

# Nagareyama City Health News (Excerpts)

(英語)

for 2024 (April 2024 to March 2025)

Nagareyama City Health Center  
4-1433-1 Nishi-Hatsuishi, Nagareyama City  
Phone 04-7154-0331 (weekdays 8:30~17:15)  
Fax 04-7155-5949



(translated by)

Nagareyama International  
Friendship Association

Phone 04-7178-6007

(Mondays, Wednesdays, and Fridays 10:00~16:00)

List of Useful Living  
Information

<Table of contents>	Page
A. Medical checkup for adults	2
B. Health checkup, etc.	6
C. If you suddenly feel sick at night or on holidays . . .	8

## ***Health checkups are for healthy people.***

*Health checkups are conducted to pick out "people most likely to become ill" from "healthy people not aware of any symptoms, etc." and lead to early detection and treatment of diseases.*

*If you have the opportunity to have physical examinations or company checkups elsewhere, please have a checkup there.*

*If you are aware of symptoms, please see your doctor as soon as possible, rather than have a health checkup. Those who are currently undergoing treatments do not need to have health checkups.*

## A. Medical checkup for adults

Get a checkup and protect your health and your life!

流山市成人検診 検索 You can search on the internet.

Checkup	Eligible persons (age as of April 1, 2025)	Method	Location	Period	Contents	Interval between checkups	Co-pay *②	Application (registration required)
<b>Stomach cancer</b>	40 to 49 (group only)	group	Health Center, community centers, etc.	26days between April 30 and June 20	gastric X-ray (barium contrast)	every year	400 yen	required
	50 or older (choice of group or individual)							
<b>Tuberculosis &amp; lung cancer</b>	40 or older	group	Health Center, community centers, etc.	24 days between June 28 and August 23	chest X-ray photography  sputum test only for over 50 years old who need it	every year	free,  sputum 300 yen	required
<b>Colorectal cancer</b>	40 or older	individual	contracted medical institution	September to November (excluding medical institution's holidays)	stool test (fecal occult blood test)	every year	500 yen	required
<b>Uterine cancer</b>	women 20 or older (choice of group or individual)	group *⑥	Health Center, community centers, etc.	13 days between August 28 and October 21	uterine cervix cytology	every year	400 yen	required
		individual	contracted medical institution	all year round (excluding medical institution's holidays)	uterine cervix cytology  uterine body cytology only for those who need	every year	uterine cervix 800 yen,  uterine body 500 yen	not required *① (make an appointment at a medical institution)

Checkup	Eligible persons (age as of April 1, 2025)	Method	Location	Period	Contents	Interval between checkups	Co-pay *②	Application (registration required)
<b>Breast cancer</b>	women 30 to 39	group	Health Center, community centers, etc.	30 days between November 1 and January 28	ultrasound scan	every year	400 yen	required
	women 40 to 49	individual	contracted medical institution	October to late December (excluding medical institution's holidays)	mammography (2 directions) *③	every other year	700 yen	required
	women 50 or older	group *⑥	Health Center, community centers, etc.	29 days between November 1 and January 28	mammography (1 direction) *③	every other year	400 yen	required
<b>Gum disease</b>	pregnant woman, others 20, 30, 40 or older	individual	contracted medical institution	all year round (excluding medical institution's holidays)	examination for periodontal disease, etc.	every year	500 yen	not required*① (make an appointment at a medical institution)
<b>Osteoporosis</b>	women 40, 45, 50, 55, 60, 65, and 70	group	Health Center, community centers, etc.	5 days between November 14 and 25	bone density measurement		100 yen	required

<b>Eligible person for osteoporosis screening for the period April 2024 to March 2025</b>	40 years old	45 years old	50 years old	55 years old	60 years old	65 years old	70 years old
	born April 2, 1984 to April 1, 1985	born April 2, 1979 to April 1, 1980	born April 2, 1974 to April 1, 1975	born April 2, 1969 to April 1, 1970	born April 2, 1964 to April 1, 1965	born April 2, 1959 to April 1, 1960	born April 2, 1954 to April 1, 1955

Please check the medical checkup ticket and website, concerning information about who are exempt from co-payments

## ⇒How to register for the Medical checkup for adults

Please fill out the registration form with ①address②name (furigana・gender) ③birth day④phone number⑤which checkup you prefer and submit it at the Health Center counter or by mail or electronic application (from Nagareyama City website or QR code). Applications by phone or facsimile are not accepted. After registration, a medical checkup ticket will be sent to you in time for the checkup.

QR code for electronic application



### How to register and how to cancel registration

#### 【Cancer screening】

If you did not get the checkup for two consecutive years, you must register again.

#### 【Osteoporosis screening】

If you are of eligible age and wish to have a checkup, please apply to the Health Center.

Please note that registration will not continue, even if you had the checkup in the past.

Please note that applications will not be accepted from those who are not eligible for the 2024 osteoporosis screening.

## Nagareyama City Adult Medical Checkup Application Form for 2024(April 2024 to March 2025)

Mark with a circle.		Types of checkups which require registration	Eligible person
	X線	stomach cancer screening (X-ray) *50 and over may choose X-ray or endoscopy	40 or older
	内視鏡	stomach cancer screening (endoscopy) *application deadline May 15, 2023	50 or older
	大腸	colorectal cancer screening	40 or older
	肺	tuberculosis/lung cancer screening	40 or older
	子宮	cervical cancer screening (group)	<b>women</b> 20 or older
	マンモ	breast cancer screening (mammography)	<b>women</b> 40 or older
	超音波	breast cancer screening (ultrasound)	<b>women</b> 30 to 39
	骨	osteoporosis screening	<b>women</b> 40,45,50,55,60,65 and 70 (Please check birthday)
	肝炎	hepatitis virus screening	40 or older who have not had this checkup before (excludes those who receive notice recommending this checkup *⑤)

- ① Address : 〒270- \_\_\_\_\_  
Nagareyama City
- ② Name and furigana : \_\_\_\_\_  
\_\_\_\_\_ (male・female)
- ③ Birthday : \_\_\_\_\_ year \_\_\_\_\_ month \_\_\_\_\_ day
- ④ Phone number : \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_

## ⇒Precautions for adult Medical checkups

### \*① No application required for this checkup

Please contact the medical institution in advance. Please present proof of address, name, and date of birth (health insurance card, driver's license, etc.) to the medical institution on the day of the visit.

### \*② Exemption from co-payment

- Persons 70 years of age or older (born on or before April 1, 1955) and persons under 70 years old who have a valid "Later-stage Elderly Health Care Certificate"

- members of a household where all members are exempt from municipal tax (taxation status in 2024)

- \* For those who moved in on or after January 2, 2024, a tax exemption certificate for all members of the household at the address before moving in is required.

- members of a household receiving public assistance

### \*③ Interval between checkups

Stomach cancer screening (endoscopy) is once every two years.

Those who had Nagareyama City stomach cancer screening (endoscopy) this year are not eligible for the stomach cancer screening in the following year.

Breast cancer screening (mammography) is once every 2 years.

The screening ticket will be sent to those who have not had a Nagareyama City breast cancer screening (mammography) in the previous year.

### \*④ Stomach cancer screening (endoscopy)

The screening period differs depending on the month of birth. The screening ticket will be sent to you around the end of the month before the month in which you are eligible for the screening.

### \*⑤ Hepatitis virus screening

For those who are 40 years old or older in 5 year increments (40, 45, 50, 55, 60, 65...) and have not had hepatitis virus screening in the past, we will be sending out screening tickets in early June.

### \*⑥ Concerning uterine and breast cancer checkups

Those who are 50 years old and over can receive both uterine cancer group screening and breast cancer group screening (mammography examination) on the same day, on November 28, December 20, January 14 or January 31. If you wish to do so, please apply for both checkups and check your examination ticket.

### When the checkup for the current year is over


We will consider your application for next year. However, the screening for the next year and beyond has not yet been decided and may be subject to change. Please understand this before applying.

## B. Health checkups, etc.

Period : June 15 to September 30, 2024 (excluding closing days of medical institutions)

Location: contracted medical institutions

Types of checkups	Contents	Eligible persons (age as of March 31, 2025)	Application	
Nagareyama City National Health Insurance Health checkup	Medical interview, medical examination, physical measurement, blood pressure measurement, blood test, urine analysis, etc.	Those who are between 40 and 75 years old and continuously enrolled in Nagareyama City National Health Insurance (excluding those who have undergone or are scheduled to undergo a thorough physical or brain examination in 2024★1)	not required	Tickets will be sent in early June
Health checkup for the late-stage (over 75) Senior citizens		Those who are enrolled in the Late-Stage Elderly Health Care System of Chiba Prefecture (excluding those who have undergone or are scheduled to undergo a thorough physical or brain examination in 2024★2)	not required	Tickets will be sent in early June * If you are a new resident and wish to receive a checkup, please contact us.
Original health checkup by the city		Those who are 40 years or older, and changed from Nagareyama City National Health Insurance to Social Insurance on or after April 2, 2024, and who have not had the opportunity to receive a health checkup elsewhere	required	Please fill in the followings: 1.address, 2.name and furigana, 3.male/female, 4.birthday, 5.phone number. Please attach a copy of your health insurance card and apply at the Health Center counter or by mail.

Health checkup based on the Health Promotion Law		Those who are 40 years or older and not enrolled in national health insurance, social insurance, etc. (receiving public assistance, etc.)	required	Please fill in the followings: 1.address, 2.name and furigana, 3.male/female, 4.birthday, 5.phone number. Please apply at the Health Center counter, by mail, or by facsimile.
Hepatitis virus checkup	Blood test (hepatitis B and C viruses)	Those who are 40 years old or older in 5-year increments and have not had hepatitis virus screening in the past	not required	Tickets will be sent in early June
		Those who are 40 years old or older and have not had hepatitis virus screening in the past except for the above	required	As with the Adult Medical Checkup, please apply at the Health Center counter, by mail, or by electronic application.
Rubella antibody test	Blood test (Rubella antibody test)	<i>QR code for electronic application</i> <b>men</b> born between April 2, 1962 to April 1, 1979 	not required	Coupons were already sent in March 2024.
			required	If you have lost it, please apply at the Health Center counter, by phone, or electronically.

★1) ★2) Instead of "Nagareyama City National Health Insurance Health checkup" and "Health checkup for the late-stage (over 75) Senior citizens," a subsidy for the cost of a physical or brain examinations is available.

For more information on the details of the physical or brain examination, the conditions for receiving the subsidy, and how to apply, please contact the followings: ★1) National Health Insurance Group, Insurance and Pension Section (☎04-7150-6077)

★2) Late-Stage Elderly Health Care System Group, Insurance and Pension Section (☎04-7199-3306)

©Check items that are not included in the Health checkup are conducted at the same time as a Simultaneous Health checkup (Enhancement program).

*Check items for the Simultaneous Health checkup (Enhancement program)*

Blood tests for renal function, anemia, and electrocardiogram (eligibility criteria: those who are not currently taking medication for hypertension, hyperglycemia, or dyslipidemia, and whose doctor has approved the need for an electrocardiogram).

## C. If you suddenly feel sick at night or on holidays . . .

**Weekday Night and Holiday Clinic** provides first aid to those who suddenly become ill at night. If you have any concern, see a doctor during the daytime, so that you do not need to rush to see the doctor at night or on holidays. If you need to continue treatment the next morning, see your home doctor.

### Children's Emergency Telephone Consultation

**Do not hesitate to call “119”  
in case of emergency or serious injury.**

Target: **Under 15 years old**

Nurses and pediatricians are available to advise those who are not sure whether to see a doctor or not in case of sudden illness.

Consultation date and time:

**Every day from 7:00 p.m. to 8:00 a.m. the next morning**

push-button house phone and cell phone	#8000 without area code
dial lines, IP phones, optical fiber phone	043-242-9939

### Chiba Prefecture Emergency Telephone Consultation

Generally nurses provide consultation to those who are not sure whether to see a doctor or call an ambulance, and transfer them to a doctor when necessary.

Consultation Date	<b>Weekdays and Saturdays</b>	<b>6:00 p.m. to 8:00 a.m. the next morning</b>
	<b>Sundays and national holidays</b>	<b>9:00 a.m. to 6:00 a.m. the next morning</b>
	<b>Year-end and New Year holidays (12/29-1/3)</b> <b>Golden Week(4/29 to 5/5)</b>	

push-button house phone and cell phone	#7119 without area code
dial lines, IP phones, optical fiber phone	03-6810-1636

This is only a telephone advice, not a diagnosis or treatment.



## Weekday Night and Holiday Medical Service

Location: Nagareyama City Weekday Night and Holiday Clinic

4-1433-1Nishi-Hatsuishi, Nagareyama City

Phone : 04-7155-3456

	Consultation date	Medical services provided	Reception hours
Weekday night	Monday through Saturday (except holidays)	Internal Medicine Pediatrics	7:00 p.m. to 8:30 p.m.
Holiday daytime	Sundays & National Holidays	Internal Medicine	9:00 a.m. to 11:30 a.m.
		Pediatrics	1:00 p.m. to 4:30 p.m.
	Year-end and New Year holidays 12/30 - 1/3	Dentistry	9:00 a.m. to 11:30 a.m.

\* Please bring your health insurance card. Continuous visits to the clinic are not possible as in general medical institutions.

Patients may be referred to a secondary hospital depending on their condition.

## Nighttime Pediatric Emergency

Details: Initial medical treatment for sudden illness of children who are 15 years old and younger

Hours: ~~9:00 p.m. daily to 8:00 a.m. the next day~~

7:00 p.m. to 11:00 p.m. daily (change effective October 1, 2024)

Hospital providing this service	Location and contact information
Toukatsu Hospital	102-1 Naka, Nagareyama City ☎04-7159-1011