

English

Kenkou Techo

健康手帳

Health Record Book



This book was made so that
foreigners who can't speak
Japanese can have a
healthy, worry-free life in
Japan.



Name

なまえ

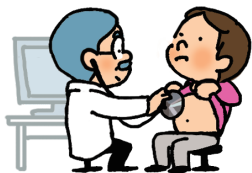
(as written on your Residence Card)

.....
In Japanese

How to Use This Book

- Write the information about yourself and the condition of your health in either English or Japanese.
- Use this book in order to give health information about yourself when going to the hospital, the pharmacy, or in cases of disasters or accidents.
- This book will give you information on how you can live a healthy life and be worry-free in Japan.

At the hospital



During medical consultations



At the pharmacy



In emergencies



私の情報

My Information

	Alphabet または日本語	English or Japanese
名前 Name		Male (男) Female (女)
生年月日 Date of birth		
住所 Address		
電話番号 (連絡手段) Telephone no.		
会社、学校 Company/ School		
国籍 Nationality		
言語 Languages spoken		
宗教 Religion		
日本の連絡先 (家族・知人) Emergency contact information in Japan (Family/Friend)	Name なまえ Address 住所 Telephone no. 電話	
保険証 Health insurance	<input type="checkbox"/> 国民健康保険 National health insurance <input type="checkbox"/> 健康保険〔社会保険〕 Social insurance ID Number 記号番号 Expiration date 有効期限	

私の健康情報

My Health Information

血液型 Blood type	型 (Rh + -) Type	
今までかかった 大きな病気 Major diseases you have contracted	<input type="checkbox"/> ない No <input type="checkbox"/> ある (病名と年) Yes (Name,Year)	
今の病気 Are you currently afflicted with any disease?	<input type="checkbox"/> ない No <input type="checkbox"/> ある (病名) Yes (Name)	
今飲んでいる薬 Are you currently taking any medications?	<input type="checkbox"/> ない No <input type="checkbox"/> ある (くすり名) Yes (Name)	
今かかっている 病院 Hospitals you are currently being treated at	Name 病院名 Department 診療科	Telephone no. 電話番号
	Name 病院名 Department 診療科	Telephone no. 電話番号
宗教上 食べられないもの Is there any food you cannot eat due to religion?	<input type="checkbox"/> ない No <input type="checkbox"/> ある (具体的に) Yes (Please list)	
他 (アレルギー) Other (allergies)		

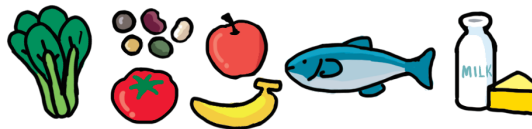
特記事項 Notes



How to Live Healthy - Part ①

1. Be careful about your diet.

- Don't eat too much oily, salty, and sweet food.
- Have a balanced diet, and try to use seasonal ingredients.



2. Exercise moderately.



3. Get a good amount of sleep every night.



4. Make sure to relieve stress.





How to Live Healthy - Part ②



Get a medical check-up.

■ If you undergo a medical check-up, you will know the condition of your health. Medical check-ups are available in cities or at companies where you work. There are medical check-ups not only for blood, and blood pressure, and urine, but also for specialized matters such as cancer, tuberculosis and etc. It may also be possible to get a medical check-up for free.

● Contact info. _____
City Hall/Health Center in your city of residence

Name _____

TEL _____



How to Live Healthy - Part ③



Be careful about infectious diseases.

Get vaccinated in order to avoid contracting infectious diseases.

Adults

Influenza,
Pneumococcus

Infants

BCG, Tdap (Diphtheria, Tetanus, Whooping cough, Polio), etc.

Children

Td (Diphtheria, Tetanus),
Japanese encephalitis, etc.

★ Make sure to keep the vaccination certificates afterwards.

● Contact info. _____
City Hall/Health Center in your city of residence

Name _____

TEL _____



Medical institution providing vaccinations nearest to your residence

Name _____

TEL _____



Giving Birth and Raising Children

■ When you become pregnant

Report it at your city hall, and receive a maternity health record book.

- You can get a medical check-ups for pregnancy, consultations, and guidance for free.
- Consultations, guidance, and health examinations for the mother and child after giving birth are available.

● Contact info.

City Hall/Health Center in your city of residence
Name



■ Birthing costs

Giving birth is not an illness, and is not covered by insurance. If you have medical-care insurance, you will receive a lump-sum allowance for childbirth and childcare. For more details, please ask at your hospital.

● Contact info. Your maternity hospital

Name



■ Phone consultation (when you have a question or problem)

※ Only available in Japanese

Pediatric Emergency Telephone Consultation

Hours: Monday-Saturday 18:00
-next day 08:00 & Holidays 08:00
-next day 08:00

8 0 0 0

Women's Health Support Center

Hours: Monday-Saturday 13:00 - 16:00
(unavailable on holidays and from Dec. 29 - Jan. 3)

0276-37-5660



When You Become Sick

■ Start by getting a medical examination at a nearby clinic



In Japan, before going to a major hospital, it is required to get referral documents from a clinic. Go to a nearby clinic and get a consultation.

■ Medical fees and medical-care insurance

In Japan, one must have public medical insurance. If you have medical insurance, normally you will pay 30% of the medical fees. If you do not have medical insurance, you will pay the full amount.

In Gunma prefecture, children up until junior high school covered by medical insurance will not need to pay any medical fees. For more details, contact your city hall.

Consultation Service Information

Places where you can receive consultations

Gunma-ken Kankou Bussan Kokusai Kyokai

Gunma Association of Tourism, Local Products & International Exchange

Languages:

[English, Portugese, Spanish, Chinese]

 **027-243-7271**

<http://www.gtia.jp> 

NPO AMDA International Medical Information Center

NPO AMDA International Medical Information Center

(provides information on medical care in Japan)

[Monday-Friday 10:00 - 15:00]

 **03-6233-9266**

※ Will speak in simple Japanese

Yoriso Hotline 外国語専門ライン

Yoriso Hotline (Hotline for foreigners)

Press **2** at the operator

 **0120-279-338**

Regular Consultation Sessions (interpreters available)

Gunma-ken SOS Legal Consultation (法律相談)

Gunma SOS Consultation Session (Legal consultation)

Gunma Association of Tourism,
Local Products & International Exchange

 **027-243-7271**

NPO Kitakanto Iryo Sodankai, AMIGOS (健康相談・法律相談)

NPO AMIGOS - Northeast Japan Medical Consultation

(Medical/legal consultations)

(Japanese)  **080-5544-7577**

Need an interpreter?

Give us a call when you need help
at the hospital or pharmacy.

NPO Medical Interpreters in Gunma

Medical Interpreters in Gunma

[Monday-Friday 09:30-16:00]

 **027-289-2440**

Medical Interpreter Dispatch

Up to 2 hours - ¥2000

- English, ● Chinese, ● Portugese, ● Spanish,
- Nepalese, ● Vietnamese, ● Indonesian, ● Thai,
and more.



Medical Interpreters in Gunma

NPO

Medical Interpreters in Gunma (MIG)

〒 371-0014 4-23-11 Asahi-Cho, Maebashi-Shi, Gunma-Ken

TEL: 027-289-2440 FAX: 027-289-2441

E-mail: mig.office@iryotsu-gunma.com

<http://iryotsu-gunma.com> 

SOS In an Emergency?

Phone numbers you should know



- ◆ For sudden illness or injury

Kyu-kyu desu...

Ambulance



119

Emergency consultation



#7119

(Emergency Relief Center)

- ◆ For fires



Kaji desu...

Fire truck



119

car accidents

Ko-tsu jiko desu...

crimes

Hanzai desu...

- ◆ For car accidents

For crimes



Police



110

Police consultation



#9110

(Security Division)

Produced by

前橋ロータリークラブ

Rotary



Maebashi Rotary Club

In collaboration with (contact info.) — 群馬の医療と言語・文化を考える会



Medical Interpreters in Gunma

Medical Interpreters in Gunma

4-23-11 Asahi-Cho Maebashi-Shi TEL 027-289-2440