

INFORMATION of HEALTH CHECKUPS, VACCINATIONS and EXERCISE CLASSES in FISCAL YEAR 2025

April 2025 - March 2026

Life Plan Sukoyaka

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Scan QR here for
information on
pregnancy, childbirth,
and child-rearing
(maternal and child
health programs).



Scan QR here for
information on
vaccinations for
children.



Please search for
Tsukuba City
Life Plan Sukoyaka

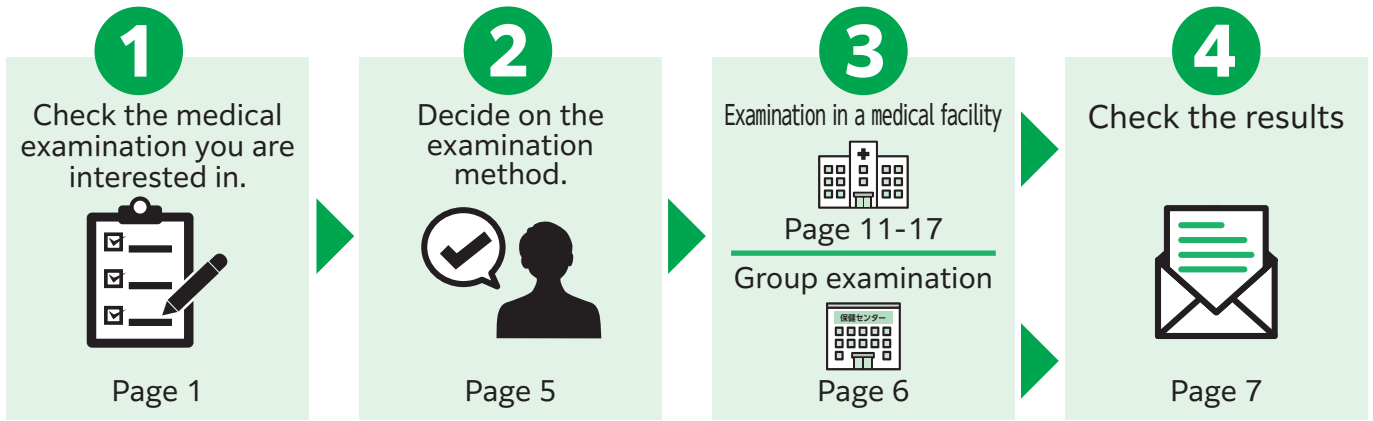
To scan QR codes with your
smartphone, please use the
list of QR codes on the back
page of this booklet. Please
understand some sites are
only in Japanese.

**Smoking is
completely prohibited
in all public facilities
in Tsukuba City.**

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
Oho Health Center	〒300 - 3257 Tsukuho 1 - 10 - 4	029 - 864 - 7841
'Lively Plaza,' health promotion facility <i>Ik i - I k i P l a z a</i>	〒300 - 3253 Ozone 4067 - 1	029 - 864 - 5089
Health Promotion Division	Tsukuba City Hall 〒305 - 8555 Kenkyugakuen 1 - 1 - 1	029 - 883 - 1111 (The main phone number)

(Created by) Health Promotion Division, Tsukuba City Hall

Health checkup procedure



Ages and copayments for each health check

Types of Examinations		Examination details	Target age (as of March 31, 2026)					Copayments * 1	
			20	30	40	50	75	Medical Institution	Group
Cancer Checkup	Lung cancer	Chest x-ray			Over 40 years old			Not Implemented	Free (Concurrent implementation of tuberculosis test)
	Stomach cancer	Stomach X-ray (barium)			Over 40 years old			Not Implemented	1,300 yen *2
		Gastrointestinal endoscopy (gastrocamera) *3			Even-numbered ages for over 50 years old		4,000 yen (1,500 yen for those 70 years and older)	Not Implemented	
	Colorectal cancer	Stool occult blood test			Over 40 years old			500 yen *2	
	Prostate cancer	Blood test			Men over 50 years old			1,000 yen	
	Breast cancer *4	Ultrasound			Women aged 36 and 38			2,000 yen	1,500 yen
		Ultrasound + Mammography			Even-aged women between 40 and 64 years			3,500 yen	3,000 yen
		Mammography	Even-aged women over 66						1,500 yen
	Cervical cancer *5	Cervical cytology				Women over 20 years old			1,500 yen
Other examination	Basic Health Check	Medical interview, height, weight, blood pressure, blood test, urine test			Persons aged 20-39 who are unable to undergo a medical examination (except students)			Free	
	Tuberculosis	Chest x-ray			Over 65 years old			Free	Free (Concurrently conducted for lung cancer)
	Stomach cancer risk	Blood test (including Helicobacter pylori test)	40 and 45 years old who have never undergone this screening			1,000 yen			
	Hepatitis virus	Blood test	40, 45, 50, 55, 60, 65, and 70 years old who have never undergone this examination			Free			
				Persons aged 41 or older who have never undergone this examination			Not Implemented	700 円	
	Osteoporosis	Ultrasound of the heel	30, 35, 40, 45, 50, 55, 60, 65, and 70 years old women			Not Implemented			
	Adult Dentistry	Interview and oral examination	20, 30, 40, 50, 60, and 70 years old			Free			
Persons enrolled in Tsukuba City National Health Insurance or Late-stage Elderly Medical Insurance	Specific health checkups and health checkups for the elderly	Please see pages 3-4.			Over 40 years old			Free	
	Complete medical checkup				Over 30 years old			Please see page 4.	Not Implemented
	Brain checkup				Over 40 years old (once every 5 years)			Please see page 4.	Not Implemented

*1: Free for persons aged 70 and over and persons receiving social benefits (except endoscopic screening for stomach cancer)

*2: Free for persons aged 40 and over

*3: If you undergo a gastroscopy, you cannot undergo a gastric cancer screening (barium test or endoscopy) in the following year.

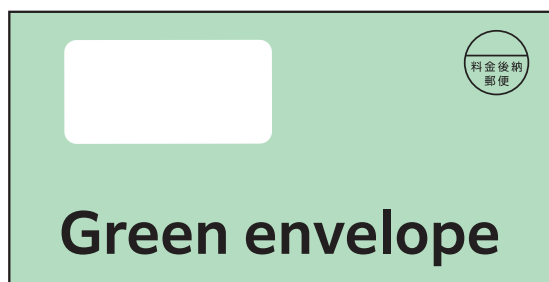
*4: Breast Cancer Checkup (Mammography) is free for the following people: Women born between April 2, 1984 - April 1, 1985

*5: Cervical Cancer Checkup is free for the following people: Women born between April 2, 2004 - April 1, 2005



● Coupons for specific health checkups, health checkups for the elderly, various cancer screenings, etc.

Persons aged 40 or older who are enrolled in Tsukuba City National Health Insurance or Medical Insurance for the Elderly



We will send you this coupon at the end of March.

● Coupons for various cancer screenings, etc.

Persons who meet any of the following criteria:

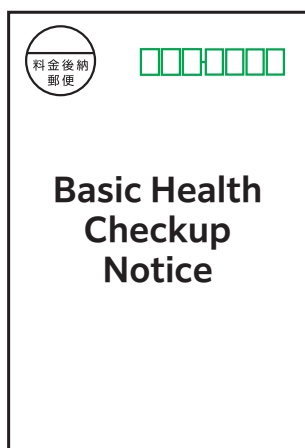
1. Persons aged 40 or older who are enrolled in social insurance
2. Women aged 20-70
3. Persons aged 71 or older who have had a breast cancer or cervical cancer screening in the past two years



We will send you this coupon at the end of May.

● Basic health checkup coupon

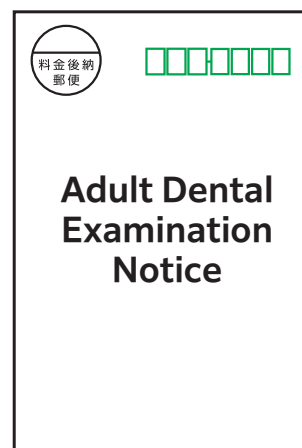
Persons aged 23 to 39 who qualify for the basic health checkup



We will send you this coupon at the end of March.

● Adult dental checkup coupon

Target adults for dental checkups



We will send you this coupon at the end of March.

*A coupon for a medical examination is attached. You can use this coupon until the end of its validity within the fiscal year. You must present this coupon when visiting the clinic, so please be careful not to lose it.

*If you moved to Tsukuba City in the middle of the fiscal year, you may not have received this coupon even though you are eligible. If you have not received this coupon even after the period when these coupons were sent, please contact us.

Contents of medical examinations available in Tsukuba City



Lung cancer screening Chest X-ray An X-ray examination of the entire lungs 	Stomach cancer screening Stomach X-ray (barium): This is an examination in which a foaming agent (a drug that inflates the stomach) and barium are swallowed, and an X-ray is taken. Endoscopy (gastroscope): This is an examination in which an endoscope is inserted through the mouth or nose to observe the inside of the stomach.	Colon cancer screening Fecal occult blood test: A 2-day stool sample is collected and examined for the presence of blood. 
Prostate Cancer Screening Blood tests: Measure the level of a protein secreted by the prostate gland (PSA) to check for abnormalities that may indicate cancer 	Breast Cancer Screening Ultrasound examination: Ultrasound is applied to the breast to image the inside of the breast Mammography: The breast is compressed and flattened during this examination, and an X-ray is taken.	Cervical cancer screening Cervical cytology: Cells from the opening of the uterus (cervix) are taken with a special instrument and examined under a microscope to see if there are any abnormal cells. 
Basic Health Check Health checkup: Interview, measurements (height, weight), blood pressure, blood tests (blood lipids, liver function, anemia, blood sugar), urine tests (protein, sugar)	Tuberculosis screening Chest X-ray: A test that takes an X-ray of the entire lungs (In group health checkups, this is done at the same time as the lung cancer screening) 	Stomach cancer risk screening Blood test: Check for the presence or absence of Helicobacter pylori infection and gastric mucosal atrophy to predict the future risk of stomach cancer. 
Hepatitis virus screening Blood test: Check for infection with Hepatitis B and C viruses 	Osteoporosis screening Ultrasound: An ultrasound is used to assess bone mass in the heel bone. 	Adult Dental Examination Periodontal disease examination: A medical interview and oral examination for periodontal disease and cavities will be conducted. 

You can only take one of the following in the same fiscal year: specific health checkups, health checkups for the elderly, general medical checkups, or brain checkups. You cannot take multiple checkups at the same time.

Specific health checkups and health checkups for the elderly

Inspection items		Medical institution health check	Group Health Checkup
Body Measurements	Height, weight, BMI, waist circumference (waist circumference is only for specific health checkups)	○	○
Blood pressure measurement	Systolic and diastolic	○	○
Blood tests	Neutral fat, HDL and LDL cholesterol, AST (GOT), ALT (GPT), γ -GTP, fasting blood glucose or HbA1c, creatinine	○	○
Urine tests	Urine sugar/protein	○	○
Anemia	Red blood cell count, hemoglobin content, and hematocrit value	Conducted when deemed necessary by a doctor	○
Electro-cardiogram	—		○
Fundoscopy	—		○

You cannot select only some of the tests.

Medical and Brain Checkups

Please see page 4.

Medical and Brain Checkups

Only for people enrolled in Tsukuba City National Health Insurance or Late-stage Elderly Medical Insurance

A prior application for the subsidy is required for medical and brain checkups. Please check the application method and don't forget to apply if you will have a medical checkup. ***You can request either a medical checkup or a brain checkup.**

Type	Grant Amount	Subject	Other terms
Medical checkup	17,500 yen	30 or older	Grants given every year
Brain checkup	25,000 yen	40 or older	Grants are given once every five years

Items	Medical checkup	Brain checkup	Items	Medical checkup	Brain checkup
Specific health checkups and health checkups for the elderly	○	○	Intraocular pressure measurement	○	
Lung cancer and tuberculosis screening (chest X-ray)	○		Abdominal ultrasound	○	
Colon cancer screening (fecal occult blood test)	○		Carotid ultrasound		○
Stomach cancer screening (barium/endoscopic examination)	○		Head MRI		○
Vision and hearing tests	○		MRA		○
Pulmonary function tests	○		Comprehensive assessment (physician interview)	○	○

How to apply for medical checkups and brain checkup subsidies

1	Make a reservation at a cooperative medical institution. Consultation period: April 1 to March 31 of the following year
2	Application acceptance period: March 3 to March 30 of the following year Please apply by either ① or ② by the date of your appointment. 1 In-person application: Tsukuba City Hall (Health Promotion Division, 1st floor), Health Center (Oho, Sakura, Yatabe), In-person Center (Tsukuba, Toyosato, Kukizaki, Tsukuba Station) *Please bring your ID (My Number card, etc.) when applying. Also, please tell us the name of the medical institution and the date of your planned appointment. *If you apply at the Health Center or In-person Center, the grant decision notice will be sent by mail, so please apply at least 10 days before your appointment (excluding closed days). 2. In-person application/electronic application: Please download the form or apply using the application form on the Tsukuba City website at least 30 days before your appointment.
3	On the day of your appointment What to bring: Notification of grant decision, specific health checkup coupon or late-stage elderly health checkup coupon, one of the following: health insurance card, Myna health insurance card, or qualification confirmation document, self-payment (subsidy amount deducted)



Tsukuba City website

Tsukuba City Health Checkup/Brain Checkup Cooperative Medical Institution

Name of medical institution		Telephone number	Medical checkup	Brain checkup
Tsukuba City	Tsukuba Medical Center Tsukuba General Health Checkup Center	029-856-3500	●	●
	Tsukuba Memorial Hospital Tsukuba Total Health Plaza	029-864-3588	●	●
	Tsukuba Preventive Medicine Research Center, University of Tsukuba Hospital	029-853-4205	●	●
	Tsukuba Gakuen Hospital Health Checkup Center	029-836-1983	●	●
	Tsukuba Soai Hospital	029-878-5007	●	
	Tsukuba Gastrointestinal Hospital	029-869-8666	●	
	Tsukuba Central Hospital	029-867-1211	●	
	Tsukuba Hospital *Only for those who have Tsukuba City National Health Insurance	029-855-0061	●*	
	Tsukuba City Internal Medicine Clinic Medical Checkup Center	029-856-5500	●	
	Research School Clinic	029-860-5355	●	
Outside the city	Ushiku Aiwa General Hospital General Health Checkup Center	029-873-4334	●	●
	Central General Clinic Medical Checkup Center	029-874-7985	●	
	Tsuchiura Kyodo Hospital (Preventive Medicine Center)	029-846-3731	●	●
	JA Toride General Medical Center Health Management Center	0297-74-0622	●	●
	Ryugasaki Saiseikai General Health Checkup Center	0297-63-7178	●	●
	Ryugasaki Daitoku Healthy Clinic Daitoku Health Check Center	0297-61-0026	●	
	National Hospital Organization Kasumigaura Medical Center	029-822-5050	●	●
	Lake Kasumigaura Adult Disease Research Foundation Medical Examination Center	029-887-4563	●	●
	Tsuchiura Medical and Health Checkup Center (Hitachi, Ltd.)	0570-200-500	●	

How to take a health check

Please choose either Method 1 or Method 2 and undergo a medical checkup.

Method

1

Receive treatment at a medical institution

To get examined, **make a reservation directly with a cooperating medical institution.**

Go to pages 11 to 17 ▶



The examination deadline is February 28, 2026.

Please be sure to get examined within the deadline

(Specific health examination only until March 31, 2026)

※ Lung and stomach cancer examinations (barium tests) are only available as group examinations.

※ If you are enrolled in the Tsukuba City National Health Insurance or Late-stage Elderly Medical Insurance and want a medical or brain checkup, please check page 4.

What to bring: The medical examination coupon for the medical examination (checkup) you are going to take, your copayment, one of the following: health insurance card, My Number health insurance card, or qualification certificate (if you are receiving welfare benefits, your recipient card), and your medicine booklet (if you have one)



Method

2

Receive a group health check

Group health checkups **require an advance application.**

Go to page 6 ▶



Group health checkups require an advance application.

Please apply during the application period.

For breast cancer, cervical cancer, and osteoporosis checkups, please apply for the Ladies' Checkup. For other health checkups, please apply for the spring and fall group health checkups.

A notice regarding the group health check will be mailed one week before the checkup date. Please refer to the notice for information on what to bring.

A stool collection container will be mailed if you apply for colorectal cancer screening.

Group Health Checkups Schedule

Advance reservations are required for all group checkups.



Spring Group Checkup (25 days)

*The application period has ended.

Schedule			Venue
Month	Day	Day of week	
April	21	Mon	Yatabe Health Center
	22	Tue	
	23	Wed	
	24	Thu	
	25	Fri	
May	7	Wed	Kukizaki Community Center
	8	Thu	
	9	Fri	
	10	Sat	Civic Hall Tsukubane
	11	Sun	
	12	Mon	Kukizaki Community Center
	13	Tue	
	14	Wed	

Schedule			Venue
Month	Day	Day of week	
May	15	Thu	Sakura Health Center
	16	Fri	
	19	Mon	
	20	Tue	
	21	Wed	
	24	Sat	City Hall
	25	Sun	
June	30	Fri	Oho Health Center
	2	Mon	
	3	Tue	
	17	Tue	Toyosato Community Center
	18	Wed	

Autumn Group Checkup (23 days)

Schedule			Venue	Application period			
Month	Day	Day of week		Online/Postcard application	Phone application		
Sept	26	Fri	Yatabe Health Center	July 25 (Fri) ? July 31 (Thu)	July 28 (Mon) ? July 31 (Thu)		
	28	Sun					
	29	Mon					
	30	Tue					
Oct	4	Sat	City Hall			July 25 (Fri) ? July 31 (Thu)	July 28 (Mon) ? July 31 (Thu)
	5	Sun					
	7	Tue	Kukizaki Community Center				
	8	Wed					
	9	Thu					
	10	Fri					
	14	Tue	Yatabe Health Center				
	15	Wed					

Schedule			Venue	Application period	
Month	Day	Day of week		Online/Postcard application	Phone application
Oct	18	Sat	City Hall	August 15 (Fri) ? August 21 (Thu)	August 18 (Mon) ? August 21 (Thu)
	19	Sun			
	22	Wed	Oho Health Center		
	23	Thu			
	28	Tue			
	29	Wed			
	30	Thu			
	31	Fri	Sakura Health Center		
Nov	4	Tue			
	5	Wed			
	6	Thu			

Ladies Checkup (15days)

※ The dates marked with a circle ● in the “Osteoporosis Screening” column are the days when osteoporosis screening is performed.

Schedule			Bone Density test	Venue	Application period	
Month	Day	Day of week			Web/ Application form	Phone application
Dec 2025	12	Fri		Oho Health Center	October 10 (Fri) ? October 18 (Sat)	October 14 (Tue) ? October 18 (Sat)
	14	Sun	●	City Hall		
	19	Fri	●	Oho Health Center		
	22	Mon	●			
Jan 2026	7	Wed	●	Yatabe Health Center		
	8	Thu				
	9	Fri	●			
	13	Tue	●			
	14	Wed				
	15	Thu	●			

Schedule			Bone Density test	Venue	Application period	
Month	Day	Day of week			Web/ Application form	Phone application
Jan 2026	19	Mon	●	Former Kukizaki Health Center	October 10 (Fri) ↕ October 18 (Sat)	October 14 (Tue) ↕ October 18 (Sat)
	20	Tue	●	Sakura Health Center		
	21	Wed				
	22	Thu				
	23	Fri	●			

A basic health checkup will be available on January 15 (Thu)

In addition to breast cancer, cervical cancer, and osteoporosis screenings, you can also receive a basic health checkup (for people aged 20-39, excluding students who do not have the opportunity to receive a health checkup) on the same day.

If you wish to undergo this checkup, please apply during the application period.

How to apply for a group health checkup



Please apply using one of the methods ① through ③ during the application period.

* Duplicate applications via the web, telephone, application form, or postcard will not be accepted.

① Online reservation	② Telephone	③ Postcard or application form
Medical Checkup Online Reservation Service  https://kenko-link.org *From 0:00 on the first day of application to 17:00 on the last day of application If you make a reservation for the first time, you must register in advance. If you register your family in advance, you can make reservations for up to three people (including yourself) during the application period.	Ibaraki Prefectural General Health Checkup Association Medical Checkup Reservation Center 0570-077-150 *During the application period from 9:00 to 17:00 (Excluding Sundays and holidays) The telephone lines may be busy in the morning of the first day of application. Telephone charges will be incurred after you are connected to an operator.	Please obtain an application form or postcard and submit it at the counter or by mail. Locations: *Excluding weekends and holidays, 8:45-16:30 Autumn group health checkups: Health Promotion Division, Health Centers (Oho, Sakura, Yatabe), Counter Centers (Tsukuba, Toyosato, Kukizaki, Tsukuba Station) Women's health checkups: Health Promotion Division, Health Centers (Oho, Sakura, Yatabe) *You can also apply using the application form enclosed with the individual notification sent in late May. Mailing address: Adult's Health Promotion Section Health Promotion Division Tsukuba City Hall 1-1-1 Kenkyu Gakuen, Tsukuba City, 305-8555

Returning medical checkup results

If you underwent a medical checkup at a medical institution

Stomach cancer endoscopic screening

▶ Results will be mailed from Tsukuba City in **about 2 months** or by the medical institution where you underwent the checkup.

Cervical cancer screening

▶ Results will be mailed from Tsukuba City in **about 1 to 1.5 months**.

Other examination results will be mailed by the medical institution where you underwent the examination.

If you underwent a group checkup

Results will be mailed to your home address in **about a month**.



What matters is how you behave after a health checkup or medical examination.

Health checkups (specific health examinations, medical checkups, etc.)

allow you to understand the state of your physical health objectively, and by improving your lifestyle habits "before treatment is necessary," you can prevent lifestyle-related diseases.

BMI or waist circumference

blood pressure

lipids

blood sugar

smoking

If you ignore the results of the checkup that exceed the normal value.

Arteriosclerosis

**Cerebral infarction
Myocardial infarction**



○ You can consult with public health nurses and registered dietitians.

Using a body composition scale that can measure muscle mass and basal metabolism, we will consult diet and exercise together with you while comparing it with the results of your health check. If you are having trouble, such as "I'm taking care of myself but I'm not seeing results," please contact us.

Cancer screening

is carried out with the aim of early detection and early treatment of cancer. If the result is "more detailed examination required," this is a suspected condition of cancer or other illness. Investigating the cause in detail is necessary, so seeing a doctor as soon as possible is best.

Detailed examination after cancer screening

Colon cancer screening

▶ Colonoscopy

Lung cancer screening

▶ Chest CT scan

Stomach cancer screening

▶ Gastroscopy

Cervical cancer screening

- ① Colposcopy, tissue examination
- ② HPV test, etc.

*Depending on the examination results, a combination of ① and ② may be performed.

Breast Cancer Screening

- ① Additional mammography
- ② Ultrasound examination
- ③ Cytology
- ④ Histology, etc.

*Depending on the examination results, a combination of ①, ②, ③, and ④ may be performed.

Early-stage cancer rarely has any noticeable symptoms.

By the time symptoms appear, the cancer may have already progressed, **so even if you have no symptoms, it is best to undergo a detailed examination as soon as possible.**

Health Consultation for Adults (Lifestyle-related disease consultations, etc.)



- [Eligibility]** Over 20 years old ***If you visit a doctor regularly, please consult your family doctor.**
[What to bring] Your Health Checkup results or Blood Test results, medication record books (*Okusuri techo*), health handbooks (*Kenko techo*)(if you have one)
[Content] One-on-one guidance with a public health nurse or a nutritionist about lifestyle-related diseases (High Blood Pressure, Hyperlipidemia, High Blood glucose), etc.
 High-performance body composition (muscle mass, basal metabolic rate, etc.) measurement (measurement only is also possible)

Internet Reservation	Phone reservation	*Time will be announced at the time of reservation.
Ibaraki Electronic Application and Notification Service (QR Code on the right) Please apply at least 5 days before the consultation (24-hour reception)	Please apply at least two days before each event. (Excluding weekends and public holidays)	Oho Health Center Tsukuba Community Center Toyosato Community Center ☎ 029-864-7841 (Oho Health Center)
		Yatabe Health Center Kukizaki Community Center ☎ 029-838-1100 (Yatabe Health Center)
		Sakura Health Center ☎ 029-857-3931 (Sakura Health Center)

Schedule	A	P	Venue Health Center	Schedule	A	P	Venue Health Center	Schedule	A	P	Venue Health Center
April, 2025	16 (Wed)	○	Oho	Sept	10 (Wed)	○	Oho	Feb	12 (Thu)	○	Yatabe
	17 (Thu)	○	Yatabe		11 (Thu)	○	Yatabe		13 (Fri)	○	Oho
	21 (Mon)	○	Sakura		12 (Fri)	○	Sakura		19 (Thu)	○	Sakura
May	8 (Thu)	○	Oho		9 (Thu)	○	Oho	Mar	4 (Wed)	○	Yatabe
	12 (Mon)	○	Sakura		24 (Fri)	○	Sakura		5 (Thu)	○	Oho
	19 (Mon)	○	Yatabe		30 (Thu)	○	Yatabe		10 (Tue)	○	Sakura
June	4 (Wed)	○	Yatabe		6 (Thu)	○	Oho				
	5 (Thu)	○	Yatabe		10 (Mon)	○	Yatabe				
	6 (Fri)	○	Oho	Nov	14 (Fri)	○	Sakura				
	20 (Fri)	○	Tsukuba Community Center		18 (Tue)	○	Kukizaki Community Center				
	25 (Wed)	○	Sakura		28 (Fri)	○	Yatabe				
	26 (Thu)	○	Sakura		1 (Mon)	○	Yatabe				
July	7 (Mon)	○	Kukizaki Community Center		12 (Fri)	○	Yatabe				
	8 (Tue)	○	Kukizaki Community Center		15 (Mon)	○	Sakura				
	11 (Fri)	○	Yatabe		16 (Tue)	○	Sakura				
	16 (Wed)	○	Oho		16 (Tue)	○	Oho				
	17 (Thu)	○	Sakura		18 (Thu)	○	Oho				
	18 (Fri)	○	Sakura		9 (Fri)	○	Sakura				
Aug	4 (Mon)	○	Sakura	Jan, 2026	14 (Wed)	○	Oho				
	5 (Tue)	○	Toyosato Community Center		27 (Tue)	○	Yatabe				
	6 (Wed)	○	Oho								
	28 (Thu)	○	Yatabe								

※ For high-functioning body composition measurements (muscle mass and BMR, etc.), you must be barefoot. Please wear socks so you can easily be barefoot. (Please note that people with a pacemaker cannot undergo this measurement.)

※ If you wish, we can measure your blood pressure or the salt concentration of your miso soup. If you wish us to check the salt concentration of your miso soup, please bring a sample of it.

※ Please ask the medical institution to provide information about an ECG.

※ If it is difficult for you to visit us on the above dates, please contact us by phone.

Preventive consultations for frail elderly people

Appointment is required two days before the 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	Iki-Iki Plaza	Yatabe Health Center	Sakura Health Center	Oho Health Center
Schedule	Apr 21, 2025 (Mon)	May19, 2025 (Mon)	June 26, 2025 (Thu)	Jul 16, 2025 (Wed)
	Aug 18, 2025 (Mon)	Sep 11, 2025 (Thu)	Oct 24, 2025 (Fri)	Nov 6, 2025 (Thu)
	Dec 15, 2025 (Mon)	Jan 27, 2026 (Tue)	Feb 19, 2026 (Thu)	Mar 5, 2026 (Thu)

Guidance of Health Promotion Classes on Demand



Tsukuba City offers "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, a group of 5 or more people participating each time.
- 【When】** Mondays to Fridays (National holidays, the Bon holidays, the year-end and New Year holidays are closed.) 2 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 will visit your community center or other locations and provide health lectures and various exercises.

- 【Eligibility】** Groups of more than 5 members, consisting of Tsukuba residents can participate.
- 【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 have not been prohibited from exercising by a doctor, or who do not suffer from serious heart diseases or who have not had a stroke, and who can present the results of a health check-up (conducted after April 2024) or a written recommendation from a doctor.
- 【Content】** Instructors support your exercise (flexibility, strength training, balancing, endurance), physical strength test, etc., 43 classes a year
- 【Entry fee】** 1,000 yen per month (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			Genki Haturatsu	9:30 ~ 10:30 am	Genki Haturatsu	9:30 ~ 10:30 am	Genki Haturatsu	9:30 ~ 10:30 am	Genki Haturatsu	9:30 ~ 10:30 am
			Moderate - Vigorous		Moderate - Vigorous		Moderate - Vigorous		Light	
	Active	2:00 ~ 3:00 pm	<i>Iki-Iki</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 - Vigorous		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 Up! reibarak," allows users to earn points for walking, running, and other health-promoting activities.

There will be a chance to win a prize with the points you earn.

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

Tsukuba City Subsidy for Smoking Cessation Outpatient Treatment

Tsukuba City's subsidy system, the "Smoking Cessation Outpatient Treatment Cost Subsidy," intends to support efforts against smoking.

[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 People who have received the treatment covered by insurance and finished the designated treatment course.
- ③ People who have no overdue municipal city tax.
- ④ 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, 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

Routine vaccinations for adults



Eligible individuals will receive a personal notification when it is time for vaccination. Please refer to the personal notification or the city's website for details.

[Vaccination locations]

- ① Tsukuba City vaccination cooperating medical institutions (see pages 11-15)
- ② Ibaraki Prefecture regular vaccination wide-area project cooperating institutions (see the Ibaraki Medical Association website for details)

③ **Non-cooperating medical institutions (other than ① and ② above)**

→ If you wish to be vaccinated at a non-cooperating medical institution, you must apply in advance for a request form. Please apply at the City Hall Health Promotion Division or the Oho, Sakura, or Yatabe Health Center counter by mail or electronically **at least two weeks before the vaccination.**

Vaccination type	Subject	Grant period(tentative)	Notification period
Influenza vaccination for the elderly 	- People who will be 65 or older on the day of vaccination - People who are 60-64 and meet the guidelines*	October 1, 2025 ~ January 31, 2026	Mailing will begin in late September
COVID-19 vaccination for the elderly 	- People who will be 65 or older on the day of vaccination - People who are 60-64 and meet the guidelines*	October 1, 2025 ~ March 31, 2026	Sent together in one envelope
Pneumococcus vaccination for the elderly 	- People who are 65 on the day of vaccination - People who are 60-64 and meet the guidelines*	April 1, 2025 ~ March 31, 2026	Will be mailed the month after you turn 65
Shingles 	- As of March 31, 2026 - People aged 65 - People aged 70,75,80,85,90,95, and 100 - People aged 101 and over (only for fiscal year 2025) - People aged 60-64 who meet the guidelines*	April 1, 2025 ~ March 31, 2026	All notices will be mailed in mid-May. If you want to be vaccinated before that, please check the city's website.

*The guidelines set by the Ministry of Health, Labor, and Welfare vary depending on the type of vaccine. Please contact us for more information.

Cooperating Medical Institutions for Vaccinations and Health Checkups

Click here for the latest information on cooperating medical institutions▶



Vaccination cooperating medical institutions



Medical institutions for check-ups of adults

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 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.

Name of the Medical Institution	Address (Tsukuba)	Phone (029)	Vaccinations										Adults Health Checkups					Language support	Remarks														
			Rota	Hib	P	H	P	5 in 1	DTP	BCG	MM	FVC	HPV	Shingles vaccination for the elderly	COVID19 vaccination for the elderly	Adults Health Checkups																	
																G	C			L	C	A	F	G	C	L	P	C	T	C	S	H	B
Tsukuba area																																	
Atsushi Clinic	Tamiyama	850-7878	H	P				5/1 4/1	MR	CP	J	D					PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE	Flu vaccination for Children: Over 3 years old. COVID-19 vaccinations for elderly people are only available to regular patients.			
Iida Clinic	Numata	866-0025	H	P				HB 5/1 4/1	B	MR	CP	J	D					PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE						
Jimura Clinic	Hojo	867-0068	R	H	P			HB 5/1 4/1	B	MR	CP	J	D	2	4	9	F	PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE			
Ogura Clinic	Numata	866-0108	R	H	P			HB 5/1 4/1	B	MR	CP	J	D			9	F	PE		Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE	Regular patients only		
Oda Internal Medicine Clinic	Oda	867-2471	H	P				5/1 4/1	MR	CP	J	D	2	4	9	F	Mu	PE	LZV	Inact	F		GAF	CL	PC	TC	SCR	HE	BC	SC	CE	Age 1 or older. Age 3 or older who have only experienced childhood influenza vaccination.	
Kimura Clinic	Tsukuriya	869-1211	R	H	P			HB 5/1 4/1	B	MR	CP	J	D				F	Mu	PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE	Over 3 years old.	
Sakayori Clinic	Numatsu	866-0106							MR						4	9	F	Mu	PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE	Flu vaccination for Children: Regular patients only	
Tsukuba Chuo Hospital	Hojo	867-1211															F	PE		Inact	F	C	GAF	CL	PC	TC	SCR	HE	BC	SC	CE	Regular patients only	
Hayashi Clinic	Hojo	867-0114							MR	CP	J	D	2	4	9	F	Mu	PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE		Flu vaccination for Children: Over 7 years old	
Hirose Medical Clinic	Hojo	867-0127							MR		J	D					F	PE			F	C	CL	PC	TC	SCR	HE	BC	SC	CE			
Hirose Clinic	Numatsu	866-0129	H	P				HB 5/1 4/1	MR	CP	J	D		4	9	F	Mu	PE		Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE			
Oho area																																	
Ichihara Hospital	Ozone	864-0303															PE				F	C	CL	PC	TC	SCR	HE				COVID-19 vaccinations for elderly people are only available to regular patients.		
Oho Dermatology Clinic	Tsukuho	864-1712							MR		J	D					F	Mu	PE	LZV		F										Regular patients only	
Kodama Home-Care Clinic	Tsukuho	896-3760															PE				F											Regular patients only	
Sakayori E.N.T.	Tsukuho	879-1187																															
Shibahara Clinic	Yoshinuma	865-0511	R	H	P			HB 5/1 4/1	B	MR	CP	J	D	2	4	9	F	Mu	PE	LZV	Inact	F	C	GAF	CL	PC	TC	SCR	HE	BC	SC	CE	Preventive vaccination: Regular patients only
Tsukuba Memorial Hospital	Kaname	864-1212															PE				F	C	GAF										
Tsukuba Sogo Clinic	Kaname	877-1221	R	H	P			HB 5/1 4/1	B	MR	CP	J	D				9	F	Mu	PE		Inact	F	C									Specific medical checkups are available only to persons enrolled in the Tsukuba City National Health Insurance.
Tsukuba Total Health Plaza	Kaname	864-3588																															
Terasaki Clinic	Yoshinuma	865-0034	R	H	P			HB 5/1 4/1	B	MR	CP	J	D				9	F	Mu	PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE	
Nakagawa Clinic	Shinozaki	864-7760	R	H	P			HB 5/1 4/1	B	MR	CP	J	D	2	4	9	F	Mu	PE	LZV	Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE		
Hill Top Clinic	Sa	877-3130	R	H	P			HB 5/1 4/1	B	MR	CP	J	D				9	F	Mu	PE		Inact	F	C	CL	PC	TC	SCR	HE	BC	SC	CE	Flu vaccination for children: 1 years old and older
Hojo Clinic	Hanabatake	864-0006									J	D					9	F						CL	PC	TC	SCR	HE	BC	SC	CE	COVID-19 vaccinations for elderly people are only available to regular patients.	
Horikawa Clinic	Tsukuho	877-1002	R	H	P			HB 5/1 4/1	B	MR	CP	J	D		4	9	F	Mu	PE	LZV		F	C	CL	PC	TC	SCR	HE	BC	SC	CE		
MED AGRI CLINIC Tsukuba	Wakamori	893-4123															PE				F	C										Regular patients only	

Abbreviations

Rota: Rotavirus
Hib: Haemophilus Influenza type b (Hib)
Pep: Pediatric Pneumococcus (Shoni Haikenkyuin)
HB: Hepatitis B (B gata Kanen)
5/1: 5-in-1 Vaccine
4/1: 4-in-1 Vaccine
DPT:
D: Diphtheria (Jifiteria)
P: Pertussis (Hyakunichi zeki)
T: tetanus (Hashofu)
IPV: Inactivated Polio Vaccine (Boiro)
BCG: Bacille Calmette-Guerin
MR: Measles, Rubella (Mashika, Fushin)
CP: Chickenpox (Mizuboso)
JC: Japanese Encephalitis (Jinon Naen)
DT: Diphtheria, Tetanus (Jifiteria, Tetsanus)
HPV: Human papillomavirus
2-Valent Vaccine
4-Valent Vaccine
9-Valent Vaccine
FVC: Flu Vaccination for Children (Shoni Influenza)
Mumps : Mumps
PE: Pneumococcus for the Elderly (Koreisha Haikenkyuin)
A.RV: Rubella Vaccination for Adults (Otona no Fushin)
ROUT: Routine Rubella Vaccination (Teiki sesshu)
LZV: Live vaccine (Shingles)
Inact: Inactivated vaccine (Fukatsuka wakuchin)
COVID-19 : vaccinations for the elderly
FVE: Flu Vaccination for the Elderly (Koreisha Influenza)
VOLU: Voluntary (Optional) Rubella Vaccination (Shin sesshu)
GAF: Gastroscopy (Stomach)
CLC: Colon Cancer (Daicho)
SC: Cervical Cancer (Shikugan)
PC: Prostate Cancer (Zenrisen)
TC: Tuberculosis Checkup (Kakaku Kenshin)
SCR: Stomach Cancer Risk Screening
HE: Hepatitis (Kanen)
BC: Basic Health Checkups
SC: Specific Health Checkups
CE: Checkups for the Latter-stage Elderly

Name of the Medical Institution	Address (Tsukuba)	Phone (029)	Vaccinations														Adults Health Checkups						Remarks	Language support																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
			Rota	Hib	P	HB	5 in 1	DPT	D	B	C	M	HPV		F	V	C	P	E	Live vaccine	Shingles vaccination for the elderly	COVID19 vaccination for the elderly			G	A	F	C	P	T	S	H	E	B	C	S	C	E																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
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Name of the Medical Institution	Address (Tsukuba)	Phone (029)	Vaccinations													Adults Health Checkups					Language support	Remarks					
			Rota	Hib	Pep	5 in 1	DTP	BCG	MR	CP	J D	HPV			F V C	Mumps	Shingles vaccination for the elderly	COVID19 vaccination for the elderly									
												2	4	9					GAF	CL			PC	TC	SCR	HE	BC
Yatabe area (continued from Page 13)																											
Sato Clinic	Teshirogi	839-4141	R	H	P	HB 5/1	4/1	B	MR	CP	J D				9	F	Mu	PE	LZV	Inact	F			HE	Flu vaccination: Regular patients only		
Sunshine Clinic	Yatabe	839-3333															PE				F	C		HE	COVID-19 for elderly is limited to residents of related facilities		
Shiho no Mori Clinic	Shimano	848-2348	R	H	P	HB 5/1	4/1	B	MR	CP	J D				9	F	Mu						SCR	English			
Shimizu Kodomo Clinic	Higashi	860-2525	R	H	P	HB 5/1	4/1	B	MR	CP	J D				4	F	Mu	PE			F			HE			
Shoji Clinic	Nakano Kenkyu gakuen	836-0405	R	H	P	HB 5/1	4/1	B	MR	CP	J D				4	F	Mu	PE			F	C		HE			
Sugitani Medical Clinic	Kamiyokoba	879-9310															PE				F			HE			
Tamura Clinic	Kamiyokoba	837-1806														F	PE	LZV	Inact	F	C		SCR	English			
Chikatsu Clinic	Gakuen no Mori	828-8700	H	P	HB 5/1				MR	CP	J D				9	F	Mu	PE	LZV	Inact	F	C		HE	Flu and COVID-19 for elderly are only available to regular patients		
Tsukuba Uro Care Clinic	Kasuga	869-6820													4	9			LZV	Inact	F		BC	English/Chinese			
Tsukuba Gakuen Clinic	Karima	863-6990															PE		Inact	F	C		HE	Preventive vaccination: Regular patients only			
Tsukuba Gakuen Hospital	Kamiyokoba	0570-03-1355	R	H	P	HB 5/1	4/1	B	MR	CP	J D				9	F	Mu	PE			F	C		HE			
Tsukuba University of Technology, Department of Health, Center for Integrative Medicine	Kasuga	858-9589															PE				F	C					
Tsukuba Kid's Clinic	Shimano	836-2825	R	H	P	HB 5/1	4/1	B	MR	CP	J D				2	4	F	Mu							English		
Tsukuba Park Family Clinic	Mizubori	Undisclosed													4	9	F				F						
Tsukuba Home-Care Clinic	Nishi onuma	886-6123														F	PE				F	C		English			
Tsukuba Gastroenterology & Endoscopy Clinic	Kasuga	886-9798													9		PE	Inact			F	C		HE	Regular patients only		
Tsukuba Nephrology Clinic	Onozaki Kenkyu gakuen	861-0100															PE				F	C					
Tsukuba Tsuji Clinic		868-7170									J D				2	4	F	PE	LZV	Inact	F	C		HE			
Tsukuba Neurosurgery & Headache Clinic	Karima	852-1000																			F						
Tsukuba Hakua Clinic	Midorino	837-0208														F	PE	LZV	Inact		F		HE	BC	SC	CE	
Togo Clinic	Tateno	837-1785														F	PE	LZV	Inact		F	C					
Nakajima Kodomo Clinic	Karima	895-6027	R	H	P	HB 5/1	4/1	B	MR	CP	J D				9	F	Mu	PE	LZV	Inact	F	C					
Nakano EYE Clinic	Midorino	846-2297														F					F	C					
NANAIO Clinic for Kids	Nishi onuma	886-7716	R	H	P	HB 5/1	4/1	B	MR	CP	J D				9	F	Mu										
NANAIO MOA BIRTH CLINIC	Nishi onuma	886-3541													4	9											
NANAIO Clinic for Women	Nishi onuma	860-7716													4	9											
Narushima Clinic	Tateno	839-2170														F	PE	LZV	Inact		F	C		HE	BC	SC	CE
Ninomiya Ochi Clinic for Children	Matsumoto	855-6688	R	H	P	HB 5/1	4/1	B	MR	CP	J D				2	4	F	Mu	PE	LZV	Inact	F	C				
Numajiri Orthopedics and Gastroenterology	Yatabe	838-0203															PE				F	C					
Nemoto Clinic	Onigakubo	847-0550														F	PE	LZV	Inact		F	C		HE	Regular patients only		
B-leaf Medical Internal Medicine and Rehabilitation Clinic	Onozaki	869-8317	H	P	HB 5/1	4/1			MR	CP	J D				2	4	F	Mu	PE	LZV	Inact	F		HE	BC	SC	CE
Higashi Surgical & Internal Medicine Clinic	Higashi	856-7070									MR	CP	J D		2	4	F	Mu	PE	LZV	Inact	F		HE	BC	SC	CE
Fukaya Internal Medicine and Rheumatology Clinic	Yatabe	896-5022													9		PE				F	C		HE	BC	SC	CE
homon ClinIQ Tsukuba	Kamiyokoba	868-6611															PE				F	C					
Maejima Ladies Clinic	Teshirogi	859-0726													9										English		
Matsushiro E.N.T. Clinic	Matsushiro	897-3310														F	PE				F	C			English	Regular patients only	
																									Human papillomavirus vaccination for patients aged 15 and over		
																									Flu vaccination for Children: Elementary school children and above		

[illegible]



Medical institutions
for check-ups of
adults

Click here for the latest information on
cooperating medical institutions▶

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

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	Kaname	864-3588	Ultrasound examination	Mammography	Uterus	
	Tsukuba Total Health Plaza	Kaname	877-1221	Free coupon cannot be used in conjunction with comprehensive medical checkup		Uterus	
Sakura	Aoyagi Clinic	Uenomuro	857-1522	Ultrasound examination		Uterus	English
	Tsukuba ART Clinic	Takezono	863-6111 (Web reservation)				English
	Tsukuba International Breast & Ladies' Clinic	Azuma	050-3355-6979	Ultrasound examination	Mammography	Uterus	English
	Total Health Evaluation Center Tsukuba	Amakubo	856-3500	Ultrasound examination	Mammography	Cervix only	
Yatabe	Tsukuba Hospital	Sasagi	855-0061	Only persons with free coupons	Mammography		
	Kenkyugakuen Clinic	Kenkyugakuen	860-5355	Ultrasound examination			
	Shoji Clinic	Nakano	836-0405	Ultrasound examination		Uterus	English
	Tsukuba Uro Care Clinic	Kasuga	869-6820			Uterus	English / Chinese
	Tsukuba Gakuen Hospital Medical Examination Center	Kamiyokoba	836-1983	Ultrasound examination 36/38 years old only			
	Tsukuba Kiba Park Clinic	Matsunoki	836-4123			Uterus	
	NANAIO Clinic for Women	Nishionuma	860-7716			Uterus	
Kukizaki	Maejima Ladies Clinic	Teshirogi	859-0726 (Web reservation)			Uterus	English (Doctors only)
	Yuko Ladies Clinic Tsukuba	Kenkyugakuen	875-5565 (Web reservation)			Uterus	
Outside of Tsukuba City	Tsukuba Soai Hospital	Takasaki	878-5007	Ultrasound examination	Mammography	Cervix only	
	Tsukubamirai Endo Ladies Clinic	Tsukubamirai	0297-47-2055 (Web reservation)	Ultrasound examination	Mammography	Uterus	
	Ishikawa Clinic	Tsuchiura	821-2587	Ultrasound examination		Uterus	English / Vietnamese
	Uraira Gastroenterology & Surgery	Tsuchiura	825-4477	Ultrasound examination			English
	National Hospital Organization Kasumigauro Medical Center	Tsuchiura	826-6471	Ultrasound examination	Mammography	Uterus	
	Hashimoto Obstetrics and Gynecology Clinic	Tsuchiura	822-5541			Cervix only	English
	Ushiku Aiwa General Hospital	Ushiku	870-5525	Ultrasound examination Cannot be used in combination with comprehensive medical checkup	Mammography	Uterus	
	Shiina Obstetrics and Gynecology Central General Clinic	Ushiku	872-0799 (Web reservation)	Ultrasound examination		Uterus	English
	Hanamizuki Clinic	Ushiku	875-3511	Ultrasound examination	Mammography	Uterus	
	Matsunami Clinic	Ushiku	871-1711	Ultrasound examination	Mammography	Uterus	
	Ushio Hospital	Ryugasaki	873-5111	Ultrasound examination	Mammography		
	Ryugasaki Saiseikai General Health Checkup Center	Ryugasaki	0297-66-6111	Ultrasound examination	Mammography		
	Tokyo Medical University Ibaraki Medical Center	Amimachi	0297-63-7178	Ultrasound examination	Mammography	Cervix only	
Outside of Tsukuba City	Ladies Clinic Yui	Amimachi	887-1161	Ultrasound examination	Mammography	Uterus	
	Kinu Medical Association Hospital	Joso	830-5151			Uterus Cannot be used in combination with comprehensive medical checkup	
	Endo Obstetrics and Gynecology Clinic	Chikusei	0297-23-1771 0296-20-1000	Ultrasound examination	Mammography	Cervix only	English / Spanish / Portuguese

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 Consult ~ 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.

List of medical institutions cooperating with adult dental checkups



Area	Name of the Medical Institution	Address (Tsukuba)	Phone (029)
Tsukuba	Iitsuka Dental Clinic	Tsukuriya	850-9005
	Imura Dental Clinic	Hojo	867-6655
	Okoshi Dental Clinic	Numata	866-0118
	OSADA DENTAL CLINIC	Tanaka	867-4331
	Kazono Dental Clinic	Teragu	869-1120
	KOBAYASHI DENTAL OFFICE	oda	850-7550
	Sawayaka Dental Clinic	Kangori	867-4182
	HIROSE DENTAL CLINIC	Hojo	867-0206
	Matsukuma Dental Clinic	Numata	866-0071
	Risunomori Dental Clinic	Hojo	867-6480
Oho	Ichihara Hospital Dental Examination Room	Ozone	864-5870
	Inaba Dental Clinic	Yoshinuma	865-1031
	OHKUBO DENTAL CLINIC	Ozone	864-0051
	Osawa Dental Clinic	Nishigoya	877-2166
	Saotome Dental Clinic	Tamatori	864-2122
	Takase Dental Clinic	Tsukuho	879-0082
	Takahashi Dental Examination Room	Kaname	864-7171
	Nemoto Dental Clinic	Hanabatake	864-7787
	Horikawa Dental Clinic	Tsukuho	875-8837
	Yamaguchi Dental Clinic	Kaname	864-8700
Toyosato	Kushida Dental Clinic	Kamigo	847-8855
	Kobayashi Dental Clinic	tegomaru	847-8333
	Sakairi Dental Clinic	Toyosatonomori	847-8371
	Sakayori Dental Clinic	Kamigo	848-1888
	TOUKOUDAI DENTAL CLINIC	Tokodai	847-8148
Sakura	OWL Dental Clinic	Takezono	855-1182
	Akizuki Dental Clinic	Takezono	886-5680
	Atsuko Dental Office	Takezono	893-2337
	Aya Dental Clinic	Sasagi	858-0418
	Arai Dental Clinic	Namiki	875-8117
	AWATANI Dental Clinic	kurihara	857-8418
	INOUE D.D.S	Umezono	851-6226
	Ueno Dental Clinic	Amakubo	851-6352
	OUNAN DENTAL CLINIC	Sasagi	852-3611
	Otani Dental Clinic	Umezono	852-5550
	Gakuen Dental Clinic	Takezono	863-1818
	KOUTA DENTAL CLINIC	Azuma	856-4182
	KONO DENTAL CLINIC	Takezono	860-1111
	Sakuragaoka Dental Center & Dental Clinic	Azuma	852-1518
	Sakura Dental Office	Sakura	863-0118
	Sakuranomori Dental Clinic	Sakuranomori	896-3005
	SUNNY DENTAL CLINIC	Namiki	896-5321
	Sone Dental Clinic	Shimohirooka	857-6783
	Taka Dental Family Clinic	Hanamuro	896-6196
	Takezono Central Dental Clinic	Takezono	861-1100
	CITYIA DENTAL	Azuma	852-7733
	TSUKUBA DENTAL CLINIC	Namiki	875-9978
	Terakado Dental Clinic	Uenomuro	857-3633
	TOKUNAGA DENTAL CLINIC	Higashioka	863-0551
	Nagata Dental Clinic	konda	857-4139
	Namiki Dental Clinic	Namiki	852-9966
	Nobori Dental Clinic	Sengen	852-3323
	HASEGAWA DENTAL CLINIC	Uenomuro	857-1857
	MISHIRO DENTAL CLINIC	Saiki	859-0775
	Inoue Dental Office at Ryuseidai	Ryuseidai	886-8581

Area	Name of the Medical Institution	Address (Tsukuba)	Phone (029)
Yatabe	Ajiro Dental Clinic	Nishioka	886-3993
	Amamiya Dental Clinic	Matsushiro	851-5535
	ALICE DENTAL CLINIC	Higashi	852-1414
	Dental Clinic Iizumi	Mase	837-0708
	IKENO DENTAL CLINIC	Koyadai	838-2711
	Ito Dental Clinic	Higashi	898-9910
	Ohki Dental Clinic	Yatabe	838-0123
	OHKUBO DENTAL CLINIC	Ninomiya	855-6222
	Oono Dental Clinic	Karima	856-2330
	Oba Dental Clinic	Midorino	836-6480
	Okada Orthodontics, Family Clinic	Matsushiro	852-5500
	ONOGAWA DENTAL CLINIC	Tateno	836-8222
	Kasuga Dental Clinic	Higashihiratsuka	851-1333
	Katsuragi Dental Clinic	Karima	861-8811
	Karasaki Atelier Dental Office	Gakuen no Mori	828-8050
	KAWASAKI DENTAL CLINIC	Yatabe	837-1551
	Kurinoki dental clinic	Gakuen no Mori	875-3438
	Kurosawa Dental&Orthodontics	Teshirogi	893-4778
	Clover Dental Clinic	Matsushiro	875-8817
	GOTO dental clinic	Midorinohigashi	869-6888
	Sato Dental Clinic	Yatabe	838-1181
	Suzuki Kazuko Dental Clinic	Kamiyokoba	837-2212
	TAKADA Dental Office	Mase	875-6489
	Tsukuba gakuenno mori dental clinic	Higashi hiratsuka	893-3704
	Tsukuba Green Dental Clinic	Jimba	846-1780
	TSUKUBA CHUO DENTAL CLINIC	Higashiarai	879-9307
	Tsukubabanpaku Dental Clinic	Katoridai	848-1171
	Tsukuba Healthcare Dental Clinic	Teshirogi	860-8100
	Tsurumi Orthodontic Office	Ninomiya	858-5505
	TSURUMI DENTAL OFFICE	Shimokawarazaki	847-5505
	Teshirogi Dental Clinic	Matsushiro	852-0930
	Nishimachi Dental Clinic	Yatabe	837-2418
	Matsushiro shika	Matsunoki	838-0007
	Matsumoto Dental Clinic	Daimachi	836-9743
	Meijin Dental Clinic	Onozaki	856-3789
	You,Dent.	Shimana	893-4815
	Yoshida Dental Clinic	Matsunoki	855-8217
	Watanabe Dental Clinic	Higashiarai	851-6141
Kukizaki	ISOYAMA DENTAL CLINIC	Takasaki	872-9900
	INNAMI DENTAL CLINIC	Takamihara	871-3100
	OKADA DENTAL CLINIC	Takasaki	873-3303
	Souan Dental Clinic	Jiyugaoka	876-5478
	Hisamatsu Dental Clinic	Rokuto	876-0655
	HORIE DENTAL CLINIC	Takamihara	874-5068

Please contact each medical institution regarding closing days and opening hours.

The medical examination is free of charge. A treatment fee will be charged if you wish to receive treatment after the examination.

What is periodontal disease?

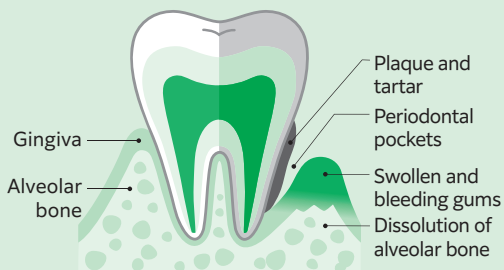


It is an **infectious disease** that can lead to **tooth loss** if left untreated.

It is a condition in which plaque accumulates in the deep gaps between the teeth and gums, and the bacteria that cause periodontal disease are left untreated, causing inflammation in the gums.

Healthy teeth

Periodontal disease



Diseases related to periodontal disease

Arteriosclerosis caused by periodontal disease can lead to dementia

Brain

Periodontal disease can accelerate arteriosclerosis, making blood vessels more susceptible to clogging, which can lead to **angina pectoris** and **myocardial infarction**.

Periodontal disease bacteria enter the lungs through the trachea and cause **pneumonia**.

Lungs

Heart

Pancreas

Fetus

Periodontal disease may affect pregnancy and childbirth, such as **premature birth** and **low birth weight**.

Periodontal disease makes insulin less effective, worsening **diabetes**.

Periodontal disease affects the entire body

Check the condition inside your mouth.

- ☐ My gums are itchy
- ☐ My teeth feel loose
- ☐ My teeth are sensitive to cold
- ☐ My gums bleed when I brush my teeth.
- ☐ When I wake up in the morning, my mouth feels sticky.
- ☐ I have bad breath
- ☐ Food gets stuck easily between my teeth
- ☐ My teeth are loose
- ☐ I smoke
- ☐ I have diabetes

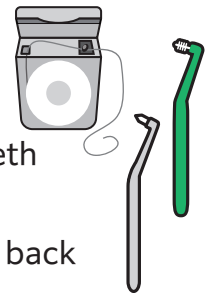
If you have any of these symptoms, you may have periodontal disease.

Visit the dentist regularly.



Rethink your self-care

- Use **dental floss** between your teeth
- Use an **interdental brush** when the gap between your teeth is wide
- Use a **one-tufted brush** for the back of your molars



How to choose a toothbrush

● Hardness

Choose a "normal" or "hard" toothbrush to prevent periodontal disease, or a "soft" toothbrush if your periodontal disease is progressing.

● Size

Choose a small toothbrush with a head the size of your two front teeth.

● When to replace

Replace your toothbrush approximately every month.

Rethink your brushing habits.

- Hold the toothbrush like a pencil and use small movements to brush your teeth gently.
- When brushing your teeth, pay attention to the bite of your molars, the spaces between your teeth, and the border between your teeth and gums.

Emergency Telephone Consultation / Holiday On-Duty

When you get sick or injured

Medical Information Network

You can search for medical institutions and pharmacies nationwide that are open during business hours.



Holiday and Nighttime Pediatric Digital Emergency Center

【Subject】 Babies (0 years old) to 3rd-grade junior high school students living in Tsukuba City

- Medical consultation (free)
Weekdays: 18:00 to 9:00 the next day / Saturdays, Sundays, and holidays: 24 hours
- Online medical consultation (consultation fee applies)
Weekdays and Saturdays: 18:00 ~ 22:00
Sundays and holidays: : 9:00 ~ 13:00, 14:00 ~ 22:00



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.
(24 hours a day throughout the year)



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 ryoyohi*) 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

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 use the blood donation card app "Love Blood".

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.

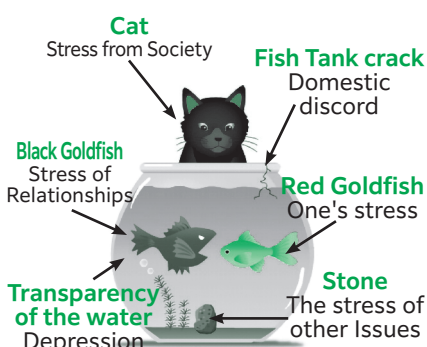
【How to apply】 Please make an appointment by phone. (Phone 029-864-7841)
Applications will be closed when the number of applicants reaches capacity.

【Where】 Oho Health Center

【When】 Please refer to the Tsukuba Newsletter (*Koho Tsukuba*) or the TsukubaCity 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.) The 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 stress type

● Family Mode

Your precious family's mental health

● Mother & Baby Mode

Mother's mental health after childbirth

● KazuMako49Seamonjp

Your stress-handling type

● Sleeping Disorder

Check your sleeping disorder level

● Alcohol check

How does your drinking affect your mental health?