered resident in Misato City on the day of bone-marrow-donation
- 3) One whose employer (company or organization) offers no paid 'donor-leave' and has not received any other subsidy related to the bone-marrow-donation

Regarding the subsidy amount, application method and application period, please contact the section below.

Inquiries: Health Promotion Section; Call: 048-930-7771



Saitama Prefecture 'Kobaton Kenko Mileage'

Saitama Prefecture 'Kobaton Kenko Mileage' is a service clocking up your healthy mileage to promote walking with your smartphone or an exclusive pedometer to improve your health. You can receive 'points' depending on the number of steps recorded on your pedometer, and you may win a prize in a raffle according to your gained points.

As a first step, choose a device you will use.

You can use your smartphone or an exclusive pedometer.

*Target: One who is 18 or over and resides in Misato City

*Visit our official website for further information such as: how to register for the service and what is the prizes for the raffle.

For further information, visit the website:
<http://www.city.misato.lg.jp/item/25980.htm>



Inquiries: Health Promotion Section
Call: 048-930-7771

If you join the service program with your smartphone:

- 1) This application operates in conjunction with a pedometer function that is built in your smartphone.
 You do not need to keep the application always on.
- 2) You will be able to use our application immediately after the web registration and downloading is completed.
- 3) You can forward your pedometer data through application whenever you want and you can check your walking records anytime and your rank among fellow competitors (such as in Saitama Prefecture, in Misato City, in your age group, and so forth).

Application is free of charge!



Directions to Kenko Fukushi Kaikan (Health and Welfare Center)

健康福祉会館へのアクセスガイド

*Please confirm the latest information as they may have any changes.

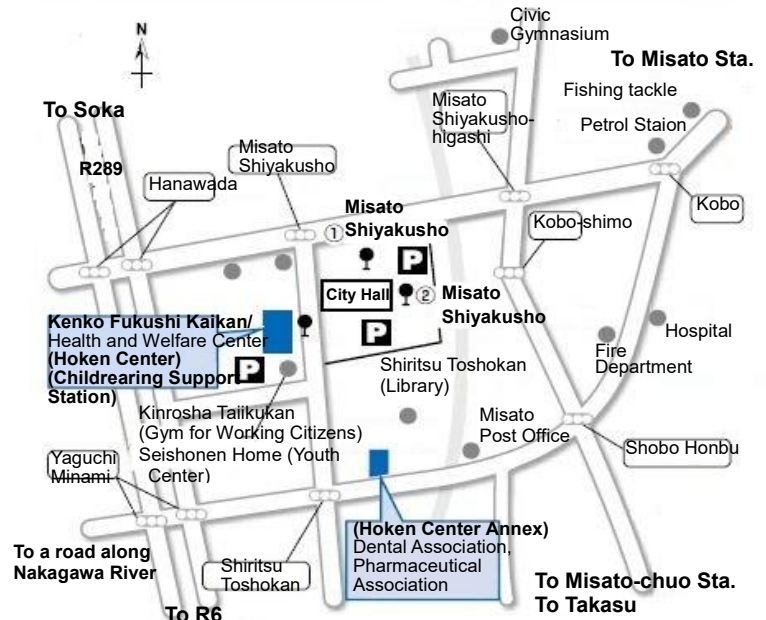
(As of November, 2022)

Departure	Bus companies	Destinations	Arrival (Bus stops)
Misato-danchi area	Tobu Bus Central	Kanamachi Sta. via City Hall	① Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu	Misato-chuo Sta.	② Misato Shiyakusho (Misato City Hall)
Hikonari, Hikoito area	Meto Kanko	Misato-chuo Sta. (*Service suspension since April, 2020)	② Misato Shiyakusho (Misato City Hall)
	Saitama Kanko	Misato City Hall	
Waseda area	Tobu Bus Central	Misato-chuo Sta. via Misato Sta.	① Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu	Misato-chuo Sta.	② Misato Shiyakusho (Misato City Hall)
Shinwa area	Tobu Bus Central	Misato / Shin-Misato Sta. via City Hall	① Misato Shiyakusho (Misato City Hall)
Takano area	Tobu Bus Central	Misato / Shin-Misato Sta. via City Hall	① Misato Shiyakusho (Misato City Hall)
Takasu area	Tobu Bus Central	Misato / Shin-Misato Sta. via City Hall	① Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu / Keisei Town Bus	Misato Sta. South Exit	② Misato Shiyakusho (Misato City Hall)
Togasaki area	My Sky Kotsu / Keisei Town Bus	Misato Sta. South Exit	② Misato Shiyakusho (Misato City Hall)
JR Line Misato Station	Tobu Bus Central	Kanamachi Sta. via City Hall, Misato-chuo Sta. via City Hall Nanbu-chiku Ryutsu Danchi	① Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu / Keisei Town Bus	Kanamachi Sta. South Exit	② Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu	Nanbu-chiku Junkan (circular route)	
Tsukuba Express Misato-chuo Station	Tobu Bus Central	Misato / Shin-Misato Sta. via City Hall	① Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu / Keisei Town Bus	Misato Sta. South Exit	② Misato Shiyakusho (Misato City Hall)
	My Sky Kotsu	Shin-Misato Sta. West Exit	
	Meto Kanko	Yoshikawa Sta. South Exit (*Service suspension since April, 2020)	
	Saitama Kanko	Misato City Hall	

Inquiries about bus routes, time tables, and/or fares of bus services

- **Tobu Bus Central** (Misato Office)
東武バスセントラル (三郷営業所)
Call: 048-957-2504
- 【Shim-Misato - Kanamachi Sta.】
- **Tobu Bus Central** (Yoshikawa Office)
東武バスセントラル (吉川営業所)
Call: 048-982-0052
- 【Misato Chuo Sta. - Waseda Junkan (circular route) / Yoshikawa Shako (garage)】
- **My sky Kotsu** マイスカイ交通
Call: 048-940-1801
- **Keisei Town Bus** 京成タウンバス
Call: 03-5671-0360
- **Meto Kanko** メートー観光
Call: 048-950-0448
- **Saitama Kanko** 埼玉観光
Call: 048-993-4467

Map of nearby bus stops and parking lots



FY2023

HEALTH GUIDE

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Department of Health Affairs, Misato City Hall

Address: 648-1, Hanawada Misato City, 341-8501 Call: 048-953-1111 (Main switchboard)

Health Promotion Division

Health Promotion Section ----- Call: 048-930-7771

Regional Health Section ----- Call: 048-930-7772

Medical Examination and Disease Prevention Section - Call: 048-930-7773

URL: <http://www.city.misato.lg.jp/>

