

Health and Medicine



Health Insurance Card

- Provided by your contracting organization
- Carry it with you
- If you forget it, it's ok!

“Pay now, get reimbursed later!”

- Insurance card generally covers 70%
- JET Programme Accident Insurance Policy Guide.



Naika (内科) - Internal Medicine Clinic

-cold symptoms, fever, stomach symptoms, minor injuries

Jibika (耳鼻科) - Ears, Nose, and Throat Clinic

-runny nose, ear infection, sore throat

Byouin (病院) - Hospital

-emergencies, serious illnesses, hospitalization,

-general (inaka)

A full list is available on the Nagasaki JET website!

Clinic Vocabulary



How to Make an Appointment ESID

- Find a clinic through fellow ALT/coworker recommendations or resources on the Nagasaki JET website/online
- Clinic websites list hours, access, and treatments offered (may have an English site)
- Website will specify if an appointment is required and how to make one (usually by phone)
- [Japan National Tourism Organization: Guide for when you are feeling ill](#) (link)
- [Phrases for making an appointment](#) (link)

First time clinic visit



- ① Tell the receptionist your **name, purpose of visit** (and appointment time)
- ② Give the receptionist your **health insurance card**
- ③ Fill out the **form** they give you and return it
- ④ **Wait** until you are called
- ⑤ After seeing the doctor **wait** again until you are called
- ⑥ Collect your health insurance card and **pay** the fee

Going to the pharmacy



-bring your...

1. Health Insurance Card (hokensho)
2. Prescription (shohosen)
3. Optional Prescription Medicine Handbook (okusuri techo)

Just hand off the documents and let them do the rest!

Emergency Care

119番



- If you have an emergency, please call an ambulance
- Japan's emergency number is 119**
- Be prepared and familiarize yourself with the nearest hospital

School Nurse



- Consult your school nurse if you're feeling sick.
- Talking to the school nurse can lend credence to your claim if you need to take sick leave.
- You can rest in the nurse's office if you're feeling ill.

Sick Leave・病休・びょうきゅう

- Limits and requirements in contract.
- Who to contact to use sick leave?

Check with your CO.

- Consider your privacy needs.



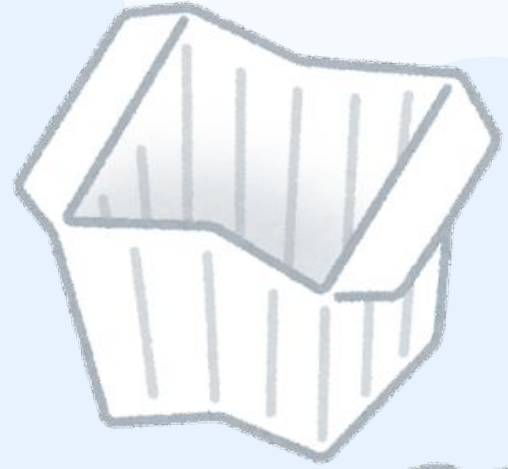
Yearly Health Check

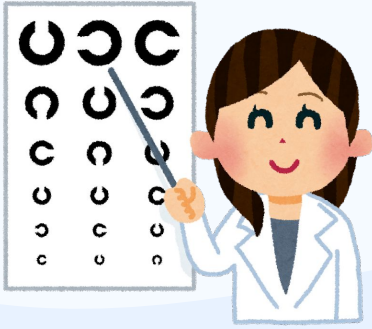
- Yearly

- Blood, urine, ECG,
x-ray, weight, survey +

- When, where, and how?

Check with your CO.





Vision & Eye Care



Glasses & Contacts

- **Insurance generally doesn't cover purchases.**

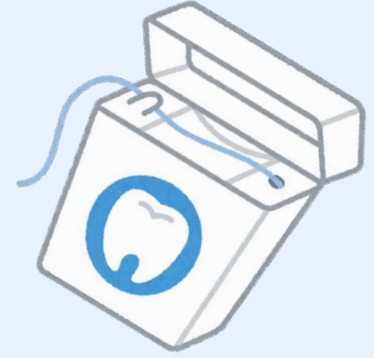
Optician/ Optometry

- Free vision tests may be offered with purchases.

Ophthalmology (clinics)

- For first time prescriptions and eye healthcare.

Dental Care



- Included under health insurance** (check your policy for details)
- Make an appointment
- Many toothpastes are fluoride free

Menstrual leave

- Details in contract. Generally, menstrual leave cannot be denied.
- Please check who and when to contact before taking leave.
- Consider your privacy needs.



Obstetrics, Gynecology, & Contraceptive Options



- Please check procedures and contraceptive options per clinic.
- Pregnancy options information.
- Local information on procedures, clinics, medication, and more.



Thin, strong pads which don't slip easily.

Unscented tampons in 4 strengths.



OTC ibuprofen blend for menstrual pain



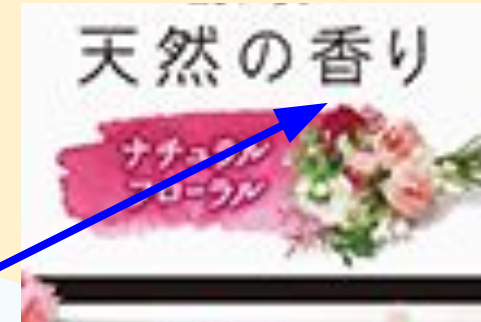
Locally Recommended Menstrual Care Products



軽い・普通・多い・特に多い
羽つき・羽なし
○○cm

light・normal・heavy・very heavy
wings・no wings
length in cm

無香料/blank・香り
no fragrances/unscented・scented



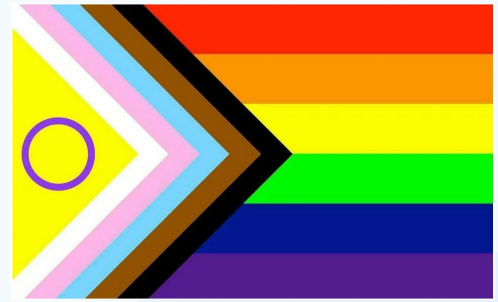
Menstrual Care Product Packaging Guide

Sexual Health

- Condoms sold at conbini and drug stores.
- STI/STD testing - OBGYN, urologist, public health centers, Amazon
- Insurance coverage varies by symptoms, insurance.
- [More info, HIV/STD testing locations.](#)

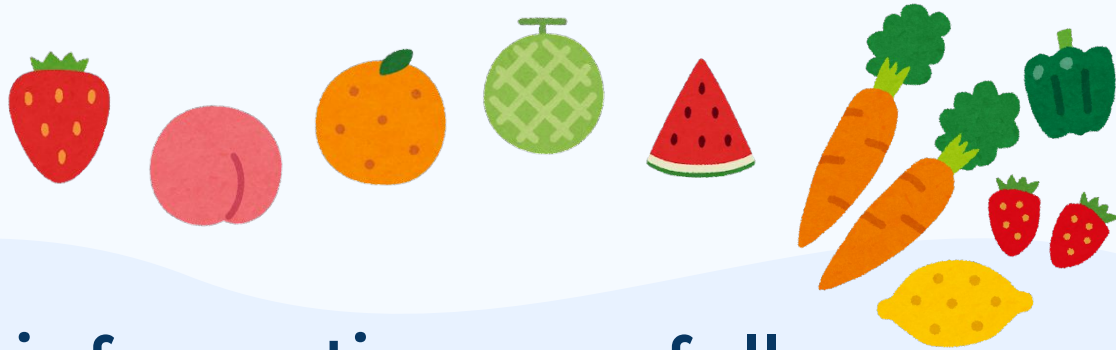


LGBTQ+ Healthcare



- Health insurance card lists assigned sex.
- LGBTQ+ people and couples may face challenges to healthcare access. [More info.](#)
- Gender affirming surgery and HRT insurance coverage varies. [More info.](#)

Dietary Health



- Check ingredient information carefully.
- Communicate dietary needs (especially allergies) with workplace, restaurants, etc.
- Resource on food in Japan.
- Extra info -
Veganism and Dietary Restrictions.

Mental Health

- Psychology/Counseling might not be covered by insurance. [See support resources](#)
- Psychiatry - for diagnosis and prescription. More often insured.
- Existing prescriptions may need renewal.



In crisis? [Tokyo English Life Line hours/info](#)
[03-5774-0992](#) **9am - 11pm**

→ Offers Free & Anonymous phone
counselling

If you are unsafe, plan to or have already
self-harmed, please call 119 for an ambulance
or 110 for the police.

Crisis Mental Health Resources

Mental Health Resources

Homesick? Stressed? [Local support info at the Nagasaki Jet Website](#)

- AJET Peer Support Group [050-5534-5566](#) 8pm - 7am
- IMHPJ (International Mental Health Professionals - Japan) [www.imhpj.org](#)
- 7 cups of tea (Online support and therapy) [www.7cups.com](#)
- CLAIR supported online counseling [https://jetprogramme.org](#)
- Prefectural Advisors – can help find resources ([Nagasaki.PA@gmail.com](#))

Check page 227 in your General Information Handbook for more information

-Check with your school for their COVID policy (do you need to get tested, can you come to work)



-Masking is still recommended on public transit and in busy areas, and may be required at medical institutions

-You may be asked to wear them at lunch and for events, or to remove it for English class

COVID

Thank you very much!
Stay healthy!