

## 『Using Medical Institutions』 医療機関の利用

Since it's now the time of year when more of us are coming down with colds and going to the doctor's, today I'd like to introduce you to medical institutions in Japan, and how to use them.



### Types of medical institution

Japan has many types of medical institution, each serving a particular role.

- ① Clinics: These are where to go if your symptoms are mild, such as for everyday illnesses and minor injuries.
- ② Small/Medium sized hospitals: Go here if you require an examination, surgery, a hospital stay, or emergency medical care.
- ③ Large hospitals: Go here for emergency treatment for serious illnesses, or for advanced medical care. You may require a letter of referral from a clinic in order to go to a large hospital. First receive a diagnosis from a clinic, then go for treatment by a specialist at a large hospital if required.

### How to find medical institutions

You can find medical institutions through the websites below. Both websites are searchable in English, Chinese and Korean.



- Japan National Tourism Organization (for tourists visiting Japan)  
[https://www.jnto.go.jp/emergency/jpn/mi\\_guide.html](https://www.jnto.go.jp/emergency/jpn/mi_guide.html)
- Medical Information Net (Navii)  
<https://www.iryuu.teikyouseido.mhlw.go.jp/znk-web/juminkanja/S2310/initialize?pref=45>

### What to bring

- Health insurance card: Without this, you will have to bear the full cost of medical treatment. You cannot borrow somebody else's card.
- Personal ID: You may be asked to show your residence card or passport.
- Medicine: If you are on any medication, or you have a notebook recording your medication, you should bring these with you.
- Money: There are many places where you can't use a credit card. Make sure you have some cash prepared.
- Multilingual medical questionnaire  
(Source: NPO International Community Hearty Konandai/Kanagawa International Foundation)  
Fill this out in advance and hand it in at the reception, so the hospital staff and doctors can easily be made aware of your symptoms and conditions.  
<https://kifjp.org/medical/>



### Multilingual Life Advice (Immigration Services Agency)

[https://www.moj.go.jp/isa/support/portal/guidebook\\_all.html](https://www.moj.go.jp/isa/support/portal/guidebook_all.html)

Contains information necessary for daily life in Japan in multiple languages, including more detailed explanation of Japan's medical services.

※ The original Japanese version of this article will be uploaded onto the website of the Miyazaki International Foundation soon.

If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

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Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email [support@mif.or.jp](mailto:support@mif.or.jp)