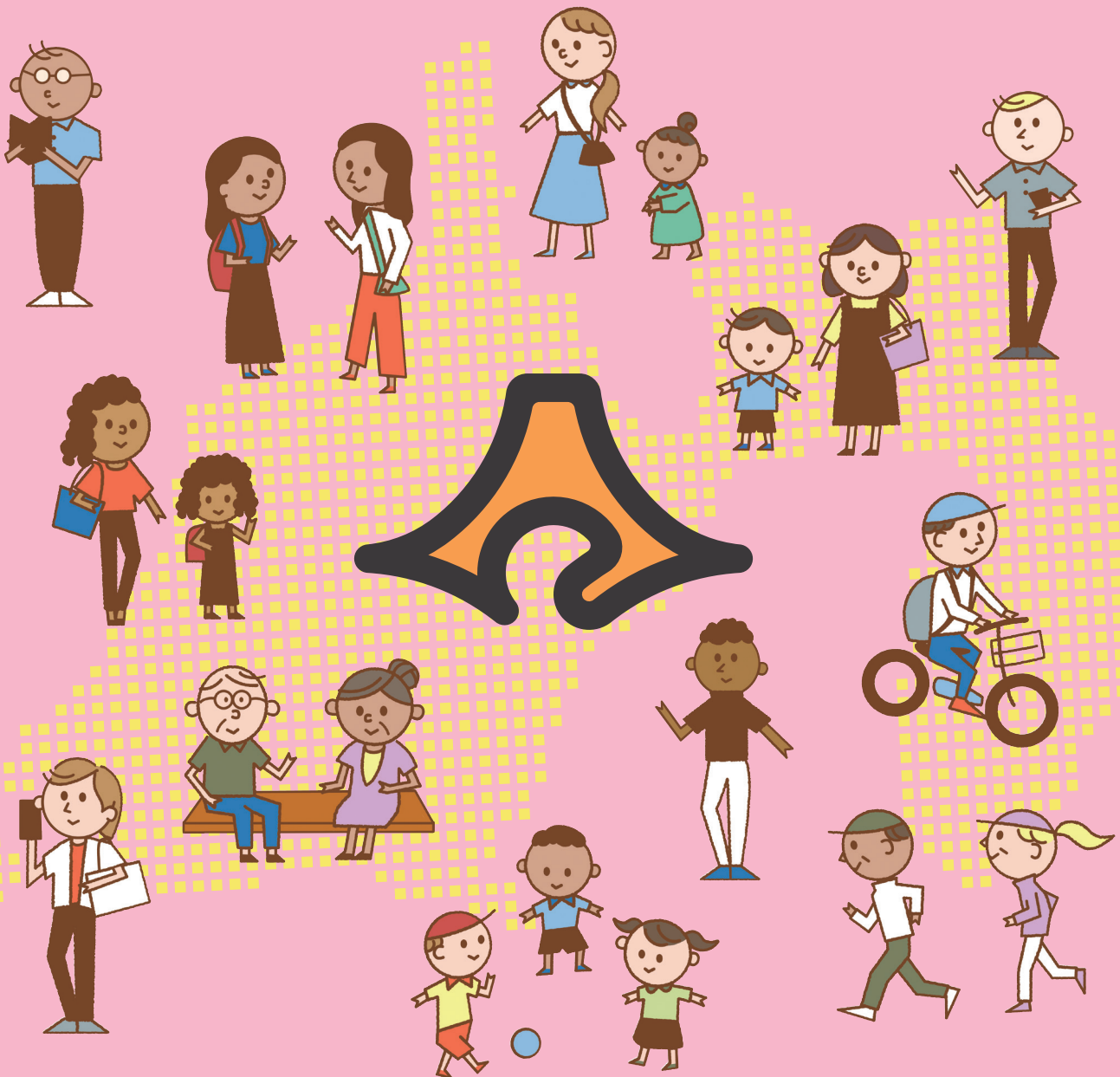




Health care framework in Japan

This leaflet explains the process that you need to go through in a Japanese medical institution to see a doctor and the health care insurance system in Japan.





1

Precautions when you choose a Japanese medical institution

In Japan, two types of medical institutions are available: medical institutions with well-equipped testing facilities where you can be hospitalized (hospitals), and other type of medical institutions, where you may visit when you have a common cold or minor injuries (clinics).

When you visit a hospital, the hospital may require you to submit a referral letter from the clinic of your doctor. In order not to find yourself panicking when you fall ill, we recommend you to research and get information about what kinds of medical institutions are available in your neighborhood.

1 How to find a medical institution

- Individual Japanese medical institutions have their own specialized medical fields or departments. Therefore, you need to find out medical institutions that can provide you with a good treatment for your specific symptoms.
- When you want to find an appropriate medical institution for you, you can refer to the websites listed in the section No. 3 of this document "**3 Searching for a medical institution**" or you can contact consultation services such as Shizuoka Assistance Center for Foreign Residents, CAMELLIA.



2 Reception at a Japanese medical institution

- When you visit a Japanese medical institution, please be sure to show your Japanese public insurance card. If you present your card, the amount that you need to pay for your medical fees will be reduced.
- If you do not have an insurance card with you, you need to pay the full amount of your medical expenses.
- If you want to know about the Japanese public health care insurance system, please refer to the section No. 2 of this document "**2 Public health care insurance in Japan.**"



3 Filling out a medical questionnaire sheet

- After you are registered at the reception, you are asked to fill out and answer the medical questionnaire sheet regarding your symptoms, possible allergies, and other health items.



4 Doctor's consultation

- You are asked to describe your symptoms to your doctor and the doctor examines you. You may be instructed to take some medications which are necessary for your treatment.



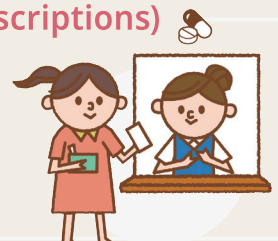
5 Cashier

- In Japan, after the doctor's consultation, the exact amount of your medical expenses can be calculated and billed to you for your payment.
- You need to pay the medical bill at the cashier counter.
- Please be aware that many Japanese medical institutions can only accept cash, although some medical institutions can accept credit cards, etc.
- If your doctor has prescribed some medication for you, you need to pay the prescription fee together with the consultation fee at the cashier counter.



6 How to purchase the prescribed medicines (out-of-hospital prescriptions)

- In Japan, patients are often asked to receive their medicines at pharmacies located outside the institution (out-of-hospital prescriptions).
- At the pharmacy, please submit the prescription sheet that you received at the medical institution to get the medicines.
- You need to pay the cost of the medicines at the pharmacy when you receive them.





2 Public health care insurance in Japan

Non-Japanese people living in Japan for more than 3 months are, as a rule, required to enroll in a Japanese public health care insurance program so that their financial burden of paying medical expenses can be reduced when they get ill or injured in Japan.

There are 3 types of public health care insurance programs in Japan including "Health Insurance for Employees," "Medical Care System for Older Senior Citizens," and "National Health Insurance."

At medical institutions, if you present your insurance card issued by a Japanese public medical insurer, then the amount of money you need to pay will be decreased according to the Japanese medical copayment system.

If you have any questions about the Japanese public health care insurance system, you can consult with CAMEL-LIA staff (Shizuoka Assistance Center for Foreign Residents) shown in this document at the section "3 Searching for a medical institution".

A : Health Insurance for Employees

▶▶ for people working at companies, etc.

B : Medical Care System for Older Senior Citizens

▶▶ for people aged 75 or older

C : National Health Insurance

▶▶ for people who are not eligible for A or B

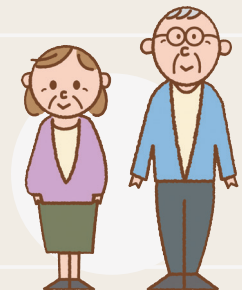
A Health Insurance for Employees

People who are working for companies, etc. can get this program. The amount of premiums to be paid by an employee is calculated on the basis of his/her monthly salary and yearly bonus amounts. Please check with the company you are working for to find out if you are eligible to enroll in the "Health Insurance for Employees" program, including the amount of premium you need to pay, how to pay, and whether your family members can also enroll in this health insurance program.



B Medical Care System for Older Senior Citizens

People who are 75 years old or older are entitled to enroll in this system. The amount of premiums to be paid by them depends on their incomes. Please check with your local government or town office to find out if you are eligible to enroll in the Medical Care System for Older Senior Citizens, including the information about the amount of premiums to be paid, how to pay, and other related information.



C National Health Insurance

People who are not entitled to enroll in "Health Insurance for Employees" program (A) or "Medical Care System for Older Senior Citizens" program (B) can enroll in this National Health Insurance program. The amount of premiums to be paid depends on the number of family members and the level of income. Please check with your local government or town office to find out whether you are eligible to enroll in the National Health Insurance program, including the information about the amount of premiums to be paid, how to pay, and other related information.





3 Searching for a medical institution

Medical Net SHIZUOKA



This is a website where you can search for medical institutions and pharmacies located in Shizuoka Prefecture.
 The site is available in [English](#), [Chinese](#), [Korean](#), [Portuguese](#), [Vietnamese](#), [Spanish](#), [Filipino](#), [Indonesian](#), and [Thai](#) languages.
 Please note, however, that 100% correctness of the translation cannot be guaranteed since the document was translated by translation software.

Japan National Tourism Organization website



You can search for medical institutions located in Japan where non-Japanese patients are accepted.
 This site is available in Japanese, [English](#), [Chinese \(simplified/traditional characters\)](#), and [Korean](#) languages.

Shizuoka Assistance Center for Foreign Residents, CAMELLIA (Tel: 054-204-2000)



If you have problems in your life in Japan, you can consult your issues with CAMELLIA consultation center staff.

If you do not know how to utilize the Japanese public health care insurance system, how to find a medical institution, or any other related questions, please talk to the CAMELLIA staff. Consultation is free of charge.

Please talk to the center staff if you have any questions about the Japanese public health care insurance system, how to find a medical institution, or any other related questions.

Our consultations are available in many languages; however, available days and time zones are different among languages. Therefore, please check the website for details.

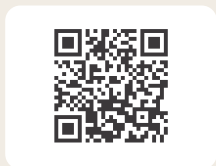
Consultations are available in [Japanese](#), [English](#), [Korean](#), [Chinese](#), [Portuguese](#), [Spanish](#), [Filipino](#), [Vietnamese](#), and [Indonesian](#) languages.



Japanese



Easy Japanese



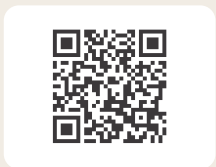
English



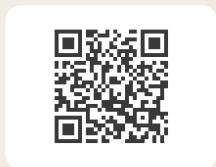
Korean



Chinese



Portuguese



Spanish



Filipino



Vietnamese



Indonesian

[Please contact us if you have any questions about the content of this leaflet]

* Please note that communication is available only in Japanese.

Medical Policy Section, Medical Affairs Bureau, Health and Welfare Dep.,
 Shizuoka Prefectural Government

Telephone ▶▶ 054-221-2341 Fax ▶▶ 054-221-3291

E-mail ▶▶ iryoseisaku@pref.shizuoka.lg.jp