**MISATO CITY**

|  |  |
| --- | --- |
| **CONTENTS** | Page |
| ●Holidays and Nights Emergency Medical Care System  1 *Saitama-ken Kyukyu Denwa Soudan* (Emergency medical information center telephone consultation) | 1 |
| 2 Off-hours Pediatric Practice (for Initial First Aid Measures) System  3 Holiday & Sunday Nights Consultation  (Misato Medical Association HOLIDAY CLINIC) | 2 |
| ●Roster of Off-hours Pediatric Practice  (for Initial First Aid Measures) | 3-4 |
| **PARENT - CHILD HEALTH** | |
| ●Subsidy for Fertility Test/ Infertility Test/ Infertility Treatment Fees  ●Notice of Pregnancy/ Issuance of Mother and Child Health Handbook | 5 |
| ●Prenatal Checkups, Newborn Hearing Screening and  Maternity Health Checkups  ●Hello Baby Class | 6 |
| ●Postpartum Care  ●Home-visit to Families with Prematurely-born Baby/ Babies  ●Home-visit to All Families with Babies (Konnichiwa Akachan) | 7 |
| ●Class Introducing Weaning Food  ●Childrearing Free Consultation Service (about pregnancy, delivery and childrearing) | 8 |
| ●Health Checkups for Children | 9 |
| ●Health Consultation Service  ●Development Counseling ‘Freai’/ Himawari’ Class | 10 |
| **VACCINATION** |  |
| ●Vaccinations for Children | 11-13 |
| ●Vaccinations for Senior Citizens | 14 |
| ●Designated Medical Institutions for Individual Vaccination  in Misato City | 16-17 |
| ●Rubella Antibody Test/ Vaccination for Adult Males | 18 |
| **ADULT HEALTH** | |
| ●Health Checkups/ Cancer Screenings  ●Schedules | 20 |
| ●To Those Aged 40-74 Insured by Misato City National Health Insurance | 21 |
| ●How to Receive Health Checkups/ Cancer Screenings | 22-23 |
| ●Contents | 24-25 |
| ●Fees | 26 |
| ●Group Periodontal Disease Checkup  ●Subsidy for *NingenDock* (a complete medical checkup) | 27 |
| ●To Those Who Receive Cancer Screening(s) | 28-29 |
| ●Designated Medical Institutions for Individual Health Checkups/ Cancer Screenings in Misato City | 30-31 |
| **LIST OF MEDICAL INSTITUTIONS etc.** | |
| ●Medical Institutions in Misato City | 32-35 |
| ●Competent Public Health Center | 36 |
| ●Dentists in Misato City | 37-38 |
| ●Dental Service | 38 |
| ●Dispensing Pharmacies in Misato City | 39-40 |
| ●*Josan-jo* (Birth Center) | 41 |
| **OTHERS** | |
| ●Community Nutritional Guidance | 41 |
| ●*Sukoyaka Misato* On-site Lecture  ●Subsidy for Donor of Bone Marrow Transplantation | 42 |
| ●Directions to *Kenko Fukushi Kaikan* (Health and Welfare Center) | Back cover |

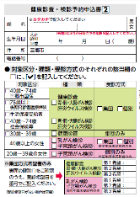
**- IMPORTANT NOTICE -**

**FY 2024**

**Health Guide**

令和６年度

**健康のしおり　英語版**



**Those other than the above**

**Those insured by Latter-stage Elderly Medical Care system**

**Those insured by Misato City National Health insurance (who are 40- 47 years of age\*)**

**⇒ Misato City will send information leaflet about health checkups (enclosed in an orange envelope) in the middle of April.**

**If you prefer to receive checkup(s) through Individual Examination, please make an appointment directly with the designated medical institution.**

**⇒ We will not send you “Information leaflet about health checkups”. Please be sure to apply to Misato City Hall.**

**⇒ To receive a health checkup or cancer screening, you need to apply to Misato City.**

**For further information, please see pages 22-23.**

**\*Age as of March 31, 2025.**

**- APPLICATION FOR**

**HEALT CHECKUP -**

**Free Specified Health Checkup!**

Misato City will now cover the entire cost (approximately 9,000 yen) of the National Health Insurance health checkup (Specified Health Checkup)!

**- IMPORTANT NOTICE -**

‘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.

**Holidays and Nights Emergency Medical Care System**

**休日・夜間などの救急医療体制**

**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.

**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.

**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**

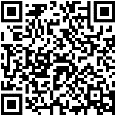
**\*Please make sure to dial the correct number.**

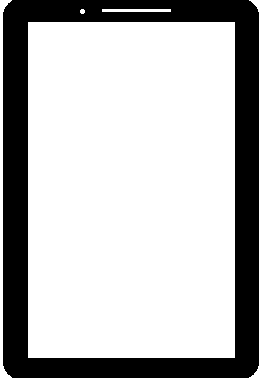
You can also call **Emergency Medial Information Center Telephone Consultation for Children** at **#8000**.

(Target age: Up to junior high school students) 　

If you cannot reach the number,

please call: **☎** 048-833-7911.

****

What are the symptoms? ****

**What are the symptoms?**

**My mother has a severe headache.**

|  |
| --- |
| **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 iraisyo* (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.) |

**What other symptoms**

**do you have?**

**Tips on consultation:**

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

**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 2024)

◎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**

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

**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’.)

**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.

●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, you can see a doctor at Misato Medical Association Holiday Clinic.

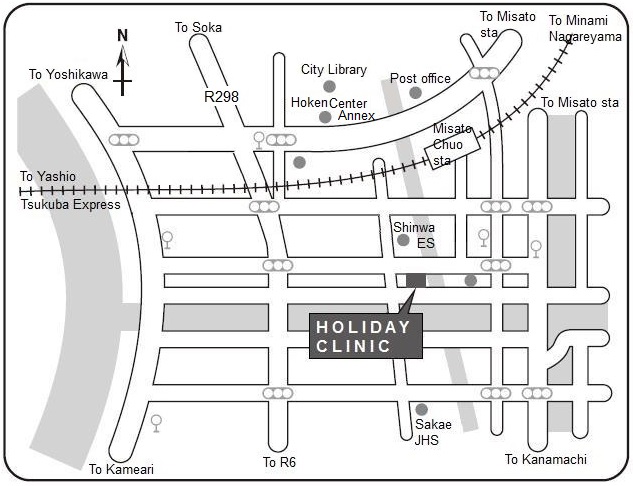
\*Depending on the condition of your child, you might be advised to visit a medical institution in other municipality.

\*A list of medical institutions on-duty has “under coordination” sections. Please check Misato City official website for the latest information. If the medical institution on-duty is not indicated, please use the emergency medical information center (information about medical institutions), #7119.

●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.)

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



**Misato Discharge Channel**

To City Hall

**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）**

**If the symptoms are not acute, please see your family doctor**

**during the daytime on weekdays.**

**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 13, 14, 15, December 30.

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

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



**Call the on-duty medical institution.**

**On-duty medical institution**

Transferred to a secondary

emergency hospital.

Receive a medical consultation.

Contact

by phone.

Describe

your child’s symptoms.

**In case that your child is seriously ill.**

|  |  |  |
| --- | --- | --- |
| **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 |
| MC Clinic | 1F 1-18-19 Waseda | 048-959-2233 |
| Tatewaki Iin | 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 Iin | 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 |
| Ichijyo Clinic | 1-82 Uneme | 048-957-3501 |
| Kawaguchi Hinyouki/Naika Clinic | 1-238-1 Uneme | 048-969-4353 |
| Misato Medical Association Holiday Clinic | 2-20-7 Chuo | 048-949-1000 |

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**

Oba River

**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** |

Daizem bashi

Shiritsu toshokan-mae

Sakaigi

Sakai iriguchi

Shinwa

1 Chome

Nakagawa River

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

**Night On-duty Medical Institutions>**

**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.)　診療時間：午後７時～９時(受付時間午後8:30まで)

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

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

\*For those in the process of coordination, we are coordinating with medical institutions, but there may be cases where coordination is not possible. In such cases, please contact #7119 emergency telephone consultation (medical institution information). Please check Misato City website for the latest duty roster.

● 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 Holiday & Sunday Nights Consultation.(Please refer to the page 2 for details)

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

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

**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/kosodate\_kyoiku/ninshin\_shussan/ninshinokibosuruhohe/7690.html

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**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 Children and Families Center. 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, and application process of Childbirth Support Benefits will be guided 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 Children and Families Center 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.

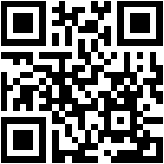
Application and Issuance place

**●Inquiries: Parent and Child Health Section, Children and Families Center**

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

- ‘Hello Baby Class’ session days (see page 6): (the class will be held once in a month on Saturday), 9:00 a.m. - 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)(Only weekdays 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

**5/14直し**

- 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: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**Little Baby Handbook リトルベビーハンドブック**

We distribute these handbooks to the parents whose children are born with low birth weight and to others who wish to get them through interviews with public health nurses. You can record your child's growth and development in the handbook, which also includes information about local consultation services and support information. It can be used as a booklet to complement the Mother and Child Health Handbook.

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 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: Parent and Child Health Section, Children and Families Center**

**Phone: 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: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**Subsidy for The First Obstetric Visit for Low-income Pregnant Women**

**低所得の妊婦に対する初回産科受診料の助成**

A part of the cost required for the first obstetric visit to determine pregnancy is subsidized. Pregnant women of the households exempt from municipal tax, those of the households receiving public assistance, or other pregnant women deemed necessary are eligible for this subsidy. Please feel free to contact us.

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**Hello Baby Class　 ハローベイビー教室～**

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

\*An expectant mother alone can participate.

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

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

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

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**Individual Dental Health Checkup for Pregnant Woman　妊婦個別歯科健康診査**

You can receive a dental checkup at a designated medical institution (dentist in Misato City). For details, please check the examination ticket that you receive at the time of maternity notification.

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**Postpartum Care 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 at a medical institution. (A part of payment will be required.) Please consult with the section in charge for details.

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 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: Parent and Child Health Section, Children and Families Center**

**Phone: 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, gives a congratulatory gift and childrearing information in your community, and we will provide application guidance for childrearing support benefits. 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 mid-wife or a nurse call you directly from their 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 Parent and Child Health Section, Children and Families Center in person or by post.

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 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 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

Place Play Room on the 2F of *Kenko Fukushi 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 of a parent alone is also accepted in each classes.

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: Parent and Child Health Section, Children and Families Center**

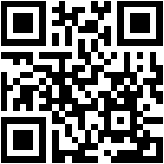
**Phone: 048-930-7827**

**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 supporters (nursery teachers), public health nurses, midwives, and/or psychologist will provide consultation on childrearing matters for children and his/her family (including expectant and nursing mother).<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: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**«Supervised by Kagawa Nutrition University»**

**“Easy Cooking! A Baby Food Recipe”**

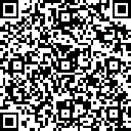
When a baby turns around 5 months old, it’s about time to start solids. As a child grows up, the nutrition from only breastfeeding or formula milk is not enough for his/her healthy growth. As your child grows, he or she should eat a variety of foods by the time weaning is complete. Recipes with videos are posted on Misato City official website.

( https://www.city.misato.lg.jp/kosodate\_kyoiku/kosodatesupport/8451.html)

**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 Qusetionnaire (for ●●-old health checkup), your child’s Mother and Child Health Handbook, and others items specified on the notice.

https://www.city.misato.lg.jp/kosodate\_kyoiku/kenshin\_yobosesshu/8486.html

**[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 date.**

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

**【Health Checkups for 4-month-old Children】**

Contents

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Calendar** | | **2024**  **Apr** | **May** | **Jun** | **Jul** | **Aug** | **Sep** | **Oct** | **Nov** | **Dec** | **2025**  **Jan** | **Feb** | **Mar** | \* Medical Consultation  \* Physical measurements  \* Medical interview and  developmental check  \* Nutritional Consultation  \* Child-rearing consultation |
| **Schedule** | **First**  **half** | Mon.  22 | Fri.  24 | Fri.  14 | Tue.  16 | Mon.  19 | Fri.  20 | Fri.  25 | Mon.  25 | Mon.  16 | Fri.  24 | Fri.  21 | Mon.  17 |
| **Last**  **half** | Fri.  26 | Wed.  29 | Wed.  19 | Fri.  26 | Fri.  23 | Mon.  30 | Wed.  30 | Fri.  29 | Fri.  20 | Wed.  29 | Wed.  26 | Fri.  21 |
| **Birth month** | | 2023  Dec | 2024  Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov |

**【Health Checkups for 9-month-old Children】**

Contents

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Calendar** | | **2024**  **Apr** | **May** | **Jun** | **Jul** | **Aug** | **Sep** | **Oct** | **Nov** | **Dec** | **2025**  **Jan** | **Feb** | **Mar** | \* Medical Consultation  \* Physical measurements  \* Medical interview and developmental check  \* Child-rearing consultation  \* Nutritional Consultation |
| **Schedule** | **First**  **half** | Wed.  24 | Tue.  14 | Wed.  12 | Fri  5 | Mon.  5 | Wed.  18 | Tue.  15 | Mon.  18 | Thu.  19 | Tue. 21 | Tue.  18 | Tue.  11 |
| **Last**  **half** | Tue.  30 | Wed.  22 | Tue.  18 | Thu.  11 | Thu.  8 | Tue.  24 | Mon.  21 | Thu.  28 | Mon.  23 | Mon.  27 | Fri,  28 | Wed.  19 |
| **Birth month** | | 2023  Jun | Jul | Aug | Sep | Oct | Nov | Dec | 2024  Jan | Feb | Mar | Apr | May |

Contents

**【Health Checkups for 1-year-8-month-old Children】**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Calendar** | | **2024**  **Apr** | **May** | **Jun** | **Jul** | **Aug** | **Sep** | **Oct** | **Nov** | **Dec** | **2025**  **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** | Fri.  12 | Wed.  8 | Wed.  5 | Wed.  3 | Wed.  7 | Wed.  11 | Thu.  10 | Tue.  12 | Tue.  3 | Wed.  8 | Wed.  5 | Wed.  5 |
| **Last**  **half** | Wed.  17 | Thu.  16 | Mon.  10 | Mon.  8 | Wed.  21 | Thu.  19 | Wed.  23 | Wed.  20 | Wed.  11 | Thu.  16 | Thu.  13 | Thu.  13 |
| **Birth month** | | 2022  Aug | Sep | Oct | Nov | Dec | 2023  Jan | Feb | Mar | Apr | May | Jun | Jul |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **【Health Checkups for 3-year-6-month-old Children】** | | | | | | | | | | | | | | Contents | |
| **Calendar** | | **2024**  **Apr** | **May** | **Jun** | **Jul** | **Aug** | **Sep** | **Oct** | **Nov** | **Dec** | **2025**  **Jan** | **Feb** | **Mar** | \* Medical Consultation  \* Dental checkup  \* Vision test  \* Urine test  \* 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** | Mon.  15 | Mon.  27 | Fri.  7 | Tue.  2 | Fri.  9 | Fri.  13 | Tue.  1 | Fri.  8 | Wed.  4 | Fri.  17 | Tue.  4 | Tue.  4 |
| **Last**  **half** | Thu.  18 | Thu.  30 | Tue.  11 | Fri.  12 | Mon.  26 | Thu.  26 | Fri.  11 | Wed.  13 | Fri.  13 | Thu.  23 | Fri.  14 | Fri.  14 |
| **Birth month** | | 2020  Sep | Oct | Nov | Dec | 2021  Jan | Feb | Mar | Apr | May | Jun | Jul | Aug |

**Health Consultation Service 健康相談**

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

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

**Development Counseling ‘Fureai’ / ‘Himawari’ 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. (The corresponding specialist will vary depending on the content of the consultation.)

**Inquiries: Parent and Child Health Section, Children and Families Center**

**Phone: 048-930-7827**

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

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

**I wonder**

**if the child is being abused?**

**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.

**Vaccinations for Children 　　子どもの予防接種**

**【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 and 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).

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 file a birth notification.

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, In principle, the entire vaccination fee will be on your account (as it is not a routine vaccination).

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 page 13

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 FY2024

One who was born between April 2, 2018 (H30) and April 1, 2019 (H31)

Vaccination period

From Saturday, April 1, 2024 to Sunday, March 31, 2025

**【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 are moving out will no longer be eligible for the routine vaccinations as a citizen of Misato City from the day they move 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 vaccinations 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, pleasecontact Health Promotion Division beforehand.

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

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

**<How to figure out ages of the target children>**

◇**‘Under** 〇〇 **of age’** 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 “〇〇 weeks and ●● days of age”, the next day of his/her birthday is counted as 0 week and 1 day, and the day “until he/she turns 〇〇 weeks and ●● days of age” includes the day when “after he/she turns 〇〇 weeks and ●● days of age” falls on.

**(L)**: Live injectable vaccine

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vaccinations during infancy and toddlerhood** | **Description** | | | **Doses** | **Target children** | **Standard vaccination interval** etc. | **Standard vaccination period** |
| **Hep B**  **(Hepatitis B)**  B型肝炎 | | | **3** | **Under◇ 1 year of age**  (**◇**One day before the baby turns 1) | The **2nd dose** will be administrated at least **27 days** after the **1st dose**. The **3rd dose** will be administrated at least **139 days** (**20 weeks**) after the **1st dose**. | **2 months -**  **under◇ 9 months of age** |
| **RV**  **(Rotavirus)**  ロタウイルス  **\*1** | **Rotarix**  (monovalent)  ロタリックス（１価） | | **2** | **6 weeks and 0 day -**  **24 weeks and 0 day of age** | The **2nd dose** will be administrated at least **27 days** after the **1st dose**.  **<Exclusively for a baby administered RotaTeq vaccine>**  The **3rd dose** will be administrated at least **27 days** after the **2nd dose**. | **Initial dose**: It should be administered between one day before a baby turns **2 months** and **14 weeks and 6 days of age**  The **1st dose** of RV vaccination for a baby aged **15 weeks and 0 day** is not recommended as the safety has not been established. |
| **RotaTeq**  (5-valent)  ロタテック（５価） | | **3** | **6 weeks and 0 day -**  **32 weeks and 0 day of age** |
| **Hib**  (**Haemophilus influenza type b)**  ヒブ**\*2** | Initial | | **3** | **2 months - under◇ 5 years of age**  \*If a child starts vaccinating after he/she turns 7 months of age, the total number of the dosages will be fewer than the regularly required number of the doses. | **27 - 56 days** from each dose  (It must be completed by **12 months of age**) | **2 months** **-**  **under◇** **7 months of age** |
| Booster | | **1** | **7 - 13 months** after completing the initial doses | |
| **PCV**  **(Pediatric Pneumococcal)**  小児用肺炎球菌 | Initial | | **3** | **2 months - under◇ 5 years of age**  \*If a child starts vaccinating after he/she turns 7 months of age, 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 of age**) | **2 months** **-**  **under◇ 7 months of age** |
| Booster | | **1** | After he/she turns **12 months of age or older** and at least **60 days** after completing the initial doses | **12 months** **-**  **under◇** **15 months of age** |
| **5-in-1 (DPT+IPV+Hib) vaccine**  **(Diphtheria, Pertussis, Tetanus + Inactivated Polio + Haemophilus influenza type b)**  五種混合**\*2** | **1st**  Term | Initial | **3** | **2 months -**  **under◇ 7 years 6 months of age** | **20 - 56 days** from each dose | **2 months - 7 months of age** |
| Booster | **1** | At least **6 months** after completing the initial **(3rd) dose** | After completing the initial **(3rd)** dose  **6 months - 18 months of age** |
| **DPT+IPV**  **(Diphtheria, Pertussis, Tetanus and Inactivated Polio)** 四種混合  （DPT+IPV） **\*2** | **1st**  Term | Initial | **3** | **2 months -**  **under◇ 7 years 6 months of age** | **20 - 56 days** from each dose | **2 months - 12 months of age** |
| Booster | **1** | At least **6 months** after completing the initial **(3rd) dose** | After completing the initial **(3rd)** dose  **12 months - 18 months of age** |
| **BCG** BCG **(L)** | | | **1** | **Under◇ 1 year of age** |  | **5 months - 8 months of age** |
| **MR**  **(Measles/Rubella)**  麻しん・風しん **(L)** | **1st**Term | | **1** | **1 year - under◇ 2 years of age** | | Soon after he/she turns **1 year of age** |
| **2nd** Term | | **1** | **★Target child for FY2024:**  One who was born from **April 2, 2018** to **April 1, 2019** | | Soon after he/she goes up to the **elder-class** in preschool |
| **Varicella**  **(Chicken pox)** 水痘 **(L)** | Initial | | **1** | **1 year - under◇ 3 years of age** |  | **12 months - 15 months of age** |
| Booster | | **1** | At least **3 months** after the initial dose | **6 - 12 months** after the initial dose |
| **JE (Japanese Encephalitis)**  日本脳炎 | **1st**  Term | Initial | **2** | **6 months -**  **under◇ 7 years 6 months of age** | **6 - 28 days** from each dose | **3 years of age** |
| Booster | **1** | Approximately **1 year** after the **initial (2nd) dose** | **4 years of age** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vaccinations during school age** | **Description** | | **Doses** | **Target children** | **Standard vaccination interval** etc. | | **Desirable age** |
| **JE (Japanese Encephalitis)** 日本脳炎 | **2nd** Term | **1** | **9 years -**  **under◇ 13 years of age** |  | | **9 years of age** |
| **DT (Diphtheria-Tetanus)**  二種混合 | **2nd**Term | **1** | **11 years -**  **under◇ 13 years of age** | **DT vaccine (Diphtheria-Tetanus combined) will be administered.** | | **11 years of age** |
| **HPV**  **(Human Papillomavirus)**  (Cervical Cancer Prevention)  子宮頸がん予防 | | **2**  **or**  **3**  \*Please see **‘Standard vaccination interval** etc**’** in the right column. | **Female child age equivalent to the 6th grade in elementary school to the first grade in high school**  **★Target child for the extended period**  One who was born from **April 2, 1997** to  **April 1, 2008** | **SILGARD**  (9-valent)  シルガード  （９価）**\*3** | **【One who receives the 1st dose**  **under 15 years of age】**  The **2nd dose** will be administrated at least **6 months** after the **1st dose**.  **【One who receives the 1st dose at**  **or over 15 years of age】**  The 2nd dose will be administered at least 2 months after the 1st dose and the 3rd dose will be administered after an interval of at least 6 months from the 1st dose. | During the **1st grade year**  **in junior high school** |

**Designated vaccines 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.

**\*2** Regarding the two types of combined vaccinations: **5-in-1 vaccine** [Diphtheria, Pertussis, Tetanus + Inactivated Polio + Haemophilus influenza type b] and **DPT+IPV** [Diphtheria, Pertussis, Tetanus + Inactivated Polio] + **Hib** [Haemophilus influenza type b], your child can receive either of the two types, not both.

**5-in-1 vaccine** is target for childrenwho have never received any of DPT+IPV or Hib vaccine in the past.

**\*3** If you wish to have your child receive bivalent or quadrivalent vaccine, please refer to Misato City official website for details.

**Seasonal Influenza Vaccination for Senior Citizens 高齢者のインフルエンザ予防接種**

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, 2024** to Wednesday**, January 31, 2025**

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: Once

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**

Eligibility:

① One aged 65 as of inoculation day

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

\*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)’.

\*If you fall eligible for the vaccination, you will be notified individually within one to two months after your 65th birthday.

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

Period of vaccination: From one day before your 65th birthday to one day before your 66th birthday

\*If you miss the vaccination period, the vaccination will be optional (all fees 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:

・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**

**COVID-19 Vaccination for Senior Citizens 高齢者の新型コロナワクチン予防接種**

The COVID-19 vaccine will be administered as a routine vaccination from FY2024. (It is not mandatory.)

Details will be informed in the official newsletter *Koho Misato* or Misato City official website.

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

**End of Extension Period for HPV Vaccination ＨＰＶワクチン接種期間延長の終了について**

To ensure fair vaccination opportunities for those who have missed out due to the withholding of active recommendations, the HPV vaccinations have been offered beyond the usual target ages covered by the existing routine vaccination program since April 2022; however, this extension will end in FY2024.

\*From FY2025 onward, the following persons will no longer be eligible for the routine vaccination (full payment will be required).

Eligibility: Females born between April 2, 1997 and April 1, 2008.

Period of vaccination: Until March 31, 2025

\*Please see page 13 for the interval of vaccinations etc.

**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 32-35 of Medical Institutions in Misato City.

(As of February 2024)

|  |  |  |
| --- | --- | --- |
| **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 | **5-in-1 (DPT+IPV+Hib)** Diphtheria, Pertussis, Tetanus + Inactivated Polio+ Haemophilus influenza type b Vaccine |
| **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)** | **5-in-1 (DPT+**  **IPV+Hib)** | **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** | MC Clinic | 048-959-2233 | ● | ● | ● | ● | ● | ● |  | ● | ● | ● | ● | ● | ● | ● | ● |
| **7** | Nagai Women’s Clinic | 048-950-2221 | - | - | - | - | - | ‐ | - | - | - | - | - | ● | - | - | - |
| **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 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **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 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No** | **Name of Medical Institutions** | **Phone** | **Children** | | | | | | | | | | | | | **Elderly** | |
| **HepB** | **RV** | **Hib** | **PCV** | **DPT-IPV**  **(DT)** | **5-in-1 (DPT+IPV**  **+Hib)** | **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** | Jinshin Naika Clinic | 048-949-2211 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **36** | Togasaki Clinic | 048-948-1133 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **37** | Aoba Family Clinic | 048-955-8621 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **38** | Ishibashi Iin | 048-952-8158 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **39** | Kamiguchi Clinic | 048-952-2323 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **41** | Nagai Mothers Hospital | 048-959-1311 | ● | ● | ● | ● | ● | ● | - | ● | ● | ● | ● | ● | ● | - | - |
| **43** | Satsuki Naika | 048-951-9100 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **44** | LaLaport  Shinmisato Naika/ Shounika | 048-950-1060 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **46** | Simizu Hinyoukika/  Naika Clinic | 048-957-8865 | - | - | - | - | - | ‐ | - | - | - | - | - | ● | - | ● | ● |
| **47** | San-aikai Sogo Byoin | 048-958-3111 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **48** | Sato Clinic | 048-957-8021 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **49** | Misato Heart Clinic | 048-958-5550 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **50** | Misato Danchi Chuo Shinryojo | 048-957-5411 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **51** | Misato Kenwa Danchi Shinryojo | 048-959-5011 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **52** | Ichijo Clinic | 048-957-3501 | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **53** | IMS Misato Clinic | 048-959-8181 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |
| **56** | Takahashi Ladies Clinic | 048-950-1200 | - | - | - | - | - | ‐ | - | - | - | - | - | ● | - | ● | - |
| **57** | Kawaguchi Hinyouki/Naika Clinic | 048-969-4353 | - | - | - | - | - | ‐ | - | - | - | - | - | - | - | ● | ● |

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

The coupon is valid until February 28, 2025; it can be used only once per person.

\*The fees for the test and vaccination will be totally on your account after FY2025

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

\*Ether 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 use it until February 28, 2025.

**<Flow Chart for Antibody Test/ Vaccination>**

**Firstly, receive the antibody test.**

**What to bring**:1) Coupon ticket

2) Identification document (e.g., driver’s license, Residence Card）

\*Please see the website of Ministry of Health, Labour and Welfare for the cosigned medical institutions which provide the test and inoculation.

Receive the result of antibody test at the medical institution.

**Without antibody**

**With antibody**

You have high antibody titer to Rubella.

You are not eligible to receive the routine vaccination.

You have low antibody titer to Rubella.

You may have a risk of getting infected with Rubella.

**Receive the vaccine.**

**What to bring:** 1) Coupon ticket

2) Identification document (e.g., driver’s license and Residence Card)

　　　　　 3) Notice of the result of antibody test

**\***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, 2024 to March 31, 2025 (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: https://www.city.misato.lg.jp/kenko\_iryo\_fukushi/kenko\_iryo/yobosesshu/3/6195.html | 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, 2025. (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 FY2025.

**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**

**(As the checkups from October to November are crowded every year, please have them early in the year.)**

|  |
| --- |
| **Disease symptoms detectable by the health checkup(s)** |
| e.g., Diabetes / arteriosclerosis / hypertension / fatty liver / liver cirrhosis / alcoholic hepatitis / chronic renal failure |

**【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.  -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 can live without fear from cancers. | -This cancer screening aims to check whether you have potential lesions in the body and the result does not guarantee 100% accuracy.  -You may have contingency diseases (unexpected complication symptoms caused by medical treatment) when you receive medical checkups. Its possibility is quite low.  -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 Tuesday, May 7, 2024 to　Friday, December 6, 2024

　(at designated medical institutions in Misato City)

**One insured by Misato City National Health Insurance**

After receiving an orange envelope, you can make a reservation directly to a medical institution. (From mid-April)

However, regarding Brest Cancer Screening and Cervical Cancer Screening, you need to apply to Misato City (You must receive the documentsas follows**\*2**).

直接医療機関へ予約可能（４月中旬～）

乳癌・子宮頸がん検診は市への申し込みが必要です

**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 \*1**

Make a reservation to a medical institution

Receive

the documents**\*2**

Apply to Misato City

**\*1:** One insured by in Latter-stage Elderly Medical Care System, Employees’ Health Insurance etc. or Public Assistance recipient.

**\*2:** Approximate time of receiving the documents

Apply by Tue, May 7: You will receive the documents around mid-June.

Apply from Wed, May 8 to Thu, October 31: You will receive the documents within 45 days after the application.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Place: *Hoken Center*　(1F, *Kenko Fukushi Kaikan* [Health and Welfare Center] )  **●Group Examination●**  \*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. | 9:45 a.m. - 11:00 a.m.  1:00 p.m. - 3:30 p.m. |
| **Date** | June | Fri. 21 Sun. 23 Mon. 24 Wed. 26　Thu.27 Fri.28 | Wed.17 Thu.18 | Sun. Jun 6  Tue.Aug.6(only p.m)  Sat. Nov 9\*  \*On Sunday, June,9,2024 and Saturday, November 9, 2024, Periodontal Disease Checkup will be performed on the same day. |
| July | Fri. 19 Sun. 21 Tue. 23 Wed. 24 Thu. 25 | ― |
| August | Tue. 27 Wed.28 Thu.29 Sat. 31 | ― |
| September | Mon. 2※ Wed. 4 Thu. 5 Fri. 6 | ― |
| October | Wed.2 Thu.3 Fri.4 Sun.6 Mon.7 Tue.8 | Fri.18　Sat.19 |
| November | Fri.1 Tue. 5 Wed.6 Thu. 7 | ― |
| **Ladies’ day** | | ※Mon. September 2 |  |
| **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/soshiki/ikiikikenko/kenkosuishin/6/1111.html)  \*If you change the date of health checkup(s)/ cancer screening(s) by group examination,  please contact Medical Examination and Disease Prevention Section. 　 　 　　　　　　　　　Access from here. ➡  **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.

FY2024 Information leaflet about health checkups『令和６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 Wednesday, May 15, 2024**. Please confirm the details.

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

Target Citizens, born between April 1, 1950 and March 31, 1985, **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 Thursday,** **May 16, 2024** and wish to receive health checkups and/or cancer screenings; or if you request to reissue FY2024 Information leaflet about health checkups『令和６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**

****

**Sample**

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

**How to Receive Health Checkups/ Cancer Screenings \*Ages as of March 31, 2025**

**健（検）診の受けかた　　　　　　　　　　　　　　　　　　　　　　　　　\*年齢は令和7年３月３１日時点の年齢です。**

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

**Health Checkups**

健康診査

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

Apply to Misato City Office

Health Checkup for Thirties

<Group Examination only>

**Aged 30 - 39**

One who has no opportunity to receive a health checkup at workplace or other places.

If you have an opportunity to receive a health checkup at your workplace, please do so.

You cannot receive health checkups provided by Misato City. Please receive a medical checkup at your workplace or inquire with your insurer for information about how to receive a medical checkup. (Cancer screenings, however, are available for everyone.)

**Dependet family member**

**・**

**Insured person him/-herself**

**Health Insurance Association,**

**Mutual Aid organization,**

**National Health Insurace Union etc.**

**Who issued your health insurance card? (Who is the insurer?)**

**Aged 40　- 74**

保険証の発行元（保険者）はどちらですか？

Who issued (is insurer of) your health insurance card?

協会けんぽ、共済、国保組合等

Kyokai kenpo, Kyosai, National Health Insurance Association etc.

加入者本人　・　被扶養者 Insured person him-/herself, dependent family member etc.

三郷市が実施する健診は受けられません。職場等の健診を受診するか、ご加入の保険者に受診方法についてお問い合わせください。　（がん検診は受診できます）

You cannot receive health checkups provided Misato City. Please receive a health checkup provided by the workplace or other. Please inquire with your insurer of your health insurance program about how to receive it. (However, cancer screenings are available for everyone.)

三郷市国民健康保険 Misato City National Health Insurance

４月頃にオレンジ色の封筒が届きます※1

74歳

Apply to Misato City Office.

Specified Healthcheckup

<Group examination>

Directly make a reservation at a designated medical institution in Misato City Office.

(No need to apply to the City Office.)

Specified Healthcheckup

<Individual examination>

**Misato City National Health Insuarece:**

**You will receive an orange color envelope in April. \*1**

\*One insured by the insurance program and aged 40 to 74 as of March 22, 2024

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

**Application for the health checkup includes application for targeted cancer screenings (e.g., stomach/ lung/ colon) combined with the checkup.**

**Therefore, if you do not want to receive any of the cancer screening(s), please inform us at the time of your visit**.

**A separate application is required for those who wish to receive the screenings for prostate, breast, cervical cancer, checkups for periodontal disease and/or osteoporosis.**

**One aged 75 or over**

(including one insured by Latter-stage Elderly Medical Care system for aged 65 to 74)

Health Checkup for Latter-stage Elderly Medical Care Insurant etc.

<Individual Examination/ Group Examination>

Apply to Misato City Office.

**\*Ages as of March 31, 2025.**

**Cancer Screenins etc.**

がん検診等

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

Please see page 20 for timing of sending the document …

pages 24-25 about screening items and pages 28-29 about notice to ‘Those Who Receive Cancer Screening(s)’.

If you wish to receive Individual examination, please make a reservation after receiving the documents.

・**Cervical Cancer Screening**

<Individual Examination Only> **\*1**

Apply to Misato City

**Female citizens aged 20 - 39**

・**Helicobacter Pylori Screening** (for one who has never received it)

・**Stomach Cancer Screening**

・**Colon Cancer Screening**

・**Hepatitis Virus Screening** (for one who has never received it)

・**Breast Cancer Screening** (for female citizens)

・**Cervical Cancer Screening** (for female citizens) **\*1**

・**Group Osteoporosis Checkup** (only for female citizens who turned into the mile stone ages of 40, 45, 50, 55, 60, 65 and 70)

・**Group Periodontal Disease Checkup**

**Aged 40 - 39**

Apply to Misato City

・**Stomach Cancer Screening** \*1, \*2

・**Helicobacter Pylori Screening** (for one who has never received it and available until 69 years old) **\*2**

・**Lung Cancer Screening**

・**Colon Cancer Screening**

・**Hepatitis Virus Screening** (for one who has never received it)

・**Breast Cancer Screening** (for female citizens) **\*1**

・**Cervical Cancer Screening** (for female citizens) **\*1**

・**Prostate Cancer Screening** (for male citizens aged 60 and 65, individual exemption only) **\*3**

・**Group Osteoporosis Checkup** (only for female citizens who reach the milestone ages of 40, 45, 50, 55, 60, 65 and 70)

・**Group Periodontal Disease Checkup**

**Aged 50 or over**

Apply to Misato City

\*1) The screening is available for one who did not receive it in the previous fiscal year.

\*2) You cannot receive both stomach cancer screening and helicobacter pylori screening in the same fiscal year.

\*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 Brest 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 7, 2024**

**●Final application: by Thursday October 31, 2024**

\*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 **Friday，March 15 to**

**Thursday, October 31**



**Access from here.**

https://www.city.misato.lg.jp/soshiki/ikiikikenko/kenkosuishin/6/1529.html

Application method ③

**By phone (dedicated line for application)**

**☎ 048-930-7764**

Weekdays:　from 10:00　to 16：00

**Period:** From **Thursday, April 11** to

**Thursday, October 31**

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 medial institutions in Misato City.

**・**Postmark valid

**Contents 内容**

**〇Age as of March 31, 2025**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 FY2023 | ●Stomach X-ray (by barium contrast agents)  Choose either one  ●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  20 or over | ●Dental examination, instruction on how to use tooth and interdental brushes correctly  See page 27. |
| **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  \*Onlywho didn’t receive this screening  in the FY2023 | ●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  \*Onlywho didn’t receive this screening  in the FY2023 | ●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**. **>**  ○Uterine body cancer screening (Cytodiagnosis of uterine body) **Individual Examination** only |
| **Group Osteoporosis**  **Checkup**  集団骨粗鬆症検診  (Offered for 3 days a year)  See page 20. | | 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, please apply by phone or electronic application.  See page 23. |
| **<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. |

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

**Fees 費用**

**〇Age as of March 31, 2025**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Classification**  **Checkup /**  **Screening Category** | | Insured by Misato City National Health Insurance \*1 | | Insured by  Employees’ Health 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** | | **Free of charge** | |  | |  |
| **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** | | **Free of charge** |  | 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 page 25 are eligible) | | | |  |
| **Individual Dementia Checkup**  **(aged 70)** | | **Free of charge** | | | | |

\*1. If you are insured by Misato City National Health Insurance, your screening fees will be partly subsidized by Misato City Health Insurance program. In order to be subsidized, please submit『三郷市国民健康保険 **検診** 補助金交付申請書』- an ‘Application for Subsidy for cancer screenings of Misato City National Health Insurance’ to the medical institution that conducts your screening. The fees shown in the above table are the subsidized amounts (the amount to be paid at the 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 20, 30, 40, 50, 60, 70) and 75 or over.

**Note:** If you receive the same health checks, cancer screenings, group periodontal disease checkups twice, you may be asked to pay the full amount of the fees for the second examination.

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

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 insuficent, 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**

**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。）**

Date Sunday, June 9 / Saturday, November 9, 2024

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 20 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 20, 30, 40, 50, 60, 70 or over 75 as of March 31, 2024.

Application Apply to Medical Examination and Disease Prevention Section by phone. See page 23.

(Please note that the application will close as it reaches to the quota.)

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

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

**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)**

〇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)**

〇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.

〇You cannot receive both Helicobacter pylori screening and Stomach cancer screening in the same fiscal year.

**Stomach Cancer Screening (by Stomach X-ray)**

〇If you are hypersensitive (allergy) to barium contrast agents, you cannot receive the Stomach X-ray examination (with barium).

〇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>.

〇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)**

〇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**

〇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.

〇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**

〇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**

〇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.

**Cervical Cancer Screening**

〇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 FY2023, we will not send you the checkup documents as you are not eligible for the screenings in FY2024.

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**

〇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)

〇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 32-35 of Medical Institutions in Misato City

(As of July, 2024)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | | **Hepatitis Virus Screening** | **Dementia Checkup** | **Practicable on Saturdays (\*2)** |
| **Stomach X-ray** | **Gastroscopy** | **Helicobacter pylori** |
| **3** | Taniguchi Family Clinic | 050-3146-7471 | ● | - | ● | ● | ● | ● | - | - | ● | ● | | ● | ● |
| **6** | MC Clinic | 048-959-2233 | ● | - | ● | ● | ● | ● | - | - | ● | ● | | ● | ● |
| **7** | Nagai Women’s Clinic | 048-950-2221 | - | - | - | - | - | - | ● | ● | - | - | | - | ● |
| **8** | Waseda Iin | 048-957-3428 | ● | - | - | ● | ● | ● | - | - | ● | ● | | ● | ▲ |
| **9** | Clinic Fureai Waseda | 048-950-3330 | ● | - | - | ● | ● | ● | - | - | ● | ● | | ● | - |
| **11** | Tatewaki Iin | 048-957-0151 | ● | ● | ● | ● | ● | ● | - | - | ● | ● | | ● | ● |
| **15** | Iwasawa Naika Iin | 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 Iin | 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** | | | **Lung Cancer Screening** | **Colon Cancer Screening** | **Breast Cancer Screening** | **Cervical Cancer Screening** | **Prostate Cancer Screening** | **Dementia Checkup** | **Hepatitis Virus Screening** | **Practicable on Saturdays (\*2)** |
| **Stomach X-ray** | **Gastroscopy** | **Helicobacter pylori** |
| **36** | Togasaki Clinic | 048-948-1133 | ● | - | - | ● | ● | ● | - | - | ● | ● | ● | ▲ |
| **37** | Aoba Family Clinic | 048-955-8621 | ● | - | - | ● | ● | ● | - | - | ● | ● | ● | ● |
| **38** | Ishibashi Iin | 048-952-8158 | ● | - | - | - | ● | ● | - | - | ● | ● | - | ● |
| **39** | Kamiguchi Clinic | 048-952-2323 | ● | - | ● | ● | ● | ● | - | - | ● | ● | ● | ● |
| **41** | Nagai Mothers Hospital | 048-959-1311 | - | - | - | - | - | - | - | ● | - | - | - | - |
| **43** | Satsuki Naika | 048-951-9100 | ● | - | ● | ● | ● | ● | - | - | ● | ● | ● | ▲ |
| **44** | LaLaport  Shinmisato Naika/Shounika | 048-950-1060 | ● | - | - | ● | ● | ● | - | - | ● | ● | - | - |
| **46** | Simizu Hinyoukika/  Naika Clinic | 048-957-8865 | ● | - | - | ● | ● | ● | - | - | ● | ● | - | ● |
| **47** | San-aikai Sogo Byoin | 048-958-3111 | ● | - | ● | ● | ● | ● | ● | - | ● | ● | ● | ● |
| **48** | Sato Clinic | 048-957-8021 | ● | - | - | ● | ● | ● | - | - | ● | ● | - | ● |
| **50** | Misato Danchi Chuo Shinryojo | 048-957-5411 | ● | ● | ● | ● | ● | ● | - | ● | ● | ● | ● | ▲ |
| **51** | Misato Kenwa Danchi Shinryojo | 048-959-5011 | ● | ● | ● | ● | ● | ● | - | - | ● | ● | ● | ▲ |
| **52** | Ichijo Clinic | 048-957-3501 | ● | - | ● | ● | ● | ● | - | - | ● | ● | ● | ▲ |
| **53** | IMS Misato Clinic | 048-959-8181 | ● | ● | - | ● | ● | ● | - | - | ● | ● | ● | - |
| **56** | Takahashi Ladies Clinic | 048-950-1200 | - | - | - | - | - | - | - | ● | - | - | - | ● |
| **57** | 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. | | | | | | | | | | | | | | |

**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. Please check with each medical institution for the latest information as some of the status might be changed.

**【Medical Departments】** Internal Medicine（内),　Psychiatry（精), Neurology（神), Neurology Medicine（神内), Respiratory（呼), Respiratory Medicine（呼内), Respiratory Surgery（呼外), Allergology（ア), Gastrointestinal Department（胃), Gastrointestinal Medicine（胃内), Gastrointestinal Surgery（消外), Pediatrics（小), orthopedics（整), Dermatology (皮), Gynecology (婦), Otorhinolaryngology（耳), Rehabilitation（リハ), Psychosomatic Internal Medicine（心内), Gastroenterology（消), Gastroenterology Medicine（消内), Cardiology（循), Cardiology　Medicine（循内), Rheumatology（リウ), Surgery（外), Plastic Surgery（形), Neurosurgery（脳外), Cardiovascular Surgery（心外), Urology（泌), Proctology（肛), Proctology Surgery（肛外),Obstetrics（産), Ophthalmology（眼), Radiology (放), Anesthesiology（麻), Emergency Department（救), Hemodialysis Medicine（透内), Institution with Dialyzers《透》, Nursing for outpatients with a Stoma or who are diabetic（看),Outpatient for smoking cessation (禁煙), Dementia(認), Nephrology (腎内),Outpatient forMentalHealth Care (メ),Pathology (病診),Dementia (認), Traditional Chinese Medicine (漢), Hematology(血内)

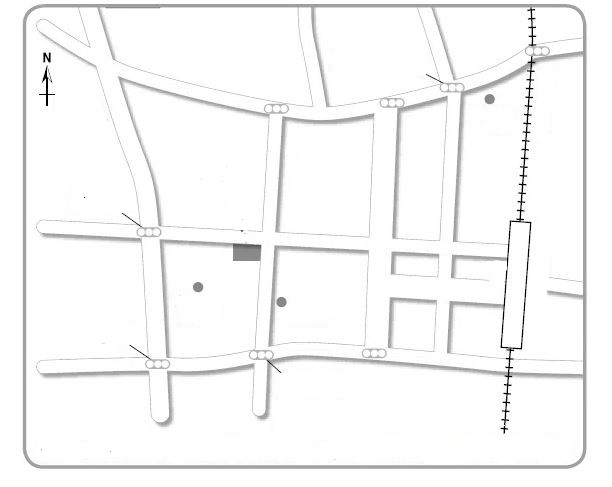
**Note: No. 1, 26, 28, 29, 30, 41 and 47 are hospitals with 20 beds or more** \*Please be careful not to call the wrong telephone number.

\*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 | Rehabilitation（リハ)･Internal Medicine (内)･Psychiatry (精)･ Neurology（神)･Institution with Dialyzers《透》･Dementia(認) |
| **2** | **Let’s Daicho Komon Clinic** | 1218 Hanta | 048-950-0255 | Endoscopy of internal medicine （内視鏡内科)･ Gastroenterology Medicine（消内）･Proctology Surgery（肛外) |
| **3** | **Taniguchi Family Clinic** | 523-1 Nizo | 050-3146-7471 | Internal Medicine (内)･ Gastroenterology Medicine（消内）･Pediatrics（小)･Surgery（外）･Outpatient for smoking cessation (禁煙)･Dementia (認) |
| **4** | **Misato Ekimae Clinic** | 1F KTT5 Bld, 1-1-1 Waseda | 048-959-5550 | Internal Medicine (内)･ Psychosomatic Internal Medicine（心内）･Psychiatry (精)･Outpatient for smoking cessation (禁煙)･Traditional Herbal (漢) |
| **5** | **Misato Ganka** | 5F KTT6 Bld, 1-3-10 Waseda | 048-959-1146 | Ophthalmology（眼) |
| **6** | **MC Clinic** | 1F, 1-18-19 Waseda | 048-959-2233 | Internal Medicine (内)･Pediatrics（小)･Gastroenterology（消） |
| **7** | **Nagai Women’s Clinic** | 3F MMC Bld, 2-2-10 Waseda | 048-950-2221 | Obstetrics（産)･Gynecology (婦) |
| **8** | **Waseda Iin** | 2-19-1 Waseda | 048-957-3428 | Internal Medicine (内)･Gastrointestinal Medicine(胃内)･Rehabilitation（リハ) |
| **9** | **Clinic Fureai Waseda** | 3-26-3 Waseda | 048-950-3330 | Internal Medicine (内)･Pediatrics（小)･Allergology（ア)･Psychiatry (精)･Gastroenterology（消）･ Neurology（神) |
| **10** | **Misato Hifuka Iin** | 4-7-5 Waseda | 048-950-1138 | Dermatology (皮)･Pediatrics（小)･Allergology（ア) |
| **11** | **Tatewaki Iin** | 6-28-13 Waseda | 048-957-0151 | Gastrointestinal Department（胃)･Proctology（肛)･Internal Medicine (内)･Pediatrics（小)･Surgery（外）･orthopedics（整)･Dermatology (皮)･Cardiology（循）･Respiratory Medicine（呼内)･Allergology（ア) |
| **12** | **Ajioka Ganka Clinic** | 2F Tokushige Bld, 1-1-10 Misato | 048-960-0132 | Ophthalmology（眼) |
| **13** | **Suzuki Jibiinkouka Iin** | 3F Okada Bld, 2-2-3 Misato | 048-954-0233 | Otorhinolaryngology（耳） |
| **14** | **Kodama Clinic** | 1F Green Park Misato, 2-11-5 Misato | 048-933-9152 | orthopedics（整)･Internal Medicine (内)･Rehabilitation（リハ) |
| **15** | **Iwasawa Naika Iin** | 472-1 Koubou | 048-953-7300 | Internal Medicine (内)･Gastrointestinal Medicine(胃内)･Urology（泌)･Dermatology (皮)･Outpatient for smoking cessation (禁煙) |
| **16** | **Utsumi Naika Clinic** | 568-1 Yaguchi | 048-953-9681 | Internal Medicine (内)･Nephrology (腎内)･Cardiology　Medicine（循内）･Outpatient for smoking cessation (禁煙)･Dementia (認) |
| **No** | **Name of Medical Institutions** | **Address**  (in Misato City) | **Phone** | **Medical Departments and others** |
| **17** | **Misato Chuo Jibiinkouka/Arerugika** | Room 102, The Lions Misato Chuo, 1-2-1 Chuo | 048-952-4187 | Otorhinolaryngology（耳）･Allergology（ア) |
| **18** | **Central Clinic Misato Chuo** | 103 Bld C, The Lions Misato Chuo,  1-2-1 Chuo | 048-949-0381 | Internal Medicine (内)･Rheumatology（リウ）･Allergology（ア)･Pediatrics（小)･Outpatient for smoking cessation (禁煙)･Dementia (認) |
| **19** | **Funakushi Hifuka Clinic** | 1F Bld C, The Lions Misato Chuo, 1-2-1 Chuo | 048-954-2794 | Dermatology (皮)･Allergology（ア) |
| **20** | **IM Clinic** | 2F M’s Town Misato Chuo, 1-3-1 Chuo | 048-949-2181 | Internal Medicine (内)･Allergology（ア)･Dermatology (皮) |
| **21** | **Koh Seikeigeka Clinic** | 2F M’s Town Misato Chuo, 1-3-1 Chuo | 048-949-2025 | Orthopedics（整)･Rehabilitation（リハ) ･Rheumatology（リウ） |
| **22** | **Sugiura Shounika** | 2F M’s Town Misato Chuo, 1-3-1 Chuo | 048-952-2124 | Pediatrics（小) |
| **23** | **Misato Chuo Clinic** | 5-214 Shinwa | 048-953-5300 | Surgery（外）･Gastrointestinal Medicine(胃内)･ Proctology Surgery（肛外)･Cardiology　Medicine（循内）･Internal Medicine (内)･Pediatrics（小)･Outpatient for smoking cessation (禁煙) |
| **24** | **Misato Mental Clinic** | 3F, Misato Chuo Iryo Fukushi Bld  1-16-1 Chuo | 048-953-6100 | Psychiatry (精) |
| **25** | **Misato Chuo Kimura Ganka** | 2-2-4 Chuo | 048-954-8938 | Ophthalmology（眼) |
| **26** | **Misato Chuo Sogo Byoin** | 4-5-1 Chuo | 048-953-1321 | Internal Medicine (内)･ Otorhinolaryngology（耳）･orthopedics（整)･Surgery（外）･Neurosurgery（脳外)･Dermatology (皮)･ Ophthalmology（眼)･Urology（泌)･Rehabilitation（リハ)･Anesthesiology（麻)･ Cardiovascular Surgery（心外)･Institution with Dialyzers《透》･Cardiology　Medicine（循内）･Gastrointestinal Surgery（消外) ･Nephrology (腎内)･ Neurology Medicine（神内)・Diabetes and Endocrinology（糖尿病内分泌内科）・Respiratory Medicine（呼内)･ Gastroenterology Medicine（消内） |
| **27** | **Tachizawa Geka Ichouka Iin** | 2-380 Shinwa | 048-952-8171 | Gastrointestinal Department（胃)･Internal Medicine (内)･Surgery（外）･orthopedics（整)･Rehabilitation（リハ)･Pediatrics（小) |
| **28** | **Saitama Misato Sogo Rihabirite-shon Byoin** | 5-207 Shinwa | 048-953-1211 | Internal Medicine (内)･ Neurology Medicine（神内)･Rehabilitation（リハ) |
| **29** | **Onai Naika Shinkeika Byoin** | 3-270-1 Takano | 048-955-8191 | Psychiatry (精) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Name of Medical Institutions** | **Address**  (in Misato City) | **Phone** | **Medical Departments and others** |
| **30** | **Misato Kenwa Byoin** | 4-494-1 Takano | 048-955-7171 | Internal Medicine (内)･Respiratory Medicine（呼内)･Respiratory Surgery（呼外)･ Gastroenterology Medicine（消内）･Gastrointestinal Surgery（消外)･Cardiology　Medicine（循内）･Rheumatology（リウ）･Allergology（ア)･Psychiatry (精)･Pediatrics（小)･Plastic Surgery（形)･Surgery（外）･orthopedics（整)･Neurosurgery（脳外)･Dermatology (皮)･Urology（泌)･ Proctology Surgery（肛外)･Gynecology (婦)･ Ophthalmology（眼)･ Otorhinolaryngology（耳）･Rehabilitation（リハ)･Anesthesiology（麻)･Emergency Department（救)･Institution with Dialyzers《透》･ Pathology (病診) |
| **31** | **Misato Kenwa Clinic** | 4-510-1 Takano | 048-955-8551 | Internal Medicine (内)･Surgery（外）･orthopedics（整)･Pediatrics（小)･Dermatology (皮)･ Ophthalmology（眼)･ Otorhinolaryngology（耳）･Neurosurgery（脳外)･Gastrointestinal Department（胃)･Urology（泌)･Cardiology（循）･Rehabilitation（リハ)･ Respiratory（呼)･Rheumatology（リウ） ･Plastic Surgery（形)･ Psychiatry (精)･ Radiology (放)･Respiratory Surgery（呼外)･Nursing for outpatients with a Stoma or who are diabetic（看）･Outpatient for smoking cessation (禁煙)･ Neurology Medicine（神内)･Gastrointestinal Surgery（消外)･ Gastroenterology Medicine（消内）･Institution with Dialyzers《透》･Allergology（ア) ･Gynecology (婦)・Palliative Surgery (緩和ケア外科） |
| **32** | **Misato Family Clinic** | 1-181-2 Takasu | 048-956-5570 | Internal Medicine (内)･Cardiology（循）･Pediatrics（小)･ Respiratory（呼)･Traditional Herbal (漢) |
| **33** | **Katougi Ganka** | 1-181-2 Takasu | 048-934-9333 | Ophthalmology（眼) |
| **34** | **Murashita Jibiinkouka** | 1-181-2 Takasu | 048-948-3387 | Otorhinolaryngology（耳） |
| **35** | **Jinshin Naika Clinic** | 1-631-4 Togasaki | 048-949-2211 | Internal Medicine (内)･Cardiology（循）･Gastrointestinal Department（胃) |
| **36** | **Togasaki Clinic** | 2-38-2 Togasaki | 048-948-1133 | Otorhinolaryngology（耳）･Internal Medicine (内)･Respiratory Medicine（呼内) ･Allergology（ア) ･Cardiology　Medicine（循内）･Outpatient for smoking cessation (禁煙) ･Traditional Herbal (漢) |
| **37** | **Aoba Family Clinic** | 2-286-1 Togasaki | 048-955-8621 | Internal Medicine (内)･Pediatrics（小)･Dermatology (皮)･orthopedics（整)･Outpatient for Mental Health Care (メ)･Dementia (認) |
| **38** | **Ishibashi Iin** | 5-78-4 Sakae | 048-952-8158 | Internal Medicine (内) |
| **39** | **Kamiguchi Clinic** | 1-2-3 Kamiguchi | 048-952-2323 | Internal Medicine (内)･Gastroenterology（消）･Rehabilitation（リハ) |
| **40** | **Sukoyaka Clinic Misato** | 330-4 Minamihasunuma | 048-953-5888 | orthopedics（整)･Rehabilitation（リハ)･Internal Medicine (内) |
| **41** | **Nagai Mothers Hospital** | 607-1 Kamihikona | 048-959-1311 | Obstetrics（産)･Gynecology (婦)･Plastic Surgery（形)･Anesthesiology（麻)･Pediatrics（小)･Outpatient for smoking cessation (禁煙) |
|  | | | | |
| **No** | **Name of Medical Institutions** | **Address**  (in Misato City) | **Phone** | **Medical Departments and others** |
| **42** | **Osamura Hifuka Clinic** | 632-1 Kamihikona | 048-958-0161 | Dermatology (皮) |
| **43** | **Satsuki Naika** | 2F City Forum,  2-1-2 Satsukidaira | 048-951-9100 | Internal Medicine (内) ･ Gastroenterology Medicine（消内） ･Cardiology　Medicine（循内）･Dementia (認) |
| **44** | **LaLaport**  **Shinmisato**  **Naika/Shounika** | 2F LaLaport Shinmisato, 3-1-1 Shin Misato LaLaCity | 048-950-1060 | Internal Medicine (内)･Pediatrics（小)･Dermatology (皮) |
| **45** | **Shiinoki ganka** | 2F LaLaport Shinmisato, 3-1-1 Shin Misato LaLaCity | 048-953-9388 | Ophthalmology（眼) |
| **46** | **Simizu Hinyoukika / Naika Clinic** | 1-226 Hikonari | 048-957-8865 | Urology（泌)･Internal Medicine (内) |
| **47** | **San-aikai Sogo Byoin** | 2-342 Hikonari | 048-958-3111 | Internal Medicine (内)･Cardiology　Medicine（循内）･ Gastroenterology Medicine（消内）･Respiratory Medicine（呼内)･Pediatrics（小)･Surgery（外）･orthopedics（整)･ Ophthalmology（眼)･ Otorhinolaryngology（耳）･Neurosurgery（脳外)･Urology（泌)･Dermatology (皮)･Anesthesiology（麻)･Hemodialysis Medicine (透内)･Institution with Dialyzers《透》･Rehabilitation（リハ)･Hematology (血液内科)･Nephrology (腎内)･Gastrointestinal Surgery（消外)　Diabetes Internal Medicine（糖尿病内科）・Vascular Surgery（血管外科）・Pediatric Surgery（小児外科）･Plastic Surgery（形)・Hematology(血内) |
| **48** | **Sato Clinic** | 3-11-17-101 Hikonari | 048-957-8021 | Internal Medicine (内)･Pediatrics（小)･Surgery（外）･orthopedics（整)･Cardiology（循） |
| **49** | **Misato Heart Clinic** | 3-313 Hikonari | 048-958-5550 | Internal Medicine (内)･Cardiology（循） |
| **50** | **Misato Danchi Chuo Shinryojo** | 4-4-15-101 Hikonari | 048-957-5411 | Internal Medicine (内)･Gastroenterology（消）･Gastrointestinal Department（胃)･Gynecology (婦) 《Gynecology/ Only for cancer screenings for females》･Dermatology (皮) |
| **51** | **Misato Kenwa Danchi Shinryojo** | 1F 1-76 Uneme | 048-959-5011 | Internal Medicine (内)･orthopedics（整)･Urology（泌)･Outpatient for smoking cessation (禁煙)･Dementia (認) |
| **52** | **Ichijou Clinic** | 1-82 Uneme | 048-957-3501 | Internal Medicine (内)･Pediatrics（小)･ Gastroenterology Medicine（消内）･Cardiology　Medicine（循内） |
| **53** | **IMS Misato Clinic** | 1-102-2 Uneme | 048-959-8181 | Internal Medicine (内)･Institution with Dialyzers《透》･Hemodialysis Medicine (透内)･Cardiology　Medicine（循内）･Dementia (認) |
| **54** | **Fujihira Jibiinkouka** | 1-150-1 Uneme | 048-957-1881 | Otorhinolaryngology（耳） |
| **55** | **Hifuka Dermatech Shin-Misato** | 1-162-4 Uneme | 048-948-6277 | Dermatology (皮) |
| **56** | **Takahashi Ladies Clinic** | 1-232 Uneme | 048-950-1200 | Obstetrics（産)･Gynecology (婦)・Traditional Chinese Medicine [Internal Medicine for women] (漢)[女性内科] |
| **57** | **Kawaguchi　Hinyouki/Naika Clinic** | 1-238-1 Uneme | 048-969-4353 | Urology（泌)･ Internal Medicine (内)・ |
| **58** | **Shin-Misato Ekimae Ganka** | 1-238-5 Uneme | 048-950-1146 | Ophthalmology（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)

**National Rd. 　R4**

**Access**:

10 min. on foot from Soka Sta. (west exit) of Tobu Isesaki Line (TOBU SKYTREE Line)

**Nishicho**

**Tobu Isesaki Line**

**Soka Sta.**

**(west exit)**

**Soka JHS**

**Soka Public Health Center (Nishi)**

**Sokahikawa**

**Post Office**

**Nishicho ES**

**Hikawacho (Nishi)**

**Nishicho (Naka)**

**Soka Chugakko**

**(Nishi)**

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 of animal handling businesses

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 2023. 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 | **Junseikai Shika Iin** | 1074-2 Hanta | 048-958-8000 | D, P, OS |
| 2 | **Central Shika** | 1-6-17 Waseda | 048-957-8263 | D, P |
| 3 | **Unai Shika Iin** | 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 Iin** | 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 Iin** | 5-7-7 Waseda | 048-949-6190 | D, P, OS, O |
| 10 | **Takano Shika Iin** | 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 Iin** | 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 Iin** | 1-12-17 Misato | 048-953-4800 | D, P, OS, O |
| 16 | **Kezuka Shika Iin** | 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 Iin** | 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 Iin** | 2-2-12 Misato | 048-952-2208 | D, P |
| 21 | **Miyajima Shika Iin** | 3-3-3 Misato | 048-952-8841 | D, P |
| 22 | **Kato Shika Iin** | 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 Iin** | 2-2-9 Chuo | 048-953-7480 | D, P |
| 27 | **Misato Chuo SUN Dental Pier** | 3-2-9 Chuo | 048-948-6251 | D, P, OS, O |
| 28 | **Suzuki Shika Iin** | 4-208-2 Shinwa | 048-951-3033 | D, P, OS |
| 29 | **Okubo Shika Iin** | 3-255 -1 Takano | 048-956-2181 | D, P, OS |
| 30 | **Misato Shika Clinic** | 4-211-2 Takano | 048-956-4156 | D, P |
| 31 | **Misato Kenwa Shika** | 4-260-1 Takano | 048-956-6996 | D, P, O |
| 32 | **Iihashi Dental Clinic** | 5-379-1 Takano | 048-955-1184 | D, P, OS, O |
| 33 | **Nakajima Shika** | 1-181-2 Takasu | 048-956-4878 | D, P |
| 34 | **Takasu Shika Iin** | 1-220 Takasu | 048-956-8699 | D, P |
| 35 | **Fukushima Shika Iin** | 1-308-3 Takasu | 048-955-6488 | D |
| 36 | **Takehana Shika Iin** | 2-278-1 Takasu | 048-955-2202 | D, P,OS |
| 37 | (Medical Corporation) Wahei Kai **Uchida Shika Iin** | 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** |
| 38 | **Munakata Shika** | 4-75-2 Takasu | 048-956-1825 | D, P, OS, O |
| 39 | **Mori Shika Clinic** | 3124-31 Togasaki | 048-948-8241 | D, P |
| 40 | **Aiyuu Shika Misato Shinryojo** | 2-243 Togasaki | 048-956-8119 | D, P, OS, O |
| 41 | **Takara Shika Togasaki Shinryojo** | 1F Urgent Hights, 2-244 Togasaki | 048-948-5584 | D, P, OS |
| 42 | **Gojinkai Shika** | 2-705-2 Togasaki | 048-956-1000 | D, P, OS, O |
| 43 | **Osaki Shika Iin** | 3-42 Togasaki | 048-956-3501 | D, P |
| 44 | **Takasaki Shika Clinic** | 3-83-1 Togasaki | 048-955-6966 | D |
| 45 | **Rapport Shika Iin** | 1F Kouki Mansion, 3-402-3 Togasaki | 048-956-2810 | D, P |
| 46 | **Shin-Misato Chuo Shika Iin** | 864-1 Kami-hikokawado | 048-957-6051 | D, P |
| 47 | **BRISTO DENTAL CLINIC** | 799 Shimo-hikokawado | 048-950-2166 | D, P, OS, O |
| 48 | **Lapark Misato Shika** | B1 MEGA Don Quijote Misato-ten,  1-1-1 Satsukidaira | 048-959-6480 | D, P, OS |
| 49 | **Wakamatsu Shika Iin** | 2-1-2-201 Satsukidaira | 048-958-6879 | D, P |
| 50 | **LaLaport Shinmisato**  **Dental Clinic** | 1F LaLaport Shinmisato  3-1-1 Shinmisato LaLaCity | 048-950-0896 | D, P, OS, O |
| 51 | **Kobayashi Shika Iin** | 1-364 Hikonari | 048-959-2867 | D, P, OS |
| 52 | **Matsumoto Shika Iin** | 3-11-17-104 Hikonari | 048-959-8211 | D, P |
| 53 | **Fukai Shika Iin** | 3-86 Hikonari | 048-957-3315 | D, P,OS |
| 54 | **Imazawa Shika Iin** | 4-4-15-102 Hikonari | 048-957-6969 | D, P, OS, O |
| 55 | **Misato White Shika Iin** | 1-85-1 Uneme | 048-959-0008 | D, P, O |
| 56 | **IS Shika Clinic Shinmisato/IS Kids** | 1-205-3 Uneme | 048-957-0418 | D, P, OS, O |
| 57 | **Nakamura Shika Iin** | 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 21 / Sun, June 16 / Sun, August 18 / Sun, October 20 / Sun, December 15, 2024

Sun, February 16, 2025

**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, 2024 and January 1, 2 and 3, 2025) (by rotation)

**Place** Dental clinic on-duty

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

**- 8020 activity -**

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

**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/>

**Dispensing Pharmacies in Misato City 薬局**

**\*Note:** The listed information is compiled based on the information from Saitama Prefectural Government as of December 2023. 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 Waseda | 048-959-3301 |
| 5 | **Olive Yakkyoku Misato-ten** | 1F MMC Bld, 2-2-10 Waseda | 048-958-9996 |
| 6 | **Nemunoki Yakkyoku** | 2-2-18 Waseda | 048-958-1801 |
| 7 | **Segami Yakkyoku Misato-ten** | 1F Eiko Bld, 2-19-2 Waseda | 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 | **Yakkyoku Matsumotokiyoshi Waseda-Danchi-ten** | 6-1-1 Waseda | 048-958-7602 |
| 12 | **Welcia Yakkyoku Misato-Waseda-ten** | 6-10-10 Waseda | 048-950-1815 |
| 13 | **Hayami Yakkyoku** | 6-27-33 Waseda | 048-959-2111 |
| 14 | **Miyata Yakkyoku** | 1-26-3 Misato | 048-952-0062 |
| 15 | **Endo Yakkyoku Misato-Ekimae-ten** | 2-1-5 Misato | 048-953-7760 |
| 16 | **Taiyou Yakkyoku Misato-ten** | 1F Yoshino Bld, 2-2-16 Misato | 048-949-7877 |
| 17 | **Nozomi Yakkyoku Misato-ten** | 476-12 Kobo | 048-953-0886 |
| 18 | **Great Kanpo Yakkyoku** | 37 Iwanoki | 048-953-4382 |
| 19 | **Kamome Yakkyoku Misato-ten** | 567-1 Yaguchi | 048-954-8202 |
| 20 | **Asahi Yakkyoku** | 627 Yaguchi | 048-952-4723 |
| 21 | **Aisei Yakkyoku Misato-Chuo-ten** | 1-2-1-105 Chuo | 048-949-1011 |
| 22 | **Yakkyoku Kusuri-no-Fukutaro Misato-Chuo-ten** | 1F M’s Town Misato-Chuo,1-3-1 Chuo | 048-949-1859 |
| 23 | **Shinwa Yakkyoku** | 1-4-12 Chuo | 048-960-0153 |
| 24 | **Lawson Qol Yakkyoku Misato-Yanaka-ten** | 1-10-1 Chuo | 048-949-0589 |
| 25 | **Niodori Yakkyoku** | 1F　Misato-Chuo-Fukushi-Bld,1-16-1 Chuo | 048-954-9014 |
| 26 | **Hitomi Yakkyoku** | 2-2-4 Chuo | 048-951-3257 |
| 27 | **Medicine-shop Hamanasu Yakkyoku** | 1F Avanzato Corso Misato Chuo, 2-3-1 Chuo | 048-967-5383 |
| 28 | **Misato Chozai Yakkyoku** (Opens only the days when Misato Medical Association HOLIDAY CLINIC provides medical consultations) | 2-20-7 Chuo | 048-953-4782 |
| 29 | **Drug Seims Misato Chuo Yakkyoku** | 3-20-3 Chuo | 048-949-5762 |
| 30 | **Yakkyoku Matsumotokiyoshi Misato-Chuo-Ekimae-ten** | 3-48-4 | 048-911-3655 |
| 31 | **Kobo Yakkyoku** | 4-29-1 Chuo | 048-952-7285 |
| **No** | **Pharmacies** | **Address** (in Misato City) | **Phone** |
| 32 | **Nagomi Yakkyoku** | 3-260-2 Takano | 048-956-9225 |
| 33 | **Drug Seims Takano Yakkyoku** | 4-296 Takano | 048-954-4053 |
| 34 | **Takano Yakkyoku** | 4-491-2 Takano | 048-956-5781 |
| 35 | **Karin Yakkyoku** | 4-501-2 Takano | 048-948-2106 |
| 36 | **Kamakura Yakkyoku** | 4-514-2 Takano | 048-948-1751 |
| 37 | **Hikari Yakkyoku** | 4-516-1 Takano | 048-955-3110 |
| 38 | **Aisei Yakkyoku Misato-Takasu-ten** | 1-181-2 Takasu | 048-948-3310 |
| 39 | **Togasaki Yakkyoku** | 2207-2 Togasaki | 048-956-1698 |
| 40 | **Sanritsu Yakkyoku Togasaki-ten** | 1-631-5 Togasaki | 048-949-1831 |
| 41 | **Alpha Yakkyoku Misato-ten** | 2-286-1 Togasaki | 048-956-0610 |
| 42 | **Seki Yakkyoku Misato-Togasaki-ten** | 3-593 Togasaki | 048-948-6979 |
| 43 | **Apple Yakkyoku Misato-ten** | 1-2-4 Kamiguchi | 048-951-1877 |
| 44 | **Pharmarise Yakkyoku Misato-ten** | 312-1 Minamihasunuma Minamihasunuma | 048-949-1171 |
| 45 | **Hikonari Yakkyoku** | 1-38-3 Tenjin | 048-953-7269 |
| 46 | **Magokoro Yakkyoku** | 467 Kamihikona | 048-950-7788 |
| 47 | **Daruma Yakkyoku Misato-ten** | 632-1 Kamihikona | 048-959-9966 |
| 48 | **Yakkyoku Matsumotokiyoshi matsukiyoLAB LaLaport Shin-Misato-ten** | 1F LaLaport Shinmisato 3-1-1 Shinmisato LaLaCity | 048-950-1070 (Pharmacy)  048-959-7582  (Dispensary room) |
| 49 | **Costco wholesale Shin-Misato Souko-ten Yakkyoku** | 3-1-2 ShinMisato LaLaCity | 048-950-2804 |
| 50 | **Ran Yakkyoku Shin-Misato-ten** | 2-202-3 Hikonari | 048-954-5737 |
| 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.iryo-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 2023. 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.

未ＮＣ （2/28）

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 Kagawa Nutrition University»**

**Healthy Misato Breakfast Recipe Quick and Easy!**  **Happy Breakfast**

Aiming to improve the rate of skipping breakfast, we are collaborating with Kagawa Nutrition University to create a collection of recipes.

All recipes are ‘easy’ to make, so please try them at home. You can also watch videos.



Check here for other recipes, ingredients, and how to make.

**You can also watch videos.**

https://www.city.misato.lg.jp/soshiki/ikiikikenko/kenkosuishin/4/523.html

Recipe books 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. 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

未ＮＣ （2/28）

Regarding the subsidy amount, application method and application period, please see the Misato City official website.

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



**KOBANON ALKOO　MILEAGE**

**コバトンあるこうマイレージ**

If you participate in this program by downloading the walking application ‘ALKOO’ in your smartphone, you can check the number of steps automatically measured in the application. And also, you can receive ‘walking mileage points’ depending on the number of steps and have chance to win a prize in a raffle according to your gained points.

The services of the application include walk rally, stamp rally, and other features that inspire you to walk for fun.

**Eligibility to register**:

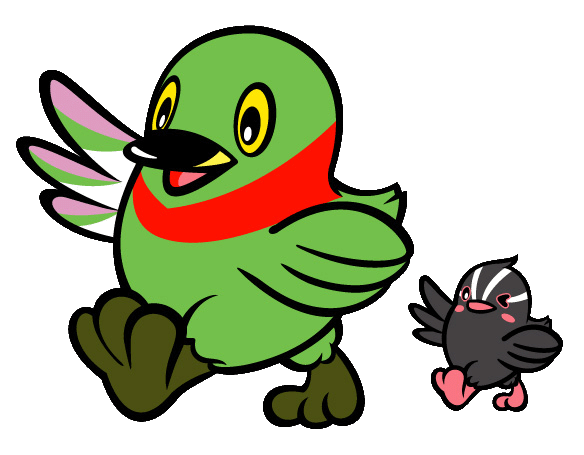
**First, let’s install the corresponding application!**

One who is 18 years old or over and resides in Misato City

\*Please visit Misato City official website for registration and other information.

See more information from here.

Download the application from here:

****[https://www.city.misato.lg.jp  
/soshiki/ikiikikenko](https://www.city.misato.lg.jp/soshiki/ikiikikenko)/kenkosuishin  
/8/9953.html

The number of steps you take will be automatically measured in conjunction with the pedometer built in your smartphone; therefore, you do not need to keep the application always on.

**Inquiries: Health Promotion Section,**

**Health Promotion Division**

**Call: 048-930-777**

**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.**

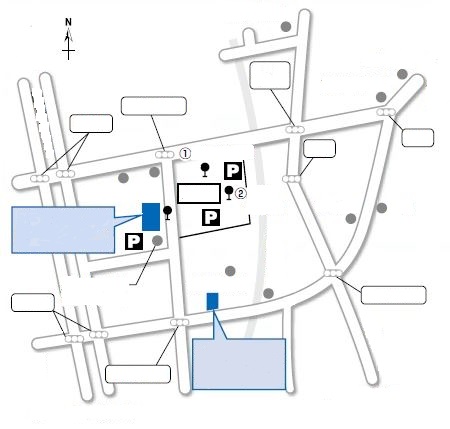
(As of November, 2023)

|  |  |  |  |
| --- | --- | --- | --- |
| 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) | 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.  (\*Service suspension) | 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  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) |
| Saitama Kanko | Misato City Hall |

**Map of nearby bus stops and parking lots**

**Inquiries about bus routes,**

**time tables, and fares of bus services**



**To Misato Sta.**

Fishing tackle store

Petrol Staion

Kobo

Hospital

Shobo Honbu Mae

**To Misato-chuo Sta.**

**To Takasu**

**(Hoken Center Annex)**

Dental Association,

Pharmaceutical Association

Shiritsu Toshokan

(Library)

**Misato Shiyakusho**

**Misato Shiyakusho**

Misato Shiyakusho

Kobo-shimo

Misato Shiyakusho-higashi

Civic Gymnasium

Hanawada

**Kenko Fukushi Kaikan/**

Health and Welfare Center

**(Hoken Center)**

**(Childrearing Support Station)**

**To Soka**

**R298**

Yaguchi

Minami

Kinrosha Taiikukan

(Gym for Working Citizens)

Seishonen Home (Youth Center)

Shiritsu Toshokan

●**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)】

●**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

**City Hall**

Fire

Department

Misato

Post Office

**To a road along Nakagawa River**

**To R6**

**FY2024　 HEALTH GUIDE**

**Issued in March, 2024**

**Edited and Issued by *Misato-shi Hoken Center*: Health Promotion Division,**

**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**](http://www.city.misato.lg.jp)**/index.html**

