Pu La La ぷらら

さいたま暮らしの情報誌
Information for Living in Saitama City
Folleto de Información de Vida en Saitama

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日本で医療を受けるには…受診の流れと注意点
Getting Medical Treatment in Japan: Process and Points to Note
¿Cómo recibimos tratamientos médicos en Japón?
----Pasos a seguir y algunos puntos esenciales

こんなときどうする？
What do you do when you…
¿Qué podemos hacer en estos casos?

・かぜかな？

• have a cold?

• **¿Estoy resfriado?**

・血圧が気になる

• are worried about your blood pressure?

• **Me preocupa mucho la presión arterial.**

・なんだか気分がすぐれない

• are just not feeling well?

• **Me siento un poco mal.**

・食欲がないなあ

• have no appetite?

• **Perdí el apetito.**

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Seeing a doctor

Choose the appropriate type of doctor → see the doctor → pay

＜Types of doctor/clinic and what they treat＞

Internal medicine (内科): illnesses affecting internal organs (colds, stomach illnesses, etc.)

Surgery (外科): injuries, illnesses requiring sugery (involving mammary glands, anus, intestines, etc.)

Obstetrics and gynecology (産婦人科): pregnancy, childbirth, gynecology

Ear-Nose-Throat (耳鼻科): ears, nose, etc. **Eye (眼科):** eyes

＜Things to bring＞

- insurance card
- notes on your symptoms

＜if required＞

Take your prescription to the pharmacy and pay for your medicine

The difference between hospitals and clinics

Hospitals (病 院): have at least 20 beds and 3 doctors and are for severe illnesses and injuries

Clinics (診 療 所): are smaller than hospitals, have less than 20 beds, and as few as one doctor.

Public medical insurance and your insurance card

Public medical insurance

When you receive medical treatment due to illness etc, this system bears part of the cost (usually 70%). In Japan all citizens and foreigner residents are obligated to enroll in the public medical insurance program. There are two types of insurance avaiable, one for company employees and the other for those who are self-employed or unemployed.

Health insurance card

This card (健 康 保 険 証) certifies that you are enrolled in the public medical insurance program. You must present this card at the reception desk when you go to the doctor.

When in doubt, ask someone nearby

- For questions related to public insurance➡Your Ward office's pension and insurance division.
- For assistance in your language:

➡AMDA International Medical Information Center
provides medical consultation to foreign residents in their language. The phone number will be changing in April. See amda-imic.com/ for details.

➡Saitama Information & Support (SIS) ☎048-833-3296
http://sia1.jp/foreign/advice/