

# Health and Welfare

## 1. Health of Adults and the Elderly

### 1) Cancer checkups, specially designated health checkups, etc.

Note: Listed ages are as of April 1,2023

Screening item		Eligibility	Personally borne amount		Screening content
			Individual	Group	
Chest X-ray examination (tuberculosis and lung cancer)		40 years or older	¥ 200	¥ 200	Whole-lung X-ray
	Sputum cytology	50 years or older	¥ 500	¥ 500	Sputum examination (eligibility based on doctor interview)
Gastric cancer checkup (Barium examination or Gastroscope)		40 years or older who did not have gastroendoscopy previous fiscal year	¥ 1,600	¥ 1,300 Note: In group examinations, only barium examination is provided	<ul style="list-style-type: none"> <li>• Barium examination X-ray with barium (contrast medium) swallow</li> <li>• Gastroscopy Examination that insert gastroscopy from nose or mouth (individual only)</li> </ul>
Primary colorectal cancer checkup		40 years or older	¥ 200	¥ 200	Collection of 2 days' stool samples and inspection for blood in stool
Prostate cancer checkup (men only)		50 years or older	¥ 400	¥ 400 combined the specific medical examination only	Measurement of blood PSA (tumor marker called prostate-specific antigen)
Breast cancer checkup (women only) (you can visit every other year)	Ultrasound	30s, even-numbered years	/	¥ 500	Ultrasound examination of the breasts
	Mammography	40 years or older, and did not receive the checkup during the previous fiscal year	¥ 700	¥ 500	X-ray photography of breasts pressed between plates
Cervical cancer screening (female) (you can visit every other year)		Those who are 20 years old or older and didn't have examination in the previous year	¥ 500	¥ 500	Examination done by collecting cells of the cervix. The cervix examination was abolished in 2022
【From 2023】 osteoporosis screening		Women aged 40 to 70 years in five-year increments	Forearm/finger 500 yen spine and leg base 1,000 yen		Test that measures bone density by irradiating the bone with a small X-ray emission
Adult dental health checkup		40 years or older	¥ 800 Note: Free for those 70 years or older	/	Checks for cavities, periodontal disease, intraoral condition and cleanliness. 76 years (the date of birth is from April 2,19456 to April 1,-19467) cannot visit adult dental health checkup in FY2019.
Hepatitis virus screening		40 years old or older in 5 year increments (Have not undergone this screening)	Free	/	Screening that checks for hepatitis B and C viruses in the blood.
		Persons 41 years or older who have not undergone this screening except for person mentioned above (upon request only)	¥ 600 Note: Free for 70 years or older	/	
Specially designated health checkups and regular health checkups(This is a medical examination for		Those between 40 and 74 years of age, enrolled in Yachiyo City National Health Insurance	¥ 800 Note: Free for those 70 years or older	¥ 800 Note: Free for those 70 years or older	1. Basic test item Interview, clinical examination, blood pressure measurement, body measurement (height, weight, waist circumference), urinalysis

early detection of lifestyle related diseases)	Persons enrolled in Chiba Prefecture Latter-term Elderly Health Insurance system	Free	Free	(sugar, protein), blood test (lipids, blood sugar, liver function and kidney function). 2. Detailed health check up If among those electro-cardiogram, fundus examination, or anemia examination correspond below criteria, and doctor judged you need. <Criteria> • Electro-cardiogram is subject to whom corresponded blood pressure or suspected irregular pulse. • Fundus examination is subject to whom corresponded blood pressure or blood sugar criteria. • Anemia examination is subject to whom suspected anemia because past or examination.
	Those forty years of age or older who are receiving a public financial assistance for everyday living	Free	Free	

●Checkup method

Eligible residents will receive a health checkup voucher and the FY2022 health checkup guidebook. When you come in for your checkup, be sure to bring your health checkup voucher, the amount you must pay (listed on the checkup voucher), and your health insurance card (which is required for specially designated health checkups, etc.). If you have not received your health checkup voucher, please contact the Health Promotion Division (Health Center) prior to your checkup.

➤ Individual checkups

These are examinations performed by a physician at an approved medical institution in the city according to your physical condition. Some examinations and medical institutions require reservations, so please check in the health checkup guidebook.

➤ Group checkups

Group checkups are conducted at the Health Center. You need to make appointments for such examinations. The cancer checkups are conducted in a health examination truck.

**2) Specially Designated Health Guidance**

Specially designated health checkups and specially designated health guidance are designed to prevent or at least mitigate the onset of lifestyle-related diseases such as diabetes and hypertension, with a focus on metabolic syndrome (visceral fat syndrome). Based on the results of specially designated health checkups, those at risk of lifestyle-related diseases are classified into the “**motivational support**” or “**active support**” categories, according to the degree of severity. The specially designated health guidance service advises and supports them in their pursuit of lifestyle improvements.

Specially designated health guidance is designed to support lifestyle improvement to prevent being metabolic syndrome (visceral fat syndrome). In the result of specially designated health checkups, if you are subject to this, vouchers and invitation of specially designated health checkups will be delivered.

**2. Welfare for the Elderly and People with Disabilities**

●Welfare for the elderly

Yachiyo City provides support so that its elderly residents can lead lives filled with energy, enthusiasm and peace of mind even when they need nursing care.

➤ Creating enthusiasm for life

Silver Human Resources Center Tel: 047-484-4680	It is the center organized 60 years or older working for their satisfaction and socialization.
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➤ Home welfare services

Various services are offered to allow the elderly to live independently and with peace of mind in a familiar living environment. For details, please inquire with the Longevity Support Division.

- Categories of services

Meal delivery service, Emergency alert system etc.

●Counselling for elderly

Area comprehensive support center is available for consultation about elderly. For detail, please contact Area comprehensive support center in your living area.

Area comprehensive support center is available for you about nursing or after retirement, health and medical, welfare, and the other general concerns, then provides proper consulting organization and provision of information for welfare and nursing service

Name of centers	Phone number	Location	Responsible district
Katsutadai area comprehensive support center	047-481-3515	Katsutadai 1-16 Keisei Sun Corpo E Building Room No.111	Katsutadai,katsuta, Katsutadainami
Aso & Mustumi area comprehensive support center	047-488-9525	Yonamoto-danchi5-33-101	Yonamoto,Kano,Hoshina, Shimokoya,Horinouchi, A part of Kamikoya, Kannou,Mugimaru,Sounohashi Yoshihashi,Ozaki,Shimada, Monokubo,Koike,Makino, Sayama,Hirato,Shimadadai Daigakutyou
Murakami area comprehensive support center	047-405-4177	Murakami-danchi2-7-104	Murakami,Murakamiminami, Katsutadaikita,Shimoitiba, Murakamidanti, A part of Kamikoya
Yachiyodai area comprehensive support center	047-406-5576	Yachiyodai Minami 1-7-2 Shinryoku Bldg 1 <sup>st</sup> F	Yachiyodaihigasi, Yachiyodainisi, Yachiyodaiminami, Yachiyodaikita
Takatsu & Midorigaoka area comprehensive support center	047-489-4655	Takastu-danchi1-13-112	Takatsu,Takatsuhigashi, Midorigaoka,Midorigaokanishi, Takatsudanti, A part of Owadashinden

center			
Owada area comprehensive support center	047-484-6611	Yurinokidai 4-1-12 Riri Mansion NS Bldg 1 <sup>st</sup> F, Room A	Owada,Kayada,Kayadamati, Yurinokidai, A part of Owadashinden

●Welfare for people with disabilities

Depends on the content of the service, subject and procedure will be varied. For details, please inquire with the Longevity Support Division.

▸Handicapped passbook

By carrying the passbook, several service will be available.

<Kinds of certificate>

Physical disability certificate, rehabilitation certificate, mental disorders certificate

▸Self-reliance support medical treatment

If you need to go to hospital continuously to treat psychiatric disorder or operation for relieving bodily trouble, this system can be used to reduce medical treatment costs. The system targets to the extent of disease and treatment.

<Cost>

10 percent of the medical expense. Monthly amount to be borne has an upper limit, depending on household's taxation or content of treatment.

<Eligibility>

Psychiatric rehabilitation	Those who have psychiatric disorder and need to take outpatient care
Medical rehabilitation	Person with a physical disability aged 18 years or older who undergoes surgery or treatment to remove or reduce disability.
Rehabilitative treatment	Those who are under 18 years old and suffer from a physical disability, and have hope to recover by operation and hospitalization. Note: There is restriction on income.

▸Welfare service

Welfare service is available for those who are physically handicapped depending on the condition of their mind and body(pre-application is required ). Registration will be different depending on age and content of service. For details, please inquire with the Longevity Support Division.

<Kinds of welfare service>

Nursing care benefit	Support for daily life nursing or medical treatment at home care short-stay service and work
Benefit of training	Support for use of group home and life training, functional training or work at the facility
Handicapped child support	Child development support, Medical child development support, day service like after school,etc
Supply of prosthetic device	Will be provided expenses related to the purchase, repair and rental of wheelchairs, hearing aids, etc. to improve the efficiency of daily life.

<Cost>

In principle, 10 percent of the medical expense will be charged. Monthly amount to be borne has an upper limit and write down system depending on household's taxation or content of treatment.

## Welfare General Counseling Division

### 3. Comprehensive Welfare Counseling

Counseling on life and work, household budget, social withdrawal (Hikikomori) and other aspects is available. The counseling includes identifying the resident's problems and concerns, sorting them and formulating a support plan, and helping to solve or mitigate the problems with the cooperation of specialized agencies.

Issues that can be addressed through such counseling include the following:

- Unable to obtain stable work
- Unable to find work
- Unable to pay the rent
- Payment of utility bills such as power and gas in arrears
- Hard to make ends meet
- Crushed by debt repayments
- Worried about social withdrawal (Hikikomori)
- Worried about domestic violence from a partner, son, or other family member

If you are facing issues such as the above, please stop worrying all by yourself and consult us. We will help you to solve your concerns and problems.

#### Counseling locations

	Name	Location	Counseling time	Contact
1.	Comprehensive Welfare Counseling Room	Yachiyo City Hall new building 2F	Weekdays 8:30 a.m. to 5 p.m.	☎047-421-6732 Fax 047-483-2655
2.	Yachiyo City Social Welfare Council Kurashi Support Team flat	Welfare Center 3F (next to Yachiyo City Hall)		☎047-483-3021 Fax 047-486-9787

☆ Consultations can be done in person or by phone.

☆ Persons who find it difficult to go to a counseling location may also request a visit by counseling support staff.