

3. Medical Services & Health

A. Insurance

Everyone who lives in Japan is required to enroll in a health insurance program; Employee Health Insurance, National Health Insurance, or Elderly Health Insurance.

Upon registering, you will be issued an insurance card. This card will be used every time you seek medical care. Make sure to keep it safe and have it on you when traveling.

Apply at the Medical & Pension Department in City Hall for National Health insurance or Elderly Health Insurance. You will need your passport and residence card.

B. Doctors, Dentists & Hospitals

Though there are a range of medical centers, dentists, and hospitals in Iwamizawa, it is not always guaranteed that the staff there are able to speak English.

If you need an English-speaking doctor, it is best to ask friends and other foreigners around you to recommend places. There are more English-speaking medical professionals in Sapporo.

If you need to see a doctor, choose a place, and call to make an appointment if necessary. Many places can be found online via map search engines, or on the Iwamizawa Medical Association website (Japanese). You will need to bring identification and your insurance card. They will often have you fill out paperwork upon your visit and give you a member card for that location.

Payment is upon finishing your appointment. If you are given prescriptions, you can pick them up at the indicated pharmacy and pay for the medication there.

For a list of medical providers, locations, and hours, see the Iwamizawa Medical Association website (Japanese):

[\[https://www.iwamizawa-ma.com/ichiran.php\]](https://www.iwamizawa-ma.com/ichiran.php)

