

健康管理

公的医療機関

医療費の負担を軽くするために普段からお金を出し合い、病気やけがをしたときの医療費にあてようという制度です。保険に加入したら、初めての診療のときや月のはじめに医療機関の窓口へ保険証を出します。

● **被用者保険** 会社や事業所に勤めている人が入るものです。問合せ／雇用主

● **国民健康保険** 被用者保険に入っていない人が入るものです。外国人登録をし、1年以上日本に滞在することが認められた外国人が入れます。

入る・止める手続き、問合せ
変更届け（転出、帰国、被用者保険に加入、住所、氏名）

市民課保険年金係 24-5233
小高区市民生活課総合案内係 44-6711
鹿島区市民生活課総合案内係 46-2113

保険料の問合せ
税務課市民税係 24-5226 小高区税務課課税係 44-6715
鹿島区税務課課税係 46-2112

保険料の支払い
市役所の窓口か金融機関で納めます。また金融機関の口座から引き落とすこともできます。

健康診断、予防接種

各種検診、乳幼児健診、予防接種などが受けられます。
詳しくは保健センターに問い合わせてください。

妊娠したら

母子手帳、母と子の健康のしおりなどがもらえます。
詳しくは保健センターに問い合わせてください。

問合せ 原町保健センター（原町区）23-3680 鹿島保健センター（鹿島区）46-1451 健康福祉課健康係（小高区）44-6407

Health Care

Public Medical Insurance

The public medical insurance plan is designed such that people pay monthly amount as well as a small percentage of the fee upon medical visits. Please present your health insurance card to the reception at medical institutes upon the first medical examination.

① Employee's health insurance

This is for company employees and office workers.

For inquiries : Please ask your employer.

② **National health insurance** All people except ① and all foreign residents who live in Japan for over 1 year are required to enroll in the National Health Insurance System.

Procedures and inquiries for enrolling in or withdrawal from National Health Insurance. Move, permanently return to your country, enroll in Employee's health insurance, or change your name or address, please contact.

City Hall, Citizen's Division, Health Insurance Section : 24-5233

Odaka-ku Citizen's Life and all information : 44-6711

Kashima-ku Citizen's Life and all information : 46-2113

For inquiries about insurance

Tax Division, Citizen's tax section : 24-5233

Odaka-ku Tax Division, Taxation Section : 44-6711

Kashima-ku Tax Division, Taxation Section : 46-2113

Payment of insurance

At the counter of the city Hall or financial institutions.

Or you can pay from direct debit of financial institutions.

Medical Examination / Vaccination

Various medical examinations including babies and infants and vaccinations can be provided.

For more information Public Health Center

Pregnancy

If you became pregnant, you will be issued Maternity notebook (Bo shi te cho). Please call and ask the Health Center as follows.

Inquiries

Hramachi Health Center : 23-3680 Kashima Health Center : 46-1451

Health and Welfare Division, Health Section in Odaka : 44-6407