

## Health insurance

### ■ National Health Insurance (*Kokumin kenkō hoken*) P. 62

#### ■ National Health Insurance is now provided at a prefecture level

Previously, National Health Insurance was provided by municipalities. As of April 2018, the insurer is now both the prefecture and the municipality. Yao City will continue to issue insurance certificates and collect premiums.

#### ■ Those who subscribe to National Health Insurance

- Those who run their own businesses such as shops etc.
- Those who engage in agriculture, fishing, etc.
- Those who are not provided health insurance through their work such as those doing part-time work
- Those who have withdrawn from health insurance through retirement, etc.
- Foreign residents who are permitted to reside in Japan for more than three months (excluding those who entered Japan on a medical stay visa)

#### ■ Notification of subscription / withdrawal

When you subscribe / withdraw from National Health Insurance, a notification must be made within 14 days. In the case of delayed subscriptions, you will take on the full amount of medical treatment for the period will be required, and payment of insurance premiums will be required from the time you are qualified to receive insurance.

#### ■ How to pay the premium

Methods of payment: by account transfer or by payment slip (ordinary levy) as well as payments from pension (special levy). If you are paying by payment slip, you can pay at a bank or convenience store.

#### ■ Payment

##### ○ Percentage of co-payment for medical examinations.

Any child before the age of elementary school: 20%. From elementary school age through age: 70 - 30%. From ages 70-74: 20%, (10% by special measure for those born before April 1, 1944) or 30% (for those who have income equal to a working salary)

※Those of 70-74 years of age will be required to present a 'Senior Person's Beneficiary Certificate' (*Kōrei jukyū-sha shō*) when you receive medical examination.

##### ○ In the cases of high medical costs: if the amount payable by the individual for medical costs during the same month exceeds the limit, you can apply for the excess to be paid back to you. But the application must be approved.

Items required for application

Application form, seal (Name Stamp), document showing the bank account under the name of the head of family into which money can be paid

##### ○ Lump sum maternity payments will be granted when insured persons give birth (*Shussan ikuji ichijikin*). ※See page 82 for more details.

##### ○ Financial assistance will be granted to those who carry out a funeral when an insured person passes away.

Items required for application

Application form, funeral bill or receipt (bearing the name of the deceased), National Health Insurance certificate, chief mourner's seal (Name Stamp), a document that shows the bank account under the name of the principal survivor

##### ○ When you received medical treatment without carrying an insurance certificate with you during a trip or when you paid the entire cost of medical treatment such as equipment which was approved by a doctor, the difference from the amount of your payment, deducted by the amount payable by the individual, will be reimbursed if you apply, and the application is accepted.

Items required for application

Application form, National Health Insurance certificate, seal (Name Stamp), receipt (original), a document that shows the bank account of a household member where payments will be going. In the case of medical expenses, a medical fee receipt (original). In the case of equipment expenses, a written statement from the doctor (original).

- Certificate of approval of limited cost (*Gendogaku tekiyō ninteishō*) (those from a household exempted from a municipal/prefectural tax payment must produce certificates of approval of limited cost / reduced standard contribution), a payment at the reception will be an amount within the limit. Members of households that are exempted from paying municipal tax are eligible for reductions in food costs while in hospital.

Items required for application

National Health Insurance certificate, seal (Name Stamp)

- Combined system for high cost medical care / high cost nursing care

If there is someone who receives payment for nursing care insurance in a household where medical costs have become high, and when those medical and nursing costs have exceeded the limit of each individual contribution combined, the amount of excess will be paid back through an application process.

- If you have a traffic accident or if you receive medical services through National Health Insurance, it is required that you make a notification.

#### ■ Public Health undertakings

- Complete medical checkup subsidies (over 30 years of age. As of April 2018, examinations take place in 19 facilities) / partial subsidy.

※See page 79 for more details.

- Specific medical check-ups, specific healthcare guidance (over 40 years of age) / the first check-up in a given year is free of charge.

- Fitness exercising subsidies / part of the costs paid for.

※See page 78 for more details.

Health Insurance Section, National Health Insurance sub-Section (*Kenkō hoken ka, kokumin kenkō hoken kakari*)

☎072-924-8534 FAX072-923-2935

## ■ Advanced Age Health Care Program (*Kōki kōrei-sha iryō seido*) P. 63

### ■ Those targeted under the Advanced Age Person's Health Care Program

Those over 75 years of age, those aged 65 to 74 and recognized to have a fixed disability

### ■ Notification of subscription

Any person at their 75<sup>th</sup> birthday will be automatically insured under the Advanced Age Person's Health Care Program. For those aged 65 to 74 and recognized to have a fixed disability, if subscription is desired, an application is necessary.

### ■ Paying Insurance premium

Payments may be made out of pensions (special collection) and also through account transfers and payment notices (normal collection).

### ■ Payment

- Each individual's contribution rate when seeing a doctor

General public -10%, Person with a level of income equivalent to that of a person still working - 30%

- High medical cost/ when the costs have exceeded the limit of individual's contribution for medical treatment in the same month, the excess will be paid back to you.

Items required for application

Application form (for the first time, this form will be provided by the Osaka confederation of public services for the [*Ōsaka-fu kōki kōrei-sha iryō kōiki rengō*]), seal (Name Stamp), document showing the bank account where a payment will be going

- Funeral costs / when insured persons pass away, financial assistance will be granted to those who carry out the funeral.

Items required for application

Application form, documents showing that the funeral has taken place and the name of a principle survivor is shown [one of the following: funeral bill (original), receipt (original) or a letter of thanks to survivors (original)], a principal survivor's seal (Name Stamp), a document that shows the bank account under the name of the principal survivor, latter-stage elderly person's medical insurance certificate (*Kōki kōrei-sha iryō hoken shō*) for the deceased

- Medical costs: In the cases where you receive medical treatment without producing an insurance certificate during a trip or where you paid for the entire cost of medical treatments such as equipment that a doctor approved, the difference of the amount of your payment deducted by a part of the individual's contribution will be reimbursed, if you are approved.

Items required for application

Application form, latter-stage elderly person's medical insurance certificate (*Kōki kōrei-sha iryō hoken shō*), seal (Name Stamp), receipt (original), a document that shows the bank account where payments will be made. In the case of medical expenses, a medical fee receipt (original). In the case of equipment expenses, a written statement from the doctor (original). In the case of orthopedic shoes, a photo of the shoes.

- Certificate of approval of limited cost (Those from a household who are exempt from municipal and prefectural taxes must produce certificates of approval of limited cost / reduced standard contribution) (*Gendogaku tekiyō / Hyōjun futangaku gengaku ninteishō*) - the payment at the reception will be an amount within the limit. In addition, charges for meals during hospitalization will be reduced for persons exempted from a municipal/prefectural tax payment.

Items required for application

Application form, latter-stage elderly person's medical insurance certificate (*Kōki kōrei-sha iryō hoken shō*), seal (Name Stamp)

- High cost medical treatments/ combined system for high cost nursing care

If there is someone who receives payment from nursing care insurance in a household where medical costs have become high, and when those medical and nursing costs have exceeded the limit of each individual contribution combined, the amount of excess will be paid back through an application process.

- If you have a traffic accident or if you pay the doctor's fee through latter-stage person's medical insurance certificate (*Kōki kōrei-sha iryō hoken shō*), you must make a notification.

#### ■ Public health undertakings

- Health checkup: Examination fees are free of charge (limited to once a year). Please present your insurance certificate and health check consultation card at the clinic.

- Dental checkup: Examination fees are free of charge (limited to once a year). Please present your insurance certificate at the dental clinic.

- Complete medical checkup subsidies

Complete medical checkup expenses for the relevant fiscal year can be subsidized once in that year within a limit of 26,000 yen.

- Those targeted: Those insured under the Advanced Age Person's Health Care Program

Items required for application: Complete medical checkup receipt, copy of inspection result notification, etc., senior claimant card (*Kōrei jukyū-sha shō*), a document that confirms the account number, seal (Name Stamp)

※See page 79 for more on complete medical checkup subsidies.

Health Insurance Section, Advanced Age Medical Care sub-Section (*Kenkō hoken ka, Kōrei-sha iryō kakari*)

☎072-924-3997 FAX072-923-2935

## Elderly Medical Expense Subsidy (*Rōjin iryōhi josei seido*) (includes subsidy for partial co-payment) P.64

■ Subsidies are made by issuing medical certificates for the part of payments charged at receptions when you receive diagnoses and treatments at medical establishments.

Please make payments within a limit of 500 yen per day per establishment (medical facility, pharmacy, home-visit station). (Even if they are part of the same medical establishment, “medical and dental” “admission and outpatient treatment” are treated as different medical establishments).

■ Medical treatment system for the elderly (transitory measures; includes subsidy for partial co-payment)

Those eligible:

○ Those who are over 65 years old who currently hold an elderly medical certificate.

- Those who received treatment for tuberculosis based on laws concerning medical treatment for prevention of infectious diseases and patients of infectious disease and who are holding a patient cards (*Kanja hyō*)
- Those receiving hospital care for psychiatric conditions as based on the Comprehensive Support for Persons with Disabilities Act and who are holding a certificate of claimant for medical costs (*Iryō jukyū-sha shō*)
- Those carrying a claimant card for a specified disease (*Shitei nanbyō*)

※ There is an income limit in place.

※ Medical certificates must be renewed before the expiration date.

※ The transitory measures apply until March 31, 2021.

Items required for application

Application form, health insurance certificate, senior claimant card (*Kōrei jukyū-sha shō*) (only if you are holding one), seal (Name Stamp), a document showing that you are one of those who may apply (claimant card, patient slip [*Kanja hyō*], etc.), a document that shows your income (tax certificate [*Kazei shōmeishō*], etc.)

■ In the case that you receive treatment outside Osaka Prefecture, it is possible to carry out the medical fee reimbursement procedure in the relevant city hall.

Items required for application

Health insurance card, Yao medical card (*Iryō shō*), seal (Name Stamp), a document showing the recipient’s bank account, original receipt, (Must have the name of person receiving treatment, insurance points, date of health check. Receipts cannot be accepted. Please apply by grouping all receipts according to months).

※ If you do not have receipts, please collect a certificate of payment (*Ryōshū shōmei*) (a form designated by this section) at the medical establishment where you received treatment.

Health Care Insurance Section, Advanced Age Medical Care sub-Section (*Kenkō hoken ka, Kōreisha iryō kakari*)

☎072-924-3997 FAX072-923-2935

## Elderly Nursing Care Insurance Program

■ Elderly Nursing Care Insurance Program (*Kaigo hoken seido*) P.66

The Elderly nursing care insurance program is an institution that offers social support. This program is for those who need assistance due to their age and for the family to be helped to ease their burden. It is financed through insurance premiums from those above 40 years old, public funds, as well as through a 10% fee (20% or 30% for those above a certain income) for those making use of the service.

The nursing care insurance system is revised every three years. The next revision is in 2021.

#### ■How to pay for nursing care insurance premium P.66

【For those between 40 and 65 years】

Nursing care insurance payments are made at the same time medical insurance premiums are made. For more details, please enquire with your medical insurance provider.

【For those over 65 years】

○Payment taken from pensions (special collection)

For those with pensions higher than 180,000 yen, payment is taken from pensions by periodic payment (six times a year).

○Payment from account or payment notice (normal collection)

※Nursing care insurance premium is subject to a tax deduction for social insurance premium.

#### ■To receive nursing care insurance service P.66

In order to make use of the nursing care service, you must be certified as having a condition recognized as requiring nursing care. Those who apply for a certificate, please come to the Elderly Care Insurance counter (proxy applications accepted).

【For those between 40 and 65 years】

In the case that you have a relevant illness listed below that is caused by aging, you will be able to make use of nursing care insurance service by receiving certification.

※Specified diseases

Final stage cancer / lateral sclerosis muscular atrophy / ossification of posterior longitudinal ligamentum / osteoporosis that causes bone fractures / multiple system atrophy / alzheimers that takes place in the early senior years / spinocerebellar degeneration / spinal stenosis / progeria / diabetic neuropathy / diabetic nephropathy or diabetic retinopathy / cerebrovascular disease / parkinson's disease related complaints / arteriosclerosis obliterans / rheumatoid arthritis / chronic obstructive pulmonary disease / osteoarthritis that accompanies severe deformations to bilateral knee or a hip

【Those over 65 years】

No matter what the cause is, if there is a case where support or nursing care becomes necessary for daily living, you can make use of nursing care insurance service by receiving certification.

#### ■The process to begin the nursing care (preventative measures) service P.66

① Application

Please apply at the Elderly Care Insurance Section (postal application also possible).

② Certification inspection / appraisal from a family doctor

A certification inspector (municipal workers, etc.) will make a home visit and carry out an inspection of the applicant's physical and mental condition.

An appraisal will then be made by the family doctor regarding the physical and mental condition. (An appraisal form will be sent directly from the city to the doctor. The doctor will then send the form directly back to the city.)

③ Review / judgement

The Nursing Care Certification Association will review the level of nursing care needed based on the inspection and the family doctor's appraisal.

④ Certification / notification

Based on the results from the Nursing Care Certification Association, the application will be classified as one of the following: “Support necessary” (level 1 or 2); “nursing care necessary” (level 1-5), you will be notified afterwards.

⑤ Planning of nursing care (preventative measures) service

For those classified as “Nursing care not appropriate” and “support necessary” (level 1 or 2), discussions will be arranged with the central elderly wellbeing center (kikan-gata kōreisha anshin sentā). For those classified as “nursing care necessary” (level 1-5), discussions will be arranged with a home care support business.

⑥ Starting of nursing care (preventative measures) service

Costs are afforded through the nursing care (preventative measures) service plan through a payment of 10% of costs (20% or 30% for those above a certain income).

■ Fees for high cost nursing care (preventative measures) service P.67

If 10% of the costs (20% or 30% for those above a certain income) in the same month for home-care service or facility-care service exceeds the upper limit of the amount charged to the user, the excess amount will be reimbursed via insurance benefit as “fees for high cost nursing care (preventative measures) service.”

Notice of reimbursement of fees for high cost nursing care (preventative measures) service will be sent to those who apply, so please apply for it.

■ The costs of food / living in care facilities P.67

Application can be made for a reduction in costs pertaining to the use of facility services, short stay costs, and meal costs. This reduction only applies to households where all members are exempt from municipal taxes, meet assets requirements, and are receiving welfare benefits. For more details, please enquire at the Elderly Care Insurance Section.

Elderly Care Insurance Section (*Kaigo hoken ka*) ☎072-924-9360 FAX072-924-1005

Are you aware of the Yao City Nursing Families Association? P.67

This is a group where people who live and care for their families at home meet and have activities that offer mutual support and encouragement.

Yao City Social Welfare Conference (*Yao-shi shakai fukushi kyōgikai*)

☎072-991-1161 FAX072-924-0974

## Health

■ Mental welfare services P.76

Public health centers provide counseling services (reservations required in principle) for mental health issues such as schizophrenia, depression, and

addiction (e.g., alcoholism, substance abuse, gambling problems).

Someone from mental welfare services will usually provide the counseling, but a psychiatrist (commissioned by Yao City) is available on some days.

Grief counseling is also available for people who have been bereaved by suicide (reservations required in principle). Please inquire by telephone.

Preventive health services (public health center) ☎072- 994-6644

### ■ Rubella and HTLV-1 tests P.77

Public health centers provide free rubella and HTLV-1 tests (reservations required in principle). Please inquire about the eligibility requirements.

※Test schedules are shown in the healthcare section of the city gazette.

### ■ HIV tests P.77

Public health centers provide free, anonymous HIV tests (reservations required in principle). Tests for syphilis and chlamydia are also available.

Test results are communicated in person one week later; results will never be communicated by telephone, mail, or via a proxy.

※Test schedules are shown in the healthcare section of the city gazette.

### ■ Hibakusha welfare allowance P.77

- Applying for hibakusha welfare benefits

Osaka Prefecture issues hibakusha (atomic bomb survivor) health booklets and provides welfare services to designated hibakusha.

Yao City's public health centers accept applications.

- Applying for hibakusha health booklet

The Governor of Osaka Prefecture issues hibakusha health booklets to persons who meet the eligibility requirements outlined in Act 1 of the Atomic Bomb Survivors' Assistance Act.

Holders of a hibakusha health booklet are entitled to receive health checks and medical allowance. Check the following website for more information on the hibakusha health booklet, designation for allowances, and how to apply for welfare benefits.

- Osaka Prefecture's hibakusha welfare services (<http://www.pref.osaka.lg.jp/chikikansen/engo/index.html>)
- Ministry of Health, Labour and Welfare ([www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/kenkou/genbaku/index.html](http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/genbaku/index.html))

### ■ Relief program for asbestos-related disease P.77

Administered by the Environmental Restoration and Conservation Agency of Japan, the relief program for asbestos-related disease provides relief to persons who sustained asbestos-related disease or their surviving relatives who are not eligible for industrial accident compensation.

The asbestos-related diseases covered in the program are mesothelioma and asbestos-related lung cancer.

Persons with either of these designated diseases or their surviving relatives may apply for relief at a Yao City public health center.

The Environmental Restoration and Conservation Agency's website gives more information on the relief program for asbestos-related disease:

<http://www.erca.go.jp/asbestos/>

### ■ Outpatient care in the Municipal Hospital P.77-78

**Outpatient service/** Internal medicine (general medicine, infection control, neurology, diabetes, cerebral circulation) gastroenterology, cardiovascular, oncology, hematology, surgery (general surgery, gastrointestinal surgery, hepato-biliary-pancreatic surgery, respiratory surgery), breast surgery, orthopedic surgery, neurosurgery, obstetrics and gynecology, pediatrics, ophthalmology, otorhinolaryngology (ear, nose and throat), plastic surgery, dermatology, urology, radiology, rehabilitation, anesthesiology, pathological diagnosis, dental and oral surgery

※General outpatient treatments are available only to those with a reference letter and those who made an advance booking in some of the consultative sections. Please inquire for details (or see the Yao Municipal Hospital's website).

※As of February 2019 (content in parenthesis indicates specialist areas)

Reception hours for first consultation : 8:45am ~ 11:30am (weekdays only)

Reception hours for emergency treatment: internal medicine and outpatient department open 365 days/year and 24hours/day. Paediatric treatment available between 9:00am and 8:00am of the following day on Tuesdays and Saturdays (When Tuesday/Saturday falls on public holidays, it is open between 7:00pm and 8:00am of the following day)

#### Request from Yao Municipal Hospital:

As a core regional hospital, Yao Municipal Hospital must devote plenty of time and resources to acute care services. Please request a medical referral from a doctor before receiving getting a medical checkup at the hospital.

Municipal Hospital (*Shiritsu byōin*) ☎072-922-0881 FAX072-924-4820

#### ■Diabetes class at the Municipal Hospital P.78

Date of class: Third Thursday of every month (closed in August)

Hours: 1:00pm ~ 3:00pm (door open 15 minutes prior to the lesson)

Venue: Fifth floor of the north wing of Yao Municipal Hospital, Large Conference Room 1

Fees: Free of charge

No application is necessary (Please go directly to the venue on the date announced)

Please check the healthcare section of the city gazette.

Diabetes Center in the Municipal Hospital (*Shiritsu byōin*) ☎072-922-0881 FAX 072-924-4820

#### ■Various medical examinations / Health checkups P.78

The Health Care Center (*Hoken sentā*) offers health checkups, tests for colon cancer, breast cancer, uterine cancer, and hepatitis, dental checks, and similar services. Public health centers provide group health checkups (health checkups, hepatitis tests), tests for stomach cancer, lung cancer, colon cancer, breast cancer, and bone density checks.

※Please see the Health Services Guidance (*hoken jigyō annai*) booklet for more details.

Notices are given monthly and on an as-and-when basis in the healthcare and public health information sections of the city gazette.

Health Promotion Section (*Kenkō suishin ka*) ☎ 072-993-8600 FAX072-996-1598

#### ■Health consultation / guidance visits P.78

●Health consultation / health nurses and nationally registered dietitians give advice about lifestyle habits and eating habits. You can also receive blood



pressure readings.

●Those who require health and dietary guidance may receive visits from nurses or dieticians. They will advise on health lifestyle change and diet.

※Please see the Health Services Guidance (*hoken jigyo annai*) booklet for more details.

※Notices are given monthly in the public health information section of the city gazette.

Health Promotion Section (*Kenko suishin ka*) ☎072-993-8600 FAX072-996-1598

### ■National Health Insurance Subsidized programs for health and fitness (including pool subsidy) P.78

This program targets those subscribing to the National Health Insurance, and offers support for health and fitness through offering guidance and practical training tailored to the individual at municipal exercise facilities. Part of the cost for using the facilities is subsidized.

#### ●Exercise facilities that are targeted by the program

(1) Fitness

• Sports Club & Renaissance Kyuhoji ☎072-923-1888

• Municipal Comprehensive Sports Center (Wing Fitness Corner) ☎072-990-0130

(2) Pool

• Municipal Indoor Pool (Shibuki) ☎072-999-6230

(3) Class program (boxing exercise, pilates, mini-trampoline exercises)

• Minami Kinomoto Disaster-prevention Gym ☎072-924-6657

※ You may only apply to use the subsidy once per year.

●Those who are targeted: those over 30 years of age who subscribe to National Health Insurance in Yao City and are paying their insurance fees.

●Items needed for application: National Health Insurance Certificate (*Kokumin kenko hokensho*), post card, seal (Name Stamp)

Health Insurance Section, National Health Insurance sub-Section (*Kenko hoken ka, Kokumin kenko hoken kakari*)

☎072-924-3865 FAX072-923-2935

### ■Subsidies for National Health Insurance Complete Medical Checkups (comprehensive health check) P.79

In order to lead a healthy daily life, it is very important that you periodically have health checks for certain diseases to be prevented, or discovered at the early stages. In Yao City, a part of the fee for a complete medical checkup is subsidized for those subscribing to National Health Insurance. Those who have had a general physical checkup do not need a specific checkup. This is because the general checkup already includes an examination of vital organs and prevalent diseases. The results of the particular health check will be delivered by post around two months later. (The overall complete medical check results will be returned directly from the hospital). The results of complete medical checks (including specific health checks) will be provided to Yao City and may be used as part of our health guidance program.

#### ●Those targeted

• Those who are between the ages of 30 and 75 years old and subscribe to National Health Insurance

• Those who are up to date with their health insurance premiums

• Those who have not had complete medical checks or specific health checks during the year applied for.

#### ●The application process

After applying at the Health Insurance Section (*Kenko hoken ka*) (branch offices can provide application forms but not receive them) and receiving the

‘Decision Notification’ (*Kettei tsūchi sho*), please make a telephone call to a designated medical facility and book an appointment (in principle, appointments cannot be booked without a ‘Decision Notification’).

● **Items required for application**

Application form, National Health Insurance certificate, seal (Name Stamp), designated health check consultation card (It is sent at the end of April every year to those over 40 years of age.)

● **Please make enquiries with regards to which medical facilities offer the service**

※See page 63 for details about complete medical checkups under the Advanced Age Person’s Health Care Program Health Insurance Section, National Health Insurance sub-Section (*Kenkō hoken ka, Kokumin kenkō hoken kakari*)

☎072-924-3865 FAX072-923-2935

■ **Health checks P.79**

These health checks focus on metabolic syndrome, the cause of lifestyle diseases (e.g., cancer, heart disease, and cerebrovascular disease), which account for 60% of deaths in Japan.

● **Those targeted** : ages over 40, health check consultation cards will be sent to you from the medical care insurer you are subscribed to. The service is also available to persons aged 40 or over who are not covered by health insurance.

● **Place for health check consultation**: consultations take place at places such as the Health Care Center Commissioned medical facilities (Reservations required in some cases)

● **Enquiries** :

• For those subscribed to Yao City National Health Insurance:

(About the details of the examination) Health Promotion Section (*hoken suishin ka*) ☎072-993-8600

(About the health check consultation card) Health Insurance Section (*kenkō hoken ka*) ☎072-924-3865

• Those under the very elderly person’s medical care program: Confederation of public services for the elderly set up to cover several local government areas in Osaka Prefecture (*Ōsaka-fu kōki kōrei-sha iryō kōiki rengō*)

☎06-4790-2028

• Those who do not apply to any of the above please contact your Health Insurance.

※Please see the Health Services Guidance (*hoken jigyo annai*) booklet for more details.

※Notices are given on an as-and-when basis in the healthcare section of the city gazette.

## **Pregnancy and Childbirth**

When you become pregnant

Literature

Every year we publish the ‘Guide to Health Care Undertakings’ annual booklet. (This is delivered together with the April edition of the city gazette)

■ **Issuance of mother and child health handbook and pamphlet for fathers P.80**

The issuance of mother and child health handbooks is carried out at every branch office and the City Hall (Citizens Section [*Shimin ka*]) and in the Health Care Center (*Hoken sentā*). We provide pamphlets for fathers who want them.

Regarding foreign language version, please make enquiries at the Health Care Center.  
※ For further details please see the 'Guide to HealthCare Undertakings' booklet.

#### ■Mama Papa (both parents) Classroom P.80

This is a group study class where child care and child rearing skills are learned. A course consists of three lessons and is carried out every month.  
※ For further details please see the 'Guide to Health Care Undertakings' booklet.  
※ The classes are publicized on the personal healthcare information page in the city gazette every month.

#### ■Maternity-mark keyholder P.80

In order to alert surrounding people that a woman is pregnant and requires due consideration, a keyholder is made which shows a maternity mark. This is sent out at the same time as the mother and child health handbook is issued.

#### ■Health and dental checks for the pregnant P.80

By producing a consultation card that is issued at the same time as the mother and child health handbook, it is possible to receive subsidies. Health checks for the pregnant are available at designated health facilities within Osaka Prefecture. Pregnancy dental checks are available at designated dental offices in Yao City.

※ For further details, please see the 'Guide to Health Care Undertakings' booklet.

Health Promotion Center (*Hoken sentā*) (Health Care Promotion Section (*Hoken suishin ka*))

☎072-993-8600 FAX072-996-1598

#### ■Municipal Hospital maternity P.80

##### ▶ Class Schedule :

Available every month

First Friday: Maternity class 1 (early-term class)

Second Friday: Maternity class 2 (late-term class)

Third Friday: Maternity class 3 (Lamaze-method class)

▶ **Class hours** : 1:30pm to 4:00pm (the door open 30 minutes prior to the lesson)

▶ **Venue** : Large Conference Room1 on the fifth floor of the north wing of the Yao Municipal Hospital (*Yao shiritsu byōin*)

▶ **Fees** : Free of charge

▶ **Application** : Unnecessary (please go directly to the venue on the day when the class is held).

##### ▶ Other things to note :

- Regarding those who wish to give birth in this hospital, your application will be checked during prenatal examinations, etc.
- Please take mother and child health handbook and writing tools with you,

Please take a pair of comfortable trousers with you only for Maternity class 2, 3

※The classes are publicized on the personal healthcare information page in the city gazette every month.

Municipal Hospital (*Shiritsu byōin*), outpatient service at the obstetrics and gynecology department (*Sanfujin ka gairai*)

☎072-922-0881 FAX072-924-4820

### ■Those who have difficulties in paying for the cost of childbirth (childbirth assistance program) P.81

For those who cannot afford childbirth, they can be admitted to a designated maternity hospital and part of the cost will be subsidized.

Special conditions apply to those participating in the “Childbirth Assistance Program”. You must apply before delivery; there are regulations concerning the way to apply; Payments are arranged for any costs; There are income restrictions; deliveries take place at designated medical establishments. Please enquire with the Childcare Section for details.

Child Rearing Support Section (*Kosodate Shienka*)

☎072-924-3954 FAX072-924-9304

### ■Postpartum care P.81

This is a service for new mothers who cannot access the care they need from family or friends. Professionals provide emotional counseling and childcare support at a postpartum facility. Each case is reviewed before support is provided.

- Day service : 10:00am to 7:00pm. Fee: ¥2,800 (includes 2 meals)
- Overnight service: 10:00am to 10:00am the next day. Fee: ¥5,600 (includes overnight stay and 3 meals)

※Fees are reduced or waived altogether for persons who are exempted from paying municipal tax or who receive welfare benefits

※You must apply before accessing the service. Please inquire at a Health Center for details (you may apply from the 9th month of pregnancy).

Health Promotion Section (*Kenkō suishin ka*) Health Center

☎ 072-993-8600 FAX072-996-1598

### ■Counseling service for infertility and recurrent miscarriages P.81

This service is a first step for people who are considering treatment for infertility or recurrent miscarriages (reservation required).

※Please see the Health Services Guidance (*hoken jigyo annai*) booklet for more details.

※Notices are given monthly in the public health information section of the city gazette.

Health Promotion Section (*Kenkō suishin ka*) Health Center

☎072-993-8600 FAX072-996-1598

### ■Subsidies for specified infertility treatments P.81

#### Outline

- This subsidy covers part of the expenses associated with specified infertility treatments (IVF or micro-fertilization) that are provided at a designated facility.

#### • Eligibility requirements

The subsidy is available for married couples. To be eligible for the subsidy, the couple must fulfill all the following requirements:

- The couple resides in Yao City at the time they apply, and they have been legally married throughout period from when they started treatment to

- the time they apply
- The couple has undergone a specified treatment (either IVF or micro-fertilization) at a designated facility after the doctor had ruled out alternative options as offering no or very little prospect of success.
- The wife is at least 43 at the time the couple apply
- The couple’s combined income is less than ¥7.3 million (Note1)
- The couple has not received the subsidy for more than the nationally designated number of times, whether from Yao City, a prefecture, a government ordinance-designed city, or a core city other than Yao
- The treatment in question does not involve any of the following:
  - Donation of any sperm, eggs, or embryos by a party other than the husband or wife
  - Straight/traditional surrogacy: When the surrogate uses her own egg and the insemination is conducted using the intended father’s sperm. In this case, the husband and wife become the child’s parents.
  - Gestational/host surrogacy: When an embryo is created using the husband’s sperm and wife’s egg and then implanted in the surrogate. The surrogate gestates and gives birth to the child.

Note 1: The combined income for the immediately preceding year, or the year prior to that if the application is made between January 1 and May 31. “Income” excludes tax deductions.

• Eligible age ranges and maximum number of payouts

Age when initial treatment commenced (time of initial application)	Number of payouts
Younger than 40	6 (no annual cap)
40–43	3 (no annual cap)

Preventive health services (*Hoken Yobō ka*) Health Office

☎072- 994-6644

■ **Subsidy for specified treatments for recurrent miscarriages P.81**

Outline

This subsidy covers part of the costs of treatments—those not covered by health insurance—for recurrent miscarriages provided at a designated facility

Eligibility requirements

The subsidy is available for married couples. For the couple to be eligible for the subsidy, the wife must have received treatment for recurrent miscarriages at a medical institution following a medical decision that determined such treatment was necessary. Moreover, the couple must fulfill all the following requirements:

- The couple has resided in Yao City for the duration of the treatment and at the time they apply
- The wife subscribes to health insurance or is dependent to a health insurance subscriber
- The couple are legally married
- Neither the wife nor husband is delinquent in paying municipal taxes (e.g., municipal tax, property tax, light vehicle tax)

## Subsidy

The subsidy covers the expenses incurred in treatment for recurrent miscarriage (including the fees for relevant prescribed drugs in out-of-hospital pharmacies). A maximum subsidy of ¥300,000 is paid out per treatment provision. The subsidy only applies to treatments provided after April 1, 2018. Multiple applications can be made in a given fiscal year (April 1–March 31), but the total subsidy per fiscal year is capped at ¥300,000. The subsidy does not cover medical examinations. Neither does it cover treatments the person underwent before or after moving to Yao.

Preventive health services (*Hoken Yobō ka*) Health Office

☎ 072-994-6644

## **When you give birth**

### ■ **Birth registration** P.82

Please register within 14 days including the day of the birth. For more information, please see page 54.

### ■ **One-time payments for births / childcare** (*Shussan ikuji ichijikin*) P.82

※If you subscribe to another insurance policy, please inquire at the health insurance to which you subscribe.

Families under the National Health Insurance plan are reimbursed 404,000 yen per child birth. The money is paid to the head of the household. Also, with regards to babies born with cerebral palsy, the “Obstetric Compensation Program” (*Sanka iryō hoshō seido*) will pay a further 16,000yen (for babies born at 22 weeks or later).

There is a ‘direct payment system’ whereby one-time payments are directly made to medical organizations from National Health Insurance. You need only pay the portion of expenses not covered by the one-time payment, provided you complete the procedure at the intended hospital. Please make an enquiry for details at the medical establishment where you plan to give birth.

In the case that you do not make use of the direct payment program or if the cost of delivery is less than the one-time payment, an application procedure to receive payment is required.

If you make use of the maternity assistance program, (even if you are applying to the obstetric care compensation program), the extra 16,000 yen is not paid.

### ■ **Items required for application**

- National Health Insurance certificate (*Kokumin kenkō hoken shō*)
- Seal (Name Stamp)
- Document showing the account of the financial institution of the head of household
- Copy of ‘letter of agreement’ from appropriate medical establishment
- Copy of ‘receipt /detailed statement’ for birth expenses from appropriate medical establishment

(There must be a description to confirm the details on the exclusive invoice. The description must have a seal that conforms that it was a birth and that you are applying to the extra payment under the obstetric care compensation program. This has to be submitted in order for these details to be verified at the Health Insurance Section.)

Health Insurance Section (*Kenkō hoken ka*), National Health insurance sub-Section (*Kokumin kenko hoken kakari*)

☎072-924-3865 FAX072-923-2935

### ■Mama Support (assistance around the home for mothers who have just given birth) P.83

If you are in a family in which you cannot obtain help from parents/relatives around the time you have given birth, helpers will make house calls and help out with housework and childcare.

▶**Targeted families:** Families that live in Yao and in which no family member is available around the time of the birth to take care of the mother during the day (such as nuclear families).

▶**Dispatch period:** This service is available for a period starting from two months before the scheduled birth date and until the day of birth. It is also available for a period of up to two months after the mother and baby have been discharged from the hospital. In each case, the maximum limit is 20 hours. In case of multiple births, you can make use of the service for another 30 hours within a year after birth.

▶**Details of the service:** Assistance in housework and childcare (nappy changing and bathing etc.) including cleaning, washing, grocery, shopping, preparing meals

▶**Hours:** Monday to Friday, 9:00am to 5:00pm (one two hour visit a day)

▶**Usage fee:** 800 yen per hour

There is a reduction/ exemption program for the usage fee. Households receiving welfare benefits and exempted from paying municipal tax are excused the full amount.

#### ▶**Items required for registration application**

(1) Seal (Name Stamp)

(2) Resident card (*Jūmin hyō*) (containing all the names of household members)

#### ▶**How to make use of the service**

Registration is required prior to use. (Applications must be received by the fifth month of pregnancy)

If you are making use of the reduction/exemption program:

• Welfare benefit payment certificate (*Seikatsuhogo jukyū shō*)

• Municipal/prefectural tax certificate (*Shimin Zei / Fumi Zei Shōmeisho*) (containing all the names of household members)

Please apply with these items.

Child Rearing Support Section (*Kosodoate shien ka*)

☎072-924-3954 FAX072-924-9304