

Chapter 1

Health, Medical Care and Welfare

The Hiroshima Prefectural Government is striving to create an environment where foreign residents can receive preventive healthcare as well as health and medical services more easily, so that they can live with peace of mind in Hiroshima.

1 Health

We are working to disseminate to foreign residents information regarding health checkups, vaccinations, issuance of the Maternal and Child Health Handbook, and health and hygiene. We also make efforts to disseminate knowledge about infectious diseases in foreign languages (via pamphlets in foreign languages) and improve health consultation systems.

(1) Maternal and Child Health Handbook, Prenatal Checkups/Infant Medical Examinations

When you find out that you are pregnant, submit a pregnancy notification to the municipal government office of your residence to receive a Maternal and Child Health Handbook. This handbook is designed to keep in a single notebook all important health records of a mother and her baby beginning during pregnancy.

The handbook has a section for recording the results of regular prenatal checkups, which monitor how the pregnancy is proceeding to ensure a healthy pregnancy and safe childbirth. It also has a section for recording the child's health, results of infant health checkups, and vaccination information from birth until the child enters elementary school. The handbook also contains helpful information about childbirth and child care.

Prenatal check-ups and infant medical examinations are subsidized by municipalities; you can receive them for free or at a discount by using coupons issued by the municipality of your residence.

For details, contact your municipal government office.

Contact

Municipal government office
(Maternal and Child Health
Center)

<https://live-in-hiroshima.jp/boshihokensoudan/>

(2) Vaccinations

Vaccinations are divided into two categories: routine and voluntary. Routine vaccinations are mandatory by law and the number of doses and age of administration, etc. thereof are specified, while voluntary vaccinations are those that are given on a voluntary basis.

(As of January, 2021)

	Routine vaccinations	Voluntary vaccinations
Target diseases	Diphtheria, whooping cough, acute poliomyelitis (polio), measles, rubella, Japanese encephalitis, tetanus, tuberculosis, haemophilus influenza type b (Hib), pneumococcus (infants and elderly), human papillomavirus (HPV), chickenpox, hepatitis B, seasonal influenza (elderly)	Other than routine vaccinations ● Note that if you receive a routine vaccination outside the recommended age range, it will be treated as a voluntary vaccination.

Routine vaccinations are carried out by municipal governments. You can receive subsidies for routine vaccinations.

In Japan, there is a vaccine injury compensation program to compensate people found to have incurred injury from certain routine vaccines.

For details, contact the vaccination section of your municipal government office.

Contact	Municipal government office 《Vaccination Section》
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(3) Prevention of Infectious Diseases

For the most up-to-date information about influenza (issuance of influenza epidemic warnings and alerts) and infectious diseases requiring urgent attention, visit the “Hiroshima Prefectural Center for Disease Control and Prevention” section on the Hiroshima Prefectural Government website.

Contact	Hiroshima Prefectural Center for Disease Control and Prevention (https://www.pref.hiroshima.lg.jp/site/hcdc/) Health Center (Branch), City Health Center
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(4) Health Checkups

Regular health checkups are important to prevent and detect lifestyle-related diseases such as heart disease and stroke early. Health checkups and healthcare guidance are provided at municipal group health checkup sites and medical institutions.

The amount of copayment for health checkups varies depending on the health insurance program.

For details, contact your health insurance provider.

Eligible persons	Specialized health checkup (<i>Tokutei Kenko Shinsa</i>)	Those enrolled in health insurance, between the ages of 40 and 74
	Health checkup (<i>Kenko Shinsa</i>)	Those aged 75 or older

* There is a system whereby those aged 40 or older who are not enrolled in health insurance, and those aged under 40 can receive similar health checkups.

Eligible persons	Contact
<ul style="list-style-type: none"> Those enrolled in National Health Insurance (excluding the National Health Insurance Society) Those not enrolled in health insurance 	Municipal government office
<ul style="list-style-type: none"> Those enrolled in health insurance other than National Health Insurance 	Health insurance provider (written on your health insurance card)

(5) Cancer Checkup

◇◇Cancer checkups recommended by Hiroshima Prefecture◇◇

Lung cancer screening
One or two chest X-ray photographs are taken. (*)
Targets Men and women aged **40 or older** (once a year)

Stomach cancer screening
X-rays of the stomach are taken after drinking a barium solution, which blocks the X-rays, or an endoscopy is performed to see inside the stomach directly.
Targets Men and women aged **50 or older** (once every two years)

Breast cancer screening (mammography)
During mammography, the breast is compressed for a few seconds. Some women find it painful, but mammography is a safe, low-dose X-ray exam to detect breast cancer.
Targets Women aged **40 or older** (once every two years)

Large intestinal cancer screening
A stool test is performed to check for blood in the stool. It is an easy and quick procedure. You only need to collect your stool sample in a container and submit it to your doctor.
Targets Men and women aged **40 or older** (once a year)

Cervical cancer screening
A small sample of cells is taken from the cervix and examined under a microscope.
Applicants Women aged **20 or older** (once every two years)

* In a thorough physical examination, a lung CT test may be performed.

You are advised to receive cancer screening conducted by your workplace or municipality periodically (once a year or every two years).

- Many cancers are curable if detected and treated early.
- If you wish to receive cancer screening, contact your workplace or municipal government office.

(If your workplace does not provide cancer screening services, you can receive cancer screening conducted by your municipality.)

Contact

Municipal government office
<<Section in charge of cancer screening services>>

(6) Screening for Inborn Errors of Metabolism (newborn mass screening)

Newborns may have congenital disorders that can affect their healthy development, such as inborn errors of metabolism, which is characterized by the deficiency of certain enzymes, and hormonal secretion abnormality.

Failure to treat such disorders properly may result in delays in the physical and mental growth and development of the child, or may threaten the child's life, depending on the disorder. However, if these disorders are identified early and properly treated, it is possible to prevent the occurrence of disability, etc.

At the medical institution where you gave birth, 5-7 days after birth, they will take small blood samples from the bottom of your baby's foot and a specialized testing facility will perform tests. Aforementioned tests will be free of charge, but the cost of blood sampling (about 3,000-4,000 yen) will be billed to you.

After the tests are completed, if it is determined that a more thorough examination or treatment is necessary, the medical institution which performed the tests will contact you, so please get a thorough checkup as soon as possible.

For details, contact the section in charge of maternal & child health services of the public health center (branch) of your residence.

Contact

Health Center (Branch)
Hiroshima City, Kure City, Fukuyama City: City Hall
<<Maternal and Child Health Center>>
<https://live-in-hiroshima.jp/boshihokensoudan/>