

When you want to go to the hospital, please go to a hospital or clinic near your home. There are two types of hospitals: those that examine patients by appointment and those that examine patients in the order in which they arrive. The method of making an appointment and the time of reception differ from hospital to hospital. Please check the website or call the hospital.



Medical Information Net

Multicultural Consultation
Center

The website “Medical Information Net” allows you to search for hospitals and pharmacies near you.

You can also search for nearby hospitals and pharmacies. If you need to go to a hospital on a holiday or at night, you can use the “Urgent Search” function of the “Medical Information Net” to find a hospital. If you have a life-threatening condition, call “119” and ask for an ambulance. You can also use the “Medical Information Net” to search for hospitals where foreign languages are available.

On the website of the Nagano Multicultural Consultation Center, there are “medical questionnaires” in English, Chinese, Thai, and other languages. The medical questionnaire contains questions for the doctor to ask a person who is ill or injured. Please use it as a guide when you receive medical treatment.

When you go to a hospital, you must present your health insurance card at the reception desk.

Without the health insurance card, you will have to pay all the expenses incurred.

You must have your health insurance card with you at all times.

When you go to the doctor's office, tell him or her about your symptoms in detail and receive treatment. After the examination is over, you will be asked to pay for the treatment.

If you receive a prescription (shoho-sen) for medicine, you must go to a pharmacy, submit the prescription and buy the medicine.

When you receive the medicine, please listen carefully to the instructions on how to take and use it.

