

II-3 Health Management

In Japan, local governments or companies arrange various kinds of health checks to help people prevent diseases or identify them in their early stages. Most of the checks are free or very low cost. Considering the overall cost, it is beneficial for you to prevent a disease or identify it at an early stage, so please make use of such services.

1. Public Health Center (Hokenjo)

To preserve or improve people's health, public health centers offer specialized services in the prefectures. Screening days differ as per the public health centers' schedules, so please inquire first before visiting (Appendix IX—3)

- Screening for infectious diseases (such as HIV, sexually transmitted diseases, tuberculosis and viral hepatitis) and other diseases
- Support and consultation for maternity and child health care
- Support and consultation for intractable diseases
- Consultation for mental health

2. Municipal Medical Health Center (Medical Care and Health)

Municipal Medical Health Centers provide accessible health services for local residents such as examinations for infants, vaccinations, various types of cancer screenings and medical checkups for adults. You can receive check-ups at health centers or certain medical institutions that provide regular screenings and check-ups. Systems differ with respect to municipality, so for details, please contact a municipal health center in your area. (Appendix IX—3)