

This booklet was made by a high school student at Namiki Secondary School. I have made this after talking to many foreigners and people at the city hall, so I hope you will find it useful. I would be happy if it is of great use for the lives of foreign residents in Tsukuba City.

Contact Details;

Namiki Secondary School

Phone Number: 029 - 851 - 1346

Manager: Yoshimura

If the websites you opened are in Japanese, please try to translate them into English by pressing an upper right translation button on each website.

The images in this booklet are from CANVA.

JAPANESE MEDICAL INFORMATION for FOREIGNERS living in Tsukuba

This was made in January 2025

HEALTH INSURANCE	1, 2
HEALTH INSURANCE CARD	3, 4
MARUHUKU	5
CHARACTERISTICS OF JAPANESE MEDICAL CARE	6
CLINICS	7, 8
HOW TO TAKE MEDICINE	9
AMUBULANCE	10, 11
LOCAL SUPPORT	12, 13
OTHER SUPPORT	14

HEALTH INSURANCE

Everyone is required to register for Public Health Insurance, **even foreigners**.

Foreigners with residence status who have lived in Japan for more than three months are obliged to have the insurance.

Nobody knows for certain if or when they will become sick or get injured.

"There is a limit for an individual to prepare for all of these instances, and social insurance is a system to support and help each other as a whole society.

"Health Insurance" is one of the social insurance programs.

The Three Types of Health Insurance

① **Employee Insurance**

Salaried workers, civil servants, and other employees and their dependents



② **Medical Care System for the Elderly** People aged 75 or older

(those who are certified as having a certain level of disability can join from age 65)



③ **National Health Insurance**

Those who are not enrolled in other health insurance (employee insurance, medical insurance for the elderly)



HEALTH INSURANCE

NATIONAL HEALTH INSURANCE

People who are eligible for National Health Insurance

- Self-employed people, independent business owners
- People who work in agriculture, fishing, forestry, etc
- Those who work for part-time jobs

People who are not eligible for National Health Insurance

- Those who are not covered by employee insurance and the medical care system for the elderly
- Those who are on benefits
- Those who have come to Japan only for medical treatment or medical care
- Foreigners who have been in Japan for less than 3 months.

HEALTH INSURANCE CARD

Health insurance cards were previously given to those who had health insurance, but as of December 2, 2024, the cards will **no longer be given out**.

The current health insurance card can be used until its expiration date.

An individual number card is a card with a personal number and a picture of your face on it.

Individual number card

(a website of The Japan Agency for Local Authority Information Systems)

<https://www.kojinbango-card.go.jp/en/>



①If you do not have an Individual Number Card, you will be given a **certificate of eligibility**. If you want to get the card, please apply for it at the city hall.

②If you already have an Individual Number Card, you can **use your individual number card as your health insurance card**. You will need to go through the necessary procedures for this.

If you bring your current health insurance card (your individual number card which can be used as a health insurance card, or your Certificate of Eligibility), **you can receive medical care at certain clinics at a discount**.

The amount of money you have to pay depends on your age and your annual income.

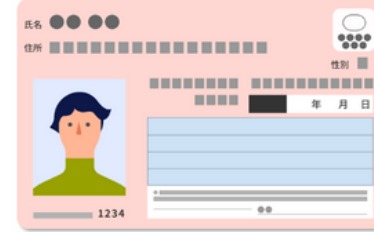
*If you do not have insurance, it will cost you a lot of money.

HEALTH INSURANCE CARD

health insurance card



individual number card



有効期限は最大1年間
(令和7年12月1日まで)



Certificate of Eligibility



from a website of Ministry of Health, Labor and Welfare "Health insurance card procedures on individual number card"

Health insurance card procedures on individual number card

(a Website of Ministry of Health, Labor and Welfare)

https://www.mhlw.go.jp/stf/newpage_40391.html



National Health Insurance Division on the first floor at the Tsukuba City Hall

phone; 029 - 883 - 1111

When you have a problem with your health insurance, you can consult here. What to bring for your medical visit or medical procedure depends from person to person, so please see this website.

<https://www.city.tsukuba.lg.jp/plainjapanese/1016178/1016779.html>



MARUFUKU

What is MARUFUKU (Medical Welfare Payment System)?

It is a system to reduce the out-of-pocket expenses of examinations and medicines' costs through health insurance.

Tsukuba City and Ibaraki Prefecture offer this system.

It is cheaper to submit the health insurance card and Marufuku than to submit only the health insurance card.

People who can receive Marufuku (Tsukuba).

- Children up to the third year of high school
- Expectant mothers (women who are pregnant)
- Single-parent families (father only, mother only)
- Persons with severe mental or physical disabilities

*600 yen per visit per clinic (free of charge from the third visit per clinic per month)

Medical Welfare Payment System(MARUFUKU) (a website of the Tsukuba City Hall).

<https://www.city.tsukuba.lg.jp/soshikikarasa/gasu/hokembuiryonenkinka/gyomuunnai/3/1001305.html>



CHARACTERISTICS OF JAPANESE MEDICAL CARE

- ① Everyone is obligated to have public insurance.
- ② Free Access
You can choose any hospital you like.
- ③ Many hospitals are closed on Sundays.
- ④ Many hospitals encourage patients to make medical reservations online through the hospital's website.
- ⑤ Sometimes if a hospital's schedule is fully booked, you may be unable to make a same day appointment to see a doctor. For emergencies or serious medical help, please visit an emergency hospital.

CLINICS

What To Bring.

-Individual My Number Card, which can be used as a health insurance card (or a current health insurance card, or certificate of eligibility).

- Maruhuku (if you have one)
- Residence card
- Medication book
- Money



TIPS

- Please check the hospital's website to find out how and when to make an appointment. **Reservations are made via the Internet** in most cases.
- Before an examination, you will be asked to write about your symptoms on a piece of paper called a medical questionnaire.
- Be quiet in a clinic/hospital.

CLINICS (MEDICATION, PHARMACY)



There are two ways to get medicines:

at the hospital or the pharmacy.

When you get a prescription from the hospital, you go to the pharmacy.

The cost of the medication is separate from the cost at the hospital if you do not have a Maruhuku.

What is a “prescription”?

A prescription is a piece of paper that contains the details of the medicine given by the doctor.

What is a “pharmacy”?

A pharmacy is where **a pharmacist dispenses medicines based on the prescription.** The pharmacist explains the medication to you before you receive it.

You can get a **Medication Book** which is called **“Okusuri-techo”** at the pharmacy.

This is a book that summarizes the information on the medicines you have received so far.

What to bring.

Prescription, individual number card which can be used as a health insurance card (or current insurance card, certificate of eligibility)
Marufuku, Residence Card, Medication Book, money

HOW TO TAKE MEDICINE



(1) Read the instructions before taking the medicine. You can get it with the medicine at the pharmacy. Do not throw away the instruction manual so that you can read it when necessary.

(2) **Follow the dosage and timing correctly**

It does not mean that the more medicines you take, the more effective they will be. **Side effects and addiction may occur.**

Timing of taking medicines

(Before meals) 1 hour to 30 minutes before meals

⇒When there is no food in the stomach

(After meal) Immediately after the meal to 30 minutes after the meal

⇒When there is food in the stomach

(Between meals) About 2 hours after the meal

Please drink with water or hot water. Other drinks may cause ineffectiveness or side effects.

RISKS AND PROPER USAGE OF MEDICINES

(a website of the Public Relations Office, the Government of Japan).

This page is only in Japanese.

<https://www.gov-online.go.jp/useful/article/201310/2.html>



AMBULANCE



When Calling An Ambulance

(1) **Call 119.**

(2) An operator will say, "119, are you in a fire emergency or a medical emergency?" Please answer "**Medical emergency**".

(3) Tell an operator the location of the emergency, symptoms and the age of a patient, your name, and contact details.

Tsukuba City has many **multilingual call service** interpreters available, with up to **32 different languages** spoken.

It is **free of charge** to call an ambulance.

If your life is in danger, please call an ambulance immediately.

However, there is a limit to the number of ambulances and ambulance crews available, so only call an ambulance if a patient's life is in danger.

What to prepare after you call an ambulance

Individual number card(health insurance card), Maruhuku, Residence card(passport), Medication book(current medication), money

AMBULANCE



Call for an ambulance in the following cases

- There is no response when you call for help.
- Breathing is labored
- Cramps
- A lot of blood is coming out.
- Accident (car crash, etc)



Ibaraki Emergency Telephone Consultation

Whenever you are in doubt about whether to call an ambulance or not, you can consult with officers.

7 1 1 9
for children (younger than 15-year-old)
8 0 0 0
for adults (15-year-old and older)



Be sure to include the “#” sign.
If you cannot get through, call 050 - 5445 - 2856

Please note that the advice you may receive from an officer is not from a medical doctor.

If you are given information about a hospital, call the hospital yourself.

LOCAL SUPPORT

INTERNATIONAL CITY PROMOTION DIVISION AT THE TSUKUBA CITY HALL

(a website of the Tsukuba city hall).

You can consult in Japanese, English and Chinese.

You can get advice in 21 languages.

<https://www.city.tsukuba.lg.jp/english/1015290/1016638.html>



TSUKUBA INTERNATIONAL ASSOCIATION

(a website).

You can ask for a medical interpreter.
English, Chinese, Spanish, Portuguese
They can accompany you when you go to any clinic and hospital in Tsukuba.
*1500 yen is required

<https://www.inter.or.jp/medical-interpreter.html>



IBARAKI INTERNATIONAL ASSOCIATION

(a website).

You can consult with officers in 11 languages. The staff will use a translator if you speak other languages. Consultations are available face-to-face as well as over the phone.

<https://global.ia-ibarak.or.jp/en/consultation/consultation-center/>



LOCAL SUPPORT

LIFE PLAN SUKOYAKA

(a website of tsukuba city hall).

You can learn from a booklet that compiles information on **adult health checkups, cancer screenings, maternal and child health checkups, vaccinations, health classes, etc.**

This is the annual schedule and is published every year.

JAPANESE, ENGLISH

https://www.city.tsukuba.lg.jp/kenko_iryō_fukushi/kenkoiryo/sukoyaka/1001311.html



GUIDE FOR MEDICAL INSTITUTIONS

(a website of the Ibaraki International Association).

You can learn basic medical knowledge.

11 LANGUAGES

<https://global.ia-ibaraki.or.jp/en/living-guide/medical/institution-guide/>



Medical Handbook

(a website of the Ibaraki International Association).

You can view a booklet where you can learn basic conversational expressions and how to describe symptoms in a hospital setting.

9 LANGUAGES

<https://www.ia-ibaraki.or.jp/others/book/>



OTHER SUPPORT

Guide for when you are feeling ill

(a website of Japan National Tourism Organization)

You can **check out these places to consult** with medical treatment.

You can also **search for clinics** and hospitals around your area.

Japanese, English, Chinese, Korean

https://www.jnto.go.jp/emergency/eng/mi_guide.html



Guide for ambulance services

(a website of fire and disaster management agency).

You can learn in detail how to call an ambulance and how to make the right decision.

- how to call an ambulance
- Examples of signs and symptoms that need ambulance services
- What is “heat illness”

16 LANGUAGES

<https://www.fdma.go.jp/publication/portal/post1.html>

