

# KAWARABAN

October, 2016

## Hospitals Visits and Procedures

In this issue of Kawaraban, we will provide information regarding hospital visits.

### 1. Types of Medical Institutions

In addition to the large hospitals with patient hospitalization wards and examination facilities, there are comparatively smaller medical institutions like doctors' offices and clinics. When a medical issue is not so serious, you should first go to a doctor's office or clinic. If you go directly to a hospital without a reference letter from a doctor, you will be charged an initial visit fee.

	Hospital	Doctors' Office, Clinic
Hospitalization Facilities	20 beds or more	19 beds or fewer, or without hospitalization facilities
Testing Equipment	Basic and specialized testing equipment	Focused on basic testing equipment
Clinical Departments	Hospitals with a comprehensive collection of departments and those with only specific departments	Specific departments
When to Visit	For serious illness or major injury * You will be charged an initial visit fee without a reference letter.	For minor or non-urgent issues

### 2. Necessary Items for Examination

- Health insurance card (Without proper documentation, full cost will apply.)
- Previous medications (and if possible a prescription booklet)
- Reference letter (if applicable)
- Notepad (It is a good idea to provide written information of your condition.)
- Writing instrument
- Patient ID card (This will be issued by the hospital at your first examination.)
- Cash (Most medical institutions do not accept credit cards.)  
\*It is also helpful to bring a book or other reading material in case of a long wait time.



### 3. Finding a Medical Institution

You can search using your municipality's newsletter, the internet, or a phonebook. You can also ask your neighbors. Please check what medical institutions are around you in advance in order to avoid confusion in the event of an illness or injury. Also, examination times vary from one medical institution to another, so please confirm that information in advance as well.

The Miyagi Support Center for Foreign Nationals (☎022-275-9990) provides foreign-language consultations (English, Chinese, Korean, Tagalog, Vietnamese, Portuguese, Indonesian, and Nepalese) regarding interpreters and information about hospitals offering examinations in foreign languages.

◆Miyagi Medical Institution Guidance (Japanese, English) \*Miyagi Prefecture home page  
<http://medinf.mmic.or.jp/>

◆Sendai Hospitals & Clinics (medical institutions in Sendai that provide foreign language services) \*SenTIA home page  
<http://int.sentia-sendai.jp/e/life/medical.html>

## 4. Examination Process

### ① Present your health insurance card

Tell the reception it is your first time (“Shoshin desu.”), and present your insurance card.

### ② Fill out a medical questionnaire (examination application).

Include information about current and past illnesses as well as allergies. If it is difficult to fill out the relevant information in Japanese, you will be able to provide your medical information using a Multilingual Medical Questionnaire.

### ◆Multilingual Medical Questionnaire (18 languages)

\*International Community Hearty Konandai, Kanagawa International Foundation  
<http://www.kifjp.org/medical/>

### ③ Examination

Proceed to the examination room when your name is called, and receive an examination. Tests and treatment may also be performed.

### ④ Payment

Only a small percentage of hospitals will accept payment by card. You should be prepared to pay in cash. In the event that treatment costs become expensive, part of the costs may be refunded or tax payments may be reduced, so make sure to keep all receipts. Additionally, you will be issued a patient ID card when you have your first examination. Make sure to take this card with you for future visits.

### ⑤ Receiving Medication

You will receive prescription documents upon payment for examinations, etc. Take that information to a prescription pharmacy to receive your medication. Payment for medication will be done separately at the pharmacy. Some hospitals have pharmacies inside, and in such cases, payments may be made together.

## 5. Emergencies

There are emergency medical facilities for nighttime or weekend and holiday care in all areas. You can check your municipality’s newsletter as well as the newspaper and the internet for information on emergency facilities. Additionally, for serious illness or major injury, please call an ambulance by dialing 119.



## 6. Public Health Examinations

Those whose school or employer does not provide regular health examinations can undergo such examinations carried out by the municipality in which they reside. There are several kinds of examinations including general health check-ups, lifestyle disease prevention, cancer screenings, etc. Please see the health administration information desk in your local municipal office for more information.

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● 〒981-0914 仙台市青葉区堤通雨宮町 4-17 宮城県仙台合同庁舎 7 階

● TEL : 022(275)3796 FAX : 022(272)5063 E-mail : mail@mia-miyagi.jp

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