

**健康**  
Health●**健康診査**

40歳～74歳の中央区の国民健康保険に加入している方を対象に、メタボリックシンドロームに着目した「特定健康診査」と「特定保健指導」を実施しています。

75歳以上の方には「高齢者健康診査」、65歳以上の方には「フレイル予防検診」を実施しています。

対象の方には区から受診券を送ります。

## 問い合わせ：

福祉保健部管理課保健係（中央区役所）

電話：3546-5397

●**がん検診等**

該当年齢の方に、区と契約した区内の医療機関等で以下の検診を行っています。特に表記があるものを除き、対象者には区から受診券と各検診を行っている医療機関等の名簿を送ります。

- ・肺疾患（肺がん等）検診 40歳以上の方
- ・胃がん検診 35歳以上の方
  - ※36歳～39歳の方には受診券を送りません。希望する方はお申し込みください。
- ・大腸がん検診 40歳以上の方
- ・前立腺がん検診 55歳以上の男性
- ・肝炎ウイルス検査 40歳以上で、過去に区の肝炎ウイルス検査を受診していない方
- ・眼圧検査 40歳以上の5歳節目の方
- ・骨粗しょう症検査 40歳以上の偶数歳の女性
- ・子宮がん検診 20歳以上の偶数歳の女性と21歳以上の前年度受診していない奇数歳の女性
- ・乳がん検診 36歳以上の偶数歳の女性と37歳以上の前年度受診していない奇数歳の女性
  - ※子宮がん検診・乳がん検診共通
  - 前年度受診していない奇数歳の方と80歳以上の偶数歳の方には受診券を送りません。希望する方はお申し込みください。

## 問い合わせ：

福祉保健部管理課保健係（中央区役所）

電話：3546-5397

●**Health Checkups**

Specific health checkups and special health guidance focusing on metabolic syndromes (or visceral fat syndrome) are available for Chuo City residents between 40 and 74 years of age covered by National Health Insurance.

For those 75 years of age and older, a health checkup for the elderly is conducted, while for persons who are 65 years of age and older, a frailty checkup is conducted.

Eligible persons will receive a checkup coupon from the city.

**Inquiries:**

Public Health Subsection, Management Section, Social Welfare and Public Health Department (Chuo City Office)

Tel: 3546-5397

●**Cancer Screenings and Other Checkups**

Local medical facilities contracted by Chuo City provide the age-specific health examinations noted below. Unless otherwise indicated, the city will send eligible residents a checkup coupon and a list of medical facilities where examinations are provided.

- Pulmonary test (lung cancer, etc.): Those 40 years of age and older
- Stomach cancer screening test: Those 35 years of age and older
  - \* A checkup coupon will not be sent to those between the ages of 36 and 39. If you wish to receive a test, please apply beforehand.
- Colon cancer screening test: Those 40 years of age and older
- Prostate cancer screening test: Males 55 years of age and older
- Hepatitis virus test: Those 40 years of age and older who have not undergone a hepatitis virus test provided by the city in the past
- Intraocular pressure test: Those 40 years of age and older, every 5 years
- Osteoporosis test: Women aged 40 or older whose ages are even numbers
- Uterine cancer screening test: Women aged 20 or older whose ages are even numbers; and those aged 21 and older whose ages are odd numbers and missed the test the previous year
- Breast cancer screening test: Women aged 36 or older whose ages are even numbers, and those aged 37 and older whose ages are odd numbers and missed the test the previous year.

Note for both uterine and breast cancer screening tests:

A checkup coupon will not be sent to those whose ages are odd numbers and missed the previous year's test and those aged 80 and over whose ages are even numbers. If you fall within these groups and wish to take the tests, please contact the Chuo City Office.

**Inquiries:**

Public Health Subsection, Management Section, Social Welfare and Public Health Department (Chuo City Office)

Tel: 3546-5397

**● 禁煙外来医療費助成**

禁煙を希望する喫煙者に対し、治療成功に向けた取組を支援するため、医療費の一部を助成しています。

- ・対象者 健康保険が適用される禁煙外来での治療を完了した方  
※治療開始前または初診から2回目までの間に区への申請をし、登録決定を受ける必要があります。間に合わないことが見込まれる場合は事前にご相談ください。
- ・助成対象 健康保険が適用される禁煙外来での治療に要する医療費
- ・助成額 自己負担額（上限1万円）
- ・対象医療機関 禁煙治療に保険が使える医療機関（中央区外の医療機関での治療も可能）

**問い合わせ：**

健康推進課予防係（中央区保健所） 電話：3541-5930  
日本橋保健センター健康係 電話：3661-5071  
月島保健センター健康係 電話：5560-0765

**● HIV等検査**

HIV・クラミジア・梅毒・淋菌検査を匿名、無料で実施しています。

- ・検査日時 原則第2・4木曜日 午前9時～9時45分
- ・結果通知 2週間後の木曜日 午前10時15分～11時

**問い合わせ：**

健康推進課予防係（中央区保健所）  
電話：3541-5930

**● 歯科健康診査**

該当年齢の方に区と契約した区内の歯科診療所などで、以下の健診を行っています。対象の方には区から受診券と健診を行っている歯科診療所などの名簿を送ります。

- ・成人歯科健康診査 20歳、25歳、30歳～70歳の偶数歳の方
- ・高齢者歯科健康診査 72歳、74歳以上の方

**問い合わせ：**

福祉保健部管理課保健係（中央区役所）  
電話：3546-5397

**● Assistance with outpatient smoking cessation treatment costs**

Chuo City offers financial assistance to help cover the cost medical treatment for those who wish to quit smoking as a way to enhance treatment outcomes.

- Eligibility: Smokers who have already completed outpatient smoking cessation treatment covered by health insurance.
- \* Interested parties must submit an application to the Chuo City Office prior to treatment or before their third visit in order to be registered for the program. If you foresee not being able to register in time, please consult with us beforehand.
- What is covered: Outpatient medical treatment required for smoking cessation and covered by health insurance.
- Amount of financial assistance: Out-of-pocket costs (up to ¥10,000)
- Participating medical institutions: Those that take insurance for smoking cessation treatment (includes those located outside of Chu City)

**Inquiries:**

Prevention Subsection, Health Promotion Section, Chuo City Public Health Center  
Tel: 3541-5930  
Health Subsection, Nihonbashi Health Center  
Tel: 3661-5071  
Health Subsection, Tsukishima Health Center  
Tel: 5560-0765

**● HIV and STD Tests**

You can take anonymous examinations for HIV, chlamydia, syphilis, gonococcus and other STDs free of charge.

- Day of a test: 9 to 9:45 a.m. on the second and fourth Thursdays (in principle)
- Test results: 10:15 to 11 a.m. on the Thursday two weeks after the test

**Inquiries:**

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)  
Tel: 3541-5930

**● Dental Health Checkups**

Age-specific dental examinations will be provided by the following local clinics contracted with Chuo City. Those who are eligible will receive a checkup coupon and a list of dental institutions where health checkups are conducted.

- Adult dental checkups: Those 20, 25, and between 30 and 70 years old whose ages are even numbers
- Elderly dental health checkup: Those 72 years old, and 74 years old or older

**Inquiries:**

Public Health Subsection, Management Section, Social Welfare and Public Health Department (Chuo City Office)  
Tel: 3546-5397

●<sup>とうきょうとたいきおせんいりょうひじよせいせいど</sup>  
東京都大気汚染医療費助成制度

気管支ぜん息（18歳未満の方は慢性気管支炎、ぜん息性気管支炎、肺気腫も対象）と診断された方の医療費を助成する制度があります。なお、新規申請できるのは、18歳未満の方になります。

問い合わせ：

福祉保健部管理課保健係（中央区役所）  
電話：3546-5400

●<sup>けっかくいりょうひこうひふたんせいど</sup>  
結核医療費公費負担制度

結核と診断された方の医療費について、公費で負担する制度があります。

問い合わせ：

健康推進課予防係（中央区保健所）  
電話：3541-5930

●<sup>なんびょう</sup>  
難病

・難病医療費助成制度

都内に住所のある方で難病等にかかられた方に対して医療費の助成をしています。

問い合わせ：

健康推進課予防係（中央区保健所）	電話：3541-5930
日本橋保健センター健康係	電話：3661-3515
月島保健センター健康係	電話：5560-0765
都福祉保健局疾病対策課	電話：5320-4472

・難病患者福祉手当

上記の難病医療費助成制度を利用されている方のうち、区で指定する疾病を抱えている方に、月額 15,500 円の手当を支給しています（所得制限等あり）。

問い合わせ：

健康推進課予防係（中央区保健所）	電話：3541-5930
日本橋保健センター健康係	電話：3661-3515
月島保健センター健康係	電話：5560-0765

●Tokyo Metropolitan Government Subsidies for Medical Treatment for Air Pollution-related Illness

Those who are diagnosed with bronchial asthma (also chronic bronchitis, asthmatic bronchitis, and emphysema for children under 18 years old) can receive public subsidies for their medical expenses. New application for this subsidy is limited to children 17 years old or younger.

**Inquiries:**

Public Health Subsection, Management Section, Social Welfare and Public Health Department (Chuo City Office)  
Tel: 3546-5400

●Public Payment System for Tuberculosis Treatment Expenses

There is a public payment system for the medical expenses incurred by individuals diagnosed with tuberculosis.

**Inquiries:**

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)  
Tel: 3541-5930

●Intractable Diseases

・Medical care subsidy system for intractable diseases

A medical care subsidy is provided for residents of the Tokyo Metropolitan area with intractable diseases.

**Inquiries:**

Prevention Subsection, Health Promotion Section, Chuo City Public Health Center  
Tel: 3541-5930  
Health Subsection, Nihonbashi Health Center  
Tel: 3661-3515  
Health Subsection, Tsukishima Health Center  
Tel: 5560-0765  
Specific Disease Control Section, Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government  
Tel: 5320-4472

・Welfare allowance for patients with intractable diseases

Those who are receiving medical care subsidy system for intractable disease listed above and who are suffering from diseases designated by the city can receive an allowance of ¥15,500 per month (income restrictions apply).

**Inquiries:**

Prevention Subsection, Health Promotion Section, Chuo City Public Health Center  
Tel: 3541-5930  
Health Subsection, Nihonbashi Health Center  
Tel: 3661-3515  
Health Subsection, Tsukishima Health Center  
Tel: 5560-0765

## 3 Administrative Information

### ・ B 型・ C 型ウイルス肝炎治療医療費助成制度

B 型・ C 型肝炎のインターフェロン治療および B 型肝炎の核酸アナログ製剤治療、 C 型肝炎治療のインターフェロンフリー治療にかかる医療費を助成しています。

#### 問い合わせ：

健康推進課予防係（中央区保健所）	電話：3541-5930
日本橋保健センター健康係	電話：3661-3515
月島保健センター健康係	電話：5560-0765
都福祉保健局疾病対策課	電話：5320-4472

### ● 民生・児童委員

民生・児童委員は住民に最も身近な相談相手として、生活上のさまざまな悩みに関する相談に応じます。また、福祉サービスの紹介や、行政や関係機関との連絡・調整を行う橋渡しの役も担っています。委員には守秘義務がありますので、お気軽にご相談ください。

なお、民生・児童委員と共に活動する主任児童委員は、地域の児童や子育てに関する問題を専門的に担当しています。

#### 問い合わせ先：

福祉保健部管理課地域福祉推進係（中央区役所）  
電話：3546-5393

### ・ Medical care subsidy system for treatment of hepatitis B and C virus infections

Assistance with medical expenses is offered to cover interferon treatments for hepatitis B or C, nucleos(t)ide analog (NA) treatments for hepatitis B, and interferon-free treatments for hepatitis C.

#### Inquiries:

Prevention Subsection, Health Promotion Section, Chuo City Public Health Center  
Tel: 3541-5930  
Health Subsection, Nihonbashi Health Center  
Tel: 3661-3515  
Health Subsection, Tsukishima Health Center  
Tel: 5560-0765  
Specific Disease Control Section, Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government  
Tel: 5320-4472

### ● Minsei-iin Community Volunteers Jido-iin Child Welfare Volunteers

As the closest advisors to residents, local welfare commissioners/ children's welfare commissioners provide advice on various daily life issues. They are also responsible for introducing welfare services and serving as a bridge between you and the government and related organizations. Welfare commissioners are obligated to maintain confidentiality, so please feel free to consult with them.

The chief children's welfare commissioner, who works together with local welfare/children's welfare commissioners, specializes in issues related to children and childrearing in the community.

#### Inquiries:

Local Welfare Promotion Subsection, Management Section, Social Welfare and Public Health Department (Chuo City Office)  
Tel: 3546-5393