

Health and Medicine

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Proof of Health Insurance

Health Insurance Card (Hokensho)

- Provided by your contracting organization



My Number Card

- You need to apply for it at your city hall
- Insurance cards are being phased out



Carry one of these with you

- If you forget it, it's ok! You can get reimbursed

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

A full list is available on the Nagasaki JET website!

Clinic Vocabulary



How to Make an Appointment

- 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)

Visiting the clinic



- For most things you will visit a Naika, or internal medicine clinic
- When you check in they will keep your insurance or My number card until check-out
- Masks may be required
- Please note that clinics keep fairly regular business hours

Don't hesitate to get a second opinion!

Going to the pharmacy



-bring your...

1. Health Insurance Card (hokensho) or My Number Card
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
- Urgent care clinics may have more limited hours than you are used to
- Be prepared and familiarize yourself with the nearest hospital

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.

- Request a shindansho as a doctors note

- Consider your privacy needs.**



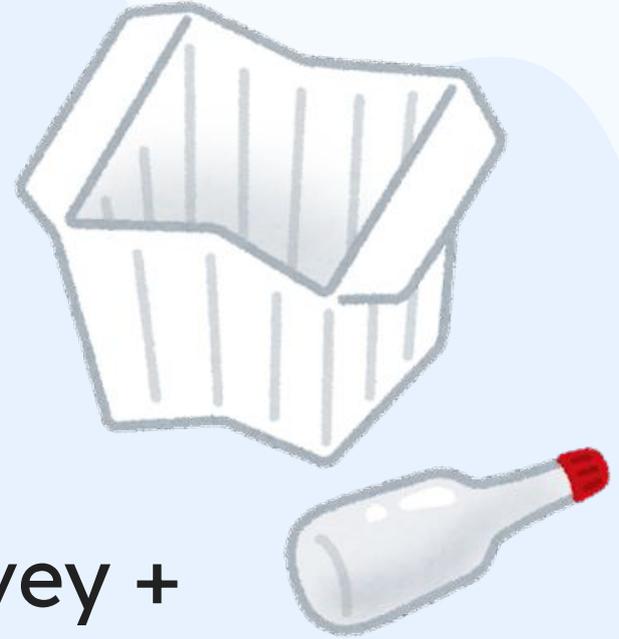
Yearly Health Check

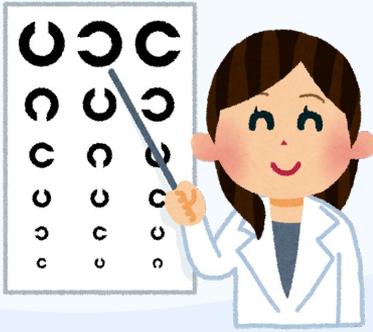
-Yearly

-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.

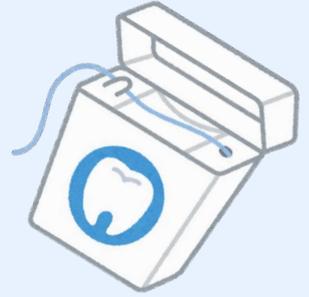
Optician/Optomety

- 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

Obstetrics, Gynecology, & Contraceptive Options



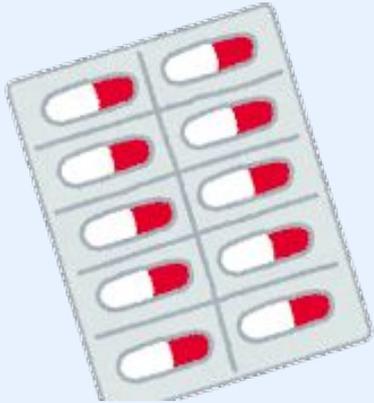
-Please check procedures and contraceptive options per clinic.

-Pregnancy options information.

-Local information on procedures, clinics, medication, and more.

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.





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

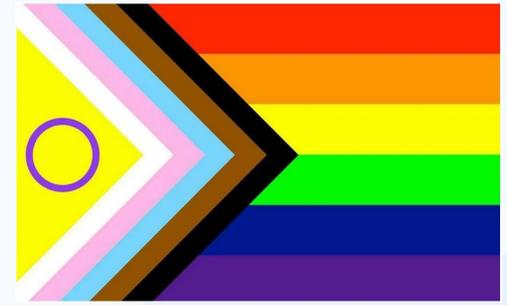
Menstrual Care Product Packaging Guide

Sexual Health

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

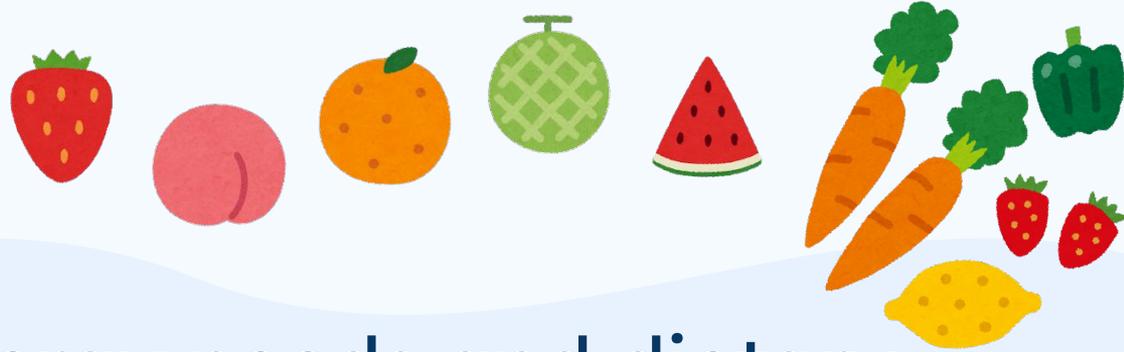


LGBTQ+ Healthcare



- all documents list the gender on passport
- LGBTQ+ people and couples may face challenges to healthcare access. [More info.](#)
- Gender affirming surgery and HRT are available
 - Usually out of pocket [More info.](#)

Dietary Health



-Communicate allergy needs and dietary restrictions with workplace, restaurants

-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 renewed diagnosis in Japan



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)

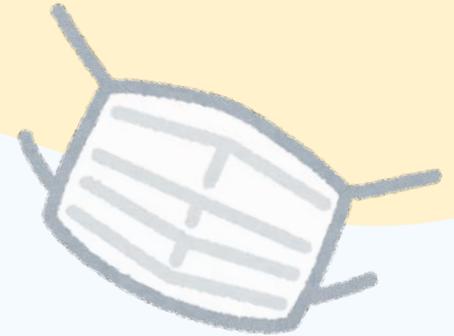
Check page 227 in your General Information Handbook for more information

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

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

- Check with your school for their COVID and flu Policy
 - if you get a fever you may need to go home
 - You can get tested for both COVID and the flu
- Masking is community care. Consider masking if
 - You have a runny nose/sore throat
 - You have a persistent cough
- There may be masking rules at school, especially during school lunch



COVID and the Flu

Heat Stroke



-Prevention includes staying hydrated, wear light-coloured, loose-fitting clothes, use sunscreen, wear a hat, and limiting activity at hot times of day, use cooling products

-Symptoms include headache, nausea, high temperature, red skin, fast pulse, dizziness, confusion, fainting

-If you are feeling ill after being in the heat, go somewhere cool, lay down, and drink water. Apply cold compresses if available.

-If you are experiencing serious symptoms consider going to the hospital.

Portable Cooling Products

最強自動開閉 折りたたみ傘



Salt and Hydration



Thank you very much!
Stay healthy!