

Heisei 30 (April, Heisei 30 2018 to March, Heisei 31 2019)

Health Checkup Calendar

Important



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Inquiry

Koka City
Sukoyaka Shien Ka

〒528-8502 Kokashi Minakuchicho Minakuchi 6053 (Koka City Hall)

Temos o calendário de exames em outros idiomas (português e inglês).

This Health and Medical Checkup Calendar is also available in Japanese and Portuguese.

Phone 0748-69-2167

FAX 0748-63-4085

Boshi Hoken Kakari Phone 0748-69-2169

Kenko Zoshin Kakari Phone 0748-69-2168

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

各ページの切り取り線に沿って切り取ると、知りたいページをインデックスで開くことができます。

Telephone counseling for pediatric emergency

Dial **#8000** or **077-524-7856**

Please use this service when you want to ask if you should take your child to hospital due to this/her sudden illness or injury during the

Available
hours

Weekdays & Saturdays: 6:00pm to 8:00am next morning
Sundays, holidays & 12/29-1/3 from 9:00am to 8:00am

*No diagnosis or medical treatments will be provided through this phone counseling.

*Please try again later if the line is busy.

Search for immediately available medical facilities in Shiga

Shiga medical emergency information net: <http://www.shiga.iryo-navi.jp/>

<http://www.shiga.iryo-navi.jp/>

0748-62-3799 for Koka City & Konan City

365 days 24 hours, Automatic answering service

- This is a phone/FAX service to notify you of immediately available medical institutions.
- Have pen & paper ready before calling.
- Be sure to contact the referred medical institution before you visit.
- Call ambulance for emergency and for serious situation
- Service may be unavailable for some dial-phone or IP phone
- Please try again later if the line is busy.

When warnings from natural disasters are released, checkups may be postponed. Please check city homepage or call to check for updated information. Reservation procedure may change during the fiscal year.

Children's Health

Pregnancy

*Dental checkup for expectant mother
*Parents-to-be class
Maternity health checkup
*Issuance of the Maternity Health Record Book

Birth

*Baby&Mom Class
*New born visitation
*Subsidy for the new born hearing exam
*Subsidy program for specified fertility treatment and male infertility treatment

Upon submitting birth certificate, you'll receive "Sukoyaka Set"- packet of questionnaires for infant health checkups, vaccination questionnaires and a pamphlet for vaccination and health of your child.

1 year old

2 years old

3 years old

Preschool (5 years old)

4 months old checkup

Baby food class

Health checkup for new mothers

10 months old checkup

1 year and 8 months old checkup

2 year and 6 months old checkup

3 year and 6 months old checkup

P8

Sukoyaka consultation & New moms' salon

P9 to P11

Vaccination

List of health checkups and designated medical institutions

Adults' Health

16 years old	20 years old	30 years old	40 years old	45 years old	50 years old	55 years old	60 years old	65 years old	70 years old	75 years old
P19 Health consultation, Nutrition consultation										
P19 Health checkup (Basic checkup)			P20 Health checkup (Specific checkup)				P20 Health checkup (75 years and up)			
			P13~16 Cancer screening for stomach, lung, colorectal and breast cancer							
			P13~16 Cancer screening for cervical cancer							
P17 Osteoporosis screening		Age:	40	45	50	55	60	65	70	
		P17	Screening for Helicobacter pylori					P17 Tuberculosis screening		
						P17 Hepatitis virus screening				
		P18	Periodontal disease screening							
							P12	Vaccine for pneumococcal infectious disease		

Applying for fee exemption

The eligible below can be exempted from the fee for health checkups, screenings, vaccination for the elderly against influenza and pneumococcal disease, if applied in advance.

※Application is not necessary for the specific health checkup, health checkup, tuberculosis screening and for the residents 70 years old and above (born before April 1st, 1949). ※Application for exemption will not be accepted after receiving checkup, screening or checkup.

Eligible

Households receiving welfare, households excluded from residential taxation and households exempted from resident taxes.

How to apply

Submit your application beforehand to either Sukoyaka Shien Ka or your nearby Hoken Center (details on the back of this calendar); your application will be evaluated for fee exemption. The application form is downloadable from Koka City website. If submitting in person is difficult, contact Sukoyaka Shien Ka to have the application mailed to you. Return your completed

■ Apply for exemption at least 1 month prior to your appointment. Contact Kenko Zoshin Kakari of Sukoyaka Shien Ka at 69-2168

■ Submit your application between September and November for influenza vaccination for the elderly, and by February of 2019 for pneumococcal infectious disease. Contact Boshi Hoken Kakari of Sukoyaka Shien Ka at 69-2169



Children's Health

When your pregnancy is confirmed... Issuance of the Maternity Record Book

ぼ し けんこうてちょう こうふ
母子健康手帳の交付

The maternity record book is an important booklet to keep records of maternity health checkups, health checkups and vaccinations for your child. When you become pregnant and know your due date, please come to a nearby Hoken Center to receive your maternity record book.

Where to Get Your Maternity Record Book:			
Location	Days of Operation	Location	Days of Operation
Minakuchi Hoken Center	Monday Friday	Konan Hoken Center	Wednesday
Tsuyayama Hoken Center	Wednesday	Shigaraki Hoken Center	Thursday
Koka Hoken Center	Friday	Sukoyaka Health Support Division	Monday to Friday
Time	9am to 5pm		
What to Bring	1) A confirmation of your pregnancy from a doctor or an ultrasound photo 2) Your My Number Card		

Maternity health

にん ぶ けんこうしん さ
妊婦健康診査

When your maternity record book is issued, you will also receive a separate booklet containing maternity health checkup coupons. Present these coupons at maternity health checkup so your fees will be partially covered by public expenses. If you are expecting multiples, please contact Sukoyaka Shien Ka for further information.

Moving out
from Koka city

The coupons issued by Koka City cannot be used in other municipalities. Please consult with your new municipality for more information about maternity health checkup.

Moving into
Koka from
another city

Your old coupons need to be exchanged with the ones issued by Koka City. Please consult with Sukoyaka Shien Ka for necessary procedures.



Parents-to-be class

ぶ れ ぱ ま ま きょうしつ
プレパママ教室

Lectures on health management during pregnancy and post delivery will be held. Mixer is also planned, so please feel free to come with your spouse/partner. One class consists of two lectures. Reservation is required.

Lectures

Lecture 1: Body changes and dietary habits during pregnancy. Birthing experience for expecting family. Mixer.
Lecture 2: Emotional and physical preparation for delivery, life with a newborn, mixer, demonstration of bathing.

Open for

Expectant mother of 5 to 7 months pregnancy and family

Time

10:00 to 11:30 (Reception from 9:45 to 10:00)
11:30 to noon Pregnancy exercises

Bring

Maternity record book and attached supplemental booklet, dental health record book for expectant mothers, the booklet you received with the maternity record book (with envelope).

Location

Minakuchi Hoken Center

Staff

public health nurse, nutritionist, midwife

Reservation

Contact Sukoyaka Shien Ka at 69-2169 by the day before the class

	April & May	June & July	August & September	October & November	December & January	February & March
Lecture 1	4/18 (wed)	6/9 (sat)	8/13 (mon)	10/13 (sat)	12/12 (wed)	2/2 (sat)
Lecture 2	5/11 (fri)	7/14 (sat)	9/14 (fri)	11/10 (sat)	1/9 (wed)	3/2 (sat)

Maternity dental checkup

また に て い し けんしん
マタニティ歯科健診

Checkup

Dental examination, advices on dental health

Eligible

Expectant mother

Fees

Free

Number of checkup

Once during pregnancy

Detailed information about the offering medical facility, procedures and items to bring to the checkup will be provided when you receive the maternity record book.

For those actively trying for a baby? Subsidy program for specified fertility treatment & male infertility treatment

Available since
Heisei 28

とくていふにんちりょう だんせいふにんじょせいせいど
特定不妊治療・男性不妊助成制度

To reduce economic burden of infertility treatments, a part of expenses for receiving specified infertility treatments not covered by health insurance (such as in vitro fertilization and Intracytoplasmic sperm injection) will be subsidized. This program is available only for “the recipients of the Specified project for supporting treatment of infertility”. Please contact Sukoyaka Shien Ka for more details.

After your child is born... Subsidy program for neonatal hearing screening

しんせいじ じょうかくけん さ じょせいせいど
新生児聴覚検査助成制度

In order to detect hearing disability in its early stage and provide the most appropriate treatments/services as soon as possible, a hearing screening will be performed about 2 days after the birth by an obstetrician at your hospital/clinic. The Sukoyaka Shien Ka will provide the application for partial subsidy for the screening before the child is born. Please contact Sukoyaka Shien Ka for more details.

Newborn home visit 赤ちゃん訪問

Complete and submit the request of visitation and guidance for the newborn and the notification of birth of low-weight newborn (which are attached to the separate book for the maternity record book) when notifying your child's birth. You can also mail the request directly to Sukoyaka Shien Ka. Public health nurses or midwives will visit your home to perform body measurements, give lactation consultation and discuss mental and physical health.

Heisei 30

Baby Mama Class

ベビーママ教室

Offered for parents with 2 to 3-months old child(ren), this class aims to provide information on child's development, hazard prevention, vaccination and mother's health management. Mixer will be held as well. No reservation is required.

Eligible	Parents with 2- to 3-months-old infant(s)
Time	10:00 to 11:30am (Reception from 9:45 to 10:00)
Bring	Maternity record book, this calendar, a bathtowel, Sukoyaka Set you received upon submitting the notice of birth
Staffs	Public health nurse

Date	Location	Born in	Date	Location	Born in
April 11 (wed)	Kokomouri	February	October 10 (wed)	Kokomouri	August
27 (fri)	Minakuchi HC	2018	26 (fri)	Minakuchi HC	2018
May 9 (wed)	Kokomouri	March	November 7 (wed)	Kokomouri	September
25 (fri)	Minakuchi HC	2018	30 (fri)	Minakuchi HC	2018
June 13 (wed)	Kokomouri	April	December 5 (wed)	Kokomouri	October
29 (fri)	Minakuchi HC	2018	18 (tue)	Minakuchi HC	2018
July 11 (wed)	Kokomouri	May	January 16 (wed)	Kokomouri	November
27 (fri)	Minakuchi HC	2018	25 (fri)	Minakuchi HC	2018
August 1 (wed)	Kokomouri	June	February 15 (fri)	Minakuchi HC	December
28 (tue)	Minakuchi HC	2018	20 (wed)	Kokomouri	2018
September 12 (wed)	Kokomouri	July	March 13 (wed)	Kokomouri	January
28 (fri)	Minakuchi HC	2018	11 (tue)	Minakuchi HC	2019

See page 7 for Kokomouri area map.



Health checkup for infants & toddlers

にゅうよう じ けんこうしん さ
乳 幼児健康診査

Health checkups

Health checkups for 4 months olds, 10 months olds, 1 and 8 months olds, 2 and 6 months olds & 3 and 6 months olds.

Note

- No appointment required. Visit the designated location directly.
- Parking at Minakuchi Hoken Center and Kaede Kaikan will be crowded.
- No food is allowed at the checkup.
- For those living in Tsuchiyama and Shigaraki, if traveling to the center is inconvenient and wish to receive checkup individually, contact Sukoyaka Shien Ka to arrange details.

4 months old checkup

Checkup	Medical consultation, body measurement, health consultation, nutrition consultation
Reception	1:00pm to 1:30pm
Bring	Maternity record book, questionnaire, a towel, diapers, change of clothes, formula if necessary

*2 checkups will be held on the same day

Location	Minakuchi HC	Koka HC	Kaede Kaikan	Shigaraki HC	Eligible (by birth month)
Area	Minakuchi Shigaraki	Tsuchiyama Koka Konan	Tsuchiyama Koka Konan Shigaraki	Shigaraki	
April	26th(Thr)	*19th(Thr)			December 2017
May	24th(Thr)		*23rd(Wed)	*29th(Tue)	January 2018
June	28th(Thr)	*21st(Thr)			February 2018
July	26th(Thr)		*18th(Wed)	*24th(Tue)	March 2018
August	9th(Thr)	*6th(Mon)			April 2018
September	27th(Thr)		*19th(Wed)	*25th(Tue)	May 2018
October	18th(Thr)	*11th(Thr)			June 2018
November	29th(Thr)	*14th(Wed)		*27th(Tue)	July 2018
December	20th(Thr)	*5th(Wed)			August 2018
January	24th(Thr)		*23rd(Wed)	*29th(Tue)	September 2018
February	28th(Thr)	*20th(Wed)			October 2018
March	14th(Thr)		*27th(Wed)	*19th(Tue)	November 2018

10 months old checkup

Checkup	Medical consultation, body measurement, health and nutrition consultation, dental consultation
Reception	1:00pm to 1:30pm
Bring	Maternity record book, questionnaire, a towel, diapers, change of clothes, formula if necessary

*2 checkups will be held on the same day

Location	Minakuchi HC	Koka HC	Kaede Kaikan	Shigaraki HC	Eligible (by birth month)
Area	Minakuchi Shigaraki	Tsuchiyama Koka Konan	Tsuchiyama Koka Konan Shigaraki	Shigaraki	
April	12th(Thr)	*19th(Thr)			May 2017
May	10th(Thr)		*23rd(Wed)	*29th(Tue)	June 2017
June	14th(Thr)	*21st(Thr)			July 2017
July	12th(Thr)		*18th(Wed)	*24th(Tue)	August 2017
August	23rd(Thr)	*6th(Mon)			September 2017
September	13th(Thr)		*19th(Wed)	25th(Tue)	October 2017
October	25th(Thr)	*11th(Thr)			November 2017
November	22nd(Thr)	*14th(Wed)		*27th(Tue)	December 2017
December	13th(Thr)	*5th(Wed)			January 2018
January	10th(Thr)		*23rd(Wed)	*29th(Tue)	February 2018
February	14th(Thr)	*20th(Wed)			March 2018
March	6th(Wed)		*27th(Wed)	*19th(Tue)	April 2018



Kaede Kaikan
Koka-shi, Konan-cho, Morijiri 527

1 and 8 months old checkup

Checkup Medical consultation, dental exam, body measurement, health and nutrition consultation, dental consultation

Reception 1:00pm to 1:30pm

Bring Maternity record book, questionnaire, diapers

*2 checkups will be held on the same day

Location	Minakuchi HC	Koka HC	Kaede Kaikan	Eligible (by birth month)
Area	Minakuchi, Shigaraki	Tsuchiyama, Koka, Konan	Tsuchiyama, Koka, Konan, Shigaraki	
April	11th(Wed)	*25th(Wed)		August 2016
May	9th(Wed)		28th(Mon)	September 2016
June	20th(Wed)	7th(Thr)		October 2016
July	11th(Wed)		*4th(Wed)	November 2016
August	1st(Wed)	*3rd(Fri)		December 2016
September	20th(Thr)		*5th(Wed)	January 2017
October	17th(Wed)	*3rd(Wed)		February 2017
November	21st(Wed)	*2nd(Fri)		March 2017
December	12th(Wed)	*6th(Thr)		April 2017
January	9th(Wed)		*16th(Wed)	May 2017
February	13th(Wed)	*5th(Tue)		June 2017
March	13th(Wed)		*11th(Mon)	July 2017

2 and 6 months old checkup

Checkup Medical consultation, dental exam, body measurement, health and nutrition consultation, dental consultation, questionnaire for hearing ability*1

Reception 1:00pm to 1:30pm

Bring Maternity record book, questionnaire, questionnaire for hearing ability

*2 checkups will be held on the same day

Location	Minakuchi HC	Koka HC	Kaede Kaikan	Eligible (by birth month)
Area	Minakuchi, Shigaraki	Tsuchiyama, Koka, Konan	Tsuchiyama, Koka, Konan, Shigaraki	
April	16th(Mon)	*25th(Wed)		September 2015
May	14th(Mon)		*30th(Wed)	October 2015
June	4th(Mon)	*25th(Mon)		November 2015
July	23rd(Mon)		6th(Fri)	December 2015
August	22nd(Wed)	*3rd(Fri)		January 2016
September	10th(Mon)		*5th(Wed)	February 2016
October	24th(Wed)	*3rd(Wed)		March 2016
November	12th(Mon)	7th(Wed)		April 2016
December	26th(Wed)	3rd(Mon)		May 2016
January	17th(Thr)		*16th(Wed)	June 2016
February	21st(Thr)	7th(Thr)		July 2016
March	25th(Mon)		*7th(Thr)	August 2016

※1 Hearing ability will be tested at this checkup. Please read guidelines listed on the questionnaire of infant health checkup, and perform hearing test "Sasayaki goe kensa (whispering voice hearing test)" before coming to the checkup.

3 and 6 months old checkup

Checkup Medical consultation, dental exam, body measurement, health and nutrition consultation, dental consultation, urinalysis*2, vision test*3

Reception 1:00pm to 1:30pm

Bring Maternity record book, questionnaire, additional questionnaire you received at 2 and 6 months old checkup

*2 checkups will be held on the same day

Location	Minakuchi HC	Koka HC	Kaede Kaikan	Eligible (by birth month)
Area	Minakuchi, Shigaraki	Tsuchiyama, Koka, Konan	Tsuchiyama, Koka, Konan, Shigaraki	
April	23rd(Mon)	6th(Fri)		September 2014
May	21st(Mon)		*30th(Wed)	October 2014
June	11th(Mon)	*25th(Mon)		November 2014
July	30th(Mon)		*4th(Wed)	December 2014
August	27th(Mon)	17th(Fri)		January 2015
September	3rd(Mon)		26th(Wed)	February 2015
October	29th(Mon)	10th(Wed)		March 2015
November	26th(Mon)	*2nd(Fri)		April 2015
December	17th(Mon)	*6th(Thr)		May 2015
January	28th(Mon)		30th(Wed)	June 2015
February	25th(Mon)	*5th(Tue)		July 2015
March	18th(Mon)		*7th(Thr)	August 2015

※2 For urinalysis, you can bring the sample in a clean container from home. Please take home the container.

※3 Vision will be tested at this checkup. Read the guidelines attached to the questionnaire before coming to the checkup.





Baby food class

離乳食教室

This class provides information about infants' oral health and baby food. Preparation of baby food is demonstrated as well. Reservation is required.

Eligible	Parents of 5-to-7-months old infant(s)
Time	10:00am to noon (Reception 9:50am to 10:00am)
Bring	Pamphlet you received at 4 months old checkup, pen&paper
Staffs	Nutritionist, dental hygienist
Reservations	Reserve with Sukoyaka Shien Ka (at 69-2169) by 3 days prior to your desired date. Reservation will not be further made after reaching maximum seats.

Seats 20 each day

Health checkup for mothers ママ健診

Health checkup for postpartum mothers.

Checkup	Body measurements (height, weight, waist), medical consultation, urinalysis, blood pressure, blood test (lipid, liver, kidney, anemia, blood sugar).
Time	9:00am to 11:00am
Bring	Checkup fee of ¥1000, medical record book (if available)

★If you need childcare, reserve with Sukoyaka Shien Ka at 69-2168 by 7 days prior to the date of your checkup. Please be aware that number of children accepted for childcare is limited.

Date	Location	Date	Location
April 20th (Fri)	Koka HC	October 5th (Fri)	Koka HC
May 18th (Fri)	Minakuchi HC	November 7th (Wed)	Minakuchi HC
June 6th (Wed)	Minakuchi HC	December 14th (Fri)	Minakuchi HC
July 5th (Thr)	Koka HC	January 10th (Thr)	Koka HC
August 3rd (Fri)	Minakuchi HC	February 8th (Fri)	Minakuchi HC
September 12th (Wed)	Minakuchi HC	March 8th (Fri)	Minakuchi HC

Date	Location	Mothers gave birth between	Date	Location	Mothers gave birth between
7/13 (Fri)	Hekisui Hall	October and December of 2017	10/31 (Wed)	Suntopia Minakuchi	April and June of 2018
8/2 (Thr)	Hekisui Hall	January and March of 2018	1/31 (Thr)	Hekisui Hall	July and September of 2018

For 16 and 39 years olds, the basic health checkup is available if above dates inconvenient.

For basic health checkup dates, please refer to page 19.

Sukoyaka

そうだん すこやか相談

Public health nurse and nutritionist give advice on child's development and parenting. Reservation is required.

Consultation	Health consultation, nutrition consultation, pregnancy consultation
Time	9:30am to 11:00am
Staffs	Public health nurse, nutritionist
Reservation	Reserve with Sukoyaka Shien Ka at 69-2169 by the day before your consultation

*Please note that each session has limited numbers of seats.

	Minakuchi HC	Tsuchiyama HC	Koka HC	Kaede Kaikan	Shigaraki HC
April	17th(Tue)	25th(Wed)	16th(Mon)	10th(Tue)	24th(Tue)
May	10th(Thr)	23rd(Wed)	14th(Mon)	8th(Tue)	29th(Tue)
June	14th(Thr)	27th(Wed)	11th(Mon)	12th(Tue)	26th(Tue)
July	12th(Thr)	25th(Wed)	9th(Mon)	10th(Tue)	24th(Tue)
August	22nd(Wed)	29th(Wed)	6th(Mon)	7th(Tue)	21st(Tue)
September	13th(Thr)	26th(Wed)	10th(Mon)	11th(Tue)	25th(Tue)
October	11th(Thr)	24th(Wed)	15th(Mon)	1st(Mon)	23rd(Tue)
November	15th(Thr)	28th(Wed)	19th(Mon)	20th(Tue)	27th(Tue)
December	13th(Thr)	19th(Wed)	10th(Mon)	11th(Tue)	25th(Tue)
January	17th(Thr)	23rd(Wed)	7th(Mon)	8th(Tue)	29th(Tue)
February	14th(Thr)	27th(Wed)	4th(Mon)	12th(Tue)	26th(Tue)
March	14th(Thr)	27th(Wed)	11th(Mon)	12th(Tue)	19th(Tue)

New moms' salon リトルママサロン

Hoken centers and Kokomouri are open for parents to get together and share their childrearing experiences. Feel free to visit any center and Kokomouri on below open dates. Scales are available for weighing. No reservation is required.

Eligible	Parents with prekindergartener	Time	9:30am to 11:00am
Staffs	Public health nurse, nutritionist		

	Minakuchi HC	Tsuchiyama HC	Kokomouri	Kaede Kaikan	Shigaraki HC
April	13th(Fri)	25th(Wed)	20th(Fri)	10th(Tue)	24th(Tue)
May	17th(Thr)	23rd(Wed)	18th(Fri)	8th(Tue)	29th(Tue)
June	21st(Thr)	27th(Wed)	22nd(Fri)	12th(Tue)	26th(Tue)
July	19th(Thr)	25th(Wed)	20th(Fri)	10th(Tue)	24th(Tue)
August	8th(Wed)	29th(Wed)	24th(Fri)	7th(Tue)	21st(Tue)
September	20th(Thr)	26th(Wed)	21st(Fri)	11th(Tue)	25th(Tue)
October	18th(Thr)	24th(Wed)	19th(Fri)	1st(Mon)	23rd(Tue)
November	22nd(Thr)	28th(Wed)	16th(Fri)	20th(Tue)	27th(Tue)
December	20th(Thr)	19th(Wed)	21st(Fri)	11th(Tue)	25th(Tue)
January	16th(Wed)	23rd(Wed)	18th(Fri)	8th(Tue)	29th(Tue)
February	21st(Thr)	27th(Wed)	22nd(Fri)	12th(Tue)	26th(Tue)
March	13th(Wed)	27th(Wed)	22nd(Fri)	12th(Tue)	19th(Tue)





Before receiving vaccination

Vaccination is available for the registered residents of Koka City. If you wish to have your child(ren) vaccinated, carefully read the vaccination guidelines or "Vaccination and Children's Health". Have your child receive vaccines once you understand the nature of and possible side effects to each vaccine. Make sure your child is in good health when receiving one.

Bring the followings on the day of your appointment

Vaccination questionnaire, maternity record book (required to receive vaccination), an ID such as health insurance card.

If the child needs to be accompanied by an adult other than parents to the vaccination appointment

If your child needs to be accompanied by an adult other than parents (even by grandparents in the same household), accompanying adult must present a proxy. Bring the completed proxy to the appointment and submit it with vaccination questionnaire in order to have the child vaccinated. Contact Sukoyaka Shien Ka to obtain the proxy form, or visit Sukoyaka Shien Ka or any Hoken center during business hours to pick it up. Form can be downloaded from Koka City home page as well.

Receiving vaccination at the designated medical facility

Refer to the list of the designated medical facilities on page 23&24 for more details on making appointments and available vaccinations.

If making appointment through Koka City

Phone number for making appointments: *0748-69-2170

Call between 10th and 25th of every month from 9:00am to 5:00pm (excluding weekends, holidays and during summer break). *Appointments can be made for the following months.

If you wish to receive vaccination at a medical facility outside of Koka City

If you wish to have your child vaccinated in other municipalities of Shiga, you may do so as long as it is at a Medical Facilities Supporting Expansion Program for Vaccination in Shiga Prefecture. Contact Sukoyaka Shien Ka 10 days in advance to complete the procedure.

Types of vaccination

Under the Preventive Vaccination Act, there are two types of vaccination: routine vaccination (parents have a duty to make efforts towards having child(ren) vaccinated) and optional vaccination.

Routine vaccination for children

Inactivated vaccine	Hib vaccine, pediatric pneumococcus, DPT-IPV (Diphtheria, pertussis, tetanus, inactivated polio vaccine), Polio, Hepatitis B, Japanese encephalitis, Human papilloma virus infection (cervical cancer prevention)
Live vaccine	BCG, Measles & Rubella (MR), Measles, Rubella, Chickenpox

Refer to page 10 for vaccination period and interval.

Optional vaccination for children

Live vaccine	Mumps	1 or 2 doses between 1 and 5 years old
	RotaTeq	2 doses at interval of over 4 weeks, taken between 6 to 24 weeks old
	Rotarix	3 doses at interval of over 4 weeks, taken between 6 to 32 weeks old

*Consult with your doctor for questions regarding these vaccines.

Interval between vaccine doses



Days between doses vary if for the same vaccine.

- Receiving different types of vaccines can be accommodated if permitted by your physician. Check with your physician first.

Vaccinations

Routine vaccination

Receive vaccination at a designated medical institution listed on page 23 & 24.

Contact Sukoyaka Shien Ka if you need vaccination questionnaire.

Vaccines			Age		Doses & Intervals	Vaccination questionnaire	Note
Inactivated vaccine	Hib		Between 2 mos and 1 day before 5th birthday	Between 2 mos and 1 day before turning 7 mos	Primary series: Complete 3 doses before 1st birthday with interval of 4 to 8 weeks Booster dose: After completing primary series, 1 booster between 7 mos and 13 mos	Enclosed in the Sukoyaka Set you receive when submitting notice of birth.	
				Between 7 mos and 1 day before 1st birthday	Primary series: 2 doses before 1st birthday with interval of 4 to 8 weeks Booster: After completing primary series, 1 booster between 7 mos and 13 mos		
				Between 1 yr and 5 yrs	1 dose		
	Pneumococcal vaccine		Between 2 mos and 1 day before 5th birthday	Between 2 mos and 1 day before turning 7 mos	Primary series: 3 doses before 2nd birthday with interval of more than 27 days Booster: After completing primary series, 1 dose after 1st birthday with more than 60 days since last dose		
				Between 7 mos and 1 day before 1st birthday	Primary series: 2 doses before 2nd birthday with interval of more than 27 days Booster: After completing primary series, 1 dose after 1st birthday with more than 60 days since last dose		
				Between 1 yr and 1 day before 2nd birthday	2 doses with more than 60 days interval		
				Between 2 yrs and 1 day before 5th birthday	1 dose		
Hepatitis B		Between 2 mos and 1 day before 1st birthday	3 doses (1st dose after age 2 mos, 2nd dose more than 27 days later, 3rd dose after more than 139 days since the 1st dose)				
Live vaccine	BCG		Between 5 mos and 1 day before 1st birthday	1 dose (usually between 5 mos and 7 mos)		Enclosed in the Sukoyaka Set you receive when submitting notice of birth.	
Inactivated vaccine	Polio	Inactivated poliovirus (IPV)	Primary: Between 3 mos and 1 day before turning 7 yrs and 6 mos Booster: Between 6 months after completing primary dose and 1 day before turning 7 yrs and 6 mos	Primary series: 3 doses with interval of more than 20 days Booster: 1 dose, 1 year after completing primary series		Questionnaire was individually sent to the eligible (born between April 2, 2010 and July 31st, 2012). Contact Sukoyaka Shien Ka for children born before April 1st, 2010, to receive this vaccine.	Not qualified if already received live polio vaccine twice. 3 doses are required if received only 1 dose thus far. If received inactivated polio vaccine(s), subtract the number of received vaccination(s) from total of 4 to calculate the remaining required doses.
		Diphtheria Pertussis Tetanus (DPT)	DPT&IPV	Stage 1 primary: Between 3 mos and 1 day before turning 7 yrs and 6 mos Stage 1 booster: Between 6 mos after completing stage 1 primary and 1 day before turning 7 yrs and 6 mos	Stage 1 primary: 3 doses with interval of more than 20 days Booster: 1 dose, 3 years after completing stage 1 primary		Enclosed in the Sukoyaka Set you receive when submitting notice of birth.
	DT		Stage 2: Between 11 yrs to 2 days before 13th birthday	Stage 2: 1 dose		Distributed to elementary school students in 6th grade.	If possible, have your child vaccinated before the end of summer break in 6th grade.
Live vaccine	Measles & Rubella		Stage 1: 1 yr to 1 day before 2nd birthday	Stage 1: 1 dose		Enclosed in the Sukoyaka Set you receive when submitting notice of birth.	If possible, have your child vaccinated as soon as reached 1 year old.
			Stage 2: <u>During the year before entering elementary school</u>	Stage 2: 1 dose		Questionnaire will be sent to the eligible (born between April 2, 2011 and April 1st, 2012).	If possible, have your child vaccinated by August.
	Chickenpox		Between 1 yr to 1 day before 3rd birthday	2 doses with 6 months intervals		Enclosed in the Sukoyaka Set you receive when submitting notice of birth.	If possible, have your child vaccinated as soon as reached 1 year old.
Inactivated vaccine	Japanese encephalitis	Born after April 2nd, 2007	Stage 1 primary: Between 3 yrs and 1 day before turning 7 yrs and 6 mos Stage 1 booster: Between 6 mos after completing stage 1 primary and 1 day before turning 7 yrs and 6 mos Stage 2: Between 9 yrs and 2 days before 13th birthday (usually during 4th grade)	Stage 1 primary: 2 doses with interval of 6 to 28 days Stage 1 booster: 1 dose, 1 year after completing stage 1 primary		Enclosed in the Sukoyaka Set you receive when submitting notice of birth.	
				Stage 2: 1 dose		Distributed to elementary school students in 4th grade.	
				Stage 1 primary: 2 doses with interval of 6 to 28 days Stage 1 booster: 1 dose, 1 year after completing stage 1 primary Stage 2: 1 dose after 9th birthday (recommended to receive 5 years after stage 1 booster)		Questionnaire for stage 2 vaccination will be distributed to those who were born between April 2, 2000 and April 1, 2001.	
			Special accomodation 1	Specially accomodated if born between April 2, 1998 and April 1, 2007 AND 2 days before 20th birthday.	Stage 1 primary: 2 doses with interval of 6 to 28 days Stage 1 booster: 1 dose, 1 year after completing stage 1 primary Stage 2: 1 dose, 1 week after completing stage 1 booster.		Questionnaire for stage 2 vaccinatr will be distributed to the 4th grades
		Special accomodation 2	Specially accomodated if born between April 2, 2007 and October 1, 2007 AND 2 days before 13th birthday.				
	Human papillomavirus		Female adolescents born between April 2, 2002 and April 1, 2007 (usually administered during the first year of junior high school) *HPV vaccination is not actively promoted.		3 doses of the same type (either Cervarix or Gardasil). Second dose is recommended 1 to 2 months after the first dose (varies by vaccine type), and the third dose is recommended 6 months after the first dose.	Contact Sukoyaka Shien Ka to receive this vaccine.	Interval between first and second dose varies by type of vaccines.





Vaccination schedule for children

Each vaccination has specific schedules and doses. Refer to the below chart to plan vaccination schedule to keep track.

Vaccine		Age		Birth	1	2	3	4	5	6	7	8	9	10	11	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19							
		mo	mos	mos	mos	mos	mos	mos	mos	mos	mos	yr	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs								
Hib				Between 2 mos and 1 day before 5th birthday (doses vary by starting age) 1st dose : 2nd dose : 3rd dose → After completing primary series, 1 booster between 7 mos to 13 mos																																					
Pneumococcal vaccine				Between 2 mos and 1 day before 5th birthday (doses vary by starting age) 1st dose : 2nd dose : 3rd dose → After completing primary series, booster after 1st birthday with more than 60 days since last dose																																					
Hepatitis B				3 doses between 2 mos and 1 day before 1st birthday 1st dose : 2nd dose : 3rd dose																																					
BCG									1 dose between 5 mos and 1 day before 1st birthday																																
Polio	Inactivated poliovirus (IPV)			4 doses between 3 mos and 1 day before 7 yrs and 6 mos (receive DPT&IPV, or IPV) 1st dose : 2nd dose : 3rd dose → Booster: 1 dose, 1 year after completing primary series																																					
	DPT&IPV			4 doses between 3 mos and 1 day before 7 yrs and 6 mos 1st dose : 2nd dose : 3rd dose → Booster: 1 dose, 1 year after completing primary series																																					
Diphtheria Pertussis Tetanus (DPT)	DT																										1 dose between 11 yrs and 2 days before 13th birthday Stage 2														
Measles & Rubella														1 dose between 1 yr to 1 day before 2nd birthday Stage 1						1 dose during the year before entering elementary school Stage 2																					
Chickenpox														2 doses after 1st birthday and 1 day before 3rd birthday, with more than 6 months interval 1st dose : 2nd dose																											
Japanese encephalitis	Born after October 2, 2009																3 doses between 3 yrs and 1 day before turning 7 yrs and 6 mos 1st dose : 2nd dose → booster				1 dose between 9 yrs and 2 days before 13th birthday Stage 2																				
	Born between April 2, 1997 and October 1, 2009 AND 2 days before 13th birthday																								1st dose	2nd dose	→ Booster Stage 2														
	Born between April 2, 1998 and April 1, 2007 AND 2 days before 20th birthday																									1st dose	2nd dose	→ Booster Stage 2													
Human papillomavirus																					3 doses completed in 1 year (between 6th grade and 1st grade in high school) 1st dose : 2nd dose : 3rd dose																				

Pneumococcal vaccine for seniors aged 65 and above

高齢者の肺炎球菌感染症予防接種(65歳以上)

25% to 40% of adult pneumonia cases are caused by *Streptococcus pneumoniae*, and the severity of illness among seniors has become an increasing problem. *Streptococcus pneumoniae* is one of the bacteria that causes infections such as pneumonia, middle ear infections, sinusitis, bronchitis, meningitis. About 50% of pneumococcal pneumonia cases among seniors are said to be due to this bacteria.

Eligibility

Registered residents who have not yet received a pneumococcal vaccine AND meet either requirement 1 or 2 below.

1: Have his/her 65th, 70th, 75th, 80th, 85th, 90th, 95th or 100th birthday between April 1, 2018 and March 31, 2019.

2: Aged between 60 and 64 with grade 1 physical disability certificate who is suffering from heart, kidney, respiratory dysfunction or HIV/AIDS.

Fee

2500 yen (pay at the cashier)

Bring

Health insurance card or latter stage elderly healthcare system insurance card, vaccination fee of 2500 yen, physical disability certificate (if required).

Vaccination period

Between April 1, 2018 and March 31st, 2019 (details on dates vary by medical institution).

Participating Medical Institutions

	Medical Institutions	Address	Phone			Medical institutions	Address	Phone	
Minakuchi	Asada Clinic	Higashi Nasaka 226-1	69-7755	Reservation required	Koka	Oki Iin	Oki 2089	88-4072	Reservation required
	Iwaya Iin	Nakayashiki 2-10	62-0053	Visit directly		Koka Chuo Shinryosho	Tadono 916-4	88-5106	Reservation required
	Oota Iin	Mushono Chuo 81-2	63-3553	Visit directly		Furunishi Iin	Haisaka 833-141	88-5575	Visit directly
	Kimura Iin	Mushono 1015-9	62-2143	Reservation required		Masuda Naika Iin	Taki 2231-1	88-2277	Reservation required
	Koka Byoin	Matsuo 1256	62-0234	Reservation required	Konan	Imamura Iin	Fukawa 2201	86-2119	Reservation required
	Kondou Iin	Shinjo 696	63-0530	Reservation required		Konan Byoin	Katsuragi 958	86-3131	Reservation required
	Tashiro geka/seikei	Izumi 1272	62-0635	Visit directly		Takeuchi Riumachika	Nojiri 77-1	86-8205	Reservation required
	Tsubasa Clinic	Ayano 3-33	63-7766	Visit directly		Seikei Geka			
	Nakagawa Naika Iin	Minakuchi 5546-4	65-5410	Reservation required		Tera Iin	Kibogaoka Honmachi 6 chome 857-81	86-1112	Reservation required
	Hayami Iin	Kitazumi 1 chome 128	65-3211	Visit directly		Heart Clinic Kokoro	Nojiri 411	86-0011	Reservation required
	Hirakawa Clinic	Higashi Nasaka 184-2	63-6373	Visit directly		Furu Clinic	Terasho 1098	86-3135	Reservation required
	Fukai Clinic	Bannakayama 3802	65-4100	Reservation required	Shigaraki	Shigaraki Clinic	Nagano 619-1	82-7833	Reservation required
	Minakuchi Shinryosho	Kibukawa 293-1	62-3346	Reservation required		Shigaraki Chuo Byoin	Nagano 473	82-0249	Reservation required
	Minakuchi Naika/Shokaki Naika	Minami Hayashiguchi 47-2	63-2100	Reservation required		Shigaraki Byoin	Maki 997	83-0101	Reservation required
	Minakuchi Byoin	Honmachi 2 chome 2-43	62-1212	Reservation required		Nozaki Iin	Nagano 1335	82-7887	Reservation required
	Murakami Seikei Geka Clinic	Mushono 1095-4	63-7751	Visit directly	※Vaccination dates, time and stocks varies by medical institutions. Contact directly for more details. ※If you wish to receive vaccination outside of the above-listed, contact Sukoyaka Shien Ka in advance.				
	Yamada Geka Iin	Yasaka 2-29	62-0893	Visit directly					
	Yamamoto Naika Geka Clinic	Mushono Chuo 111	62-9559	Reservation required	Exemption for vaccination fee: Vaccination fees will be exempted for households receiving welfare, households excluded from residential taxation and households exempted from resident taxes.				
Uda Iin	Kitatsuchiyama 1684-1	66-1050	Reservation required						
Tsuchiyama	Kariyushi Clinic	Oono 401	67-0155	Reservation required					
	Kawabata Iin	Tokuhara 451	67-0018	Visit directly					
	Nakanishi Iin	Kitatsuchiyama 1433-2	66-0712	Reservation required					

※Vaccination dates, time and stocks varies by medical institutions. Contact directly for more details. ※If you wish to receive vaccination outside of the above-listed, contact Sukoyaka Shien Ka in advance.

Exemption for vaccination fee:

Vaccination fees will be exempted for households receiving welfare, households excluded from residential taxation and households exempted from resident taxes.

Refer to page 2 of this calendar for more details.



- Screening is free for seniors aged 70 and above (born before April 1, 1949).
- Target age for all screenings is as of April 1, 2018 (March 31, 2019 for cervical cancer screening received at a designated medical).
- Each screening should be received only once between April 2018 and March 2019. Screenings for cervical cancer and breast cancer should be received every 2 years.
- Screening are available to those who are registered Koka residents. Fees must be paid in full if non-registered residents receive screenings.

※ List of cancer screenings provided by Koka City. Read the below carefully before receiving a screening

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Page 15 to 16

Screenings	Receive	Age	Fee & Items to bring	Screening details	Screening is not available if you	Note
Stomach cancer Once a year	With group	40 and above Born before April 1, 1979	900 yen hand towel health record book	Questionnaire, stomach x-ray with barium	<ul style="list-style-type: none">• can't support your own body weight.• can't rotate your body as directed.• have removed part(s) of stomach or had stenosis or perforation of digestive organ.• are constipated.• are allergic to barium.• have mistakenly swallowed barium into windpipe.• are pregnant or possibly pregnant.• have been diagnosed with gastropathy and are currently receiving treatments.	<p>■ Screening in the morning: No food except water after 9 pm of the night before. Water must not be consumed after 6 am on the day of screening.</p> <p>■ On the day of your screening, do not smoke until the test is finished.</p>
	At designated hospitals/clinics	Between 40 and 74 Born between April 2, 1944 and April 1, 1979				
Lung cancer Once a year	With group	40 and above Born before April 1, 1979	200 yen ★Additional 500 yen for a sputum test health record book	Questionnaire, chest x-ray, sputum test	<ul style="list-style-type: none">• have had some blood in your phlegm in the past 6 months.• are pregnant or possibly pregnant.• have been diagnosed with pulmonary disease and are currently receiving treatments.	<p>■ Receive x-ray in underwear with no metal parts and in plain shirt (no buttons, snaps, zippers, heavy imprinted decorations or designs with glitter).</p> <p>★Sputum test must be taken together with lung cancer screening.</p> <p>★Sputum test is available for 50 years old and above whose smoking index is above 600 (smoking index is calculated as the number of cigarettes smoked per day multiplied by years one has smoked).</p>
	At designated hospitals/clinics	Between 40 and 74 Born between April 2, 1944 and April 1, 1979				
Colorectal cancer Once a year	With group	40 and above Born before April 1, 1979	500 yen health record book	Fecal occult blood test (stool samples of 2 days)	<ul style="list-style-type: none">• have received gastrointestinal tract operation.• have hemorrhoid.• your stool may contain some blood (If so, visit your doctor to receive screening).• have been diagnosed with colorectal disease and are currently receiving treatments.	<p>■ One family member can bring home sample containers for his/her family members.</p> <p>■ Collecting & submitting samples for screening,</p> <p>①Receive containers to collect stool samples.</p> <p>②Collect stool samples for 2 days.</p> <p>③Submit your samples to designated location.</p>
	At designated hospitals/clinics	Between 40 and 74 Born between April 2, 1944 and April 1, 1979				

Page 15 to 16	Screenings	Receive	Age	Fee & Items to bring	Screening details	Screening is not available if you	Note
	Breast cancer	With group	40 and above Born before April 1, 1979	1500 yen health insurance card health record book	Questionnaire, mammography (2 directions for 40 and above, 1 direction for 50 and above)	<ul style="list-style-type: none"> • have a pacemaker. • have received VP shunt surgery. • have received breast augmentation surgery • are pregnant or possibly pregnant. • are breastfeeding. • have lump(s) in breast. • have abnormal discharge from nipple(s). • have had breast cancer in the past. • have been diagnosed with breast disease and are currently receiving treatments. 	■ This screening should be taken every 2 years.
	Every 2 years	At designated hospitals/clinics					
	Cervical cancer	With group	30 and above Born before April 1, 1989	1000 yen sanitary napkin health record book	Questionnaire, pelvic examination, cervical cell testing	<ul style="list-style-type: none"> • have had utero-ovarian disease. • have had surgery on uterus. • are pregnant or possibly pregnant. • have been diagnosed with hysteropathy and are currently receiving treatments. 	■ This screening should be taken every 2 years. ■ Reminder: ① Avoid receiving your screening while on and shortly after your period, as the test result may not be accurate. ② Receive your screening at a designated medical institution (listed on page 16) if you have never had a sexual intercourse.
	Every 2 years	At designated hospitals/clinics	20 and above Born before March 31, 1999	1700 yen health insurance card health record book			

The lifetime risk of developing cancer is said to be 1 in 2.

Receive cancer screenings while you are healthy.

Receiving city-provided cancer screenings is beneficial!

Early detection, early treatments, low medical expenses

Receiving cancer screening even with no apparent signs of symptoms is strongly encouraged because early detection can increase chances of recovery. Further if treated early, medical bills will be low. It should be noted, however, that cancer screenings cannot detect all abnormalities; some cancerous cells are difficult to detect and some of them may develop

Q: Why beneficial?

A: Lower screening fees!

City-provided cancer screening fee is only about 10 to 20 % of the actual cost.

Regardless of one's health insurance coverage, city-provided cancer screenings are available to anybody as long as his/her address is registered with Koka City.

If you are not currently receiving cancer screenings/treatments through

Group cancer screening

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集団で受ける「がん検診」

Reservation required

The following group cancer screenings can be received once a year (once every 2 years for breast and cervical cancer screening) with your medical expenses partially covered by subsidy. Applicants are required to make a reservation as each date has a limited number of seats. It should be noted that if the number of reservations did not reach 20 seats, the screening session will not be held.

Reservation Call below number to reserve a seat for stomach, lung, breast or cervical cancer screening.

Reservation should be made between May 8 (mon) and May 19 (Fri) *excluding weekend

Call 0120-614-515 between 9:00 am and 6:00 pm

* Call back later if the line is busy (the first day of reservation period tends to be busy).

Note Starting this year, reservation period is only once a year. This year's reservation period is above dates only.

Dates for group screening

Date	Location	Stomach, Lung	Colorectal	Breast, Cervical	Specific Health Checkup
		Male 9:00am to 9:30am Female 9:45am to 10:15am	9:00am to 11:00am	①1:30pm to 2:00pm ②2:30pm to 3:00pm	9:00am to 11:00am
5/30(Wed)	Tsuchiyama Kaihatsu Center	○	○		○
5/31 (Thr)	Tsuchiyama Kaihatsu Center	○	○	○	○
6/1 (Fri)	Hekisui Hall	○	○	○	
6/2 (Sat)	Hekisui Hall	○	○	○	
6/13 (Wed)	Koka HC	○	○	○	○
6/15 (Fri)	Konan Komin Kan	○	○	○	○
6/16 (Sat)	Konan Komin Kan	○	○	○	○
6/20 (Wed)	Hekisui Hall	○	○		○
6/21 (Thr)	Hekisui Hall	○	○		○
6/27 (Wed)	Shigaraki Kaihatsu Center	○	○	○	○
6/28 (Thr)	Shigaraki Kaihatsu Center	○	○		○
7/4 (Wed)	Hekisui Hall	○	○	○	

What to know before your cancer screening

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○ If you have any symptoms that concerns you, consult with your physician and receive cancer screening at a medical institution. Further, you cannot receive cancer screening for the same cancer that you are currently receiving treatments for.

○ **Stomach cancer screening:** Food and liquid intake have certain limitations before your screening. Due to the nature of screening procedure, you must be able to support your body weight by your hands/arms. If you cannot support your body weight on your own thus risk falling from examination table, please avoid receiving this screening.

○ **Colon cancer screening:** You cannot take cityIf your stool contain blood or suspect blood in stool.

○ **Breast cancer and Cervical cancer screening:** Screening should be received once every 2 years. If you are unsure of the date of your last screening, contact Sukoyaka Shien Ka at 0748-69-2168.

○ If your test result comes back as "detailed examination required" (せいみつけんさが ひつよう), follow necessary steps to receive a detailed examination.

○ For other reminders, refer to page 13 and 14.

Date	Location	Stomach, Lung	Colorectal	Breast, Cervical	Specific Health Checkup
		Male 9:00am to 9:30am Female 9:45am to 10:15am	9:00am to 11:00am	①1:30pm to 2:00pm ②2:30pm to 3:00pm	9:00am to 11:00am
7/11 (Wed)	Konan Komin Kan	○	○	○	
7/19 (Thr)	Hekisui Hall	○	○	○	○
9/20 (Thr)	Hekisui Hall	○	○		
9/28 (Fri)	Konan Komin Kan	○	○		○
9/29 (Sat)	Konan Komin Kan	○	○	○	
10/12 (Fri)	Shigaraki Taiiku Kan	○	○	○	○
10/20 (Sat)	Minakuchi Shakai Fukushi Center	○	○	○	○
11/5 (Mon)	Minakuchi Shakai Fukushi Center	○	○	○	
11/6 (Tue)	Tsuchiyama Kaihatsu Center	○	○	○	○
11/12 (Mon)	Koka HC	○	○		○
11/13 (Tue)	Koka HC	○	○	○	○
11/16 (Fri)	Minakuchi Shakai Fukushi Center	○	○	○	

Cancer screening at medical institutions

いりょう き かん う けんしん
医療機関で受ける「がん検診」

Stomach, lung & colorectal cancer screening 40 to 74 years old (Born between April 2 1944 and April 1 1979)

Cervical cancer screening 20 and above Born before March 31 1999

Breast cancer screening 40 and above Born before April 1 1979

Eligible age

•Upon making a reservation and receiving the screening, be sure to inform that you would like to receive city-provided cancer screening “こうかしの けんしんを うけたい”.

Designated medical institution	Address and phone number	Reservation Ask for screening date upon making reservation	Cancer screenings (screening interval) & screening period				
			Stomach cancer (once a year)	Lung cancer (once a year)	Colorectal cancer (once a year)	Cervical cancer (once every 2 years)	Breast cancer (once every 2 years)
Koka Byoin	Minakuchicho Matsuo 1256 (65-1612)*direct number	By phone Call between 1:00pm and 5:00pm Mon thru Fri (excluding Sundays and holidays)	Three-screening set is held between June and December (Reservation accepted from May 1 (Tue))			All year	All year
				June to December (Reservation starts from May 1)			
Konan Byoin	Konancho Katsuragi 958 (86-3131)	By phone or visit Make reservation between 1:00pm and 5:00pm on Mon thru Sat (excluding Sundays and holidays)	May to March	All year	All year Receive container by February	All year	All year
Shigaraki Chuo Byoin	Shigarakicho Nagano 473 (82-0249)	Visit between 8:30am and 5:15pm on Mon thru Fri. June and February (excluding Sundays and holidays)	June to March	June to March	June to March Receive container by February		
Shinai Ladies Clinic	Minakuchicho Mushono 1098-1 (63-3321)	No reservation required (open during business hour).				All year	
Hamada Clinic	Minakuchicho Minakuchi 5992-1 (65-3737)	On the Internet. Mon thru Sat (excluding Sundays and holidays) between 8:30am to 2:00pm.				All year	
Hino Kinen Byoin	Hinocho uenoda 200-1 (0748-52-4725)*direct number	By phone From Mon thru Fri between 2:00pm and 4:00pm Saturday between 9:00am and 12:00pm (excluding Sundays and holidays)				All year	All year
Other medical institutions located in Koka City	Refer to the List of Designated Medical Institutions on page 23 & 24.	Some medical institutions require reservation.			All year Receive container by February		
Medical institutions located outside of Koka City	Refer to Shiga designated medical institutions listed on Koka City homepage	Contact the medical institution directly.				All year	

*Cervical and breast cancer screening should be received once every 2 years. Not eligible if you received one during last fiscal year (between April 2017 and March 2018). If received by mistake, you may be asked to refund the actual screening fee (approximately 10,000 yen). If the last day of your screening is unknown, contact Sukoyaka Shien Ka at 69-2168.

Important

- If cancelling your reservation made with a medical institution, make sure to call directly.
- For inquiries other than reservation, contact Sukoyaka Shien Ka at 69-2168..

Screenings and checkups at medical institution 医療機関で受ける検診・検査

• Upon making a reservation and receiving the screening, be sure to inform that you would like to receive city-provided cancer screening "こうかしの けんしんを うけたい".

Tuberculosis screening

Screening Between June 2018 and January 2019

Eligible 65 and above (born before April 1, 1954)

Screening Chest X-ray **Fees** Free **Bring** Health insurance card

- Refer to the List of Designated Medical Institutions on page 23 & 24. ※Some medical institutions require reservation.
- If you are receiving lung cancer screening this fiscal year, you do not need to receive tuberculosis screening.
- You can take tuberculosis screening together with the specific health checkup and basic health checkup. Inform your medical institution that you would like to add tuberculosis screening "けっかくけんしんも うけたい".

Hepatitis B & C screening

Screening Between June 2018 and January 2019

Eligible 40 and above (born before April 1, 1979)

Screening Questionnaire, blood test

Bring 1,000 yen (Free for 70 and above. Refer to page 2 for available subsidy), health insurance card

- Refer to the List of Designated Medical Institutions on page 23 & 24. ※Some medical institutions require reservation.
- Not eligible if you are currently receiving treatments for hepatitis or have received treatments in the past.

Helicobacter pylori screening

Screening Between April 2018 and March 2019

Eligible 40 years old (born between April 2, 1978 and April 1, 1979)

Screening Questionnaire, blood test (test for Helicobacter pylori, test for pepsinogen).

Bring 3,000 yen, health insurance card

- Refer to the List of Designated Medical Institutions on page 23 & 24. ※Some medical institutions require reservation.
- Not eligible if you: have received treatment (including screening) to eliminate infections, are currently treating duodenum disease, are experiencing digestive symptoms (stomach pain, nausea, vomiting etc) and suspect stomach or duodenum disease, or have received gastrectomy.
- If the test result is positive, endoscopy is required to determine if the medical treatment to eliminate infections will be covered by health insurance. Ask your physician for more details.

Osteoporosis screening

Eligible 40, 45, 50, 55, 60, 65, 70 years old females.
Refer to the below age table to see your eligibility.

Screening Questionnaire, measurement of bone mineral density

Bring 500 yen (Free for 70 and above. Refer to page 2 for available subsidy), health insurance card

Designated medical institutions	Reservation	Screening dates
Konan Byoin Konancho Katsuragi 958 Phone: 86-3131	No reservation required. Apply at the reception window.	Monday thru Saturday between 9:00am and 4:30pm (excluding Sundays & holidays). For more details, contact your physician.
Minakuchi Shinryojo Minakuchicho Kibukawa 293-1 Phone: 62-3346	Reserve over the phone one month before your appointment. Open from April to October between Monday and Friday (excluding Sun. & holidays) from 1:00pm to 4:00pm	May thru November Mon, Wed, & Fri. Screening starts from 2:00pm ※For days and time other than listed above, consult with your physician.
Shigaraki Byoin Shigarakicho Maki 997 Phone: 83-0101	No reservation required. Apply at the reception window.	May thru October Mon thru Fri. (excluding Sundays & holidays). Reception between 9:00am and 11:00am. For more details, contact your physician.
Shigaraki Chuo Byoin Shigarakicho Nagano 473 Phone: 82-0249	No reservation required. Apply at the reception window.	May thru November Mon thru Fri. (excluding Sundays & holidays). Reception between 8:30am and 4:30pm. For more details, contact your physician.

Age	Age table
40 years old	Born between April 2, 1978 and April 1, 1979
45 years old	Born between April 2, 1973 and April 1, 1974
50 years old	Born between April 2, 1968 and April 1, 1969
55 years old	Born between April 2, 1963 and April 1, 1964
60 years old	Born between April 2, 1958 and April 1, 1959
65 years old	Born between April 2, 1953 and April 1, 1954
70 years old	Born between April 2, 1948 and April 1, 1949

Periodontal disease screening

し しゅうしつかんけんしん
歯周疾患検診

Reservation required

Eligible Between 30 and 70 years old (born between April 2, 1948 and April 1, 1989) who is not currently receiving dental treatment.

Screening

- Dental checkup (examining oral health).
- X-rays of teeth.
- Consultation

Reservation Call or visit the below designated dental clinic to make an appointment. Be sure to inform that you would like to receive city-provided periodontal disease screening "こうかしの ししゅうしつかん けんしんを うけたい".

Screening period Between April 2018 and March 2019

Bring 500 yen (Free for 70 and above. Refer to page 2 for available subsidy).

Health record book, health insurance card (for identity verification purpose).

Note Additional charges for exam and treatment may occur depending on the result of this screening.

List of the designated dentists

	Dentist	Address	Phone
Minakuchi	Apple Dental Clinic	Izumi 1405 (Inside Beisia)	69-7441
	Izumi Shika Iin	Kita Izumi 1 chome 49	65-3363
	Kimura Shika Clinic	Joto 4-8	63-0118
	Kengo Dental Clinic	Mushono 1015-7	62-2222
	Koka Byoin	Matsuo 1256	65-1612 *direct line
	Sakura Shika	Motoayano 566-1 (2nd floor of Al Plaza Minakuchi)	65-4617
	Dai 2 Banba Shika Iin	Mushono Chuo 115	62-4864
	Tani Shika Iin	Kojogaoka 610-269	63-3377
	Tomiyama Shika Iin	Higashi Nasaka 78	63-5300
	Nishida Shika Clinic	Bannakayama 2545	62-2022
	Banba Shika Iin	Kibukawa 561-1	62-2307
	Hori Shika Iin	Honmachi 1 chome 4-34	62-0155
	Matsuda Shika Clinic	Minakuchi 5996-1	63-0632
	Mine Shika Clinic	Matoba 97	63-2242
	Monya Shika Clinic	Higashi Nasaka 276	65-3006
	Yasui Shika Iin Minakuchi Shinryojo	Kitawaki 430	62-7650

	Dentist	Address	Phone
Tsuchiyama	Kuwana Shika Clinic	Maeno 138-17	67-1135
	Himawari Shika Clinic	Kitatsuchiyama 1491-2	66-1822
Koka	Ekubo Shika	Ueno 1202	88-6480
	San Shika	Tadono 932-3	88-8033
	Nishida Shika Iin	Ooharanaka 1072-9	88-4334
	Yasui Shika Iin	Ookubo 145	88-5522
Konan	Imamura Shika Iin	Fukawa 2201	86-6386
	Kimura Shika Iin	Noda 451	86-6755
	Sanaoka Shika Iin	Terasho 1081	86-2010
	Takemura Shika Iin	Terasho 952	86-2145
Shigaraki	Iida Shika Iin	Nagano 454-6	82-8148
	Ooya Shika Iin	Nagano 1221-6	82-0713
	Muraki Shika Iin	Nagano 632	82-2755

Sorted by area and in alphabetical order



Basic health checkup

きほんけんしん
基本健診

If possible, receive checkup with empty stomach (no food consumed for more than 10 hours).

Eligible Between 16 and 39 years old (Born between April 1, 1979 and April 1, 2003).

Checkup Body measurement (height, weight, waist), health examination, urinalysis, blood pressure, blood test (lipid, liver & kidney function, anemia, blood sugar).

Fee 1000 yen (Refer to page 2 for available subsidy).

Bring Checkup fee, health record book (if available), health insurance card.

Basic health checkup now available at medical institution

Designated medical institution	Address and Phone	Reservation	Screening date
Minakuchi Shinryojo	Minakuchicho Kibukawa 293-1 0748-62-3346	Call ahead to reserve between Mon. and Fri. (excluding holidays) from 1:00pm to 4:00pm.	June to January, 2019 Check the date when making reservation.
Shigaraki Chuo Byoin	Shigarakicho Nagano 473 0748-82-0249	No reservation required: visit directly.	June to January, 2019 between Mon. and Fri. (excluding holidays) from 9:00am to 11:30am.

Group checkup

Reservation required for day care

Date	Location	Reception hour	
		9:00am to 11:00am	6:00pm to 7:30pm
5/31 (Thr)	Tsuchiyama Kaihatsu Center	○	
6/13 (Wed)	Koka Hoken Center	○	
6/16 (Sat)	Konan Komin Kan	○	
6/20 (Wed)	Hekisui Hall	○	
6/28 (Thr)	Shigaraki Kaihatsu Center	○	
7/4 (Wed)	Hekisui Hall	○	
7/20 (Wed)	Minakuchi Shakai Fukushima Center		○
9/29 (Sat)	Konan Komin Kan	○	
10/4 (Thr)	Suntopia Minakuchi	○ Day care available	
10/20 (Sat)	Minakuchi Shakai Fukushima Center	○	
10/26 (Fri)	Minakuchi Shakai Fukushima Center		○
11/13 (Tue)	Koka Hoken Center	○	
11/16 (Fri)	Minakuchi Shakai Fukushima Center	○	

Day care is available for prekindergarteners. If you wish to apply for the day care, reserve with Sukoyaka Shienka at 69-2168 7 days prior to your checkup date. Please be reminded that the day care has a limited number of seats.

Health & nutrition

けんこうそうだん えいようそうだん
健康相談・栄養相談

consultation

Reservation required

Consultation Consultation about health checkup results, consultation on body, emotional health, and nutrition.

Time 9:30am to 11:00am (30 min of consultation per person)

Location Hoken Center in each area (Minakuchi, Tsuchiyama, Koka, Konan & Shigaraki)

Reservation Make your reservation at the Hoken Center in your area to receive consultations.

Minakuchi Hoken Center Phone: 62-5336

Tsuchiyama Hoken Center Phone: 66-1105

Koka Hoken Center Phone: 88-6556

Konan Hoken Center Phone: 86-5934

Shigaraki Hoken Center Phone: 82-3113

Health lecture

Class for improving blood flow with exercise

Reservation required

amount of exercise? In this fun class, the participants will learn about health with emphasis on exercising.

Eligible Between 16 and 64 years old

Seat 30 per class

Day care available for 0 to 3 year-old prekindergarteners. 10 seats.

Class September 14th (Fri) from 1:30am to 3:30am (Reception from 1:00pm)
October 24th (Wed) from 9:30am to 11:30am (Reception from 9:00am)
Same lecture will be given on both days.

Location Suntopia Minakuchi (Minakuchicho Kitanaiki 1-2)

Class Demonstration of simple exercise, lifestyle related diseases, basic knowledge on nutrition.

Bring Pen & paper, a towel, drinks
※Come in comfortable clothes and shoes.

Application Enroll via phone or FAX 1 week before the class you would like to attend.
Inquiry: Sukoyaka Shien Ka Phone: 0748-69-2168 FAX: 0748-63-4085

Specific checkup (checkup for National Health Insurance holders)

とくていけんしん こくみんけんこうほけんか にゅうしゃ けんしん
特定健診 (国民健康保険加入者の健診)

Refer to the information mailed to each applicable NHI holder (Details to be mailed between May and June).

Checkup Body measurement (height, weight, waist), health examination, urinalysis, blood pressure, blood test (lipid, liver and kidney function, anemia, blood sugar).

Fee Free

Bring Specific checkup slip (pink color), NHI card, questionnaire for specific checkup, health record book (if available).

Group

Eligible Between 40 and 64 years old (born between April 1, 1954 and March 31, 1979).

Date with ● offers stomach, lung and colorectal cancer screening with specific checkup.

Date	Location	Reception hour	
		9:00am to 11:00am	6:00pm to 7:30pm
5/30 (Wed)	Tsuchiyama Kaihatsu Center	●	
5/31 (Thr)	Tsuchiyama Kaihatsu Center	●	
6/13 (Wed)	Koka Hoken Center	●	
6/15 (Fri)	Konan Komin Kan	●	
6/16 (Sat)	Konan Komin Kan	●	
6/20 (Wed)	Hekisui Hall	●	
6/21 (Thr)	Hekisui Hall	●	
6/27 (Wed)	Shigaraki Kaihatsu Center	●	
6/28 (Thr)	Shigaraki Kaihatsu Center	●	
7/19 (Thr)	Hekisui Hall	●	
7/20 (Fri)	Minakuchi Shakai Fukushi Center		○
9/28 (Fri)	Konan Komin Kan	●	
10/12 (Fri)	Shigaraki Taiiku Kan	●	
10/20 (Sat)	Minakuchi Shakai Fukushi Center	●	
10/26 (Fri)	Minakuchi Shakai Fukushi Center		○
11/6 (Tue)	Tsuchiyama Kaihatsu Center	●	
11/12 (Mon)	Koka Hoken Center	●	
11/13 (Tue)	Koka Hoken Center	●	

Medical institution

Eligible Between 40 and 74 years old (Born between October 1, 1943 and March 31, 1979).

Location Details will be available in the enclosed mail.

Specific health guidance

Based on the result of specific checkup, specialists (public nurse and nutritionist) will give advices on eating habits and exercise to those who are categorized as high risk group of developing lifestyle related diseases and in need of improving lifestyle.

Eligible Details will be mailed to the eligible individuals.

★ Subsidy for complete physical examination (Ningen Dock)

If received the complete physical examination (Ningen Dock) without receiving special checkup, a half of its medical cost will be subsidized (maximum 20,000 yen or 30,000 yen if includes checkup for brain). Subsidy requires applicants to meet few requirements, and application needs to be submitted beforehand. For more details, contact Hoken Nenkin Ka at 69-2141.

Health checkup for latter stage elderly 健康診査

healthcare system beneficiaries (後期高齢者医療保険加入者の健診)

Details will be mailed between June and July for the eligible persons.

To those who will have 75th birthday between June and September, information will be mailed around the end of the next month of your birth month.

※Will not be eligible for the special checkup if you are currently seeing a physician for lifestyle related diseases or have the certification of needed long-term care. However, if you were not eligible before but recently stopped seeing your physician or currently not receiving regular checkup for lifestyle related diseases, contact Koki Koreisha Iryou Kakari of Hoken Nenkin Ka at 69-2142.

If you need help, contact us. You are not alone!
Mental Health, Daily Life, and Illness Related Consultations

* These services are not available on national holidays or New Year's holidays.

Physical and Mental Health Consultations

- Koka City Hall** (Monday to Friday - 8:30am to 5:15pm)*
 Health Support Division (Sukoyaka Shien Ka)-----0748-69-2167
 Disability Services Division (Shogai Fukushima Ka)-----0748-69-2162
 Any of the medical centers-(Telephone numbers can be found on
 the back of the Health Check Calendar booklet)
- Koka Health Center**-----0748-63-6148
 Monday to Friday - 9am to 4pm*

Mental Health Consultations

- Shiga Prefecture Suicide Prevention Information Center**
 Phone Consultations-----077-566-4326
 Every day - 9am to 9pm (except New Year's holidays)
- Shiga Lifeline (Shiga Inochi no Denwa)**-----077-553-7387
 Friday, Saturday, Sunday – 10am to 10pm
- Kokoro no Denwa Sodan**-----077-567-5560
 Monday to Friday – 10am to 12pm, 1pm to 9pm*

Marriage, Couples, Family, and Work Relations Consultations

- Koka City Hall Human Rights Promotion Division (Jinken Suishin Ka)**
 0748-69-2149
 (Danjo no Nayami-goto Sodan Madoguchi) Priority to reservations.
 Monday, Wednesday, Friday – 9am to 4pm*

Finance Related Consultations

- Koka City Shohi Seikatsu Center**-----0748-69-2147
 Monday to Friday – 9:30am to 5pm*
- Shiga Prefecture Shohi Seikatsu Center**-----0749-23-0999
 Every day - 9:15am to 4pm*

Daily Life Related Consultations

- Koka City Hall Public Assistance Division (Seikatsu Shien Ka)**
 0748-69-2158
 Monday to Friday - 8:30am to 5:15pm*
- Koka City Shakai Fukushima Kyogi Kai**-----0748-62-8085
Legal Consultations: Reservations needed!
 For reservations: Monday to Friday – 8:30am to 5:15pm
 (Reservations must be made 2 weeks in advance.)
Consultations About Living in Koka City: No reservations needed.
 At Minakuchi Shakai Fukushima Center
 Mondays – 1:30pm to 4pm

For those whose loved ones have committed suicide:

- Nagi no Kai Omi**-----077-567-5010
<http://heartland.geocities.jp/naginokai/>
 (Inquiries: Seishin Hoken Fukushima Center)



Blood Donation

けんけつ きょうりょく
献血にご協力ください



No reservation

Blood donation

	400 millilitres
Age	Male 17 to 69 years old Female 18 to 69 years old ※ For safety issue, blood donation by person above 65 is limited to those who have donated blood between age 60 and 64.
Weight	Must weigh more than 50kg for both men and women.
Interval between donations	12 weeks for male. Exactly 16 weeks for female.

Blood Drives

Date	Location	Reception hour
May 15 (Tue)	Koka City Hall	9:30am to 12:00pm 1:00pm to 3:30pm
August 14 (Tue)	Koka Hoken Center Tsuchiyama Kaihatsu Center	9:30am to 11:30am 1:30pm to 3:30pm
September 11 (Tue)	Koka City Hall	9:30am to 12:00pm 1:00pm to 3:30pm
January 8 (Tue)	Koka City Hall	9:30am to 12:00pm 1:00pm to 3:30pm

* Dates may change without notice.

☆ For more information about donating blood, contact Japan Red Cross Shiga Blood Center at 077-564-6311.



When donating blood,

bring your blood donor's card if available. Donating blood requires donors identity verification using driver's license, health insurance card, passport and etc. Thank you in advance for your understanding and cooperation.

Donation may be refused if

you answer yes to any of the following. Disqualification of donation is in the best interest of the safety of the donors and patients receiving blood transfusion. Therefore, we may refuse to receive blood donations from the following individuals.

- You have had blood transfusion or transplant such as organ, tissue or bone marrow.
- You have on medication, have a fever, are pregnant or breastfeeding.
- You are donating blood to get tested for HIV/AIDS.
- Has been less than 4 weeks since returning to/entering Japan from overseas.
- You have or suspect to have HIV/AIDS, Hepatitis, and other viruses.
- In the past 3 days, you have received a dental treatment (including scaling) which resulted in bleeding.

We may refuse blood donation depending on the answers of other questions asked on the day of your donation. Consult with staffs for more information.

Bone Marrow Donor Registry

- ☐ Location Shigaken Koka Hokensho (Koka Kenkou Fukushi Jimusho)
- ☐ Date Third Tuesday of the month from 9:15am to 11:00am (Reservation required)
- ☐ Inquiry Kenkou Zukuri Tantou of Shigaken Koka Hokensho (Koka Kenkou Fukushi Jimusho) at Phone: 0748-63-6147 FAX: 0748-63-6142



List of the designated medical institutions

○ Available

× Not available

Screening for adults							Vaccination for Children														
Helicobacter Pylori	Colorectal cancer	Hepatitis	Tuberculosis	Medical institutions	Address	Phone	Reservation for vaccination	BCG	Hepatitis B	Hib	Pneumococcal vaccine	Polio	DPT&IPV	DT	Measles & Rubella		Chickenpox	Japanese encephalitis			HPV
															Stage 1	Stage 2		3yrs to preschool	Elementary	Junior High School	Female students in JHS to 1st year in high school
○	○	○	○	Asada Clinic	Higashi Nasaka 226-1	69-7755	Required	×	×	×	×	×	○	○	○	○	○	○	○	○	○
×	×	×	×	An Iin	Mushono Chuo 119-1	65-6884		×	×	×	×	×	×	×	×	×	×	×	×	×	×
○	○	○	○	Iwaya Iin	Nakayashiki 2-10	62-0053	Required	○	○	○	○	○	○	○	○	○	○	○	○	○	×
○	×	○	○	Oota Iin	Mushono Chuo 81-2	63-3553	Not required: visit directly ※Except for Polio	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	Kimura Iin	Mushono 1015-9	62-2143	Reserve with city	×	×	×	×	×	×	○	×	×	×	×	○	○	○
Reservation required see page 16				Koka Byoin	Matsuo 1256	62-0234 (vaccination) 65-1612	Required	○	○	○	○	○	○	○	○	○	○	○	○	×	×
Reserve Mon. thru Fri. from 2:00pm to 4:00pm (reservation to be made for the following month)																					
○	○	○	○	Kondou Iin	Shinjo 696	63-0530	Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	○
×	×	×	×	Shinai Ladies Clinic	Mushono 1098-1	63-3321		×	×	×	×	×	×	×	×	×	×	×	×	×	×
○	×	×	×	Tashiro Geka/Seikei Geka Iin	Izumi 1272	62-0635		×	×	×	×	×	×	×	×	×	×	×	×	×	×
×	×	×	×	Tanaka Shonika Iin	Akatsuki 2-3	65-0121	Reserve with city	○	○	○	○	○	○	○ April to September	○	○	○	○	○	Only JHS students	×
○	○	○	○	Tsubasa Clinic	Ayano 3-33	63-7766	Required	○	○	○	○	○	○	○	○	○	○	○	○	○	×
○	○	○	○	Nakagawa Naika Iin	Minakuchi 5546-4	65-5410	Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	×
×	×	×	×	Ihamada Clinic	Minakuchi 5992-1	65-3737	Required	×	×	×	×	×	×	×	×	×	×	×	×	×	○
○	○	○	○	Ihayami Iin	Kita Izumi 1 chome 128	65-3211	Required	○	○	○	○	×	○	○	○	○	○	○	○	○	×
○	○	○	○	Hirakawa Clinic	Higashi Nasaka 184-2	63-6373	Not required: visit directly ※Except for Polio and HPV	○	○	○	○	○	○	○	○	○	○	○	○	○	×
○	○	○	○	Fukai Clinic	Bannakayama 3802	65-4100	Required	×	○	○	○	○	○	○	○	○	○	○	○	○	×
○	○	○	○	Minakuchi Shinryojo	Kibukawa 293-1	62-3346	Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	×
×	×	Reservation required		Minakuchi Byoin	Honmachi 2 chome 2-43	62-1212		×	×	×	×	×	×	×	×	×	×	×	×	×	×
×	×	○	○	Murakami Seikei Geka Clinic	Mushono 1095-4	63-7751		×	×	×	×	×	×	×	×	×	×	×	×	×	×
×	×	○	○	Yamada Geka iin	Yasaka 2-29	62-0893		×	×	×	×	×	×	×	×	×	×	×	×	×	×
○	○	○	○	Yamamoto Naika Geka Clinic	Mushono Chuo 111	62-9559	Reserve with city	×	○	○	○	○	○	○	○	○	○	○	○	○	×

Minakuchi Cho

Screening for adults				Vaccination for Children																		
Helicobacter Pylon	Colorectal cancer	Hepatitis	Tuberculosis	Medical institutions	Address	Phone	Reservation for vaccination	BCG	Hepatitis B	Hib	Pneumococcal vaccine	Polio	DPT&IPV	DT	Measles & Rubella		Chickenpox	Japanese encephalitis			HPV	
								Stage 1	Stage 2	3yrs to preschool	Elementary	Junior High School	Female students in JHS to 1st year in high school									
○	○	○	Reservation required	Uda Iin	Kitatsuchiyama 1684-1	66-1050	Tsuchiyama Cho	Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	
○	○	○	○	kariyushi Clinic	Ono 401	67-0155		Required	○	○	○	○	○	○	○	○	○	○	○	○	×	
○	○	○	○	Kawabata Iin	Tokuhara 451	67-0018		Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	
○	○	○	○	Nakanishi Iin	Kitatsuchiyama 1433-2	66-0712		Required	○	○	○	○	○	○	○	○	○	○	○	○	×	
○	○	○	○	Oki Iin	Oki 2089	88-4072	Koka Cho	Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	×	
×	×	○	○	Koka Chuo Shinryosho	Tadono 916-4	88-5106			×	×	×	×	×	×	×	×	×	×	×	×	×	
○	○	○	○	Konishi Iin	Haisaka 833-141	88-5575			×	×	×	×	×	×	×	×	×	×	×	×	×	
Mon. thru Sat. AM only																						
○	○	○	○	Masuda Naika Iin	Taki 2231-1	88-2277	Konan Cho	Required	×	×	1 and above			○	○	○	○	○	○	○	×	
○	○	○	○	Imamura Iin	Fukawa 2201	86-2119		Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	
○	○	Reservation required	○	Konan Byoin	Katsuraki 958	86-3131			×	×	×	×	×	×	×	×	×	×	×	×	×	
Resrvation required				Takeuchi Riumachika Seikei Geka	Nojiri 77-1	86-8205			×	×	×	×	×	×	×	×	×	×	×	×	×	
○	○	○	○	Terai Iin	Kibogaoka Honmachi 6 chome 857-81	86-1112	Shigaraki Cho	Reserve with city	○	○	○	○	○	○	○	○	○	○	○	○	○	
○	○	○	○	Heart Clinic Kokoro	Nojiri 411	86-0011		required	○	○	○	○	○	○	○	○	○	○	○	○	○	
○	○	○	○	Furu Clinic	Terasho 1098	86-3135			×	×	×	×	×	×	×	×	×	×	×	×	×	
○	○	○	○	Shigaraki Clinic	Nagano 619-1	82-7833		Required	×	×	×	×	×	×	○	○	○	×	○	○	×	
○	○	○	○	Shigaraki Chuo Byoin	Nagano 473	82-0249	Shigaraki Cho	Reserve with city	○	○	○	○	○	○	Not available between mid October and December.							
Resrvation required	Reservation required	×	Reservation required	Shigaraki Byoin	Maki 997	83-0101		required	○	○	○	○	○	○	Only July & August	○	○	○	○	○	Only JHS students	×
Reserve between 25th and the last day of every month (Mon. thru Fri.) from 1:00pm to 5:00pm (reservation to be made for the following month)																						
○	○	○	○	Nozaki Iin	Nagano 1335	82-7887	Shigaraki Cho	Reserve with city	×	×	×	×	×	×	○	×	×	×	×	○	Only JHS students	×
														Not available between Oct. and Dec.								

☆For more information on Influenza vaccination for the seniors, refer to Koka City Newsletter "Koka" October issue.

☆For more details on pneumococcal vaccine for seniors, see page 12.

☆Where it is indicated "reserve with city" for making vaccination appointment, see page 9 for more details.

Sorted by area and in alphabetical order





Hello! We are health promoters!

Have you heard about "health promoters (Kenko Suishin In/けんこう すいしん いん)"? Health promoters are volunteers in your community who will plan and develop ways to help people improve and manage their health.



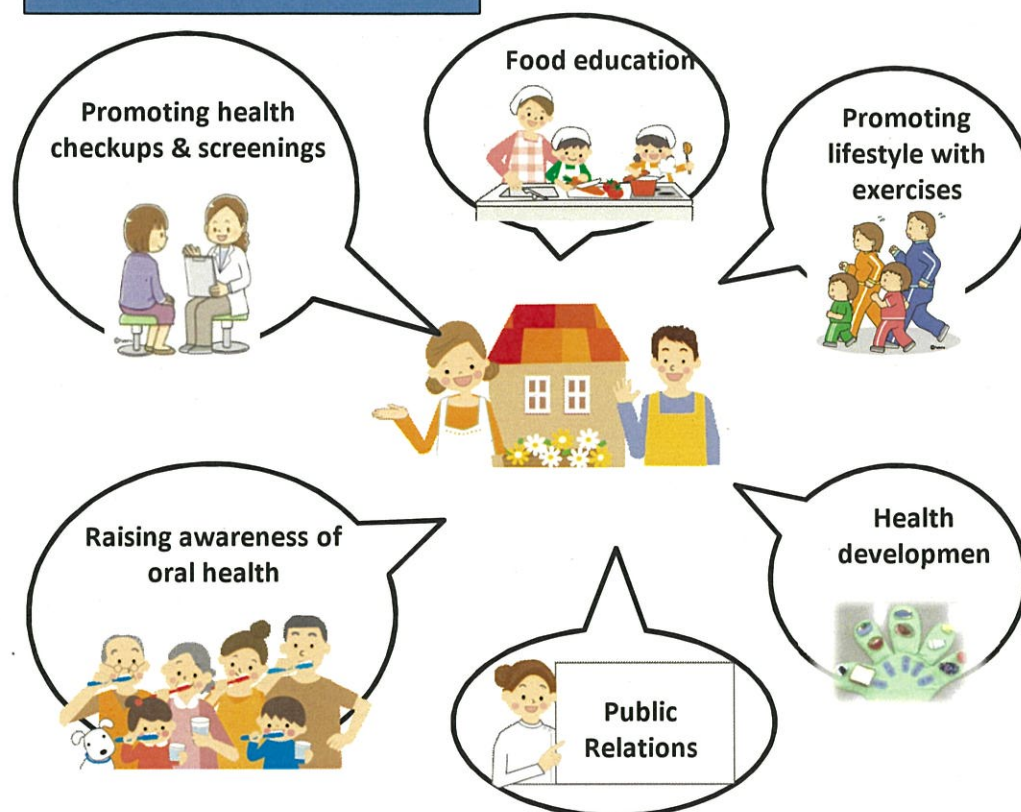
Q. What do you do as a health promoter?

A. We raise awareness of the benefits of receiving health checkups and screenings, take part in promoting food education and exercises, and get involved in other health promotion related

Q. What do I need to do to become a health promoter?

A. After completing the health promoter training course for 1 year, you can join us and become a health promoter.

Our job as health promoters



How to become a health promoter

April to May

Apply for the health promoter training course. ※Must have recommendation from district.

July to January

Attend the health promoter training course.
(Training course focuses on food, exercise, current trends in Koka, and basic knowledge of health promoting activities. Class is held 1 a month)

April next year

Get involved with a community as a health promoter.