

8 Healthcare and Wellness

(1) Finding a Hospital

Health Care Division TEL : 0985-29-4130

mail : 10iryoud@city.miyazaki.miyazaki.jp

If you're feeling unwell or have sustained an injury, it's best to go to an appropriate hospital as soon as possible.

Some hospitals may not accept you for consultation without a referral, or they might charge an extra fee called *sentei ryoyohi* (additional fee for a first-time patient without a referral) in addition to the consultation fee. Before visiting, it's a good idea to call the hospital to confirm.

①Miyazaki Medical Navi

Provides information on hospitals within Miyazaki Prefecture based on their medical departments and supported languages

(Japanese) https://www.e-navi.pref.miyazaki.lg.jp/		(English) https://www.e-navi.pref.miyazaki.lg.jp/pb_md_fnc_language?screen_kind=top	
---	--	--	--

②Japan National Tourism Organization (JNTO) Medical Guide

A multilingual website that can be useful when seeking medical care in Japan.

(Japanese) https://www.jnto.go.jp/emergencyncy/jpn/mi_guide.html		(English) https://www.jnto.go.jp/emergencyncy/eng/mi_guide.html	
(Chinese (Simplified)) https://www.jnto.go.jp/emergencyncy/chs/mi_guide.html		(Korean) https://www.jnto.go.jp/emergencyncy/kor/mi_guide.html	
(Chinese (Traditional)) https://www.jnto.go.jp/emergencyncy/chc/mi_guide.html			

(2) Going to the Hospital

Health Care Division TEL : 0985-29-4130

mail : 10iryoud@city.miyazaki.miyazaki.jp

① Consultation Hours

Consultation hours vary by hospital. Check with the hospital before you go.

[Rotating Outpatient Services Information]

Outpatient services are available at different clinics on a rotating basis, on Sundays, public holidays, and during the New Year holidays.

<p>Miyazaki City Medical Association Website (Japanese)</p> <p>https://www.cure.or.jp/jimukyoku/holiday_on_duty_doctor/</p>	 <p>Miyazaki City Dental Association Website (Japanese)</p> <p>https://www.m-sikaisikai.or.jp/touban/</p> 
--	---

② Things to Bring

- Money
- Any medication you are taking
- Health Insurance Card (see note)

Note: By presenting your health insurance card at reception, you can receive medical care with only partial self-payment.

If you don't have a health insurance card, you'll need to pay the full cost of treatment, which is extremely expensive.

③ Medical Handbook

Miyazaki International Foundation TEL : 0985 – 32 – 8457

mail : miyainfo@mif.or.jp

This is a medical handbook for foreign residents living in Miyazaki Prefecture.

It can be useful to bring when going to a hospital.

[WEB Version]



(English)

https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook_en.pdf

(Chinese)

https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook_ch.pdf

(Korean)

https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook_ko.pdf

(Vietnam)

<https://www.mif.or.jp/mif/wp-content/uploads/2021/03/Ti%E1%BA%BFng-Vi%E1%BB%87t.pdf>

④ Payment at the Hospital

Payment is made after the consultation, so if you're worried about having enough money, check the approximate cost at the reception desk.

⑤ Other

If you have any restrictions due to religious reasons or if you have allergies, please inform the reception or the nursing staff in advance.

⑥ In Case of Emergency

For urgent medical conditions or injuries, dial "119" to call an ambulance. There is no charge for ambulance services.

⑦ AMDA International Medical Information Center

This is a non-profit organization that provides information on medical facilities and telephone interpreting services for foreigners.

TEL : 03-6233-9266

Hours: Mon to Fri 10:00 to 16:00

(excluding public holidays and the New Year holidays)

Website (available in 8 languages)

<http://www.amdamedicalcenter.com/>



⑧ For Illness at Night

For non-critical cases that do not require hospitalization during the night, the following two hospitals are available:

<p>[Miyazaki City Medical Association Hospital - Nighttime Emergency Medical Center] Address: 1173 Arita, Miyazaki City (Inside Ikimenomori Medical and Disaster Risk Reduction Base) TEL : (nighttime) 0985-77-9915 (day) 0985-77-9101 Departments: Internal Medicine, Surgery Open: Every day from 19:00 to 7:00 next morning</p>	<p>[Miyazaki City Pediatric Night Emergency Medical Center] Address: 5-30 Kitatakamatsucho, Miyazaki (Part of Miyazaki Prefectural Hospital) TEL : 0985-29-0119 Department: Pediatrics Open: Every day from 19:00 to 7:00 next morning</p>
---	---

(3) Health Information

Various health check-ups, vaccinations, and health consultations are available to

confirm the well-being of residents.

Item	Description	Department in Charge
Health Handbook Issuance	Health handbooks are provided to people from over 40 to help manage their health, recording health check-ups and consultations.	Health Support Division TEL : 0985-29-5286
Cancer Screenings	Cancer screenings are available. The types of screenings available vary based on age and other conditions. Please inquire for details.	Health Support Division TEL : 0985-29-5286
Consultation and Testing for HIV/AIDS and STDs	Testing for HIV/AIDS, Chlamydia, and Syphilis is conducted by appointment (anonymously). Testing is free. Consultations are available anytime.	Health Support Division (Phone number is for consultations and appointments only) TEL : 0985-23-7333
Consultation and Testing for Viral Hepatitis	Testing is provided at medical institutions for those who have never been tested for hepatitis. Consultations are available anytime.	Health Support Division TEL : 0985-29-5286
Rubella Antibody Testing	The test is conducted at medical institutions for women planning to become pregnant, their partners, and the partners of pregnant women.	Health Support Division TEL : 0985-29-5286
Additional Rubella Antibody Testing and Vaccination (Additional Countermeasures)	Antibody testing and vaccination are conducted for men born between April 2, 1962, and April 1, 1979, who never had a chance to receive a public vaccination.	Health Support Division TEL : 0985-29-5286
Procedures for Specific Medical Expenses	Applications are accepted for the provision of specific medical expenses for 338 diseases designated by the country.	Health Support Division TEL : 0985-29-5286

(Designated Intractable Diseases)		
Consultation and Support for Intractable Diseases	Consultations and support related to medical care and daily life are provided for patients with intractable diseases and their families. Patient support groups led by medical professionals are also available.	Prefectural Intractable Disease Consultation and Support Center TEL : 0985-31-3414 Health Support Division TEL : 0985-29-5286
Specific Health Check-ups and Health Guidance	Specific health check-ups and health guidance are provided for people from over 35 who are enrolled in the city's National Health Insurance.	National Insurance and Pension Division TEL : 0985-42-2359
Subsidy for Infertility Testing Costs	Couples who have undergone infertility testing at an insured medical institution are eligible for a subsidy on the cost of the test.	Parent and Child Health Division TEL : 0985-73-8200
COVID-19 Consultations	Inquires related to COVID-19 can be made to the following service.	COVID-19 Consultation and Diagnosis Center (24-hour service) TEL : 0985-78-5670
COVID-19 Vaccinations	Inquires related to COVID-19 vaccinations in Miyazaki City can be made to the following service.	City Vaccine Call Center 8:30 to 18:00 (excluding Sundays, public holidays, and the New Year holidays) TEL : 0985-78-0567
COVID-19 Vaccine Side Effects	Inquiries and consultations related to the safety and efficacy of the COVID-19 vaccine and its side effects can be made to the following service.	Miyazaki Prefecture COVID Vaccine Side Effect Consultation Center 24 hours (including weekends and public holidays) TEL : 0985-26-4609
General Health	Provides consultations on health from public	Chuo Health Center

Consultations	health nurses.	<p>TEL ; 0985-29-5281</p> <p>Miyazaki City General Health and Welfare Center TEL ; 0985-52-1506</p> <p>Sadowara Health Center TEL ; 0985-73-1115</p> <p>Tano Health Center TEL ; 0985-86-0117</p> <p>Takaoka Health and Welfare Center 「Bokuenkan」 TEL ; 0985-82-5294</p> <p>Kiyotake Health Center TEL ; 0985-85-1144</p>
Consultations Regarding Nutrition	Provides consultations for individuals about diet to prevent lifestyle-related diseases.	<p>Health Support Division TEL : 0985-29-5286</p>