

## 広報とうかい 3/25 号

1. 4月の休日診療
2. 4月の健康相談
3. 集団検診（6・7月）の予約を受け付けます
4. 一般ドックまたは脳ドックの受診費用を補助します
5. こんにちは！SC スマイル TOKAI です！
6. みんなですこやかウォーキング
7. グランドピアノを弾いてみませんか

## Tokai Newsletter 25 Mar. 2025

1. Weekend Medical Services in Apr.
2. Health Checks and Consultations in Apr.
3. Health Checks for Residents in Jun. & Jul.
4. Subsidy for Complete Physical Examination (General Dock or Brain Dock)
5. What is SC Smile Tokai?
6. Healthy Walking Group
7. Rent a Grand Piano for Private Practice

### 1. Weekend Medical Services in Apr.

**Hours:** 9:30 a.m. - noon

Sun. 6: Tokai Hospital, ph.029-282-2188

Sun. 13: Ogata Clinic, ph.029-282-4781

Sun. 20: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 27: Higashihara Clinic, ph.029-283-2301

Tue. 29: Tokai Hospital, ph.029-282-2188

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

### 2. Health Checks and Consultations in Apr.

#### (1) Health Consultation for Mothers and Children

**Date:** Fri. 11 Apr.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

**(2) “Genki-up” Health Consultation for Adults**

**Date:** Fri. 11 Apr.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:30 p.m.

Please make an appointment.

**(3) Health Check for Babies**

**1) Infants (babies born in Nov. 2024)**

**Date:** Wed. 9 Apr.

**Time:** 12:50 p.m. - 1:50 p.m.

**2) Children - aged 1 year and 6 months old (babies born in Sep. 2023)**

**Date:** Fri. 18 Apr.

**Time:** 12:50 p.m. - 1:50 p.m.

**3) Children - aged 3 years old (babies born in Oct. 2021)**

**Date:** Wed. 16 Apr.

**Time:** 12:50 p.m. - 1:50 p.m.

**(4) Baby Class for babies born in Jan. 2025**

**Date:** Mon. 14 Apr.

**Time:** 1:30 p.m. - 1:50 p.m.

**(5) Dental Checkup Class for babies born in Sep. & Oct. 2024**

**Date:** Wed. 30 Apr.

**Time:** 1:15 p.m. - 1:30 p.m.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

**3. Health Checks for Residents in Jun. & Jul.**

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks will be held as listed below. The health checks will be held only by reservation.

Residents' health checks will be conducted in Jun., Jul., Oct. and Jan., and the application procedure will change this year. You will first make an appointment online or by phone and receive the ticket and necessary materials one week before the appointment.

**Dates for Jun.:** Mon. 2, Tue. 3, Fri. 6, Wed. 11, Sat. 14, Mon. 16, Thu. 26, Fri. 27, Sun. 29

**Dates for Jul.:** Tue. 8, Wed. 9, Mon. 14, Sat. 26, Mon. 28, Tue. 29, Wed. 30, Thu. 31

**Reception Time:**

①8:00 a.m. – 8:15 a.m. ②8:30 a.m. – 8:45 a.m. ③9:00 a.m. – 9:15 a.m.

④9:30 a.m. – 9:45 a.m. ⑤10:00 a.m. – 10:15 a.m. ⑥10:30 a.m. – 10:45 a.m.

⑦11:00 a.m. – 11:15 a.m. ⑧11:30 a.m. – 11:45 a.m.

**Place:** Tokai Health Center

**Cost:** Free

**Reservation:** You can reserve either by phone or online.

**Phone;** Health Check Call Center, ph. 0570-011-822

Call between Tue. 22 and Fri. 25 Apr. from 9:00 a.m. to 5:00 p.m.

**Online;** <https://www.kenko-link.org/> \*Registration is required.

Reservations will be accepted from 7:30 a.m. on Tue. 15 Apr. to 11:59 p.m. on Fri. 25 Apr.

\*Reservations are taken on a first-come, first-served basis. If there is any vacancy, reservations will be taken at Tokai Health Center by phone after Wed. 7 May.

**Inquiries:**

About specific health checkups and health checks for the elderly; Health Insurance Section, ph. 029-282-1711 ext. 1171, 1175

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

#### **4. Subsidy for Complete Physical Examination (General Dock or Brain Dock)**

**Eligible people:** Those who are over 20 years of age and enrolled in Tokai Village National Health Insurance or Late-stage Medical Care Insurance for the Elderly

**Place:**

Tokai Hospital, ph. 029-282-2614

Hitachi, Ltd. Hitachinaka General Hospital, ph. 029-354-6795

Hitachi, Ltd. Hitachi General Hospital, ph. 0294-23-3971

Ibaraki Medical Center, ph. 029-243-1111

Higashikanto Clinic, ph. 029-221-1200

Seirei Memorial Hospital, ph. 0294-52-8531

Seirei Memorial Hospital Hitachinaka, ph. 029-219-8400

Brainpier Minamiohta, ph. 0294-70-1711

Brainpier Hitachinaka, ph. 029-219-7702

\*The amount of self-pay burden varies depending on each medical institution.

**Other:**

-You can take an examination (either General Dock or Brain Dock) once a fiscal year.

-If you take a General Dock, you cannot take some other examinations provided by Tokai Village within the same fiscal year.

-There are some examinations not eligible for the subsidy. Please check with each medical institution for the cost.

**Application:** Apply at Health Insurance Section (1F) with your insurance card between Tue. 1 Apr. 2025 and Fri. 6 Mar. 2026.

\*After making a reservation at a designated medical institution, you need to apply for the subsidy at Health Insurance Section, before taking the examination.

**Inquiries:** Health Insurance Section, ph. 029-282-1711 ext. 1171

## **5. What is SC Smile Tokai?**

SC Smile Tokai is an NPO local membership sports club aiming to make sports enjoyable for everyone in the community. It has 827 members from infants to adults.

It has various kinds of sports classes including aerobics, physical training, table tennis, tennis, volleyball, track and field, mini basketball, golf, hiking and yoga. It also organizes some sports events for the community.

### **Membership application**

Eligible people: Anyone who lives, works or goes to school in Tokai Village

The annual membership fee is 2400 yen for elementary school students and under (2000 yen for renewal), 3600 yen for junior high and high school students (3000 yen for renewal), and 6000 yen for university students and adults (5000 yen for renewal).

For more information, see SC Smile Tokai website at <https://scsmiletokai.com/>

**Inquiries:** SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001

## **6. Healthy Walking Group**

One-hour walk along the Ibaraki Health Road "Shirakata Sakurakaoru Denen" course.

**Date:** Fri. 4 Apr. (Canceled in case of rain)

**Time:** 9:30 a.m. (Registration starts at 9:00 a.m.)

**Meeting place:** Shirakata Community Center

**Eligible People:** Tokai Village residents

**Other:** No reservation is required. Bring a drink, a towel, and wear comfortable clothes. Please try carpooling due to the limited space in the parking lot.

**Inquiries:** Tokai Health Center, ph. 029-282-2797

## **7. Rent a Grand Piano for Private Practice**

**Dates:**

Fri. 11, Sat. 19, Tue. 22 Apr., Sat. 3, Tue. 13, Fri. 23 May, Tue. 10, Sat. 21, Tue. 24 Jun.

**Time:**

1:00 p.m. - 7:50 p.m. on Tue. and Fri.

9:00 a.m. - 7:50 p.m. (except noon - 1:00 p.m.) on Sat. and public holidays

**Place:** Tokai Culture Center

**Eligible people:** Anyone who lives, works or goes to school in Tokai Village

**Cost:** 200 yen per 50-minute session

\*You can apply up to two practice sessions per term (Apr. to Jun.).

\*Please contact Tokai Culture Center about additional use.

**Application and Inquiries:** Apply in person to Tokai Culture Center (ph. 029-282-8511) between 9:00 a.m. and 5:00 p.m. after Sat. 5 Apr. If there is any vacancy, reservations will be taken by phone after 1:00 p.m. on Sat. 5 Apr. You can apply by 5:00 p.m. on the day you want to use the venue if there is a vacancy. Website <http://www.tokai-cs.or.jp/post-4927/>