

Adult Health

Koka City



2009 Fiscal Year

(April 2009 – March 2010)

Medical Exam Calendar

Contents

- What to Prepare Before Your Exam 1
- What Exams Can You Take? 2
- Basic Health Exam/Special Health Check/Regular Health Checks 3
- Cancer Medical Exam 4
- Group Medical/Physical Exams (Schedule Index 5-6
- Hoken Center Operated Medical Exams 7-12
- Health Counseling/Nutrition Counseling 13
- Breast Cancer (individual)/ Uterine Cancer Exam 14
- Osteoporosis/ Prostate Cancer Check 15
- Hepatitis Check/ Tuberculosis Test 16
- Periodontal Disease (Gum Disease) Check 17
- Donating Blood 18
- My Family – Health Schedule 19
- Senior Citizen Influenza Vaccine/Infertility Treatment 20
- Medical Institution Guide 21-22
- About Child Health..... Recorded on P34-23

《Contact Information》

Minakuchi Regional Health Support Center

Minakuchi Healthcare Center TEL (62)5336 FAX(63)4591

5607 Minakuchi, Minakuchi-cho, Koka-shi, 528-0005

Tsuchiyama/Koka Regional Health Support Center (inside the Koka Health Center)

Tsuchiyama Healthcare Center TEL(66)1105 FAX(66)1564

1715 Kita-Tsuchiyama, Tsuchiyama-cho, Koka-shi, 528-0211

Koka Healthcare Center TEL(88)6556 FAX(88)6557

507-2 Okubo, Koka-cho, Koka-shi, 520-3414

Konan/Shigaraki Regional Health Support Center (inside the Konan Health Center)

Konan Healthcare Center TEL(86)5934 FAX(86)5974

977 Kazuraki, Konan-cho, Koka-shi, 520-3321

Shigaraki Healthcare Center TEL(82)3113 FAX(82)3138

473 Nagano, Shigaraki-cho, Koka-shi, 529-1851

Koka Department of Healthcare TEL(65)0703 FAX(63)4085

(inside the Minakuchi Social Welfare Center)

5609 Minakuchi, Minakuchi-cho, Koka-shi, 528-0005

●Koka City Homepage: <http://www.city.koka.shiga.jp/>

What to Prepare Before Your Medical or Physical Exam

Please read this before your medical/physical exam

For People Taking Any Type of Health Exam:

- * Health exams can be taken **once per year** (April 2009- March 2010) per person. (For uterine cancer and breast cancer checks, once every two years)
- * You **cannot re-take any one health exam** more than once.
- * **Only registered residents of Koka city** may take health exams. You may not take health exams if not registered. If you take an exam without registration, **you must cover all expenses**.
- * There are some health examinations you must apply for in advance, so please refer to pages 7 through 17 for details.
- * Health exam vouchers for the Special Health/Health Exam ※ (Insurer's medical exam) will be delivered individually, and will not take place otherwise. Please be careful.

※Health Exams for Koka City National Health Insurance and Older Senior Citizens Medical Care Insurance Holders

In the event your results for a basic health check or cancer examination indicate “Thorough Examination Required (ようせいみつ ,要精密 けんさ 検査)” or “Medical Care Required (よういりよう ,要医療),” please see a doctor at a medical institution immediately (Fee required). After taking your health exam please monitor your health.

About the Application Process

- * Applications for health exams are taken in order of arrival. Please understand closing of applications is dependent on capacity.
- * If your body feels unusually strained after applying for your health exam, please visit a medical institution without an appointment. In the event you choose to cancel, please inform the application contact.

About Fee Exemptions for Medical Exams and Senior Flu Shots

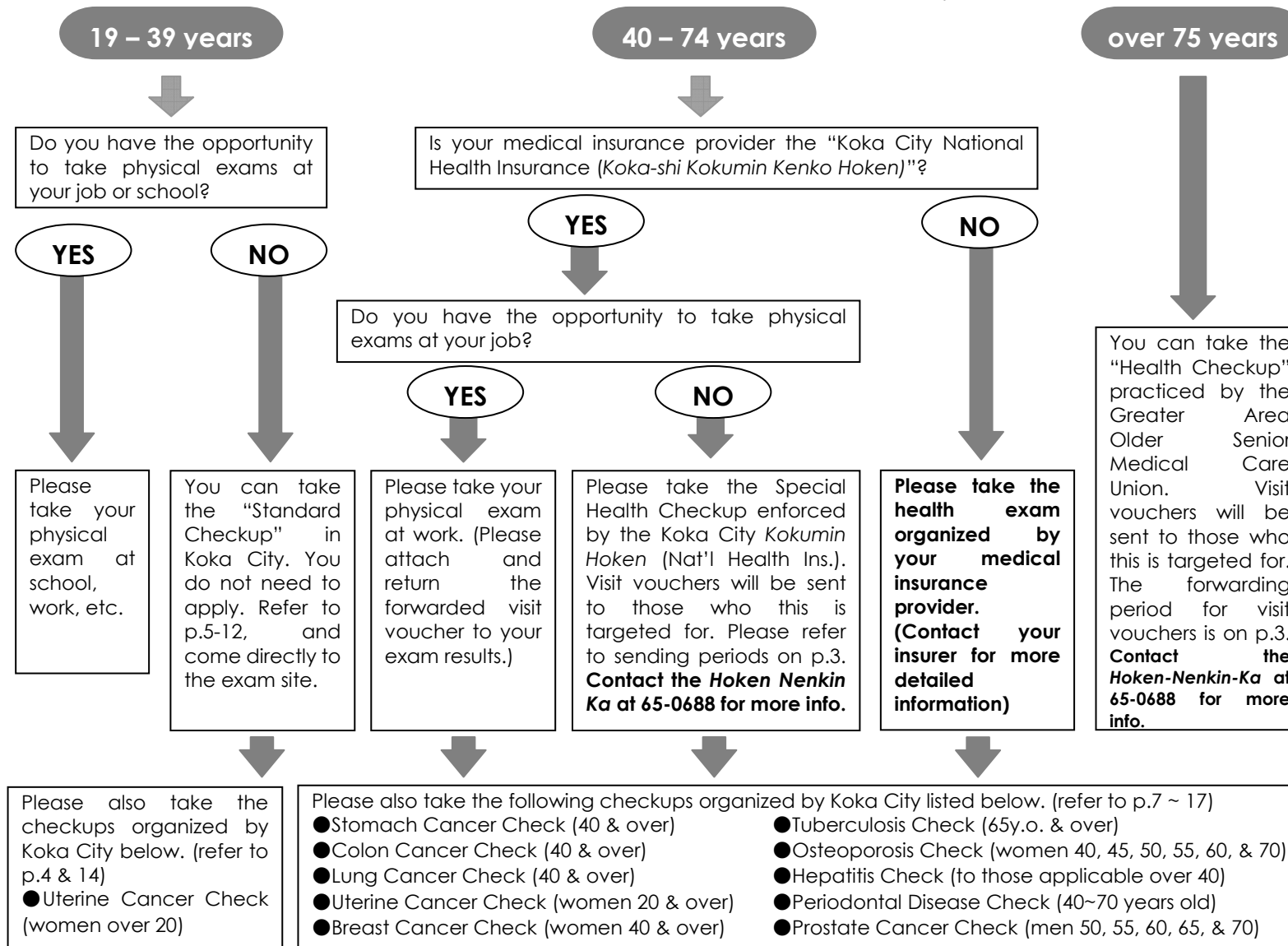
- The following people are exempt from health check and influenza vaccination fees by submitting an application in advance. Because time is needed to investigate whether or not to grant exemptions, please apply at least one month in advance of your visit date.
 - ① **Welfare Protection Households** (*Seikatsu Hogo Setai*)
 - ② **Current-year City Tax Exempt Households** (*Gaitonendo Shimin-zei Hika-zei Setai*) or **City Tax Exclusion Households** (*Shimin-zei Menjo Setai*)

Application Period: **Health Exams : April ~mid-November**
 Senior Flu Shots : September ~ mid-November

- ※ For those that submit applications between April and June, decisions are temporary as taxation conditions for the 2009 fiscal year are not yet decided at this time. Please understand that depending on the taxation condition decisions you may have to pay for your doctor's visit.
- ※ **Medical exam and flu shot applications are not recognized post-visit.**

What Medical/Physical Exams Can You Take?

Beginning in 2008, the procedure for taking the "Special Health Checkup (*Tokutei Kenko Shinsa*)" for Metabolic Syndrome may differ depending on your age and the medical insurance you are enrolled in. The timing of the examination card sent to those over 40 years old also differs according to insurance provider.



For everyone 65 & over, except those authorized for primary nursing care (*youkaigo ninteisha*).

"Life Functionality Evaluation?"

The capacity of your body and mind in maintaining your daily life is referred to as your "Life Functionality." The "Life Functionality Evaluation" is an examination to determine early stages of decline in your "Life Functionality" to prevent necessity of nursing care.

The Basic Check-List will be sent to you. Please return it in the enclosed envelope.

*Notices were separated and sent by month for the 2009 fiscal year. **However, for the 2010 fiscal year the Basic Check-List will all be sent at once after April.**

The Basic Check-List Results will be sent via mail. For those whose Life Capacity is viewed as low, please take a detailed examination at your medical institution. **Contact the *Hoken-Nenkin-Ka* at 65-0688/0699 for more information.**

About the “Standard Checkup,” “Special Health Checkup” and the “Health Checkup”

Checkup Type	Target Age Group	Operation Process	Checkup Details	Items to Bring	Contact Information											
Standard Health Check (Kihon Kenshin)	19 – 39 years old Those born from 4/02/1970 ~ 4/01/1991 ※Those who attain the target age by 4/01/2010 eligible.	Group Medical Exam	Body Measurements (Height, Weight, Girth) Doctor examination, urine sample, blood pressure test, blood test (fats, liver function, anemia, and blood sugar test),	Checkup fee (1,000 yen) Health Record Book	Health Center (Hoken Center) Minakuchi 62-5336 Tsuchiyama 66-1105 Koka 88-6556 Konan 86-5934 Shigaraki 82-3113											
Special Health Check (Tokutei Kenshin) (Only for registered Koka City National Insurance [Kokumin Hoken] carriers) If you do not carry Koka City National Health Insurance, please inquire with your provider.	40 – 64 years old Those born from 4/01/1945 ~ 3/31/1970	Group Medical Exam	Body Measurements (Height, Weight, Girth) Doctor examination, urine sample, blood pressure test, blood test (fats, liver function, and blood sugar test), anemia test (medical exam for those who need it), fundus of the eye/electro-cardiogram (ECG) (only applicable depending on your results from last year)	Checkup fee (free); Health Record Book (those who have one); Special Health Checkup Voucher; National Health Insurance Card	People will be notified individually regarding the “Special Health Checkup Vouchers.” (You cannot receive a checkup without a voucher) ○ In the event that the exam is taken at a different location, please contact with the information on the right.											
	65 – 74 years old Those born from 10/01/1934 ~ 3/31/1945 (Those who turn 75 between October and March of the year following must still take the Special Health Check)	<Checkup Period> <table border="1" style="font-size: small;"> <tr> <td>Birth month</td> <td>Period</td> </tr> <tr> <td>Oct/Nov</td> <td>Jul</td> </tr> <tr> <td>Dec/Jan</td> <td>Aug</td> </tr> <tr> <td>Feb/Mar</td> <td>Sep</td> </tr> <tr> <td>Apr/May</td> <td>Oct</td> </tr> <tr> <td>Jun/Jul</td> <td>Nov</td> </tr> <tr> <td>Aug/Sep</td> <td>Dec</td> </tr> </table>				Birth month	Period	Oct/Nov	Jul	Dec/Jan	Aug	Feb/Mar	Sep	Apr/May	Oct	Jun/Jul
Birth month	Period															
Oct/Nov	Jul															
Dec/Jan	Aug															
Feb/Mar	Sep															
Apr/May	Oct															
Jun/Jul	Nov															
Aug/Sep	Dec															
Health Check (Kenko Shinsa)	75 and over Those born on or before 9/30/1934 who are registered with the Late-term Senior Health Care (Koki Koreisha Iryo Hoken)	Registered In-Prefectural Medical Institution (※ 1)	Body Measurements (Height, Weight) Doctor examination, urine sample, blood pressure test, blood test (fats, liver function, and blood sugar test)	Checkup fee (free); Health Record Book (those who have one); Special Health Checkup Voucher; Late-term Senior Health Care Card	People will be notified individually for details regarding the “Health Checkup Vouchers.” (You cannot receive a checkup without a voucher) *The “Health Checkup” is unnecessary for those currently visiting the doctor regularly. Please continue to visit the doctor as you are now.											
※Taking the medical exam is unnecessary for those being hospitalized for high blood pressure, diabetes, or hyperlipidemia.																
Life Functionality Evaluation (Seikatsu Kinou Hyouka)	65 and over Those born on or before 3/31/1945, except for those authorized for primary nursing care or aid (youkaigo, youshien nintei)	★The Basic Check List is tentatively scheduled to be sent between the end of April and the beginning of May	Basic Check List (Return via post) For those who have the Basic Check List returned to them, please see a doctor at your Medical Institution for the Checkup (Applicable individuals, only). The Checkup Voucher will be sent to you later. (Checkup Details)Body Measurements (Height, Weight), eye test, hearing test, pulse check, blood pressure, electro-cardiogram (ECG/EKG), blood test (albumin, anemia)	None Checkup fee (free); Nursing Insurance Card (Kaigo Hoken Hihokensha-sho); Life Functionality Evaluation Voucher	Health Preservation and Nursing Division (Hoken Kaigo-Ka) 65-0697 · 0699											

※The target age for the Special Health Check · Health Check · Life Functionality Evaluation is until 3/31/2010. ※1 Information about Registered In-Prefecture Medical Institutions will be included with your Health Check Voucher

※To accurately execute the blood test, please be sure you have not eaten within 10 hours or more of the exam.

※Registered Medical Institutions within city limits are listed on pages 21 and 22.

※If you belong to a Life Protection Household (Seikatsu Hogo Setai), please take the health exams enforced by the city.

※The checkup fee is the projected amount for the 2009-2010 fiscal year.

※You can take city-enforced cancer exams regardless of your insurance provider.

※The primary subject will be enforced under the “Senior Medical Care Protection-Concern Law” as of April 2008, and health checks for insured people over 40. (Cancer Exams will continue as they have at city level.)

About the Cancer Medical Exam (Group Exam · Designated Medical Facility Exam)

You can take city-enforced Cancer Exams/checks regardless of your insurance provider.

Checkup Type	Target Age Group	Capacity	Exam Style	Exam Details	Items to Bring	Please Confirm the Following
Stomach Cancer Check	40 and over Those born before 4/01/1970	60 people	Group Medical Exam	Medical Interview Abdominal X-Ray with Valium	Checkup fee (900 yen) Health Record Book	<p>■ The day before your exam beginning from 9am onwards, please fast and do not consume anything besides water (Please do not drink any water after 6am on the day of your exam.). For those who smoke tobacco, do not smoke between the time you wake up and your exam.</p> <p>Who cannot take the examination: Those undergoing stomach removal, experiencing contractions in their digestive tract, or those having doubts. Those who experience hypersensitivity to valium, or have had to have valium removed via suction. Those who are pregnant or are possibly pregnant.</p>
Lung Cancer Check	40 and over Those born before 4/01/1970	60 people	Group Medical Exam	Chest X-Ray Phlegm Exams only for those that need it	Checkup fee (200 yen) (To add the Phlegm Exam, +500 yen) Health Record Book	<p>■ If you are over 65, please take either the tuberculosis or lung cancer examinations. You cannot take the Phlegm Exam only.</p> <p>Who cannot take the examination: Those who are pregnant or are possibly pregnant.</p>
Colon Cancer Check	40 and over Those born before 4/01/1970	/	Group Medical Exam	Stool Analysis Test (※2 Days)	Checkup fee (500 yen) Health Record Book	<p>■ Because the distribution period from healthcare centers differs, please confirm the distribution period on page● to page●.</p> <p>Who cannot take the examination: Those who have had surgery performed on their digestive tract or those who suffer from hemorrhoids. Those who potentially have blood mixed with their stool can see a doctor at a medical institution, rather than take the group medical exam.</p>
Breast Cancer Check	40 and over Those born before 4/01/1970	50 people	Group Medical Exam	Medical Interview Doctor Inspection and Palpation Breast X-ray (Mammogram)	Checkup fee (1,500 yen) Health Record Book Bath Towel	<p>■ You can take the exam once per two years. If you did not take the breast cancer check last year, please take it this year. On the day of examination, it is convenient to wear clothes that opens in the front.</p> <p>Who cannot take the examination: Those who wear pacemakers, have been treated with ventriculoperitoneal (VP) shunt, have had breast implants, those who are pregnant or are possibly pregnant, or those currently breast-feeding.</p>
		8 people per day	Designated Medical Institution	Women in their 40s: both breasts Women over 50: one breast	Checkup fee (1,500 yen) Health Record Book Health Insurance Card	
Uterine Cancer Check	30 and over Those born before 4/01/1980	60 people	Group Medical Exam	Medical Interview Inspection and Palpation Pelvic Examination Uterine Cervical Region Cell Test	Checkup fee (1,000 yen) Health Record Book	<p>■ You can take the exam once per two years. If you did not take the breast cancer check last year, please take it this year.</p> <p>Who cannot take the examination: Those who have had surgical operations performed on their uterus. Those who are in menstruation or have just completed their menstrual cycle may impair test results, so please avoid taking the test during this time. Those who have been afflicted by any uterine or ovarian illnesses in the past, please consult with your family physician instead of this medical exam.</p>
	20 and over Those born before 4/01/1990	/	Designated Medical Institution		Checkup fee (1,700 yen) Health Record Book Health Insurance Card	
Prostate Cancer Check	Men 50/55/60/70 years old Please refer to the age chart on page●.	/	Designated Medical Institution	Blood test (Prostate Specific Antigen [PSA] test)	Checkup fee (1,000 yen) Health Record Book Health Insurance Card	If you would like to take this test, you must first visit your nearest <i>Hoken Center</i> (Health Center) to apply.

※ The target age group refers to the age reached by April 1st, 2010.

※ The checkup fee is the projected amount for the 2009-2010 fiscal year.

※ No fees apply to those who are over 70 years of age.

※ Cancer Medical Exams are on a subscription basis. Please refer to pages 7 through 15 for more details.

※ Welfare aid recipients and households exempt from city taxes can receive exemption from related fees. Please refer to page 1 for more information.

Group Health Check Yearly Schedule

This is the schedule for the fiscal year. Please refer to pages 7 through 12 for details regarding location and reception times being enforced by each Health Clinic (*Hoken Center*).

- Tests which you can go directly to the health check site without applying first are **Standard & Special Health Checks**.
- Applying in advance is necessary for all cancer check exams, so please be careful.
- You can take multiple exams at the same time if there are occurring at the same location.

Date	Health Clinic/ Hoken Center	Standard, Special, Hepatitis Check (Reception Time)	Application in advance necessary					
			Test Site	Stomach Cancer	Lung Cancer	Colon Cancer	Breast Cancer	Uterine Cancer
Apr.	14-17	Koka	Koka Hoken Center			Distribution		
	21-24	Konan	Konan Hoken Center			Distribution		
	23 (Th)	Koka	Koka Hoken Center	AM	AM	●		
	24 (F)		Koka Hoken Center	AM	AM	●		
	27 (M)		Koka Hoken Center	AM	AM	●		
	28 (Tu)		Koka Hoken Center	AM	AM	●		
30 (Th)	Minakuchi	Iwagami Community Ctr.	Cancer Exam Set: AM					
1 (F)		Bantani Community Ctr.	Cancer Exam Set: AM					
7 (Th)	Tsuchiyama	Minakuchi Hoken Center	Cancer Exam Set: AM					
7-13		Tsuchiyama Hoken Ctr.			Distribution			
7-15		Minakuchi Hoken Center			Distribution			
8 (F)		Minakuchi Hoken Center	AM	AM	Distribution			
9 (Sa)		Minakuchi	Minakuchi Hoken Center	Cancer Exam Set: AM				
11 (M)			Minakuchi Hoken Center	Cancer Exam Set: AM				
12 (Tu)			Kibukawa Community Ctr.	Cancer Exam Set: AM				
13 (W)			Kashiwagi Community Ctr.	Cancer Exam Set: AM				
14 (Th)		Konan	Minakuchi Hoken Center	AM	AM	Distribution		
15 (F)			Konan	Konan Hoken Center	AM	AM	●	
18 (M)	Minakuchi		Minakuchi Hoken Center	Cancer Exam Set: AM				
19 (Tu)	Konan		Konan Hoken Center	AM	AM	●		
20 (W)			Konan Hoken Center	AM	AM	●		
21 (Th)			Konan Hoken Center	AM	AM	●		
22 (F)	Minakuchi		Minakuchi Hoken Center	AM	AM	Distribution		
25 (M)			Minakuchi Hoken Center	Cancer Exam Set: AM			Female Cancers: PM	
26 (Tu)	Tsuchiyama		Tsuchiyama Hoken Ctr.	AM	AM	●		
27 (W)		Tsuchiyama Hoken Ctr.	AM	AM	●			
28 (Th)		Tsuchiyama Hoken Ctr.	AM	AM	●			
29 (F)		Tsuchiyama Hoken Ct.r	AM	AM	●			

Date	Health Clinic/ Hoken Center	Standard, Special, Hepatitis Check (Reception Time)	Application in advance necessary							
			Test Site	Stomach Cancer	Lung Cancer	Colon Cancer	Breast Cancer	Uterine Cancer		
Apr.	1 (M)	Minakuchi	Minakuchi Hoken Center	AM	AM	Distribution				
	3 (W)		Minakuchi Hoken Center				Female Cancers: PM			
	4 (Th)		Minakuchi Hoken Center	Cancer Exam Set: AM						
	6 (Sa)		Minakuchi Hoken Center	AM	AM	Distribution				
	8 (M)		Minakuchi	Minakuchi Hoken Center	Cancer Exam Set: AM					
	10 (W)			Minakuchi Hoken Center				Female Cancers: PM		
	Jun		11 (Th)	Konan	9:30~11:00	Kibogaoka Community Ctr.				
					14:00~15:30	Kaede Kaikan				
			12 (F)		9:00~11:00	Konan Hoken Center				
					13:30~15:30	Konan Hoken Center				
9:00~11:00		Konan Hoken Center								
15 (M)		13:30~15:30	Konan Hoken Center							
15 ~ 19		Minakuchi	Minakuchi Hoken Center			Distribution				
15 ~ 19		Shigaraki	Shigaraki Hoken Center			Distribution				
16 (Tu)		Konan	9:00~11:00	Konan Hoken Center						
			13:30~15:30	Konan Hoken Center						
17 (W)	Koka	9:00~11:00	Koka Hoken Center	AM	AM	●				
		13:30~15:30	Koka Hoken Center				PM	PM		
18 (Th)	Koka		Koka Hoken Center	AM	AM	●				
19 (F)			Koka Hoken Center	AM	AM	●				
22 (M)		9:00~11:00	Koka Hoken Center	AM	AM	●				
		13:30~15:30	Koka Hoken Center							
23 (Tu)		9:00~11:00	Koka Hoken Center	AM	AM	●				
		13:30~15:30	Koka Hoken Center							
24 (W)			Koka Hoken Center	AM		●				
29 (M)		Minakuchi	Minakuchi Hoken Center					PM		
30 (Tu)	Tsuchiyama	Tsuchiyama Kaihatsu Ctr.	AM	AM	●					

● indicates that the collection of samples for the colon cancer exam will take place. Because collection days are set depending on the distribution periods, please confirm details when you apply to take the colon cancer exam.

Date	Health Clinic/ Hoken Center	Please visit test site directly.		Application in advance necessary				
		Standard, Special, Hepatitis Check (Reception Time)	Test Site	Stomach Cancer	Lung Cancer	Colon Cancer	Breast Cancer	Uterine Cancer
1 (W)	Shigaraki	9:00~11:00	Shigarakai Kaihatsu Ctr	AM	AM	●		
		13:30~15:30						
2 (Th)	Shigaraki			AM	AM	●		
3 (F)	Tsuchiyama	10:00~11:00	Kumoi Chiku Noson Seikatsu Center					
		14:00~15:00	Ryokuchito Kanri Center					
6 (M)	Shigaraki	9:00~11:00	Shigaraki Kaihatsu Ctr					
		13:30~15:30						
8 (W)	Minakuchi		Minakuchi Hoken Center				PM	
10 (F)	Tsuchiyama	9:00~11:00	Tsuchiyama Kaihatsu Ctr	AM	AM	●		
		13:30~15:30				PM	PM	
13 (M)	Tsuchiyama	9:00~10:00	Tsuchiyama Hoken Center					
		12:00~14:00						
15 (W)		14:00~16:00	Tsuchiyama Kaihatsu Ctr				PM	PM
16 (Th)	Minakuchi	9:00~11:00	Minakuchi Hoken Center					
		13:30~15:30						
17 (F)	Minakuchi	9:00~11:00	Minakuchi Hoken Center					
		13:30~15:30						
21 (Tu)	Minakuchi	9:00~11:00	Bantani Community Ctr					
		13:30~15:30	Iwagami Community Center					
22 (W)	Minakuchi	9:00~11:00	Minakuchi Hoken Center					
		13:30~15:30						
23 (Th)	Minakuchi	9:00~11:00	Minakuchi Hoken Center					
		13:30~15:30						
24 (F)	Minakuchi	9:00~11:00	Kibukawa Community Ctr					
		13:30~15:30	Kashiwagi Community Ctr					
27 (M)	Minakuchi	9:00~11:00	Minakuchi Hoken Center					
		13:30~15:30						
29 (W)		9:00~11:00						
31 (F)							PM	
Aug 24 (M) ~ 28 (F)	Koka		Koka Hoken Center			Distribution		

Date	Health Clinic/ Hoken Center	Standard, Special, Hepatitis Check (Reception Time)	Test Site	Application in advance necessary				
				Stomach Cancer	Lung Cancer	Colon Cancer	Breast Cancer	Uterine Cancer
Sept	1~4	Tsuchiyama	Tsuchiyama Hoken Center			Distribution		
	7 (M)	Koka	Koka Hoken Center				PM	PM
	11 (F)	Koka					PM	PM
	14 (M)						PM	PM
28~10/2	Shigaraki		Shigaraki Hoken Center			Distribution		
Oct	1~9	Minakuchi	Minakuchi Hoken Center			Distribution		
	14 (W)						PM	PM
	19 (M)	Shigaraki	Shigaraki Kaihatsu Center	AM	AM	●		
	19~23	Konan	Konan Hoken Center			Distribution		
	22 (Th)	Shigaraki	Shigaraki Kaihatsu Center	AM	AM	●		
	26 (M)	Minakuchi	Minakuchi Hoken Center	AM	All Day			
	28 (W)	Shigaraki	Shigaraki Kaihatsu Center				PM	PM
	29 (Th)			AM	AM	●		
	30 (F)	Minakuchi	Minakuchi Hoken Center				PM	PM
	Nov	2 (M)	Shigaraki	Shigaraki Kaihatsu Center				PM
4 (W)		Konan	Konan Hoken Center	AM	AM	●	PM	PM
5 (Th)				AM	AM	●		
6 (F)				AM	AM	●		
9 (M)				AM	AM	●	PM	PM
11 (W)				AM	AM	●	PM	
13 (F)		Minakuchi	Minakuchi Hoken Center	AM	AM			
16 (M)		Konan	Konan Hoken Center				PM	PM
17 (Tu)				AM	AM	●		
18 (W)		Minakuchi	Minakuchi Hoken Center				PM	PM
20 (F)	Konan	Konan Hoken Center				PM	PM	
25 (W)			AM		●	PM	PM	
27 (F)			AM		●	PM		
Dec 2 (W)	Minakuchi		Minakuchi Hoken Center				PM	

※Program scheduling can be viewed on our webpage.

“Cancer Exam Sets” are mornings only

Homepage Address: <http://www.city.koka.shiga.jp> (Japanese)

“Female Cancers” are afternoons only

Minakuchi Health Clinic (Hoken Center) Operated Medical Exams

Contact: Minakuchi Hoken Center

Phone (Local Wire): 62-5336

Reception Hours: 9am ~ 5pm (Excluding weekends, holidays)

※ “Cancer Exam Sets” are for those who take the Stomach, Lung, and Colon Cancer Exams, and “Female Cancer Exams” target women who take both the Breast and Uterine Cancer Exams.

※ The container for the Colon Cancer Exam in the Cancer Exam Set will be distributed on the day of the test. The collection date of containers will be announced at the time of distribution.

※ Medical exams with the same test date and reception time can be taken at the same time.
(Only one type of checkup can also be performed)

Standard Physical and Special Physical Exams (Hepatitis Check)

Exam Date	Reception Time, Location	
	9:00~11:00	13:30~15:30
7/16 (Th)	Minakuchi Hoken Center	Minakuchi Hoken Center
7/17 (F)	Minakuchi Hoken Center	Minakuchi Hoken Center
7/21 (Tu)	Bantani Community Center	Iwagami Community Center
7/22 (W)	Minakuchi Hoken Center	Minakuchi Hoken Center
7/23 (Th)	Minakuchi Hoken Center	Minakuchi Hoken Center
7/24 (F)	Kibukawa Community Center	Kashiwagi Community Center
7/27 (M)	Minakuchi Hoken Center	Minakuchi Hoken Center
7/29 (W)	Minakuchi Hoken Center	

Cancer Medical Exams

Application Period	Exam Name	Test Date	Location	Reception Time
4/06 (M) ~ 4/17 (F) Period 1	Cancer Exam Set	4/30 (Th)	Iwagami Community Center	Men
		5/01 (F)	Bantani Community Center	9:00~9:30
		5/07 (Th)	Minakuchi Hoken Center	Women
		5/09 (Sa)		10:00~10:30
		5/11 (M)		

Application Period	Exam Name	Test Date	Location	Reception Time
4/06 (M) ~ 4/17 (F) Period 1	Cancer Exam Set	5/12 (Tu)	Kibukawa Community Center	Men 9:00~9:30
		5/13 (W)	Kashiwagi Community Center	Women 10:00~10:30
		5/18 (M) Women Only	Minakuchi Hoken Center	① 9:00~9:30 ② 10:00~10:30
		5/25 (M)		
		6/04 (Th)		
		6/08 (M)		Men 9:00~9:30 Women 10:00~10:30
	Stomach, Lung, and Colon Cancer Exams <small>※Those taking Stomach or Lung Cancer Exams can take the Colon Cancer Exams.</small>	5/08 (F)	Minakuchi Hoken Center	Men 9:00~9:30 Women 10:00~10:30
		5/14 (Th)		
		5/22 (F) Men Only		① 9:00~9:30 ② 10:00~10:30
		6/01 (M) Women Only		① 9:00~9:30 ② 10:00~10:30
	Female Cancer Exams	6/06 (Sa)		Men 9:00~9:30 Women 10:00~10:30
		5/25 (M)	Minakuchi Hoken Center	① 13:30~14:00 ② 14:30~15:00
		6/03 (W)		
		6/10 (W)		
6/15 (M)				

Application Period	Exam Name	Test Date	Location	Reception Time
5/07 (Th) ~ 5/15 (F) ※ Reception for the Colon Cancer exam can only be taken by visiting the office. Period 2	Colon Cancer Exam	【Distribution Period】 5/07 (Th) ~ 5/15 (F) ※Excluding Weekends, Holidays 【Distribution Time】 9:00~17:00 【Distribution Center】 Minakuchi Hoken Center	【Collection Period】 5/11 (M) ~ 5/22 (F) ※Excluding Weekends, Holidays 【Collection Time】 8:30~12:00 【Collection Center】 Minakuchi Hoken Center	
6/15 (M) ~ 6/19 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 3	Breast Cancer Exam	6/24 (W) 6/29 (M) 7/06 (M) 7/08 (W) 7/31 (F)	Minakuchi Hoken Center	①13:30~14:00 ②14:30~15:00
	Colon Cancer Exam	【Distribution Period】 6/15 (M) ~ 6/19 (F) ※Excluding Weekends 【Distribution Time】 9:00~17:00 【Distribution Center】 Minakuchi Hoken Center	【Collection Period】 6/17 (W) ~ 6/23 (Tu) ※Excluding Weekends 【Collection Time】 8:30~12:00 【Collection Center】 Minakuchi Hoken Center	

Application Period	Exam Name	Test Date	Location	Reception Time
10/01 (Th) ~ 10/09 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 4	Stomach Cancer & Lung Cancer Exam	10/26 (M) 11/02 (M) 11/13 (F) Women Only	Minakuchi Hoken Center	Men 9:00~9:30 Women 10:00~10:30 ①9:00~9:30 ②10:00~10:30
	Lung Cancer Exam	10/26 (M)		Men 13:30~14:00 Women 14:15~14:45
	Breast Cancer, Uterine Cancer Exam	10/14 (W) 10/30 (F) 11/18 (W)		①13:30~14:00 ②14:30~15:00
	Breast Cancer Exam	12/02 (W)		
	Colon Cancer Exam	【Distribution Period】 10/01 (Th) ~ 10/09 (F) ※Excluding Weekends, Holidays 【Collection Time】 9:00~17:00 【Collection Center】 Minakuchi Hoken Center		【Collection Period】 10/05 (M) ~ 10/14 (W) ※Excluding Weekends, Holidays 【Collection Time】 8:30~12:00 【Collection Center】 Minakuchi Hoken Center

(Caution) About the Colon Cancer Exam

Only those planning on taking the Stomach or Lung Cancer Exams during Application Period 1 can apply during reception hours on the day of the test. During Periods 2 through 4, anyone that falls within the target group can apply.

- ※ Up to two medical exams with the same test date and reception time can be taken at the same time.
(You can also take only one type of checkup)
- ※ The container for the Colon Cancer Test in the Cancer Exam Set will be collected when you take the Stomach/Lung Cancer Test. Please confirm details when you apply.

Tsuchiyama Health Clinic (Hoken Center) Operated Medical Exams

Contact: [Koka Hoken Center](mailto:koka.hoken@tschiyama-clinic.com) Phone (Local Wire): 88-6556
Reception Hours: 9am ~ 5pm (Excluding weekends, holidays)

Standard Physical and Special Physical Exams (Hepatitis Check)

Exam Date	Reception Time, Location	
7/10 (F)	9 : 00~11 : 00 Tsuchiyama Kaihatsu Center	13 : 30~15 : 30 Tsuchiyama Kaihatsu Center
7/13 (M)	9 : 00~10 : 00 Tsuchiyama Hoken Center (2nd floor, Tsuchiyama Office)	12 : 00~14 : 00 Tsuchiyama Hoken Center (2nd floor, Tsuchiyama Office)
7/15 (W)	14 : 00~16 : 00 Tsuchiyama Hoken Center	

Cancer Medical Exams

Application Period	Exam Name	Test Date	Location	Reception Time
5/07 (Th) ~ 5/13 (W) Period 1	Stomach Cancer, Lung Cancer Exam	5/26 (Tu)	Tsuchiyama Kaihatsu Center	Men 9:00~9:30 Women 10:00~10:30
		5/27 (W)		
		5/28 (Th)		
		5/29 (F)		
		6/30 (Tu)		
		7/10 (F)		
Period 1	Breast Cancer, Uterine Cancer Exam	7/03 (F)	Tsuchiyama Kaihatsu Center	13:30 ~ 14:30
		7/10 (F)		
		7/15 (W)		

Application Period	Exam Name	Distribution	Collection
5/07 (Th) ~ 5/13 (W) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 1	Colon Cancer Exam	【Distribution Period】 5/07 (Th) ~ 5/13 (W) ※Excluding Weekends 【Distribution Time】 9:00~17:00 【Distribution Center】 Tsuchiyama Hoken Center	【Collection Period】 5/26 (Tu) ~ 29 (F) 6/30 (Tu) 7/10 (F) 【Collection Time】 8:30~12:00 【Collection Center】 Tsuchiyama Hoken Center
9/01 (Tu) ~ 9/04 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 2		【Distribution Period】 9/01 (Tu) ~ 9/04 (F) 【Distribution Time】 9:00~17:00 【Distribution Center】 Tsuchiyama Hoken Center	【Collection Period】 9/08 (M) ~ 9/11 (F) 【Collection Time】 8:30~12:00 【Collection Center】 Tsuchiyama Hoken Center

Koka Health Clinic (Hoken Center) Operated Medical Exams

Contact: Koka Hoken Center Phone (Local Wire): 88-6556

Reception Hours: 9am ~ 5pm (Excluding weekends, holidays)

Standard Physical and Special Physical Exams (Hepatitis Check)

Exam Date	Location	Reception Time
6/17 (W)	Koka Hoken Center	① 9:00 ~ 11:00
6/22 (M)		② 13:30 ~ 15:30
6/23 (Tu)		

Cancer Medical Exams

Application Period	Exam Name	Test Date	Location	Reception Time
4/14 (Tu) ~ 4/17 (F) Period 1	Stomach Cancer, Lung Cancer Exam	4/23 (Th)	Koka Hoken Center	Men 9:00~9:30 Women 10:00~10:30
		4/24 (F)		
		4/27 (M)		
		4/28 (Tu)		
		6/17 (W)		
		6/18 (Th)		
		6/19 (F)		
		6/22 (M)		
	6/23 (Tu)			
	Stomach Cancer Exam	6/24 (W)		
Breast Cancer, Uterine Cancer Exam	6/17 (W)	Koka Hoken Center	13:30 ~ 14:30	

※ Up to two medical exams with the same test date and reception time can be taken at the same time.
(You can also take only one type of checkup)

※ The container for the Colon Cancer Test in the Cancer Exam Set will be collected when you take the Stomach/Lung Cancer Test. Please confirm details when you apply.

Application Period	Exam Name	Test Date	Location	Reception Time
4/14 (Tu) ~ 4/17 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 1	Colon Cancer Exam	【Distribution Period】 4/14 (Tu) ~ 4/17 (F) 【Distribution Time】 9:00~17:00 【Distribution Center】 Koka Hoken Center	【Collection Period】 4/23 (Th) ~ 28 (Tu) 6/17 (W) ~ 24 (W) ※Excluding Weekends 【Collection Time】 8:30~12:00 【Collection Center】 Koka Hoken Center	
8/24 (M) ~ 8/28 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 2	Colon Cancer Exam	【Distribution Period】 8/24 (M) ~ 8/28 (F) 【Distribution Time】 9:00~17:00 【Distribution Center】 Koka Hoken Center	【Collection Period】 9/07 (M) ~ 11 (F) 【Collection Time】 8:30~12:00 【Collection Center】 Koka Hoken Center	
	Breast Cancer, Uterine Cancer Exam	9/07 (M) 9/11 (F) 9/14 (M)	Koka Hoken Center	13:30 ~ 14:30

- ※ Up to two medical exams with the same test date and reception time can be taken at the same time.
(You can also take only one type of checkup)
- ※ The container for the Colon Cancer Test in the Cancer Exam Set will be collected when you take the Stomach/Lung Cancer Test. Please confirm details when you apply.

Konan Health Clinic (Hoken Center) Operated Medical Exams

Contact: Konan Hoken Center Phone: 86-5934

Reception Hours: 9am ~ 5pm (Excluding weekends, holidays)

Standard Physical and Special Physical Exams (Hepatitis Check)

Exam Date	Reception Time, Location	
6/11 (Th)	9:30 ~ 11:00 Kibogaoka Bosai Center	14:00 ~ 15:30 Kaede Kaikan
6/12 (F)	9:00 ~ 11:00 Konan Hoken Center	13:30 ~ 15:30 Konan Hoken Center
6/15 (M)	9:00 ~ 11:00 Konan Hoken Center	13:30 ~ 15:30 Konan Hoken Center
6/16 (Tu)	9:00 ~ 11:00 Konan Hoken Center	13:30 ~ 15:30 Konan Hoken Center

Cancer Medical Exams

Application Period	Exam Name	Test Date	Location	Reception Time
4/21 (Tu) ~ 4/24 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 1	Stomach Cancer, Lung Cancer Exam	5/15 (F)	Konan Hoken Center	Men 9:00~9:30 Women 10:00~10:30
		5/19 (Tu)		Men 9:00~9:30 Women 10:00~10:30
		5/20 (W)		
		5/21 (Th)		
	Colon Cancer Exam	【Distribution Period】 4/21 (Tu) ~ 24 (F) 【Distribution Time】 9:00~17:00 【Distribution Center】 Konan Hoken Center	【Collection Period】 5/11 (M) ~ 22 (F) ※Excluding Weekends 【Collection Time】 8:30~12:00 【Collection Center】 Konan Hoken Center	

Application Period	Exam Name	Test Date	Location	Reception Time
10/19 (M) ~ 10/23 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office. Period 2	Stomach Cancer, Lung Cancer Exam	11/04 (W)	Konan Hoken Center	Men 9:00~9:30 Women 10:00~10:30
		11/05 (Th)		
		11/06 (F)		Men 9:00~9:30 Women 10:00~10:30
		11/09 (M)		
		11/11 (W)		
		11/17 (Tu)		
	Stomach Cancer Exam	11/18 (W)		Men 9:00~9:30 Women 10:00~10:30
		11/25 (W)		
	Breast Cancer, Uterine Cancer Exam	11/27 (F)		13:30 ~ 14:15
		11/04 (W)		
		11/09 (M)		
		11/16 (M)		
	Breast Cancer Exam	11/20 (M)		
		11/25 (W)		
11/11 (W)				
	Colon Cancer Exam	【Distribution Period】 10/19 (M) ~ 23 (F) 【Distribution Time】 9:00~17:00 【Distribution Center】 Konan Hoken Center	【Collection Period】 11/04 (W) ~ 13 (F) 11/17 (Tu) ~ 18 (W) 11/25 (W) ~ 27 (F) ※Excluding Weekends 【Collection Time】 8:30~12:00 【Collection Center】 Konan Hoken Center	

Shigaraki Health Clinic (Hoken Center) Operated Medical Exams

Contact: Shigaraki Hoken Center

Phone: 82-3113 (Local Wire) 7200

Reception Hours: 9am ~ 5pm (Excluding weekends, holidays)

Standard Physical and Special Physical Exams (Hepatitis Check)

Exam Date	Reception Time, Location	
7/01 (W)	9:00 ~ 11:00 Shigaraki Kaihatsu Center	13:30 ~ 15:30 Shigaraki Kaihatsu Center
7/03 (F)	10:00 ~ 11:00 Kumoi Chiku Noson Kaseika Center	14:00 ~ 15:00 Ryokuchito Kanri Chuo Center (Asamiya)
7/06 (M)	9:00 ~ 11:00 Shigaraki Kaihatsu Center	13:30 ~ 15:30 Shigaraki Kaihatsu Center

Cancer Medical Exams

Application Period	Exam Name	Test Date	Location	Reception Time
6/15 (M) ~ 6/19 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office.	Stomach Cancer, Lung Cancer Exam	7/01 (W)	Shigaraki Kaihatsu Center	Men 9:00~9:30
		7/02 (Th)		Women 10:00~10:30
Period 1	Colon Cancer Exam	【Distribution Period】 6/15 (M) ~ 19 (F)		【Collection Period】 7/01 (W) ~ 8 (W)
		【Distribution Time】 9:00~17:00		【Collection Time】 8:30~12:00
		【Distribution Center】 Shigaraki Hoken Center		【Collection Center】 Shigaraki Hoken Center
		【Collection Period】 10/14 (W) ~ 22 (Th) 10/29 (Th) ※Excluding Weekends		【Collection Time】 8:30~12:00 【Collection Center】 Shigaraki Hoken Center

※ Up to two medical exams with the same test date and reception time can be taken at the same time.
(You can also take only one type of checkup)

※ The container for the Colon Cancer Test in the Cancer Exam Set will be collected when you take the Stomach/Lung Cancer Test. Please confirm details when you apply.

Application Period	Exam Name	Test Date	Location	Reception Time
9/28 (M) ~ 10/02 (F) ※ Reception for the Colon Cancer Exam can only be taken by visiting the office.	Stomach Cancer, Lung Cancer Exam	10/14 (W)	Shigaraki Kaihatsu Center	Men 9:00~9:30
		10/19 (M)		Women 10:00~10:30
		10/22 (Th)		
		10/29 (Th)		
Period 2	Colon Cancer Exam	【Distribution Period】 9/28 (M) ~ 10/02 (F)		【Collection Period】 10/14 (W) ~ 22 (Th) 10/29 (Th) ※Excluding Weekends 【Collection Time】 8:30~12:00 【Collection Center】 Shigaraki Hoken Center
		【Distribution Time】 9:00~17:00		
		【Distribution Center】 Shigaraki Hoken Center		
	Breast Cancer, Uterine Cancer Exam	10/19 (M)	Shigaraki Kaihatsu Center	13:30 ~ 14:15
		10/28 (W)		
	Breast Cancer Exam	10/26 (M)		
		11/02 (M)		

About Health Counseling/ Nutrition Counseling

Counseling is held for Physical, Mental, and Nutritional Health. (You must make a reservation in advance. Please make your reservations with the appropriate Hoken Center.)

Reception Hours (9:00 ~ 10:30) **[A ● indicates Nutrition Counseling is also available]**

		Minakuchi Hoken Center	Tsuchiyama Hoken Center	Koka Hoken Center	Konan Hoken Center	Shigaraki Hoken Center	
2009 (Heisei 21)	Apr	4/09 (Th)		●	●	●	Apr
		4/23 (Th)	4/30 (Th)	4/10 (F)	4/28 (Tu)	4/16 (Th)	
	May	5/14 (Th)	●	●	●	●	May
		●5/28 (Th)	5/22 (F)	5/15 (F)	5/26 (Tu)	5/21 (Th)	
	Jun	6/11 (Th)		●	●	●	Jun
		6/25 (Th)	6/25 (Th)	6/12 (F)	6/30 (Tu)	6/11 (Th)	
	Jul	7/09 (Th)	●	●	●	●	Jul
		●7/30 (Th)	7/31 (F)	7/17 (F)	7/21 (Tu)	7/16 (Th)	
	Aug	8/06 (Th)		●	●	●	Aug
		●8/27 (Th)	8/27 (Th)	8/21 (F)	8/25 (Tu)	8/20 (Th)	
	Sept	9/10 (Th)	●	●	●	●	Sept
		●9/24 (Th)	9/25 (F)	9/18 (F)	9/29 (Tu)	9/24 (Th)	
Oct	10/08 (Th)		●	●	●	Oct	
	10/22 (Th)	10/22 (Th)	10/16 (F)	10/27 (Tu)	10/15 (Th)		
Nov	11/12 (Th)	●	●	●	●	Nov	
	●11/26 (Th)	11/27 (F)	11/20 (F)	11/24 (Tu)	11/19 (Th)		
Dec	12/10 (Th)		●	●	●	Dec	
	12/24 (Th)	12/11 (F)	12/18 (F)	12/22 (Tu)	12/17 (Th)		
2010 (Heisei 22)	Jan	1/14 (Th)	●	●	●	●	Jan
		●1/28 (Th)	1/29 (F)	1/15 (F)	1/26 (Tu)	1/21 (Th)	
	Feb	2/10 (W)		●	●	●	Feb
		2/25 (Th)	2/25 (Th)	2/19 (F)	2/23 (Tu)	2/18 (Th)	
	Mar	3/11 (Th)	●	●	●	●	Mar
3/25 (Th)		3/12 (F)	3/19 (F)	3/16 (Tu)	3/18 (Th)		

For those 65 through 74 taking the "Special Health Check":

For those aged 65 through 74 who take the Koka National Health Insurance operated "Special Health Check," if **Health Guidance** becomes necessary for you please seek health counseling with your Hoken Center.

Special Health Guidance Vouchers (Tokutei Hoken Shidou Riyo-ken) are sent to those targeted through the Koka City National Health Insurance.

< What to Bring >

- Health Record Book (for those who have one)
- Health Check Results
- Special Health Guidance Voucher (Tokutei Hoken Shidou Riyo-ken)
- National Health Insurance Card

< Time >

20 minutes of counseling time is allocated for each person.

For those who would like counseling, please call in your reservation to the Hoken Center.

※ If medical treatment is necessary, please consult with your medical institution.

Breast Cancer Exam (Can be taken at Designated Medical Institutions)

(* This exam is the same as the Group Medical Exam.)

Target Group Women age 40 and over (born before April 1st, 1970) who have not yet taken the exam.

How to Apply Please call Konan Hospital (Konan Byoin) directly within the application period in order to apply:
Reception Hours: Mondays thru Saturdays, 2pm ~ 7pm
(Excluding Sundays and Holidays)
Phone: 86-3131

* Depending on capacity reception will close, even during the application period.

Capacity 8 people per day

Exam Dates Saturdays, 1pm ~ 3pm

What to Bring Checkup fee (1,500 yen); Health Insurance Card; Health Record Book (for those who carry one); Bath Towel

※The checkup fee is the projected amount for the 2009-2010 fiscal year.

Application Contact & Host Medical Institution	Application Period	Exam Dates (1pm ~ 3pm)
Jinseikai Konan Hospital 958 Banchi, Kazuragi Konan-cho Phone 86-3131	4/06/2009 (Mon) ~ 4/18/2009 (Sat)	May : 2, 9, 16, 23, 30
		June : 6, 13, 20
		July : 4, 11, 18, 25
	9/01/2009 (Tues) ~ 9/12/2009 (Sat)	Oct : 3, 10, 17, 24, 31
		Nov : 7, 14, 21, 28
		Dec : 5, 12, 19

* In the event you choose to cancel, you must call Konan Hospital (Konan Byoin) at (86-3131).

* For inquiries not regarding the application, please call the Hoken Kaigo-ka at (65-0703).

<Caution> Please be aware that the following people are required to pay the full cost of the exam:

- ① Those who have are not registered residents of Koka on the exam date.
- ② Those who took the Breast Cancer Medical Exam during the 2008-2009 fiscal year.

Uterine Cancer Exam (Can be taken at Designated Medical Institutions)

Target Group Women age 20 and over (born before February 4th, 1990) who have not yet taken the exam.

Exam Period From April 2009 until March 2010
 (Because the dates differ depending on the medical institution, please seek additional information before taking the exam)

Procedure Please go directly to the Designated Medical Institution of your choice. You must tell the front reception window of the medical institution you would like to take the Uterine Cancer Exam.

Japanese → ("Koka-shi no Shikyu-gan Kenshin wo uketai")

※ Koka Hospital (Koka Byoin) and Minakuchi Medical Center (Minakuchi Iryo Center) are designated on Medical Exam days.

★ Those who wish to take the Uterine Cancer Exam at the Minakuchi Iryo Center must call in their reservation about one month in advance. (Reservation Hotline: 62-3366)

What to Bring Checkup fee (1,700 yen); Health Insurance Card; Health Record Book (for those who carry one)

※The checkup fee is the projected amount for the 2009-2010 fiscal year.

	Address	Phone	Exam Dates	
Designated Medical	Koka Public Hospital Koritsu Koka Byoin	3-39 Rokushin, Minakuchi-cho	62-0234	Every Tuesday 1:30pm ~ 2pm
	Shin-Ai Ladies Clinic	1098-1 Mushono, Minakuchi-cho	63-3321	Same as Appointment Hours
	Nomura Gynecology Department Nomura Sanfujinka	611 Kojibukuro, Konan-shi	72-6633	Same as Appointment Hours
	Hamada Clinic	5992-1 Minakuchi, Minakuchi-cho	65-3737	Same as Appointment Hours
	Minakuchi Medical Center Minakuchi Iryo Center	293 Kibukawa, Minakuchi-cho	62-3366	Every Wednesday 9am ~ 12pm

* There is a possibility of changes in times so please confirm with the hospital beforehand.

<Caution> Please be aware that the following people are required to pay the full cost of the exam:

- ① Those who have are not registered residents of Koka on the exam date.
- ② Those who took the Breast Cancer Medical Exam during the 2008-2009 fiscal year.
- ③ Endometrial Cancer Exams (Shikyu-Taibu Gan) are not covered by the public subsidy.

Osteoporosis Check (Can be taken at Designated Medical Institutions)

Target Group Women age 40, 45, 50, 55, 60, 65, and/or 70

Checkup Fee 500 yen (Please pay on the day of your checkup)
 ※ The checkup fee is the projected amount for the 2009-2010 fiscal year.

What to Bring Health Insurance Card (for identity verification purposes)

Designated Medical Institution	How to Apply	Application Period			Checkup Dates
Minakuchi Medical Center <i>(Minakuchi Iryo Center)</i> 293 Kibukawa, Minakuchi-cho Phone: 62-3366 (Reservation Hotline)	Please call-in and apply	Checkup Month May June July August September October November	Application Period 4/01 ~ 4/30 5/01 ~ 5/31 6/01 ~ 6/30 7/01 ~ 7/31 8/01 ~ 8/31 9/01 ~ 9/30 10/01 ~ 10/31	Reception Hours 9am ~ 4pm (Excluding Weekends & Holidays)	May ~ Nov., every Wednesday & Saturday Time Wednesday : from 2pm Saturday : 8:30am ※ If you wish for a day and/or time different from what is listed above, please ask when you apply.
		Diagnosis Procedure: Arm Bone X-Ray			
Shigaraki Central Hospital <i>(Shigaraki Chuo Byoin)</i> 473 Nagano, Shigaraki-cho Phone: 82-0249	Please call-in and apply	Checkup Month June July August	Application Period 5/01 ~ 5/15 6/01 ~ 6/15 7/01 ~ 7/15	Reception Hours 2pm ~ 4pm (Excluding Weekends & Holidays)	June ~ August, every Wednesday Time 2pm ~ 3pm
		Diagnosis Procedure: Heel Bone X-Ray			
National Hospital Organization Shigaraki Hospital <i>(Shigaraki Byoin)</i> 997 Maki, Shigaraki-cho Phone: 83-0101	There is no need to apply in advance. Checkups available during the times list at right.	May ~ October (Excluding Weekends & Holidays) This medical exam can be taken directly			May ~ October (Excluding Weekends, Holidays) Reception Hours: 9 ~ 11am Please inquire with the hospital for additional details.
		Diagnosis Procedure: Heel Bone X-Ray			

Osteoporosis Check (Can be taken at Designated Medical Institutions)

Target Group Men age 50, 55, 60, 65, and/or 70

Procedure Medical Interview, Blood Test (Prostate Specific Antigen [PSA] Test)

Checkup Fee 1,000 yen (Please pay when you apply at the Hoken Center)

Application Procedure	Application Period	Checkup Period	Medical Institution
Please come to any Hoken Center during the Application Period to apply.	11/13 (F) ~ 11/25/2009 (W)	12/01 (Tu) ~ 12/26/2009 (Sa)	Please refer to the Medical Institution Guide on pages 21 through 22.

Target Age Groups Continued on Next Page



Target Age Groups

Age 40	Born between April 2 nd , 1969 and April 1 st , 1970
Age 45	Born between April 2 nd , 1964 and April 1 st , 1965
Age 50	Born between April 2 nd , 1959 and April 1 st , 1960
Age 55	Born between April 2 nd , 1954 and April 1 st , 1955

Age 60	Born between April 2 nd , 1949 and April 1 st , 1950
Age 65	Born between April 2 nd , 1944 and April 1 st , 1945
Age 70	Born between April 2 nd , 1939 and April 1 st , 1940

Hepatitis B/C Check

(Can be taken at Group Medical Exam or Designated Medical Institution)

Target Group Individuals over 40 (born before April 1st, 1970)

Description Blood Test (Hepatitis B, Hepatitis C)

What to Bring Checkup Fee (1,000 yen)/ Health Insurance Card
 ※ The checkup fee is the projected amount for the 2009-2010 fiscal year.

Add. Details This test is not intended for those receiving medical treatment for Hepatitis or have taken the Hepatitis Test up until now.

※Individuals 41 years of age or older than have taken the Hepatitis Test in the past cannot take it again.

※Individuals who wish to take the Hepatitis Test only must take the test at a Designated Medical Institution.

Test Type	Test Period	
Group Medical Exam Operated Simultaneously with Special Health Check	During the Group Special Health Check	Only individuals who are covered by the Koka City National Health Insurance and are taking the Special Health Check can take the Hepatitis Test at the Health Check Site.
Designated Medical Institution	July thru January	Please take the Hepatitis Test at a Designated Medical Institution within city limits. Please pay for the test at the hospital on the day that you take it. (Please refer to pages 21 & 22 for specifics) For identity verification purposes please bring your Health Insurance Card.

Tuberculosis Test (Can be taken at Designated Medical Institutions)

Target Group Individuals over 65 (born before April 1st, 1945)

Description Chest X-Ray

Checkup Fee None

- Be sure to have a chest x-ray taken once per year.
- Wearing clothes that can be easily removed and lack metal fixtures or grips are desirable.
- The Tuberculosis Exam is unnecessary for those who have taken the Lung Cancer Test.

Test Type	Test Period	
Designated Medical Institution (Applying in advance unnecessary)	July thru January	<ul style="list-style-type: none"> ● Please take the Tuberculosis Test at a Designated Medical Institution within city limits. (Please refer to pages 21 & 22 for specifics) For identity verification purposes, please bring your Health Insurance Card. ● Individuals who are taking the Special Health Check/Health Check can take the Tuberculosis Test at the same time. Please express your interest in taking the Tuberculosis Test on the day of the Health Check. Japanese→ "Kekkaku-kenshin mo jushin shitai"

◆Listing of Dental Facilities Designated for Periodontal Disease Check◆

	Dental Clinic Name	Address	Phone Number
Minakuchi	Izumi Shika-iin	49 Icho-me, Kita-izumi	65-3363
	Kimura Shika Clinic	4-8 Jo-to	63-0118
	Koritsu Koka Byoin	3-39 Rokushin	62-0234
	Sakura Shika	2F, Minakuchi AL Plaza, 566-1 Moto-Ayano	65-4617
	Dai-ni-baba Shika-iin	115 Chuo Musho-no	62-4864
	Tani Shika-iin	610-269 Kojo-ga-oka	63-3377
	Tomiyama Shika-iin	78 Higashi Nasaka	63-5300
	Baba Shika-iin	561-1 Kibukawa	62-2307
	Hori Shika-iin	4-34 Icho-me, Honmachi	62-0155
	Matsuda Shika Clinic	5996-1 Minakuchi	63-0632
	Mine Shika Clinic	97 Matoba, Minakuchi-cho	63-2242
	Monya Shika Clinic	276 Higashi Nasaka	65-3006
Yasui Shika-iin Minakuchi Shinryosho	430 Kitawaki	62-7650	
Tsuchiyama	Kuwana Shika Clinic	138-17 Maeno	67-1135
	Himawari Shika Clinic	1491-2 Kita Tsuchiyama	66-1822
Koka	Shiraki Shika-iin	1368 Ueno	88-5521
	Nishida Shika-iin	1072-9 Ohara Naka	88-4334
	Yasui Shika-iin	145 Okubo	88-5522
Konan	Imamura Shika-iin	2201 Fukawa	86-6386
	Kimura Shika-iin	451 Noda	86-6755
	Sanaoka Shika-iin	1081 Terasho	86-2010
	Takemura Shika-iin	952 Terasho	86-2145
Shigaraki	Ida Shika-iin	454-6 Nagano	82-8148
	Ohya Shika-iin	1221-6 Nagano	82-0713
	Sugimoto Shika-iin	422-1 Eda	82-2151
	Muraki Shika-iin	632 Nagano	82-2755

Periodontal Disease (Gum Disease) Check

(Can be taken at a Designated Medical Institution within city limits)

Target Group Individuals between 40 and 70 years of age (born between April 2nd, 1939 and April 1st, 1970) who are not currently receiving special dental care.

Exam Description

- Dental Examination (Inspection of teeth and gums)
- Dental X-ray (panoramic)
- Dental Consultation

Application Process Please call or visit any Designated Medical Institution during the application period to make your appointment.
 Please make your appointment by indicating the following:
 Japanese→ **“Koka-shi no Shishu-shikan Kenshin wo uketai.”**
 Please inquire with your Dental Clinic (Shika-iin) regarding possible dates for your reservation.

Application Period June 1st (Mon) thru end-December, 2009 (during clinic hours)

Exam Dates July 1st, 2009 (Wed) thru January 31st, 2010 (Sun)

Checkup Fee 500 yen

※ **The checkup fee is the projected amount for the 2009-2010 fiscal year.**

Payment Method After taking the exam, payment will be accepted via payment stub delivered by the city.

What to Bring Health Record Book, Health Insurance Card (for identity verification)

Cautionary Items If based on your results additional medical care or tests become necessary you will be required to burden the associated costs.

With the fairly high number of people afflicted with “Periodontal Disease,” regardless of the age group it is a familiar disease. However, given the apathy regarding Periodontal Disease, detection often comes too late.

Even as you enter your 80s, to ensure the protection of your teeth it is necessary to get checked regularly. For those who take the Special Health Check and are being treated for lifestyle diseases; are or have the potential to be diagnosed with metabolic syndrome, we recommend the readjustment of your lifestyle, and the Periodontal Disease Check in order to preserve your dental health.

Because those afflicted with diabetes are particularly at risk, we recommend that they take the Periodontal Disease Check.

Please Help Donate Blood



“Chi-tan”
Shiga-ken Blood
Donation
Mascot

There is a shortage of platelet and 400 ml blood donations. We ask for your help and cooperation.

[Blood Donation Types]

Blood can be donated via apheresis, or in 200ml or 400ml donations.

(If you choose to donation via apheresis, we require that **individuals over 40 years of age who have taken an EKG within the past year have no abnormalities.**

[When you donate...]

Please bring your donation record book or card if you have one. In order to verify the donor's identity, we require a driver's license, health insurance card, passport, or other form of ID, so we ask for your cooperation.

[Who cannot donate...]

For the safety of both those who wish to donate and those who receive blood transfusions or products, the following people cannot donate blood:

- Those who have received blood transfusion or organ transplants
- Those currently taking medicine, pregnant, nursing, or with fever
- Those who wish to donate blood to test for the AIDS virus
- Those who have had anonymous sexual contact with the opposite sex within the past year
- Men who have had sexual contact with the same sex (male) within the past year
- Those who have used drugs or stimulants within the past year
- Carriers of Hepatitis B, Hepatitis C, or the AIDS Virus
- Those afflicted with syphilis, Hepatitis C, or malaria
- Those who have returned or entered the country within the past 4 weeks
- Within the past 3 days, those who have experienced hemorrhaging along with received dental medical treatment
- We ask that those with piercings please refrain from donating.
- Those who have lived or stayed in certain European countries after 1980.

【Example】 England: 1980 ~ 1996 for a year or longer // Countries besides England: Stays 6 months or longer

[Blood Donation Types]

	Apheresis Blood Donation		Whole Blood Donation	
	Plasma	Platelet	200ml	400ml
Amount per Donation	300ml ~ 600ml (depending on weight)	Less than 400ml	200ml	400ml
Age	18 ~ 69 years ※	18 ~ 54 years	16 ~ 69 years ※	18 ~ 69 years ※
Weight	Men(M): 45kg or higher	Women(F): 40kg or higher		M/F: 50kg+

※For the health and safety of those over 65 years of age, only those who have donated between the ages of 60 and 64 can donate.

*This schedule is for blood drives held at in-city public facilities. Because schedule changes are possible, please reconfirm with each Hoken Center when you make your reservation.

~ Bone Marrow Registration ~

The days for registration when you come to donate blood are set. Please refer to notices in the public newsletter, local phone, Minakuchi TV, etc. for more information.

	Date	Type	Donation Site	Application (Hoken) Center		Date	Type	Donation Site	Application (Hoken) Center
	2009	4/09 (Th)	Apheresis	Minakuchi Hoken Center		Minakuchi	2010	1/22 (F)	Whole Blood
6/04 (Th)		Apheresis	Tsuchiyama Kaihatsu Center	Tsuchiyama	1/26 (Tu)	Apheresis		Tsuchiyama Kaihatsu Center	Tsuchiyama
6/10 (W)		Apheresis	Konan Shisho	Konan	2/04 (Th)	Apheresis		Minakuchi Hoken Center	Minakuchi
6/18 (Th)		Apheresis	Shigaken Yakugyo Kaikan	Koka	3/17 (W)	Whole Blood		Konan Shisho	
6/23 (Tu)		Apheresis	Minakuchi Hoken Center	Minakuchi	☆Apheresis Blood Donation Reception Hours 10:00/11:00/13:00/14:00/15:00 (Application Required) ※Please apply up to the respective Hoken Center up to 5 days in advance for the Apheresis Blood Donation. ☆When you make your reservation, please contact the Hoken Center which you are applying to. ☆Whole Blood Donation 10:00~11:30/12:30~15:00 (No application necessary) Please refer to the front cover for the contact information to apply. For more information regarding blood donations, please contact Shiga-ken Red Cross Blood Donation Center Shiga-ken Seki-juji Kenketsu Center Phone: 077-564-6311				
6/25 (Th)		Apheresis	Shigaraki Kaihatsu Center	Shigaraki					
8/06 (Th)		Apheresis	Minakuchi Hoken Center	Minakuchi					
8/14 (F)		Apheresis/ Whole Blood	Koka Hoken Center	Koka					
9/16 (W)		Apheresis/ Whole Blood	Konan Shisho	Konan					
9/25 (F)		Apheresis	Tsuchiyama Kaihatsu Center	Tsuchiyama					
9/29 (Tu)		Whole Blood	Shigaraki Kaihatsu Center						
10/20 (Tu)		Apheresis	Minakuchi Hoken Center	Minakuchi					
11/17 (Tu)		Apheresis	Konan Shisho	Konan					
12/01 (Tu)		Apheresis	Minakuchi Hoken Center	Minakuchi					

[Blood Donation Period]

This Donation / Next Donation	Plasma	Platelet	400ml	200ml
Plasma	For both men(M) & women(F): 2 weeks after last donation		M/F: 8 weeks after donation	For both men & women: 4 weeks after last donation
Platelet				
400ml			M: 12 weeks after F: 16 weeks after	
200ml				

My Family • Health Schedule!!

When is my next health exam? ~Write it down so you don't forget~

Adult

Exam or Counseling Date	Name:	Name:	Name:	Name:
Basic Health Check	/ : ~	/ : ~	/ : ~	/ : ~
Special Health Check	/ : ~	/ : ~	/ : ~	/ : ~
Stomach Cancer	/ : ~	/ : ~	/ : ~	/ : ~
Lung Cancer	/ : ~	/ : ~	/ : ~	/ : ~
Colon Cancer	/ : ~	/ : ~	/ : ~	/ : ~
Uterine Cancer	/ : ~	/ : ~	/ : ~	/ : ~
Breast Cancer	/ : ~	/ : ~	/ : ~	/ : ~
Prostate Cancer	/ : ~	/ : ~	/ : ~	/ : ~
Periodontal Disease Check	/ : ~	/ : ~	/ : ~	/ : ~
Osteoporosis	/ : ~	/ : ~	/ : ~	/ : ~
Tuberculosis Test	/ : ~	/ : ~	/ : ~	/ : ~
Hepatitis Check	/ : ~	/ : ~	/ : ~	/ : ~

Child

Exam, Immunization, or Counseling Date	Name:	Exam, Immunization, or Counseling Date	Name:
	/ : ~		/ : ~
	/ : ~		/ : ~
	/ : ~		/ : ~
	/ : ~		/ : ~

----- cut < and place somewhere easy to see -----

Senior Influenza Vaccine (Flu Shot)

*There will be no notices for this. (Age 65 and over)

Target Group Any of the following people who possess an address within Koka:
① Those at least 65 years old by the day of vaccination
② Those between the age of 60 and 65 who suffer from heart, kidney, or respiratory organ damage; or who experience functional damage from human immunodeficiency disorder (HIV); and carry a disabled person's record book
(If these criteria apply to you please contact the Koka Department of Healthcare [*Hoken Kaigo-ka*] before taking the flu shot)

Vaccination Fee 1,500 yen (Please pay at the vaccination medical institution)

How to Apply for the Fee Waiver

Those who qualify as Current-year City Tax Exempt Households (**Gaitonendo Shimin-zei Hika-zei Setai**); City Tax Exclusion Households (**Shimin-zei Menjo Setai**); or are receiving Welfare Protection (**Seikatsu Hogo**), are exempt from paying the vaccination fees. Please visit your nearest *Hoken Center* to fill in and submit an application.

(Application/Reception Period: September 2009 ~ November)
(Exemption/Waiver issuance takes about 2 weeks, so please submit your application early.) You cannot apply post-vaccination.

What to Bring Health Insurance Card or Late Term Senior Health Care Card (*Koki Korei-sha Iryo Hoken*), Vaccination Fee (1,500 yen)
(A notice will be sent to those who are eligible for the fee waiver)

Timeframe mid-October, 2009 thru late December

Location P21~ P22; The days and times for vaccination vary between medical institutions, so please inquire via phone in advance of your flu shot.

Special Infertility Treatment

*Partial aid for medical treatment will be provided for those who undergo In vitro fertilization (IVF) or intracytoplasmic sperm injection (ICSI).

Target Group People who fulfill all of the following conditions:
① Couples receiving aid from the Shiga Prefecture Special Infertility Medical Fee Aid Program (**Shiga-ken Funin Chiryō-hi Josei Jigyo**), and have not received aid for all necessary medical fees (medical exams outside of *hoken*/health insurance)
② Legally married couples
③ Couples who, at the time of application or receipt of aid status, the husband or wife had and continue to have an address in Koka for a year or longer
④ Individuals who have fully paid for their city taxes at the time of applying for aid.

Aid Amount Of the necessary fees associated with the Shiga Prefecture Special Infertility Medical Fees (medical exams outside of *hoken*/health insurance), regarding the aid taken, providing aid twice per year, the total amount of aid provided sums to less than 100,000 yen.

Aid Period 5 years total

Application Documentation For additional information regarding necessary documentation to apply, please consult with a Koka City *Hoken Center* or Healthcare Department (*Hoken Kaigo-ka*).

Application Period Please apply within the fiscal year when the Shiga decision dates (*Josei Kettei-bi*) occur.

Vaccination • Special Health Exam • Other Health Exams

Medical Institution Guide

	Medical Institution	Address	Phone	Vaccination/Immunization (age 0-18)								Seniors (Age 65+) Influenza	Special Health Check <i>Tokutei Kenshin</i>	Tuber-culosis Test <i>Kekkaku Kenshin</i>	Hepatitis Check <i>Kanen Uirusu Check</i>	Prostate Cancer <i>Zenritsusen Gan Kenshin</i>	
				How to Reserve	BCG	DPT (3type Mixed Vaccine)	DT (Diphtheria Tetanus)	MR (Measles & Rubella Mixed Vaccine)									
								Age 1-2	Born: 4/02/2003 ~ 4/01/2004	Born: 4/02/1996 ~ 4/01/1997	Born: 4/02/1991 ~ 4/01/1992						
Minakuchi	An Byoin	119-1 Chuo Mushono	65-6884	×	×	×	×	×	×	×	×	×	×	×	×	○	
	Iwaya Byoin	2-10 Nakayashiki	62-0053	Reserve @ Hospital	○	○	○	○	○	○	○	○	○	○	○	○	○
	Ota Byoin	81-2 Chuo Mushono	63-3553	Visit Directly (No appt.)	○		○	During Fri. Exam Hours	During Tues/Fri Exam Hours				○	○	○	○	
	Kimura Byoin	1017-7 Mushono	62-2143	Reserve @ City	×	○	○		○	○	○	○	○	○	○	○	○
	Koritsu Koka Byoin	3-39 Rokushin	62-0234	Reserve @ Hospital	○	○	○	○	○	×	○	○	○	○	○	○	○
	Kondo Byoin	696 Shinjo	63-0530	Reserve @ City	○	○	○	○	○	○	○	○	○	○	○	○	○
	Tashiro Geka Byoin	1254 Izumi	62-0635	×	×	×	×	×	×	×	×	×	×	×	×	×	×
	Tanaka Shoni Byoin	2-3 Akatsuki	65-0121	Reserve @ City	○	○	○	○	○	×	×	×	×	×	×	×	×
	Nakagawa Naika Byoin	5546-4 Minakuchi	65-5410	Reserve @ City	○	○	○	○	○	○	○	○	○	○	○	○	○
	Hayami Byoin	128 1-chome Kita Izumi	65-3211	Reserve @ Hospital	○	○	○	○	○	○	○	○	○	○	○	○	○
	Hirakawa Clinic	184-2 Higashi Nasaka	63-6373	Reserve @ Hospital	○	○	○	○	○	○	○	○	○	○	○	○	○
	Fukai Clinic	3802 Bannaka Yama	65-4100	Reserve @ Hospital	×	○	○	○	○	○	○	○	○	○	○	○	○
	Minakuchi Iryo Center	293 Kibukawa	62-3346	Reserve @ Hospital	10am-12pm, No Vaccinations								○	○	○	○	
	Minakuchi Byoin	2-43 2-chome Honmachi	62-1212	×	×	×	×	×	×	×	×	×	○	○	○	○	○

	Murakami Seikei Geka Clinic	1095-4 Mushono	63-7751	×	×	×	×	×	×	×	×	Visit Directly	○	○	○	○
	Yamada Geka Byoin	2-29 Yasaka	62-0893	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○
Tsuchiya	Uda Byoin	1684-1 Kita Tsuchiyama	66-1050	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Kawabata Byoin	451 Tokuhara	67-0018	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Kariyushi Clinic	401 Ono	67-0155	Reserve @ Hospital	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Tazaki Byoin	955-1 Kurokawa	68-0139	Reserve @ City	×	○	○	○	○	○	○	Reserve @ Hospital	○	○	○	○
	Nakanishi Byoin	1433-2 Kita Tsuchiyama	66-0712	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
Koka	Oki Byoin	2089 Oki	88-4072	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Oki-iin Oharanaka Shuccho-sho	467 Oharanaka	88-5390	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	×	○	○
	Koka Chuo Shinsatsu-sho	916-4 Tadono	88-5106	Reserve @ City	○	○	○	○	○	○	○	Reserve @ City	○	○	○	○
	Furunishi-iin	833-141 Haisaka	88-5575	Reserve @ Hospital	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
Konan	Imamura Byoin	2201 Fukawa	86-2119	Reserve @ City	×	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Konan Shinsatsu-sho	233-6 Nogawa	86-2552	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	×	○	○
	Konan Byoin	958 Kazuragi	86-3131	Reserve @ City	×	○	×	○	○	×	×	Visit Directly	○	○	○	○
	Takeuchi Seikei Geka	7 7-1 Nojiri	86-8205	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○
	Terai-iin	857-81 6-chome Honmachi Kibogaoka	86-1112	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Furu Clinic	1098 Terasho	86-3135	Reserve @ City	×	○	○	○	○	○	○	Visit Directly	○	○	○	○
Shigaraki	Imanishi-iin	855-1 Nagano	82-0029	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○
	Shigaraki Chuo Byoin	473 Nagano	82-0249	Reserve @ City	mid-October ~ December, no vaccinations (only BCG possible)							Reserve @ Hospital	○	○	○	○
	Dokuritsu Gyosei Hojin Kokuritsu Byoin Kiko Shigaraki Byoin	997 Maki	83-0101	Reserve @ Hospital	○	○	○	○	○	○	×	Reserve @ Hospital	○	○	○	○
	Nozaki-iin	1335 Nagano	82-7887	Reserve @ City	×	×	○	×	×	○	○	Reserve @ Hospital	○	○	○	○

※Please refer to page 25 for "Reserve@City" designated vaccines (age 0~18).

