

# Living in Chiba:

HOW TO SEE A DOCTOR



# Clinic Visit

We recommend that you directly go to the clinic even for the first visit.

You might have to wait a long time without an appointment.

You might be asked to come back to the clinic, or call them later at a given time when you drop in.



1. Take a residence card with you.
2. Make sure you have the list: ⇒
3. Have your health information ready: ⇒
4. Take a health insurance certificate issued in Japan or any medical insurance document with you.
5. Cash payment is common and it is preferable to have about 5,000 to 10,000 yen ready. (Most clinics do not accept a credit card.)

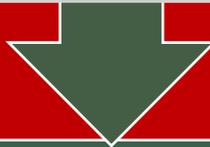
- 2.1 Name of insurance company
- 2.2 Name of insured person
- 2.3 Insurance card
- 2.4 Health insurance certificate issued in Japan (Hokensho)

- 3.1 Current temperature
- 3.2 Symptoms and how long they have lasted
- 3.3 Medicines: types, doses and when they were taken (Take the medicine package with you.)
- 3.4 Allergies, chronic illnesses (such as asthma or diabetes), or inheritable disorders
- 3.5 Pregnancy: a mother–child notebook if any
- 3.6 Past medical history

## **Clinic Visit Flow : Check In (Registration)**

At arrival to the clinic, please check in to tell your name and condition and submit your medical insurance certificate and related documents.

You have to wait until your name is called out for the examination.



## **Examination- You go into an examination area.**

Discusses the chief complaint.

If you prefer generic medicines, please don't hesitate to tell your practitioner.



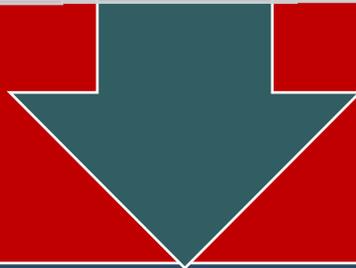
After the examination, please go back to the waiting room until your name is called out at the reception desk.

**Payment-Your payment should be done at the reception desk. If you have a voucher for a child medical expense subsidy, please show the voucher at the payment to claim for the service.**

Your medical insurance certificate will be returned to you at the desk.

Payments for uncovered health care services will not be covered by the subsidy.

You may be given a prescription for your medications along with a receipt for the payment.



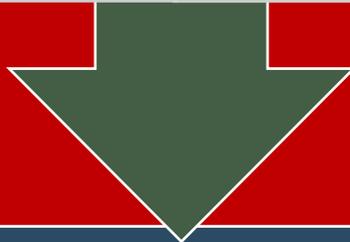
## **Scheduling Appointment-If needed**

Pharmacy services are also available in some medical clinics and you may also have to pay for your medications at the clinic.

**Pharmacy Visit Flow:** At the counter-Hand out the prescription with your health insurance certificate (Hokensho) and personal medication record (Okusuri Techo.)

Fill out the form of your past history on medication on your first pharmacy visit.

Please wait at the pharmacy until your medication is ready.



When receiving the medication, please finish payment.

# **AMDA International Medical Information**

**Center** is a non-profit organization.

They provide information on medical institutions with foreign language services and arrange telephone interpreting service with doctor's permission:

**Phone 03-5285-8088**

**English, Chinese, Korean, Thai, and Spanish:**

**Everyday 9 : 00~20 : 00**

**Portuguese: Mon. Wed. Fri. 9 : 00~17 : 00**

**Filipino: Wed. 13 : 00~17 : 00**

**Emergency Medical  
Treatment at Night  
and on Holidays in  
Chiba City**

Night:

**Internal Medicine; Chiba Kaihin  
Municipal Hospital**

**TEL: 043-279-3131**

**Weekdays : 18:30-5:30**

**Holidays : 17:30-5:30**

**MAP: <https://goo.gl/maps/g2pk0>**

Holidays:

**Chiba City General Health and  
Medical Center**

**TEL: 043-238-9911**

**(NO consultation service is provided.)**

**8:30~11:30, 13:00~16:30**

**MAP: <http://www.chiba-hm.jp/access.html>**

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