

# INFORMATION of HEALTH CHECKUPS, VACCINATIONS and EXERCISE CLASSES in FISCAL YEAR 2024

April 2024 - March 2025

# Life Plan **Sukoyaka**

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Visit the Tsukuba  
← City website

Please search for  
Tsukuba City  
Life Plan **Sukoyaka**



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prohibited inside  
the grounds of  
the City Hall

## Contact us at the following facilities

Facilities	Address (Tsukuba City)	Phone
Sakura Health Center	〒305 - 0008 Ryuseidai 61 - 1	029 - 857 - 3931
Yatabe Health Center	〒305 - 0861 Yatabe 4774 - 18	029 - 838 - 1100
Kukizaki Health Center	〒300 - 1255 Oguki 320	
Oho Health Center	〒300 - 3257 Tsukuho 1 - 10 - 4	029 - 864 - 7841
‘Lively Plaza,’ health promotion facility <i>Iki - Iki Plaza</i>	〒300 - 3253 Ozone 4067 - 1	029 - 864 - 5089
Health Promotion Division Children’s Future Center	Tsukuba City Hall 〒305 - 8555 Kenkyugakuen 1 - 1 - 1	029 - 883 - 1111 (The main phone number)

(Created by) Health Promotion Division, Tsukuba City Hall  
Tsukuba City Children’s Future Center, Children’s Division, Tsukuba City Hall

# List of Tsukuba City Adult Health Checkups



Health Checkups depending on age

Please note that the age of the examined person is their **age as of March 31, 2025**.

	Item	Eligible people (Health checkup age)	Personal payment		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
Specific Health Checkup, Basic Health Checkup	Specific Health Checkup	Tsukuba City-issued National Health Insurance (40 and 74 years old) Latter-Stage Elderly Health Insurance People without medical insurance, such as households on welfare (40 years or older)	<b>Free</b>		<ul style="list-style-type: none"> <li>○ Medical interview</li> <li>○ Physical evaluation (height, weight, BMI, chest circumference (40 - 74 years old))</li> <li>○ Blood pressure measurement</li> <li>○ Blood test (Blood sugar, lipids, liver function, kidney function, anemia)</li> <li>○ Urine test (protein/sugar)</li> <li>○ Electrocardiogram</li> <li>○ Fundus examination</li> </ul>	In late March (Green envelope)
	Basic Health Checkup	Excluding students, those aged between 20 and 39 who do not have the opportunity to undergo a health checkup (those who can undergo a health checkup are not eligible)	<b>Free</b>		<ul style="list-style-type: none"> <li>○ Medical interview</li> <li>○ Physical evaluation (height, weight, BMI)</li> <li>○ Blood pressure measurement</li> <li>○ Blood test (Blood sugar, lipids, liver function, anemia)</li> <li>○ Urine test (protein/sugar)</li> </ul>	In late March (Coupon postcard)

	Item	Eligible people (Health checkup age)	Personal payment		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
Cancer Checkup · Viral Hepatitis Checkup *40 years old (excluding gastric cancer risk screening), Free for people over 70 and welfare recipients (excluding gastroscopy)	Lung Cancer, Tuberculosis	Over 40 years old	500 yen	Not implemented	X-ray of the chest	In late March for Tsukuba City National Health Insurance, Latter-Stage Elderly Health Insurance, and Welfare recipients (Green envelope)
	Tuberculosis	Over 65 years old	Not implemented	<b>Free</b>		
	Stomach Cancer	Over 40 years old	Barium test: 1,300 yen	Not implemented	Barium (contrast materials) that are swallowed or administered by mouth are used to enhance X-ray.	
		Even-numbered ages for over 50 years old	Not implemented	Gastrofiberscopy/ Stomach endoscopy: 5,000 yen 1,500 yen for over 70 years old		
	Stomach Cancer Risk Screening	40 and 45 years old who have never undergone this screening	1,000 yen	1,000 yen	Blood test to check for Helicobacter pylori infection and atrophy of the gastric mucosa	
	Colon Cancer	Over 40 years old	800 yen	800 yen	Test for the presence of blood in the stool collected for two days	
	Prostate Cancer	Men over 50 years old	1,000 yen	1,000 yen	PSA tumor marker blood test	
Viral Hepatitis Type B, C	[Group Checkup] People over 40 years old who have not been examined [Checkup at a Medical Institution] 40, 45, 50, 55, 60, 65, and 70 years old who have never had this test.	700 yen <b>* Free</b> for people aged 40, 45, 50, 55, 60, 65 and 70	<b>Free</b>	Viral Hepatitis Type B and C test	In late May for Kyokai Kempo, Kumiai Insurance, and Kyosai Insurance (Pink envelope)	

\* 40 years old (excluding gastric cancer risk screening), Free for people over 70 and welfare recipients (excluding gastroscopy)

	Item	Eligible people (Health checkup age)	Subsidy	Medical Institution	Checkup items/methods	Postal mailing of notification
Thorough Physical Checkup (Ningen dokku)	Thorough Physical Checkup (Ningen dokku)	Free for people over 30 who are enrolled in Tsukuba City National Health Insurance, Latter-Stage Elderly Health Insurance	17,500 yen	Medical institutions performing complete medical checkups, etc.	Specific checkups, late-stage checkups, lung cancer/colon cancer/stomach cancer screening, examination for visual acuity, hearing test, lung function, intraocular pressure measurement, abdominal ultrasound examination	An advance application for subsidy is required.
	Brain Checkup	Free for people over 40 who are enrolled in Tsukuba City National Health Insurance, Latter-Stage Elderly Health Insurance (Once every 5 years)	25,000 yen		Specific checkups, late-stage checkups, carotid artery ultrasound examination, head MRI, MRA	

	Item	Eligible people (Health checkup age)	Personal Payment ( <b>Free</b> for 70 years old)		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
Breast Cancer, Cervical Cancer, Osteoporosis (Bone Density) Checkup	Breast Cancer Checkup*1	Women aged 36 and 38	1,500 yen	2,000 yen	Ultrasound test	In late May (Pink envelope)
		Even-aged women between 40 and 64 years	3,000 yen	3,500 yen	Ultrasound test, mammography (The mammogram machine has two plates that compress or flatten the breast; women in their 40s have mammograms taken from 2 different angles)	
		Even-aged women over 66	1,500 yen	1,500 yen	Mammography (The mammogram machine has two plates that compress or flatten the breast)	
	Cervical Cancer Checkup*2	Women over 20 years old	1,500 yen	1,500 yen	Cells are taken from the cervix and tested for abnormalities	
Osteoporosis (Bone Density) Checkup	30, 35, 40, 45, 50, 55, 60, 65, and 70 years old women	1,000 yen	Not implemented	Ultrasound test on the heel		

\*1 : Breast Cancer Checkup (Mammography) is free for the following people: Women born between April 2, 1983 - April 1, 1984

\*2 : Cervical Cancer Checkup is free for the following people: Women born between April 2, 2003 - April 1, 2004

	Item	Eligible people (Health checkup age)	Personal Payment		Checkup items/methods	Postal mailing of notification
			Group Checkup	Checkup at a Medical Institution		
1 Dental Checkup for Adults	Dental Checkup for Adults	30, 40, 50, 60, and 70 years old	Not implemented	<b>Free</b>	Interview, oral examination for periodontal disease and cavities	In late March (Coupon postcard)

# How to have Tsukuba City Health Checkups

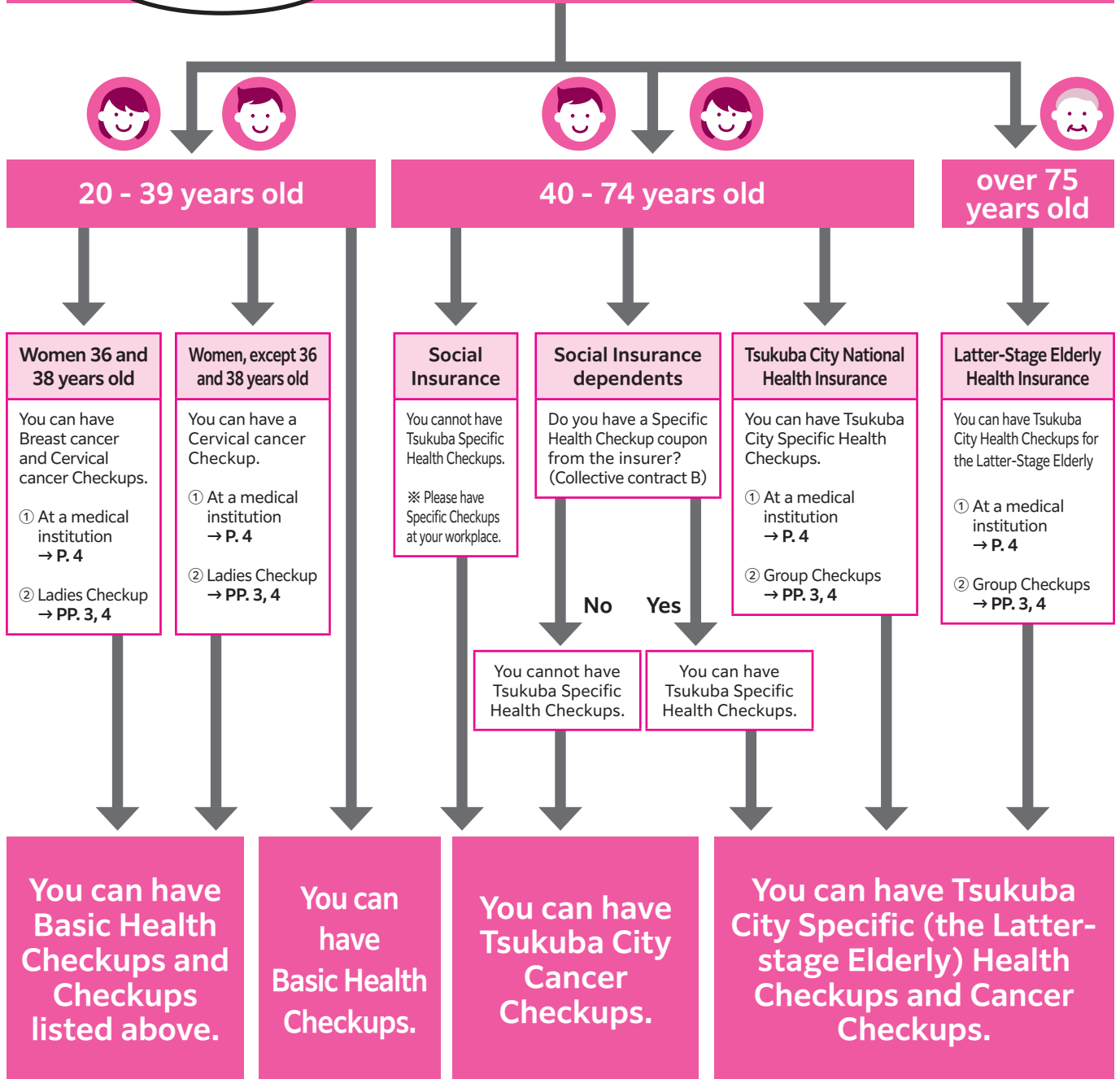
## Make sure to have a Health Checkup once a year!

With health checkups, work on health improvement for yourself and your family. Health checkup styles and types differ depending on age and health insurance. Please follow the steps below to confirm what health checkups you can have.

**START**

**How old are you?**

※ Age as of March 31, 2025



Tsukuba Health Checkups are for residents who do not have an opportunity to have health checkups at their workplaces. If you take some checkup items at your workplace, please understand that you cannot take those items again at Tsukuba City Health Checkups.



# Group Checkups Schedule

Appointment required

## ① Spring Group Checkup

\* The Application period has closed.

Checkups Schedule			Venue
Month	Day	Day of week	
April	22	Mon	Yatabe Health Center
	23	Tue	
	24	Wed	
	25	Thu	
	26	Fri	
May	7	Tue	Kukizaki Health Center
	8	Wed	
	9	Thu	
	10	Fri	Civic Hall Tsukubane
	11	Sat	
	12	Sun	
	13	Mon	
14	Tue	Kukizaki Health Center	

Checkups Schedule			Venue	
Month	Day	Day of week		
May	15	Wed	Kukizaki Health Center	
	16	Thu	Sakura Health Center	
	17	Fri		
	20	Mon		
	21	Tue		
	22	Wed	City Hall	
	25	Sat		
	26	Sun		
	June	30	Thu	Oho Health Center
		31	Fri	
5		Wed	Toyosato Community Center	
27		Thu		
28	Fri			

## ② Autumn Group Checkup

\* Please note that the application period differs for each venue to avoid congestion when applying online or by phone.

Checkups Schedule			Venue	Application period	
Month	Day	Day of week		Online/Postcard application	Phone application
Sept	24	Tue	Kukizaki Community Center *1	July 29 (Mon) - August 1 (Thu)	July 30 (Tue) - August 1 (Thu)
	27	Fri			
	28	Sat	City Hall		
	29	Sun			
	30	Mon	Kukizaki Community Center *1		
Oct	5	Sat	City Hall	August 16 (Fri) - August 22 (Thu)	August 19 (Mon) - August 22 (Thu)
	6	Sun			
	9	Wed	Yatabe Health Center		
	10	Thu			
	15	Tue			
	16	Wed			

Checkups Schedule			Venue	Application period	
Month	Day	Day of week		Online/Postcard application	Phone application
Oct	17	Thu	Yatabe Health Center	August 16 (Fri) - August 22 (Thu)	August 19 (Mon) - August 22 (Thu)
	20	Sun	Oho Health Center		
	23	Wed			
	24	Thu			
	25	Fri			
	29	Tue	Sakura Health Center		
	30	Wed			
	31	Thu			
Nov	1	Fri	Sakura Health Center	August 16 (Fri) - August 22 (Thu)	August 19 (Mon) - August 22 (Thu)
	5	Tue			
	6	Wed			

## ③ Ladies Checkup

(Breast Cancer, Cervical Cancer, Osteoporosis (Bone Density) Checkups)

※ ○ Bone Density test available

Checkups Schedule			Venue	Bone Density test	Application period	
Month	Day	Day of week			Web/ Application form	Phone application
Dec 2024	18	Wed	Yatabe Health Center		October 11 (Fri) - October 19 (Sat)	October 15 (Tue) - October 19 (Sat)
	19	Thu				
	20	Fri				
	23	Mon				
Jan 2025	7	Tue	Kukizaki Community Center *1	○	October 11 (Fri) - October 19 (Sat)	October 15 (Tue) - October 19 (Sat)
	8	Wed	Yatabe Health Center	○		
	9	Thu	Yatabe Health Center			
	10	Fri	Oho Health Center	○		
	14	Tue				

Checkups Schedule			Venue	Bone Density test	Application period	
Month	Day	Day of week			Web/ Application form	Phone application
Jan 2025	16	Thu	Oho Health Center	○	October 11 (Fri) - October 19 (Sat)	October 15 (Tue) - October 19 (Sat)
	21	Tue	Sakura Health Center			
	22	Wed		○		
	30	Thu		○		
	31	Fri				

**A basic health checkup will be available on January 9 (Thu) !**

In addition to breast cancer and uterine cancer screenings, you can have a basic health checkup on the same day. If you want to undergo a medical checkup, please apply.

\* 1 "Autumn group health checkup" and "Ladies' health checkup" will be held at the Kukizaki Community Center, not the Kukizaki Health Center.



## How to apply for a Group Checkup

How to apply: Please apply by one of the following methods.



■ Online application

### Checkup Web Application Services

(Read the two-dimensional code)

From 0:00 am on the first day of application to 5:00 pm on the last day (24-hour reception during the period)



■ Phone application

### 0570-077-150 (Navi Dial)

The Ibaraki Health Service Association Checkup Appointment Center

From 9:00 am to 5:00 pm during the application period (Except Sundays and Holidays)



■ Special postcard or sealed letter

### 【Spring/Autumn Group Checkups】

Obtain the application postcard at the Health Promotion Division, a Health Center, or a Branch Office (Kukizaki, Toyozato, Tsukuba), fill out the required items, and submit it to the address stated on the postcard or stamp the postcard and mail it.

### 【Ladies Checkups】

Fill out the application form in your notification sent in late May from Tsukuba City and send it, or submit it to us



## Checkup at a Medical Institution

We will send a notification to eligible people.

### 【Timing of the postal mailing of the notification】

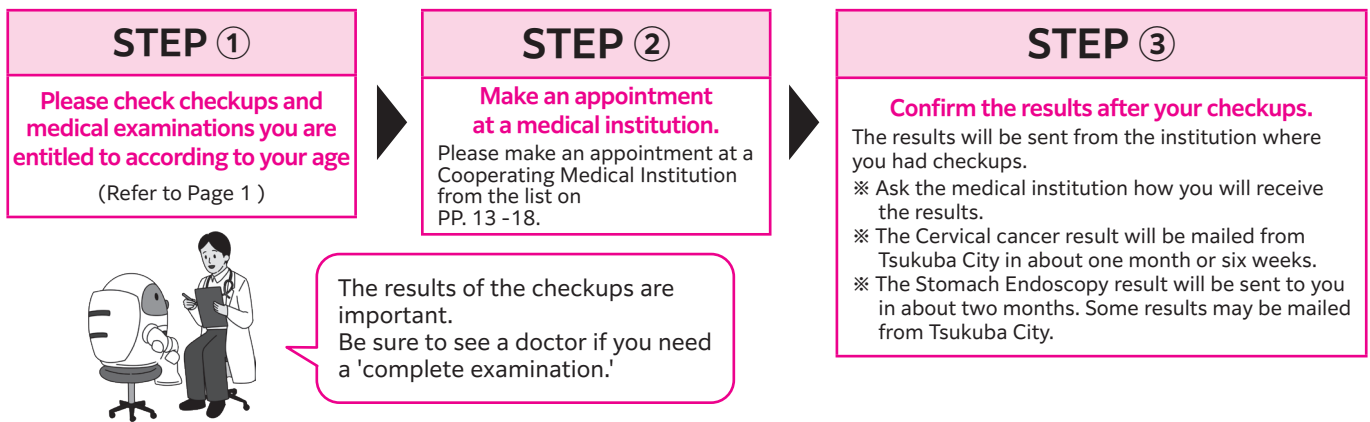
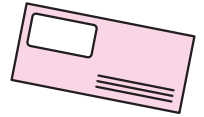
People aged 40 and over who are enrolled in National Health Insurance or Medical Insurance System for the Latter-Stage Elderly : in late March

People aged 40 and over who are enrolled in Social Insurance : in late May

Women aged 20 and over (Persons eligible for gynecological examination) : in late May

### 【Available Periods for Checkups】

Until February 28, 2025



## Tsukuba City Subsidy for Smoking Cessation Outpatient Treatment\*

\*to quit smoking

For preventing passive smoking of children and pregnant women, Tsukuba City subsidizes 'Smoking Cessation Outpatient treatment.'

**【Eligibility】** People who satisfy all the following conditions, from ① to ⑤ at the application time.



- ① Tsukuba residents who live in Tsukuba City.
- ② Pregnant women or people who live with pregnant women or children under 18 years old.
- ③ People who have received the treatment covered by insurance and finished the designated treatment course.
- ④ People who have no overdue municipal city tax.
- ⑤ People who have not received a subsidy for outpatient smoking treatment from Tsukuba City never received any other subsidies related to outpatient smoking treatment.

### 【Subsidy】

Half of the amount of the personal payment of the treatment (Maximum 10,000 yen)

### 【How to apply】

After the outpatient treatment has finished, submit the required documents to the Health Promotion Division at the City Hall, or a Health Center (Oho, Sakura, Yatabe). (Postal mailing application is available.) by the end of the fiscal year.

※ Please refer to the Tsukuba City website for further details about the required documents.



Tsukuba City website



# Health Consultation for Adults (Lifestyle-related diseases/Frailty, etc.)

Appointment required 2 days before visit.

**[Eligibility]** Over 20 years old **[Time]** We will tell you the time when you make an appointment.  
**[Content]** On-on-one guidance with a public health nurse or/and a nutritionist about lifestyle-related diseases (High Blood Pressure, Hyperlipidemia, High Blood glucose), etc.  
**[What to bring]** Your Health Checkup results or Blood Test results, medication record books (Okusuri techo) (if you have one), health handbooks (Kenko techo)(if you have one)  
 Please make an appointment by phone.

Venue	Phone number	Venue	Phone number	Venue	Phone number
Oho Health Center Civic Hall Tsukubane Toyosato Community Center	Oho Health Center ☎ 029-864-7841	Sakura Health Center	Sakura Health Center ☎ 029-857-3931	Yatabe Health Center Kukizaki Health center Kukizaki Community Center	Yatabe Health Center ☎ 029-838-1100

Schedule	A	P	Venue Health Center	Schedule	A	P	Venue Health Center	Schedule	A	P	Venue Health Center	
April, 2024	10 (Wed)	○	Oho	Aug	6 (Tue)	○	Toyosato Community Center	Dec	12 (Thu)	○	Oho	
	16 (Tue)	○	Sakura		7 (Wed)	○	Sakura		16 (Mon)	○	Sakura	
	17 (Wed)	○	Yatabe		21 (Wed)	○	Yatabe		19 (Thu)	○	Oho	
May	9 (Thu)	○	Oho		22 (Thu)	○	Oho	Jan, 2025	10 (Fri)	○	Sakura	
	21 (Tue)	○	Yatabe	11 (Wed)	○	Oho	14 (Tue)		○	Sakura		
	28 (Tue)	○	Sakura	13 (Fri)	○	Yatabe	23 (Thu)		○	Oho		
June	4 (Tue)	○	Yatabe	Sept	17 (Tue)	○	Sakura	27 (Mon)	○	Yatabe		
	5 (Wed)	○	Yatabe		Oct	7 (Mon)	○	Yatabe	Feb	4 (Tue)	○	Sakura
	12 (Wed)	○	Oho			9 (Wed)	○	Oho		18 (Tue)	○	Yatabe
	20 (Thu)	○	Tsukubane	21 (Mon)		○	Sakura	19 (Wed)		○	Oho	
	24 (Mon)	○	Kukizaki Health Center	Nov	7 (Thu)	○	Oho	Mar	4 (Tue)	○	Sakura	
	25 (Tue)	○	Kukizaki Health Center		12 (Tue)	○	Sakura		6 (Thu)	○	Oho	
	26 (Wed)	○	Sakura		18 (Mon)	○	Kukizaki Community Center		11 (Tue)	○	Yatabe	
	27 (Thu)	○	Sakura		19 (Tue)	○	Kukizaki Community Center	Dec	9 (Mon)	○	Yatabe	
4 (Thu)	○	Sakura	27 (Wed)		○	Yatabe	10 (Tue)		○	Yatabe		
July	5 (Fri)	○	Sakura	28 (Thu)	○	Yatabe	※ Please ask medical institutions about an ECG. ※ For people who regularly see a doctor, please consult your doctor. ※ For high functional body composition measurement (muscle mass and BMR, etc.), you will need to be barefoot, so please wear socks, etc. that are easy to take off. (Please note that people who have a pacemaker cannot have this measurement.) ※ We will take your blood pressure and can measure salinity concentration of your miso soup. If you wish us to check your miso soup, please bring					
	9 (Tue)	○	Yatabe									
	23 (Tue)	○	Oho									

# Preventive consultations for frail elderly people

Appointment required 2 days before visit.

Frailty (physical frailty) is a condition in which physical and mental functions and social connections weaken as we age. Diet, exercise, and social participation can prevent frailty and extend healthy life expectancy. We provide consultations for people who feel that their physical strength has decreased or that it has become difficult to move.

**[Time]** 9:00 am to 12:00 pm (consultation time is approximately 1 hour)

**[Content]**

- Frailty questionnaire
- Highly functional body composition measurement (muscle mass measurement, Basal Metabolic Rate, etc.)  
 ※ Measurements cannot be performed on people with pacemakers, etc.
- Individual consultation (consultation content: diet, exercise, etc.)

**[What you should bring]**

- Medical checkup results or blood sampling results (only if you have)
- Clothes that allow you to go barefoot (for body composition measurement)

**[How to apply]**

Please contact Health Promotion Facility *Iki-Iki Plaza* TEL: 029-864-5089

Venue	<i>Iki-Iki Plaza</i>	Sakura Health Center	Yatabe Health Center	Oho Health Center
Schedule	Jul 1, 2024 (Mon)	May 28, 2024 (Tue)	Apr 17, 2024 (Wed)	Jun 12, 2024 (Wed)
	Nov 18, 2024 (Mon)	Sep 17, 2024 (Tue)	Aug 21, 2024 (Wed)	Oct 9, 2024 (Wed)
	Dec 2, 2024 (Mon)	Feb 4, 2025 (Tue)	Jan 27, 2025 (Mon)	Mar 6, 2025 (Thu)



## Guidance of Health Promotion Classes on Demand

Tsukuba City offers two classes: "On Demand Rehabilitation Classes for the Elderly" and "Health Promotion Classes." A group can choose either one of the classes.

### On Demand Rehabilitation Classes for the Elderly (Free of charge)

The rehabilitation instructors visit your community center or other venues in your neighborhood for classes, *Iki-Iki* Health exercises or *Iki-Iki* Health Ippatsu exercises.

- [Eligibility]** Tsukuba residents aged over 65 years old, a group of more than five members.
- [When]** Mondays to Fridays (National holidays, the *Bon* holidays, the year-end and New Year holidays are closed.) two classes a month, Max. 24 classes a year. 90 minutes each (exercise: 60 min.)
- [How to apply]** Please hand in an application form directly or send it by Fax or postal mail to the Rehabilitation Instructors Association or *Iki-Iki* Plaza.



### Health Promotion Classes (Free of charge)

Our staff members visit your community center or other venues and give health lectures and various exercises.

- [Eligibility]** Tsukuba residents, a group in which more than 5 members always joins the class.
- [When]** Mondays to Fridays, from 10:00 am to 4:00 pm (National holidays, the *Bon* holidays, the year-end and New Year holidays are closed.), 1 class a month, Max. 10 classes a year. About 75 mins/class (lecture: 15 mins., and exercise: 60 mins.). Please arrange the place and parking lot for our staff by yourselves.
- [How to apply]** Please hand in an application form directly or send it by FAX or postal mail to *Iki-Iki* Plaza. (Please apply one month before the first class).  
Phone: 029-864-5073 (Health Promotion Classes dedicated number), FAX: 029-864-5093



## Health promotion facility *Iki-Iki* Plaza Exercise Classes

- [Eligibility]** Tsukuba residents who are not told NOT to exercise by a doctor or who do not have serious heart diseases or stroke, and who can submit health checkups results (done after April 2023) or a doctor's referral in written form.
- [Content]** Instructors support your exercise (flexibility, strength training, balancing, endurance), and physical strength test, etc., 43 classes a year
- [Entry fee]** Monthly amount 1,000 yen (fee collected every 3 months)
- [Courses]** Genki Haturatsu Exercise Class (over 75 years old), *Iki-Iki* Exercise Class (65 to 74 years old), and Active Exercise Class (40 to 64 years old)
- [How to apply]** Please contact *Iki-Iki* Plaza. (Explanation and a free trial are available if you book in advance.)

(※ Exercise intensity is light, moderate, and vigorous.)

		Monday	Tuesday		Wednesday		Thursday		Friday	
Schedule			<i>Iki-Iki</i>	9:30 ~ 10:30 am	<i>Genki Haturatsu</i>	9:30 ~ 10:30 am	<i>Genki Haturatsu</i>	9:30 ~ 10:30 am	<i>Genki Haturatsu</i>	9:30 ~ 10:30 am
		Moderate	Moderate - Vigorous		Moderate - Vigorous		Light			
	Active	2:00 ~ 3:00 pm	<i>Genki Haturatsu</i>	2:00 ~ 3:00 pm	<i>Iki-Iki</i>	2:00 ~ 3:00 pm	<i>Iki-Iki</i>	2:00 ~ 3:00 pm	Active	2:00 ~ 3:00 pm
	Vigorous		Moderate		Moderate - Vigorous		Moderate - Vigorous		Vigorous	



## Genki Appu! ri Ibaraki (Health Promotion program)

Tsukuba City encourages residents to be in continuous good health. The prefecture's official health promotion app, "Genki Appu! ri Ibaraki" allows users to earn points for walking, running, and other health-promoting activities. There will be a chance to win a prize with points you earned!!

Download the app and become healthy!

Tsukuba City encourages residents to be in continuous good health.

**[Eligibility]** Over 18 years old

**[Inquiries about the application]**

Genki Appu! ri Ibaraki Management office 0570-077-122

Reception hours: Weekdays 9:00 am ~ 6:00 pm  
(The year-end and New Year holidays are closed.)

茨 ひより  
(Ibaraki Prefecture  
V tuber)



Click here for access and details.



Ibaraki Prefecture website

# Childcare support at Children's Future Center



Tsukuba City has set up a Support Center to help mothers give birth and rear the babies without anxiety. We hope every child to grow healthily, and we provide mothers and children with several types of support.

Pregnancy

Delivery

Mother, Baby and Guardians

## Subsidy for Infertility Tests and Treatments



- \* is a service that all eligible people should receive.
- \* is for the applicants from among the eligible people
- ★ Health Promotion Division Project

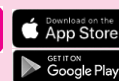


## Pregnancy Notification (Pregnancy interview)



Electronic application is required in advance.

## Child-Rearing Support Service "Tsukukko! SukuSuku App"



\* Please download the two-dimensional code. Items with a mark require reservations through the "Tsukukko! SukuSuku app".

## Tsukuba City Birth Center ~ Midwifery Care System in University of Tsukuba Hospital ~

Midwives support from your pregnancy to childbirth and postpartum period and assist your breast care, breastfeeding, etc. Doctors will be present during your labor to ensure safety.

**[Inquiry] University of Tsukuba Hospital (Obstetrics outpatients' section) Phone: 029-853-3878**



## About Childbirth and Childcare Support Project

(Stimulus payment) (Accompanying support - consultations)

From the time you register your pregnancy, we will respond to your concerns and inquiries and provide you with the necessary support in cooperation with related organizations.



## About Childbirth and Childcare Support Project (Stimulus payment) (Financial support)

A total of 100,000 yen will be paid as a birth support benefit. This includes 50,000 yen, paid after interviewing the pregnant woman when she registers for pregnancy, and a 50,000 yen child care allowance, paid after interviewing the parent or caregiver when visiting with the baby.



## Subsidy for Taxi Fares for Pregnant Women

We will subsidize taxi fares for pregnant women when they use a taxi to have checkups, to be admitted for giving birth, and when leaving the hospital.



## Prenatal Checkups



## 8th-month pregnancy questionnaire



## Maternity Salon (Page 8)



## Sukoyaka Health Consultation (Page 9)

## Newborn Hearing Screening



## Childcare medical benefit system



## Submit the Health Service Registration Card

Please submit the Health Service Registration Card to the Children's Future Center or a Health Center after birth registration.



## Maternity Checkups

(2 weeks, and 1 month after childbirth)



## Postpartum care

For mothers who feel sick or have postpartum depression after childbirth, and need some help, we will support mental and physical care and child-rearing.



## One-month-old Baby Medical Checkup



For babies born on or after April 1, 2024, we will subsidize one-month-old baby checkups in medical facilities.

A health nurse / a midwife / a medical nurse will visit your home to see you and your newborn baby for free. You can arrange the time according to your needs.



## Baby Visit · Parent/caregiver interview

(Newborns to 4-month-old babies)



## Child Rearing Support Program:

We will support mothers with home visit consultations, maternity classes, etc.

## Infant Health Checkup (at a medical institution)

After birth  
First time: 3 months to under 7 months  
Second time: 9 months to under 12



## Baby Land

(Baby's First Food Class)  
(Page 8)



## Sukoyaka Health Consultation

(Page 9)

Consultation by phone or interview is available



## 18-month-old Health Checkup

(We send a notification.) (Page 9)

## 18-month Dental Checkup

(We send a notification.) (Page 9)

## ★ Vaccinations

(Medical institutions) (Page 13 - 17)



## 3-year Health Checkup

(We send a notification.) (Page 9)

## 3-year Dental Checkup

(Reservation required)

## Nobi-nobi Child-Rearing Class

(Support class after 18-month Checkup)

## Development Consultation

(Reservation required)

## Child-Rearing Support Class

## Health Classes On Demand (For Children)

## ★ Subsidy for Medical Examination of Health Effects of Radiative substances





## "Tsukuba City Children's Future Center" will be established on April 1, 2024.



The Tsukuba City Children's Future Center is a consultation support center that provides consultations to pregnant women, parents or caregivers of infants, as well as families with various concerns.

Please contact Tsukuba Future Children's Center and Sakura, Yatabe, and Oho Health Centers for pregnancy and child-rearing consultations.



## Maternity Salon (Class)

Reservation required

Please join the classes when you are about 5 to 6 months pregnant (16 - 23 weeks) and feel well. Please join by 36 weeks pregnant at the latest, because after 37 weeks you may be in the full term.

	Expectant mothers		Child-Rearing		Maternity Lecture				
<b>Eligibility</b>	Women in their first pregnancy		Women in their first pregnancy and their family (husbands/partners)		Pregnant women and husbands/partners Kindly refrain from taking small children.				
<b>Quota</b>	About 15 mothers		About 20 couples		Depending on the size of the venue				
<b>Venue</b>	Oho Health Center		Oho Health Center		City Hall 2nd floor conference room (held simultaneously online)				
<b>Time</b>	9:15 am - 12:00 pm (reception: 9:00 - 9:15 am)		9:15 - 11:30 am (reception: 9:00 - 9:15 am) 1:15 - 3:30 pm (reception: 1:00 - 1:15 pm)		1:00 - 3:15 pm (reception: 12:40 - 1:00 pm)				
<b>Content</b>	Life management during pregnancy, and childbirth, nutrition for expectant and breastfeeding mothers, exchange of information with experienced mothers		DVD about childbirth and crying babies, experience of pregnancy, and a lesson on how to bathe a baby, etc.		Lecture by a dentist / a pediatrician, and stories from experienced fathers				
<b>What to bring</b>	Maternal and Child Health Handbook, some drinks, something to take memos (e.g., pen & notebook)		Maternal and Child Health Handbook, drink, bath towels, gauze handkerchiefs, washcloths, plastic bags, writing utensils		Maternal and Child Health Handbook, some drinks, something to take memos				
		Schedule		Schedule		A	P	Schedule	
		2024	April 24 (Wed)	2024	April 26 (Fri)	○		2024	July 21 (Sun)
			May 23 (Thu)		May 25 (Sat)	○	○		Oct 10 (Thu)
			June 21 (Fri)		June 16 (Sun)	○	○	2025	Feb 9 (Sun)
			July 17 (Wed)		July 28 (Sun)	○	○		
			Aug 23 (Fri)		Aug 1 (Thu)	○			
			Sept 25 (Wed)		Aug 31 (Sat)	○	○		
			Oct 17 (Thu)		Sept 29 (Sun)	○	○		
			Nov 12 (Tue)		Oct 19 (Sat)	○	○		
			Dec 11 (Wed)		Nov 14 (Thu)	○			
		2025	Jan 24 (Fri)	2025	Dec 7 (Sat)	○	○	<p><b>【How to apply】</b> Please apply using the two-dimensional code above at least one week before the event date.</p> <p><b>【Contact information】</b> Oho Health Center ☎029-864-7841</p>	
			Feb 13 (Thu)		Jan 26 (Sun)	○	○		
			March 4 (Tue)		Feb 16 (Sun)	○	○		
			March 10 (Mon)	○		<p>We provide information on how to bathe a baby and some information about the Baby Land.</p>			
			March 15 (Sat)	○	○				

A: am, in the morning  
P: pm, in the afternoon

## Baby Land (Baby's First Food Class)

Reservation required



**【Content】** Lectures about babies' first food, consultation with a health nurse for child-rearing, etc.

**【Eligibility (Quota)】** Babies from 4 to 5 months old starting to eat baby food and their parents or caregivers registered as residents in Tsukuba City (capacity system)

※Applicants can join the class once.

**【Time】** 9:45 am to 11:30 am (reception: 9:30 to 9:45 am)

**【What to bring】** Maternal and Child Health Handbook, some drinks, something to take memos and a bath towel

**【How to apply】**

Please apply using the 2D code (Baby Land) above at least two days before the event (excluding Saturdays, Sundays, and National holidays).

Venue	Schedule	2024										2025		
		Month	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Oho Health Center	Day	12 (Fri)	16 (Thu)	7 (Fri)	12 (Fri)	2 (Fri)	13 (Fri)	8 (Tue)	6 (Wed)	6 (Fri)	17 (Fri)	4 (Tue)	7 (Fri)	
Yatabe Health Center	Day	16 (Tue)	20 (Mon)	14 (Fri)	16 (Tue)	20 (Tue)	19 (Thu)	28 (Mon)	26 (Tue)	16 (Mon)	21 (Tue)	14 (Fri)	17 (Mon)	

## Sukoyaka Health Consultation

Reservation required



**[Eligible]** Pregnant mothers, pre-school children and their guardians

**[What to bring]** Maternal and Child Health Handbook, a bath towel (if you want measurements) Online

**[Content]** Measurements (height and weight), consultation with Consultation a health nurse (for child-rearing, etc.), and a nutritionist (babies' first food, meals, etc.)

**[How to apply]** Please apply using the two-dimensional code in the upper right corner **at least two days before** each event (excluding Saturdays, Sundays, and National Holidays).

Venue	Oho Health Center	Sakura Health Center	Yatabe Health Center	City Hall
Phone number	029-864-7841	029-857-3931	029-838-1100	029-857-3931
Time	9:15 - 11:00 am	9:15 - 11:00 am	9:15 - 11:00 am	1:00 - 2:30 pm
<b>The day fixed for the consultation</b>				
April, 2024	9 (Tue)	23 (Tue)	15 (Mon)	
May	15 (Wed)	14 (Tue)	17 (Fri)	27 (Mon)
June	11 (Tue)	4 (Tue)	18 (Tue)	17 (Mon)
July	26 (Fri)	3 (Wed)	30 (Tue)	
August	27 (Tue)	9 (Fri)	30 (Fri)	26 (Mon)
September	24 (Tue)	27 (Fri)	17 (Tue)	
October	18 (Fri)	15 (Tue)	31 (Thu)	21 (Mon)
November	29 (Fri)	15 (Fri)	18 (Mon)	
December	20 (Fri)	10 (Tue)	2 (Mon)	9 (Mon)
January, 2025	31 (Fri)	7 (Tue)	28 (Tue)	
February	26 (Wed)	18 (Tue)	28 (Fri)	25 (Tue)
March	24 (Mon)	10 (Mon)	21 (Fri)	

If you wish to have an online consultation, please see the Tsukuba City website from the two-dimensional code above.

Online consultation



## 18-Month-Old Health Checkups at a Health Center

**[Eligible]** 18 months to 23 months old children (until one day before 2nd birthday.)

A health checkup notification will be sent by the end of 18 months.

**[Content]** Measurements, medical examination, individual consultation (childcare, nutrition and tooth-brushing)

**[What to bring]** Maternal and Child Health Handbook, the medical questionnaire, a small bath towel

**※ By appointment only. Please see your personal notice for details.**

You can check the schedule on the homepage. Please use the two-dimensional code in the upper right corner to view the homepage with the schedule.



## 18-Month-Old Dental Checkups at a Medical Institution

**[Eligible]** 18 months to 23 months old children (until one day before 2nd birthday.)

**[Content]** Interview, oral examination, dental health guidance, fluoride treatment (if you request it)

**[What to bring]** Tsukuba City 18-month-old Checkup coupon (It is included in the envelope of the notification), and Maternal and Child Health Handbook

**[How to have]** Please make an appointment at a cooperating medical institution and have a free oral examination and children can have fluoride treatment for free at the 18-Month-Old Dental Checkups.



## 3-Year-Old Health Checkups at a Health Center

Please have this checkup when your child turns 3 years and 5 months old.

**[Eligible]** After receiving a notification of the 3-year-old Health Checkup until 3 years and 11 months old (until one day before 4th birthday.) A notification will be sent by the end of 3 years and 3 months old.

**[Content]** Measurements, medical examination (internal medicine and dentistry), urine test, eye refraction test, individual consultation (childcare, nutrition, tooth-brushing)

**[What to bring]** Maternal and Child Health Handbook, the medical questionnaire, the urine container, and a small thin bath towel

**※ By appointment only. Please see your personal notice for details.**

You can check the schedule on the homepage. Please use the two-dimensional code in the upper right corner to view the homepage with the schedule.



## 3-Year-Old Dental Checkups at a Medical Institution

**[Eligible]** After receiving a notification of the 3-year-old Health Checkup until 3 years and 11 months old (until one day before 4th birthday.)

**[Content]** Interview, oral examination, dental health guidance, fluoride treatment (if you request it)

**[What to bring]** Tsukuba City 3-year-old dental checkup coupon (It is included in the envelope of the notification), Maternal and Child Health Handbook

**[How to take]** Please make an appointment and have a free oral examination at a cooperating medical institution and children can have fluoride treatment for free at the 3-year-Old Dental Checkups.





# Vaccinations

## Contact information : Vaccinations · Infection control room

Vaccinations are categorized into two groups: "Routine Vaccinations" which are defined by the Immunization Act and "Voluntary (Optional) Vaccinations." Due to law amendments, the vaccination method, etc., might change during the fiscal year.



Precautions regarding vaccination



Routine Vaccinations

### Notes about vaccinations

※ Make an appointment with a medical institution in advance.

**[What to bring]** The pre-screening vaccination questionnaire (*Yoshin hyo*), an insurance card and the Maternal and Child Health Handbook (You must bring the Handbook when your child takes vaccinations.)










※ A child who takes vaccinations should be accompanied by a parent/guardian. If it is unavoidable that a parent/guardian is unable to accompany the child, a letter of proxy is required. The form is on the Tsukuba City website.

**[Where to get vaccinated]** At cooperating medical institutions (Refer to Pages 13 - 17) Routine vaccinations are available at cooperating medical institutions in Ibaraki Prefecture. When you take vaccinations at other institutions, you need to apply for a vaccination request form (*Yobo sesshu iraiشو kofu shinseisho*) in advance. It will take 2 weeks to be issued.

**[Intervals between vaccines]** Vaccinations are defined based on target ages, intervals and doses. (Refer to Pages 11 - 12) When you or your children take various kinds of vaccinations, consult with your doctor about the interval.

**[Others]** There is an introductory system for persons undergoing treatment for a serious illness and requiring special vaccinations and a long-term care system (an extended vaccination period system for those who could not be vaccinated during the regular vaccination period due to illness treatment, etc.); there is also a revaccination subsidy for people under 20 who have lost immunity because of medical procedures such as bone marrow transplants. Please contact us in advance for details.

< Vaccinations for children except routine vaccinations > ※ Refer to the Tsukuba City website for details.

Vaccinations	Eligibility (Age as of the day vaccinated)	Maximum Subsidy	Subsidy period	Remarks
Flu Vaccination for Children 	Voluntary One-year-old to Junior high school 3rd-grade students	The amount and frequency of vaccination subsidies will be announced on the Tsukuba City website.	From Oct. 1, 2024 to Jan. 31, 2025	At Cooperating Medical Institutions (If you want to be vaccinated at another medical institution, you need a pre-application.)
Mumps 	Voluntary One-year-old to preschool children (the senior year) ※Children who have never been vaccinated and have not had mumps are applicable..	3,000 yen (only once)	All year	Cooperating Medical Institutions for Mumps. A notification will be sent in the month before the first birthday (If you want to be vaccinated at another medical institution, you need a pre-application.)
Human papilloma virus (Cervical cancer Catch-Up-Vaccination) 	Routine Women born from April 2, 1997, and April 1, 2008	The total amount	From April 1, 2022 to March 31, 2025	A notification will be sent in late May. 2024 is the last year.
Rubella for Adults (Vaccination) 	Voluntary People born before April 1, 2020 and who meet ① or ② ① Women who wish to become pregnant ② Husbands/partners of pregnant women	Measles and Rubella combined: 5,000 yen Rubella: 3,000yen	All year	Application in advance. 2024 is the last year.
Rubella for Adults (Antibody test/Vaccination) 	Routine Men born between April 2, 1962, and April 1, 1979	The total amount	From April 1, 2019 to Feb. 28, 2025	A notification will be sent in June. 2024 is the last year.
Flu Vaccination for the Elderly 	Routine Over 65 years old and others	2,000 yen	From Oct. 1, 2024 to Jan. 31, 2025	A notification will be sent in late September.
Pneumococcus for the Elderly 	Routine Persons aged 65 years *Those who have never been vaccinated	3,000 yen	All year	Notification period: One month after turning 65 years old
Novel Coronavirus (COVID-19) 	Once the details have been decided, they will be announced in the Tsukuba City Newsletter and on the Tsukuba City website.			
Vaccinations	Eligibility (Age as of the day vaccinated)	Maximum Subsidy	Subsidy period	Remarks
Human papilloma virus (Cervical cancer) 	Those who satisfy all of ①②③. ① Registered Tsukuba residents as of April 1, 2022 ② Women born between April 2, 1997 and April 1, 2005 ③ Girls who were vaccinated (Bivalent or Quadrivalent vaccine) at their own expense in Japan from High school 2nd grade to March 31, 2022	The fee you paid for voluntary vaccinations. (There is a limit to the amount.)	From April 1, 2022 to March 31, 2025	Application required 2024 is the last year.

For more information about eligible people and the subsidy amount for welfare recipients, please see the Tsukuba City website. **10**

# Vaccinations for Children

Applicable age  
Standard Vaccination Periods (Routine vaccinations are recommended during these periods, considering the period when children are likely to become infected.)

## ① Routine vaccinations

\* The Immunization Act defines the target diseases, eligible children, and vaccination institutions for routine vaccinations. Vaccinations might change during the fiscal year due to Law amendments.

Vaccine		2 months	3 months	5 months	6 months	12 months	18 months	2 years	3 years	4 years	5 years	6 years	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	
Name	Vaccine type																								
Rota	Rotarix	6 weeks and 0 days to 24 weeks and 0 days after birth																							
	RotaTeq.	6 weeks and 0 days to 32 weeks and 0 days after birth																							
5-in-1 Vaccine (DPT-IPV Combination, Hib)		Phase 1: 2 months old to under 7 years and 6 months old																							
4-in-1 Vaccine (Diphtheria, Pertussis, Tetanus, and Inactivated Polio Vaccine) (Yonshu kango)		Phase 1: 2 months old to under 7 years and 6 months old																							
Hib haemophilus influenzae type b		2 months to under 7 months after birth																							
Pediatric Pneumococcus (Shoni Haienkyukin)		2 months to under 7 months after birth																							
Hepatitis B (B gata Kanen)		2 months to under 9 months after birth																							
BCG		5 months to under 8 months after birth																							
MR (Measles, Rubella) (Hashika, Fushin)		Phase 1: over 1 year old to under 2 years old																							
Chickenpox (Mizuboso)		1st 2nd over 1 year old to under 3 years old																							
Japanese Encephalitis (Nihon Noen)		Phase 1: 6 months old to under 7 years and 6 months old																							
DT Combination (Diphtheria, Tetanus) (Nishu kango)		11 years old over 11 years old to under 13 years old																							
HPV (Human Papilloma Virus) (Cervical cancer)		Junior high school 1st grade Elementary school 6th grade and above to high school 1st grade In 2024: Girls born between April 2, 2008 and April 1, 2013																							

※ It is recommended to have the first dose for your baby by 14 weeks and 6 days after birth.

In 2024, the 5-in-1 Vaccine will start. When inoculating the 5-in-1 Vaccine, the 4-in-1 Vaccine and Hib vaccination are not necessary.

The number of doses of the Hib vaccine and Pediatric Pneumococcal vaccine changes with age at the start of the treatment. The standard starting time is 2 months to under 7 months after birth. Children should be vaccinated as soon as they are 2 months old.

\*From April 1, 2024, the 15-Valent Pneumococcal Conjugate Vaccine will be added to routine vaccinations.

The notice of Measles, Rubella and Chickenpox vaccinations is sent to you in mid-month when your baby turns 11 months old. Have your baby vaccinated immediately after 1st birthday!

Phase 1 Phase 2 we recommend to have a vaccination early, from April to June. In 2024: Children born between April 2, 2018 and April 1, 2019

Exceptional measures: People born before April 1, 2007 and under 20 years old can receive the complementary doses.

Catch-Up Vaccination: Girls born between April 2, 1997 and April 1, 2008. ※Publicly funded vaccinations will end at the end of the year 2024 (March 31, 2025).

## ② Voluntary (Optional) Vaccinations

Voluntary (Optional) vaccinations are not based on the Immunization Act. After consulting a doctor, parents/Guardians decide whether their children should receive the vaccination.

Flu Vaccination for Children	Inactive vaccine	over 1 year old to Junior high school 3rd grade
Mumps	Live vaccine	over 1 year old to preschool children (e.g. the senior year of kindergarten/day care center)

We will send a notification of vaccinations with a leaflet "Vaccinations and Children's Health" when your child is turning 2 months old. Please read the leaflet for detailed information about vaccinations for your child/children.



Data given in the table are as of the end of April 2024.

How to have vaccinations		Remarks	Postal mailing of question sheet*	Vaccine	
Interval	Doses				
<b>[1st]</b> Standard: Start from 2 months after birth by 14 weeks and 6 days after birth. <b>[From Second]</b> An interval of over 27 days after having the first dose.	2 doses	There are two types of vaccines. The general rule is to get vaccinated with the same type of vaccine.		Rotarix	Rota
	3 doses			RotaTeq.	
Please check with your medical institution for details on the standard schedule and timing of vaccinations.	1st: 3 doses Booster: 1 dose	The 1st phase booster vaccination should be vaccinated in a standard vaccination facility.	From 6 weeks old to before turning 8 weeks old	5-in-1 Vaccine (DPT-IPV Combination, Hib)	
<b>[1st of Phase 1]</b> An interval of 20 days or more (standard: leave an interval of 20 days or more, up to 56 days) <b>[Booster shot of Phase 1]</b> Please leave an interval of 6 months or more after the first 3 doses in the first phase. (Standard interval: between 1 year and 1 year and 6 months after the first 3 doses in the first phase)	1st: 3 doses Booster: 1 dose	The 1st phase booster vaccination should be vaccinated in a standard vaccination facility.		4-in-1 Vaccine DPT-IPV (Diphtheria, Pertussis, Tetanus, and Inactivated Polio Vaccine) (Yorshu kongo)	
<b>[1st ]</b> An interval of over 27 days (20 days applicable with doctor's direction) Have a vaccination before turning 1 year old. (Standard: An interval of over 27 days (20 days applicable with doctor's direction) to 56 days) <b>[Booster]</b> An interval of over 7 months after 3 or 2 doses of the 1st. (Standard: An interval of over 7 months to 13 months after 3 or 2 doses of the 1st) ※ If your baby has a booster shot after 1 year old without having had the 1st shot before 1 year old, an interval of over 27 days is necessary after the last shot. (20 days applicable with doctor's direction)	1st: 3 doses Booster: 1 dose	Starts from 2 months until turning 7 months old.		Hib haemophilus influenzae type b	
	1st: 2 doses Booster: 1 dose	Starts from 7 months until turning 12 months old.			
	1 dose	Starts from 1 year old until turning 5 years old.			
<b>[1st]</b> An interval of over 27 days (Before turning 2 years old. Standard: Before turning 1 year old) But children cannot have the 3rd shot if they had the 2nd shot when they were over 1 year old. (Booster is available) <b>[Booster]</b> Should be over 1 year old. (Standard: Between 1 year old and 15 months old) An interval of over 60 days after the last dose	1st: 3 doses Booster: 1 dose	Starts from 2 months until turning 7 months old.		Pediatric Pneumococcus (Shoni Haienkyukin)	
<b>[1st]</b> An interval of over 27 days (Standard: Before turning 13 months old, before turning 2 years old.) <b>[Booster]</b> Should be over 1 year old. An interval of over 60 days after the last dose.	1st: 2 doses Booster: 1 dose	Starts from 7 months until turning 12 months old.			
An interval of over 60 days.	2 doses	Starts from 1 year old until turning 2 years old.			
	1 dose	Starts from 2 years old until turning 5 years old.			
	<b>[1st and 2nd]</b> An interval of over 27 days between them. <b>[3rd]</b> An interval of over 139 days after the 1st dose.	3 doses		※ Children who have received the Hepatitis B vaccination after birth to prevent mother-to-child transmission are not eligible for this routine vaccination.	Hepatitis B (B gata Kanen)
	1 dose		BCG		
	Phase 1: 1 dose Phase 2: 1 dose	Phase 1 vaccination: As soon as children turn 1 year old. Phase 2 vaccination: From April 1, 2024 to March 31, 2025	Phase 2: April of the senior year of kindergarten	MR (Measles, Rubella) (Hashika, Fushin)	
An interval of over 3 months after the 1st. (Standard: Start from 1 year old to 15 months old for the 1st, and an interval of over 6 months to 1 year for the 2nd.)	2 doses	Not applicable if children have had chickenpox before.	From 6 weeks old to before turning 8 weeks old	Chickenpox (Mizuboso)	
For children born after April 2, 2007 <b>[1st of Phase 1]</b> An interval of over 6 days (Standard: An interval of 6 to 28 days) <b>[Booster shot of Phase 1]</b> An interval of over 6 months after the 2 doses of Phase 1. (Standard: An interval of 6 months to about 1 year after the 2 doses of 1st) <b>[Phase 2]</b> Start from over 9 years old to before turning 13 years old.	Phase 1: 2 dose Booster: 1 dose Phase 2: 1 dose		Phase 2: 9 years and 1 month old	Japanese Encephalitis (Nihon Noen)	
<b>[Exceptional measures]</b> Doses and intervals change depending on what, and how they have had shots.	Complementary of Phase 1: (3 doses) Phase 2: (1 dose)	The vaccination is applicable to people under 20 years old.	No notice for individuals		
	1 dose		11 years and 1 month old	DT Combination (Diphtheria, Tetanus) (Nishu kongo)	
<b>[Cervarix]</b> Standard: The second dose is given one month after the first dose, and the third dose is given six months after the first dose. If this method is impossible, the second dose should be given after more than one month, and the third dose should be more than five months after the first dose and more than ten weeks after the second dose. <b>[Gadasil - Silgard]</b> Standard: The second dose is given two months after the first dose, and the third dose is given six months after the first dose. If this method is impossible, the second dose should be given more than one month after the first dose, and for the third dose, an interval of three months after the second dose is necessary. * Silgard: The second dose is 6 months later, but only if the first vaccination is given before age 15.	3 doses  *2 doses	There are 3 kinds of vaccines. In principle the recipient should have the same kind of vaccine. Catch-Up Vaccination: Until the end of March 2025	Girls only Late May of Junior high school 1st grade No notice for individuals	HPV Human Papilloma Virus (Cervical cancer)	

Tsukuba City subsidizes the Voluntary (Optional) Vaccinations of Mumps and Flu vaccination for Children. Please refer to the website for more information.(on Page 10 in this leaflet)

Children from 1 year of age to 3rd grade of secondary school		Subsidy period: From October 1 to January 31 of the following year. The amount and number of subsidies will be published on the city's website.	No notice for individuals	Flu Vaccination for Children
Unvaccinated children aged from 1 year to preschool children (e.g., the last year of kindergarten). Children who have had mumps before are not applicable.	1 doses	Mumps vaccination performed outside cooperative medical facilities requires advance application, and the subsidy is 3,000 yen.	11 months after birth	Mumps

# Cooperating Medical Institutions for Vaccinations and Health Checkups

**Appointment is required in advance. Please contact each medical institution about office hours and days they are closed.**

- Routine vaccinations at medical institutions other than those on the list are available in Ibaraki Prefecture. (Except voluntary (optional) shots for Flu for Children, Mumps and Rubella for Adults)
- For Specific Checkups, there may be medical institutions outside of Tsukuba City where you can have a checkup. Please contact the Health Promotion Division.
- Please note that some medical institutions may change the contents of cooperation or discontinue cooperation in the middle of the fiscal year due to unavoidable circumstances. Please visit the Tsukuba City website for the latest information.

Click here for the latest information on cooperating medical institutions ▶



New coronavirus (COVID-19) vaccination location (cooperation period)



Vaccination cooperating medical institutions



Medical institutions for check-ups of adults



Name of the Medical Institution	Address (Tsukuba)	Phone (029)	IHC	Vaccinations										Adults Health Checkups											Language support	Remarks																			
				Rota	Hib	P	H	P	E	J	D	HPV	F	M	U	V	C	S	R	A			B				C																		
																				G	L	C	P	T			C	S	H	E	B	S	C	E											
Tsukuba area																																													
Atsushi Clinic	Tamiyama	850-7878	I	H	P						F	F	F	M		F	F	F	P	E	R	V	V										Flu vaccination for Children: Over 3 years old												
Iida Clinic	Numata	866-0025	I	H	P						F	F	F	Mu		F	F	F	P	E	R	V	V																						
Iimura Clinic	Hojo	867-0068	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Ogura Clinic	Numata	866-0108	R	H	P						F	F	F	Mu		F	F	F	P	E	R	V	V																						
Oda Internal Medicine Clinic	Oda	867-2471	I	H	P						F	F	F	Mu		F	F	F	P	E	R	V	V																						
Kimura Clinic	Tsukuriya	869-1211	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Sakayori Clinic	Kunimatsu	866-0106	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Tsukuba Chuo Hospital	Hojo	867-1211	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Hayashi Clinic	Hojo	867-0114	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Hirose Medical Clinic	Hojo	867-0127	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Hirose Clinic	Kunimatsu	866-0129	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Oho area																																													
Ichihara Hospital	Ozone	864-0303	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Oho Dermatology Clinic	Tsukuho	864-1712	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Kodama Home-Care Clinic	Tsukuho	896-3760	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Sakayori E.N.T.	Tsukuho	879-1187	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Shibahara Clinic	Yoshinuma	865-0511	R	H	P						F	F	F	Mu		F	F	F	P	E	R	V	V																						
Tsukuba Memorial Hospital	Kaname	864-1212	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Tsukuba Sogo Clinic	Kaname	877-1221	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Tsukuba Total Health Plaza	Kaname	864-3588	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Terasaki Clinic	Yoshinuma	865-0034	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Nakagawa Clinic	Shinozaki	864-7760	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Hill Top Clinic	Sa	877-3130	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Hojo Clinic	Hanabatake	864-0006	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Horikawa Clinic	Tsukuho	877-1002	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
MED AGRI CLINIC Tsukuba	Wakamori	893-4123	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						
Toyosato area																																													
Toyosato Hospital	Takura	847-2631	I	R	H	P					F	F	F	Mu		F	F	F	P	E	R	V	V																						

**Abbreviations**  
 IHC: Infant Health Checkup (Shoni Kenshin)  
 Rota: Rotavirus  
 Hib: Haemophilus influenzae type b (Hib) vaccine (Shoni Hainboku) (Shoni Hainboku)  
 Hib: Hepatitis B (gata Kanen) 5/1: 5-in-1 Vaccine  
 DPT: ipv Combination, Hib (Jifiteria, Hyakunichiseki, Hashofu, Porio, Hibbu) 4/1: 4-in-1 Vaccine  
 DPT: Diphtheria (Jifiteria), Tetanus (Tetanuz), Pertussis (Hyakunichiseki)  
 T: Typhoid Vaccine (Tsuji)  
 IPV: Inactivated Polio Vaccine (Porio)  
 BCG: Bacillus Calmette-Guérin  
 MR: Measles, Rubella (Hashika, Fushin)  
 CP: Chickpox (Mizuboso)  
 JE: Japanese Encephalitis (Nihoon Noen)  
 DT: Diphtheria, Tetanus (Jifiteria, Hashofu)  
 HPV: human papillomavirus 2-Valent Vaccine 9-Valent Vaccine  
 FVC: Flu Vaccination for Children (Shoni Infuzenza)  
 Mumps: Mumps (Ofafuku Kaze)  
 FVE: Flu Vaccination for the Elderly (Koreisha Infuzenza)  
 PE: Pneumococcus for the Elderly (Koreisha Hakenkyūrin)  
 A.RV: Rubella Vaccination for Adults (Obana no Fushin)  
 ROUT: Routine Rubella Vaccination (Zeiki seesshu)  
 Vol: Voluntary (Shoni Infuzenza)  
 RGF: Gastric Operation Stomach Endoscopy (Washōjo)  
 CLC: Colon Cancer (Shōkyōkagan)  
 CC: Cervical Cancer (Daicho)  
 PC: Prostate Cancer (Zentsusōn)  
 TC: Tuberculosis Checkup (Kekekaku Kenshin)  
 SCR: Stomach Cancer Risk Screening  
 HE: Hepatitis (Kanen)  
 BC: Basic Health Checkup  
 SC: Specific Health Checks  
 CE: Checkups for the after-stage Elderly









Name of the Medical Institution	Address (Tsukuba)	Phone (029)	IC	Vaccinations															Adults Health Checkups												Language support	Remarks										
				R	H	P	H	B	4	5	H	P	D	HPV	F	M	F	P	A	R	G	C	P	T	S	H	B	S	C	E												
<b>Yatabe area (continued from Page 16)</b>																																										
homeon ClniQ Tsukuba	Kamiyokoba	868-6611																																								
Maejima Ladies Clinic	Teshirogi	859-0726									9																															
Matsushiro E.N.T. Clinic	Matsushiro	897-3310																																								
Minano Clinic Internal Medicine & Respiratory Medicine	Nishihirasuka	850-4159																																								
Miyagawa Internal Medicine and Gastroenterology Clinic	Ninomiya	855-8777																																								
Miyamoto Internal Medicine Clinic	Karima	855-6565																																								
Murashita Internal Medicine Clinic	Midorino	801-1658																																								
Yatabe Clinic	Yatabe	836-1606																																								
Yuko Ladies Clinic Tsukuba	Kenryugakuen	875-5565																																								
Wakasugi Orthopedics/ Hand Surgery Clinic	Shimana	886-7191																																								
Watanabe Clinic	Onozaki	851-0550																																								
<b>Kukizaki area</b>																																										
Kasai Orthopedics Clinic	Takasaka	873-5050																																								
Kukizaki Aoi Hospital	Ama-boki	871-7777																																								
Shimizu Orthopedics and Rehabilitation Clinic	Ama-boki	870-2202																																								
Jiyugaoka Clinic	Jiyugaoka	876-0888																																								
Tsukuba Gastrointestinal Hospital	Takamihara	874-3321																																								
Tsukuba Eye Clinic Yamada Clinic	Takasaka	871-4936																																								
Tsukuba Soai Hospital	Takasaka	873-2511																																								
Tsukuba Heart Clinic	Takamihara	893-5190																																								
<b>Outside of Tsukuba City</b>																																										
Arima Dermatology Clinic	Tsukubamirai	0297-38-6116																																								
Ishikawa E.N.T. Clinic	Tsukubamirai	0297-57-8733																																								
Kano Orthopedics	Tsuchiura	029-843-6050																																								
Tsukubamirai Endo Ladies Clinic	Tsukubamirai	0297-47-2055																																								
Tsukubamirai Family Clinic	Tsukubamirai	0297-21-8025																																								
Nakazawa Clinic	Tsukubamirai	0297-34-1122																																								
Hirai Clinic	Tsukubamirai	0297-58-3311																																								
Midori Clinic	Tsukubamirai	0297-58-5222																																								
Miraidaira Clinic	Tsukubamirai	0297-38-4023																																								
Miraidaira Kodomo Clinic	Tsukubamirai	0297-47-2251																																								
Mirai no mori Kids Clinic	Tsukubamirai	0297-21-9342																																								
MED AGRICLINIC Tsukubamirai	Tsukubamirai	0297-38-8578																																								
Yaiba Clinic	Tsukubamirai	0297-57-0500																																								

Note\*: Please visit the 'Tsukuba City website to find medical institutions outside of Tsukuba City where you can have checkups.  
 ※ The two-dimensional code above is the list of Cooperating Medical Institutions for Breast Cancer and Cervical Cancer Checkups.



Medical institutions for  
check-ups of adults



Click here for the latest information  
on cooperating medical institutions

## List of medical institutions that cooperate with cervical cancer and breast cancer screening

Appointment is required in advance. For online reservations, please check the homepage of each medical institution. Please contact each medical institution about office hours and days they are closed.

Area	Name of the Medical Institution	Address (Tsukuba)	Phone (029)	Breast cancer		Cervical cancer	Language support
				Ultrasound examination	Mammography		
Oho	Tsukuba Memorial Hospital Tsukuba Total Health Plaza	Kaname	864-3588	Ultrasound examination Ultrasound examination Free coupon cannot be used in conjunction with comprehensive medical checkup	Mammography	Uterus	
	Tsukuba Sogo Clinic	Kaname	877-1221	Ultrasound examination		Uterus	English
	Aoyagi Clinic Tsukuba ART Clinic	Uenomuro Takezono	857-1522 863-6111 (Web reservation)	Ultrasound examination		Uterus	English
Sakura	Tsukuba International Breast Clinic	Azuma	856-0819	Ultrasound examination	Mammography	Uterus	English
	Total Health Evaluation Center Tsukuba	Amakubo	856-3500	Ultrasound examination	Mammography Mammography	Cervix only	
Yatabe	Tsukuba Hospital	Sasagi	855-0777		Only persons with free coupons		
	Kenkyugakuen Clinic	Kenkyugakuen	860-5355	Ultrasound examination		Uterus	English
	Shoji Clinic	Nakano	836-0405	Ultrasound examination		Uterus	English/ Chinese
	Tsukuba Uro Care Clinic	Kasuga	839-6820	Ultrasound examination		Uterus	
	Tsukuba Gakuen Hospital Medical Examination Center	Kamiyokoba	836-1983	Ultrasound examination 36/38 years old only		Uterus	
	Tsukuba Kiba Park Clinic	Matsunoki	836-4123			Uterus	
	NANAIO Clinic for Women	Nishionuma	860-7716			Uterus	
	Maejima Ladies Clinic	Teshirogi	859-0726 (Web reservation)			Uterus	English (Doctors only)
	Yuko Ladies Clinic Tsukuba	Kenkyugakuen	875-5565 (Web reservation)			Uterus	
	Tsukuba Soai Hospital	Takasaki	878-5007	Ultrasound examination	Mammography	Cervix only	
Kukizaki	Tsukubamirai Endo Ladies Clinic	Tsukubamirai	0297-47-2055	Ultrasound examination	Mammography	Uterus	
	Ishikawa Clinic	Tsuchiura	821-2587	Ultrasound examination	Mammography	Uterus	
	Urara Gastroenterology & Surgery	Tsuchiura	825-4477	Ultrasound examination		Uterus	English
	National Hospital Organization Kasumigaura Medical Center	Tsuchiura	826-6471	Ultrasound examination	Mammography	Uterus	
	Hashimoto Obstetrics and Gynecology Clinic	Tsuchiura	822-5541	Ultrasound examination		Cervix only	English
	Ushiku Aiwa General Hospital	Ushiku	870-5525	Ultrasound examination	Mammography	Uterus	
	Shiina Obstetrics and Gynecology	Ushiku	872-0799 (Web reservation)	Cannot be used in combination with comprehensive medical checkup		Uterus	English (Doctors only)
	Central General Clinic	Ushiku	875-35 00	Ultrasound examination	Mammography	Uterus	
	Hanamizuki Clinic	Ushiku	871-1711	Ultrasound examination	Mammography	Uterus	
	Matsunami Clinic	Ushiku	873-5111	Ultrasound examination	Mammography	Uterus	
	Igarashi Clinic	Ryugasaki	0297-62-0936	Ultrasound examination		Uterus	
	Ushio Hospital	Ryugasaki	0297-66-6111	Ultrasound examination	Mammography	Uterus	
	Konosu Clinic	Ryugasaki	0297-61-0151	Ultrasound examination	Mammography	Uterus	
Ryugasaki Saiseikai General Health Checkup Center	Ryugasaki	0297-63-7178	Ultrasound examination	Mammography	Cervix only		
Tokyo Medical University Ibaraki Medical Center	Ryugasaki	0297-63-7178	Ultrasound examination	Mammography	Cervix only	English (Uterus only)	
Ladies Clinic Yui	Amimachi	887-1161	Ultrasound examination	Mammography	Uterus		
Kinu Medical Association Hospital	Amimachi	830-5151	Ultrasound examination	Mammography	Uterus		
Endo Obstetrics and Gynecology Clinic	Joso	0297-23-1771	Ultrasound examination	Mammography	Cervix only	English/Spanish/ Portuguese	
		Chikusei	0296-20-1000	Ultrasound examination	Mammography	Cervix only	

### Breast awareness

~ 4 points for early detection of breast cancer ~

Breast awareness refers to "a lifestyle that makes you conscious of your breasts". Understanding the normal state of your breasts on a daily basis will make it easier to notice any unusual changes.

#### 1 Get to know ~ Know your breasts ~

Make it a habit to check your breast health by looking at your breasts and touching and feeling your breasts.

- In the bathroom while taking a bath
  - In the bed before going to sleep
- Gently compress your breast with the pad of your fingers and check the entire breast by touch.

#### Checkpoint

#### 2 Notice ~ Be aware of breast changes ~

Watch for any abnormality in your breasts.

#### Checkpoint

- Breast lumps: Check both breasts, feeling for any new lumps, thickenings, or hardened knots.
- Breast shape: To inspect your breasts visually, look for dimpling or puckering.
- Are the left and right breasts asymmetrical?
- Changes in the skin of the nipple and areola: Are there any eczema or sores on the nipple or areola?
- Nipple discharge: Do you have any colored nipple discharge?

#### 3 ~ If you notice any changes, consult your doctor immediately ~

If you notice any breast changes, don't self-diagnose or ignore them; seek medical attention immediately.

#### 4 Get medical checkups ~ Get regular cancer screenings ~

To detect small breast tumors that you may overlook before they become lumps, it is essential to have regular cancer screenings, even if your breast checkups show no abnormalities.



## Emergency Telephone Consultation / Holiday On-Duty

### When you get sick or injured

#### Emergency Medical Service Information System of Ibaraki Prefecture

◎ You can search medical institutions within clinic hours.



#### 'When is it an emergency for a child?'

◎ PDF of 'How to see a doctor for your children.'  
Based on the symptoms, you will receive advice about what you can do at home or whether you should go to an emergency room.



#### Hotline for Adults' Emergency

**#7119**

(from push-button phones or mobile phones)

**TEL050-5445-2856**

◎ You can consult us about your sudden sickness, or injury and whether to call an ambulance or not. (24 hours a day throughout the year)



#### Ibaraki Hotline for Kids' Emergency

**#8000**

(from push-button phones or mobile phones)

**TEL050-5445-2856**

◎ You can have some advice from nurses about sudden sickness or concerns. (24 hours a day throughout the year)



#### Holiday On-Duty Doctors

◎ Doctors are ready for emergency patients on Sundays, holidays and the year-end & New Year.

◎ Office hours: From 9:00 am to 4:00 pm

· Make sure to call the hospital for a consultation and bring your health insurance card.

· Please note that an additional charge (Additional Fee for a First-time Patient without a Referral, (*sentei ryooyohi*) will be made at some medical institutions.

· For Doctors on Duty, please refer to the monthly Tsukuba Newsletter (*Koho Tsukuba*) or the Tsukuba City website.



#### Blood Donation

##### Tsukuba Blood Donation Room

✕ <https://twitter.com/kenketsutsukuba>

◎ The blood donation room has been relocated.  
Azuma 1-7-1 Tonarie Tsukuba Square CREO 4F, Tsukuba City  
Please call the toll-free number 0120-298-102 (029-852-7888)  
Please check the office hours and what to bring with you in advance.



##### Please visit our application Japanese Red Cross Society

◎ This application is for Web members who continue to support blood donation. You can make an appointment and fill out the questionnaire in advance on the web.



## Mental Health Consultation (Reservation required)



We provide consultations with a psychiatrist about conditions such as "inability to sleep", "lack of appetite", "feeling depressed" and need to visit a medical facility. We provide consultations for people suffering from these problems and consultations on how to communicate with the person as a family member.

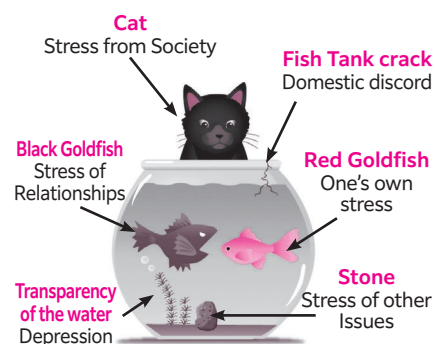
※ Please refrain from attending the consultation if you are undergoing treatment. Please consult your doctor first.

- How to apply : Please make an appointment by phone. (Phone029-864-7841)  
**Applications will be closed when the number of applicants reaches capacity.**
- Where : Oho Health Center
- When : Please refer to the Tsukuba Newsletter (*Koho Tsukuba*) or the Tsukuba City website.

※ Public health nurses or a licensed psychiatric social worker will talk with you as needed. Please feel free to contact Health Centers, or the Health Promotion Division.



## Mental Health Check System (Mental Thermometer)



(e.g.) Screen of your mode result

### ~ You can check the level of stress and depression you feel in your daily life ~

Are you feeling mentally tired lately?

Just as you measure your body temperature, you can measure your "mental temperature" and use this system to check your and your family's mental health.

- **Mode for Yourself**  
Your own stress type
- **Family Mode**  
Your precious family's mental health
- **Mother & Baby Mode**  
Mother's mental health after childbirth
- **Stress-Handling Type Test**  
Your stress-handling type
- **Sleeping Disorder**  
Check your sleeping disorder level
- **Alcohol check**  
How does your drinking affect your mental health?