

Always have it
with you.

My Health Card



My Health Card

2005 . .

名前() Name()

生年月日() Date of Birth()

血液型	RH	+	-	A	B	O	AB	不明
Blood group	RH	+	-	A	B	O	AB	
性別 Sex	男 Male			女 Female				

国籍() Nationality()

健康保険の種類 Do you have any health insurance?

無い	社会保険	国民健康保険	その他
No	Social insurance	National health insurance	Others

母国語 () Mother tongue()

話せる言語

What languages do you speak?

日本語能力	話せる	少し話せる	話せない
Proficiency level of Japanese	Good	A little	No

現住所

Present address

自宅電話番号 Tel. No. in your house ()

携帯電話番号 Cellular Phone No.()

勤務先・学校名

Work place or School name

緊急時の連絡先

Contact address in emergency

入院時の保証人 いる いない

Do you have surety for hospitalization? Yes No

保証人名・住所・電話

Name, Address and Tel. No. of surety

輸血の可否 できる できない

Blood transfusion Acceptance Rejection

宗教

Religion

(Fill the upper line in Japanese and the lower line in your mother tongue.)

INFORMATION



A lot of news is reported on damages by earthquake throughout the world. Sumatra, Indonesian earthquake and Tsunami results inconceivable damages to people living there. They say a big earthquake may occur in Japan near future.

Natural disaster is an act of God. But you must be always prepared for it. There was a story that one sheet of health card (written in Japanese and mother tongue) saved the life of a victim who was rescued from a heap of rubble. Every foreign resident who lacks of communications is advised to prepare his health cards and have it with him.

Did you know? / Medical allowance

Medical expenses for single parent household.

Medical expenses for single parent family are wholly or partly covered by this allowance system. But one must pay one thousand yen per month per one medical institution for outpatient and twelve hundred yen per day for inpatient (no charge for prescription) at one's expense. Parent or guardian who is exempt from city tax doesn't need to pay at his/her expense.

Those who are eligible

Enrollee of National health insurance
Mother, father or guardian and children (children who are under or already 18 years old by March 31st of the year, or 20 years old (for the disabled.) of single parent household.

Did you know? / Medical allowance

Infant medical expenses

Medical expenses for preschool children are covered by this allowance system. All the medical expenses paid at the guardian's own expense are reimbursed to him/her. However those who receive public assistance or allowance for the severely disabled are not eligible.

Those who are eligible

Enrollee of National health insurance who have preschool children.

Foreign residents who have registered are eligible to receive these welfare medical allowances. More details, inquire health insurance section of city office or Fujimino International Cultural Exchange center

October 1st. "National Census" will be taken ' ' ' Nationwide simultaneously

National census may be unfamiliar words to foreign residents; it is the official counting of national population taken every five years interval. The data are useful to estimate future population and to build the country where every one lives easily in housing, welfare, medication, education, traffic, environment and so on.

This survey is conducted on all the people including foreign nationals living in Japan.. Census starts from the end of September. The census taker will visit you to hand over census form. Privacy is strictly kept. Please answer the questionnaires. Please answer the questionnaire.