

HIGASHIHIROSHIMA



Newsletter



Living info

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Website <http://www.city.higashihiroshima.lg.jp/koho/multilingual/3491.html>

Genki Sukoyaka Kenshin health check-ups will start shortly

- 元氣すこやか健診が
- 始まります！

Health check vouchers for the Genki Sukoyaka Kenshin health checks are now being sent out. They will arrive in a white envelope with red lettering. The details of the health checks are in Japanese only. Details in languages other than Japanese will be available on the city website. Details for this year are due to be updated around the end of June. If you do not understand the content of the health check letter, please check the city website: <https://www.city.higashihiroshima.lg.jp/soshiki/seikatsukankyo/14/2/1/4/8341.html>



Vouchers will be sent to residents of Higashihiroshima City aged 40 or over, and to female residents aged 20 or over (of an even-numbered age), as of March 31st, 2022.

Even if you have not been sent vouchers, you can take the following health checks:

1. Basic health check: Residents of Higashihiroshima City aged 39 and under can take a basic health check (group health check only). The cost (to be paid by the individual) is 2000 yen per person.
2. Cervical cancer check: Females of an odd-numbered age between 21 and 39, who did not take a cervical cancer check in the previous year's Genki Sukoyaka Kenshin health check may take this check. The cost (to be paid by the individual) is 500 yen per person.



Group health checks:

Please apply using the Group Health Check Application Postcard (sent with the vouchers). Group checks will be held between Thursday July 15th and Saturday October 30th.

Health checks at medical facilities:

There is no need to apply using the postcard. Please contact the medical facility where you wish to take the health check, to make a reservation directly. Health checks at medical facilities are available from Tuesday June 1st, 2021 to Monday January 31st, 2022. Please take your health check vouchers with you when attending the health check.

Issuance of certificates of eligibility for free health checks:

For members of households receiving welfare payments (seikatsu hogo setai, 生活保護世帯) and households exempt from municipal and prefectural tax (shikenminzei hikazei setai, 市県民税非課税世帯), the health checks (apart from the prostate cancer check) are free. Please take the certificate of eligibility for free health checks with you when you take the health check.

Applications for certificates of eligibility for free health checks:

For those taking group health checks:

For those who give permission for a tax status check to be made (on the application postcard), and who are confirmed to be eligible, a certificate of eligibility for free health checks will be sent along with the paperwork to take to the health check.

If your tax status cannot be checked (because you have recently moved into Higashihiroshima City), please apply for a certificate of eligibility in the same way as if you were taking a health check at a medical facility (see below):

For those taking health checks at medical facilities:

Please apply for a certificate of eligibility in advance, at the Medical Treatment and Health Division (Iryo-Hoken-ka, 医療保険課), or at one of the Branch Offices or Sub-Branch Offices of the City Office. When applying, you will need a form of personal identification (your My Number card, a driving license, etc.). If your tax status cannot be checked (because you have recently moved into Higashihiroshima City), please include a Certificate of Items Recorded in the Tax Register for Municipal and Prefectural Tax (showing details for all members of the household) with your application.

Please see Page 2 for details of each type of health check.

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Health check details (all checks, except the prostate cancer check, are free for those aged 70 and over).

Type of check	Eligibility		Price to be paid by individual	
			Group check	Medical facility check
Specific health check	Those aged between 40 and 74, enrolled in National Health Insurance in Higashiroshima City (enrolled continuously until the day of the health check)		Free	
Basic health check	Those aged between 40 and 74, enrolled in National Health Insurance in Higashiroshima City from part-way through the year (enrolled on or after April 2nd, 2021)			
	Those enrolled in the latter-stage elderly healthcare system			
	Those aged 39 and under		2000 yen	Not available
	Those not enrolled in health insurance (aged 40 and over)		2000 yen	2300 yen
Hepatitis B and C virus	Those aged 40 and over who have never undergone this check in Higashiroshima City		700 yen (group checks and checks at medical facilities are free for those aged 40, 45, 50, 55, 60 and 65)	(This check only) 1700 yen (With specific or basic health check) 1100 yen
Lung cancer (Sputum check)	Those aged 50 and over whose smoking index is 600 and over are eligible for the sputum test		200 yen	600 yen
Stomach cancer	Those aged 40 and over		600 yen	900 yen
			(Barium) 1500 yen	(Barium) 2600 yen
Intestinal cancer				
Cervical cancer	Females aged 20 and over	Even-numbered ages	500 yen	1000 yen
		Odd-numbered ages (only those who did not undergo the test the previous year)	500 yen	Not available
Breast cancer	Females aged 40 and over	Even-numbered ages	1000 yen	1500 yen
		Odd-numbered ages (only those who did not undergo the test the previous year)	1000 yen	Not available
Prostate cancer	Males aged over 50		1100 yen	1900 yen
Periodontal disease check	Those aged 40, 50 and 60		Not available	800 yen

Contact: Medical Treatment and Health Division (Iryo-Hoken-ka, 医療保険課), tel.: 082-420-0936.

Notification of Municipal and Prefectural Tax for the 2021-22 financial year

- 市県民税納税通知書の郵送



Municipal and Prefectural Tax is calculated based on income for the previous year (January to December 2020). Therefore even those with no income currently (because they are no longer working, for example) may still need to pay tax. If you have had tax deducted from your wages automatically in the past, but you have changed jobs, you will be sent a notification, and you will need to pay your tax yourself. If you wish to have tax deducted from your wages automatically at your new place of work, your employer will need to contact the City Office.

As a measure to prevent the spread of COVID-19 infections, the period for filing income tax returns for 2020 was extended to April 15th, 2021. As a result of this, if a final tax return was submitted on or after March 16th, 2021, the details may not be reflected accurately on the first notice of the amount of tax to be paid. In this case, the amounts of tax payable will be altered as the tax returns are processed.

If your tax amount has been altered, you will be sent a new notice to inform you of the revised amount.

Contact: Municipal Tax Division (Shimin-zei-ka, 市民税課), tel.: 082-420-0910.

Applications for Special Livelihood Support Payment for households with children

- ・子育て世帯生活支援特別給付金の申請

A Special Livelihood Support Payment for households with children will be paid to single-parent families, etc., with low incomes, who have been affected by the spread of COVID-19. The payment is 50,000 yen per child.

Eligibility is as follows:

1: Those whose Child-Raising Allowance payment for April 2021 was completely stopped because they were receiving a public pension, etc.;

2: Those whose household finances have changed suddenly as a result of COVID-19, and whose income is at the same level as those receiving Child-Raising Allowance payments.

The deadline for applications is Monday February 28th, 2022. To apply, please complete the application form and take it or post it to the Children and Family Affairs Division or to one of the Branch Offices of the City Office. For more details, and to download the application form, please see the link below (only in Japanese):

https://www.city.higashihiroshima.lg.jp/kosodate_kyoiku/kenko/4/27971.html



If you received the Child-Raising Allowance payment for April 2021, you can receive the Special Livelihood Support Payment, but it is not necessary to apply.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0407.

Ministry of Health, Labor and Welfare (Kosei-Rodosho, 厚生労働省) Call Center, tel.: 0120-400-903.

Child Allowance Notification of Current Situation

- ・児童手当の現況届の提出



Forms for Notification of Current Situation (genkyo-todoke, 現況届) were sent at the end of May to all those currently receiving Child Allowance (jido-teate, 児童手当). This paperwork was in an orange envelope. The paperwork is necessary in order to confirm the situation (as of June 1) of those receiving Child Allowance, and to confirm continued eligibility for Child Allowance.

Please complete the relevant sections of this paperwork, and return it to the Children and Family Support Division with any necessary documents (such as a copy of your Health Insurance Certificate) by Wednesday June 30th.

Please be aware that if the form is not submitted, Child Allowance will not be paid from the payment for June.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0407.

Declaration of income for National Health Insurance payments and Latter Stage Elderly Health Insurance payments

- ・国民健康保険税・後期高齢者医療保険料の所得申告

Those aged 18 and over (as of January 1st, 2021) who are enrolled in the National Health Insurance Scheme and those enrolled in the Latter Stage Elderly Health Insurance Scheme must each make declarations of income, even if they have no income or only income that is not subject to tax. Those who need to make a declaration should have received a form at the beginning of February or at the end of May.

If even one member of a household does not make a declaration of income, then no matter how low the income of the household, the members of the household will not be eligible for reductions or exemptions for payments for the National Health Insurance Scheme and the Latter Stage Elderly Health Insurance Scheme.

Based on the declaration of income, the amount paid by the individual in the case of expensive medical treatment may rise, and the individual may become unable to receive reductions in the cost of food and treatment in medical facilities.

Those who have not yet made a declaration who need to do so should have received a form at the end of May. The deadline for declarations is Friday June 4th.

Contact: National Health Insurance and Pension Division (Kokuho nenkin ka, 国保年金課), tel.: 082-420-0933.

Expansion of the eligible age range for the system of subsidies for infants' medical costs

- ・乳幼児等医療費支給制度の対象拡大

From August 2021, the eligible age range for the system of subsidies for infants' medical costs will be expanded. The current system includes children up to the third grade of elementary school, but this will be expanded to include costs incurred until March 31st of the financial year when a child becomes 12 (sixth grade of elementary school).

Parents or guardians of children in the fourth to sixth grades of elementary school should have received details and an application form around the end of May. To apply, please fill in the necessary information on the form, and include copies of the health insurance certificates of children who are eligible. Submit the form to the Children and Family Support Division (by post is acceptable), or to a Branch Office or Sub-Branch Office of the City Office. The deadline for applications is Wednesday June 30th.

If your child may be eligible, but you have not received an application form, please contact us.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0407.

Deadline for payment of taxes: Wednesday June 30th

・ 納税・納期限は
 ・ 6月30日(水)

Please pay Municipal and Prefectural Tax (the first instalment) by Wednesday June 30th. You can pay at convenience stores and by your smartphone (using PayB or PayPay).

A notice of non-payment (Tokusokujo, 督促状) will be sent to residents who have not paid their tax by the deadline. If you receive a Tokusokujo, please pay the tax immediately, using the payment slip enclosed.

※ **Note:** it takes about ten days for the Tax Collection Division to confirm payment of tax, and therefore you may receive a Tokusokujo even after you have completed payment. In this case, please ignore the letter.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Consultation services for non-Japanese residents

・ 外国人相談窓口

Consultation services for non-Japanese residents are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available daily, at the following times: Mondays, Tuesdays, Wednesdays, Thursdays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Fridays, Sundays: 13:00 to 17:00.

Communication Corner website (English): <http://hhface.org/corner/en.html>

You can also access the Communication Corner website by using the upper QR code on the right.



Communication Corner website (English)

40-minute free legal consultations are available on Saturday June 19th, at 13:00, 14:00 and 15:00. The date for July is Saturday July 10th. English translation is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.



Facebook page

Communication Corner Facebook page:

<https://www.facebook.com/Communication-Corner-544685425697277>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.

Night-time and holiday hospitals

・ 夜間休日当番医

Night-time and holiday duty hospitals:

Full information about night-time and holiday duty hospitals within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover; only in Japanese), and on the Higashihiroshima City website (in Japanese and English).

The information is subject to change at short notice, so before going to a medical facility, please be sure to call to confirm details.

Recently, there are more and more patients using emergency medical facilities at night and on holidays even though their situation is not serious. In some cases, these patients have prevented or delayed the treatment of patients with truly serious illnesses, and additionally, such cases are one of the reasons for doctors becoming overworked. Emergency medical facilities open at night and on holidays are for patients with serious, emergency conditions. Please try to visit the medical facility you use normally, during opening hours on weekdays.



English



Japanese

Emergency medical treatment for children:

Please call the advice line on #8000 (if you cannot get through on this number, please call 082-505-1399). The service is available every day between 19:00 and 8:00 the following morning. You can obtain information about whether or not you should take your child to a medical facility outside of normal opening hours (at nights, on weekends or holidays, etc.).

If you have a medical problem at night or on weekends, and you are unsure about whether or not you should go to a medical facility:

Please call the Hiroshima area emergency consultation center on #7119. The service is free, and is available 24 hours a day, 365 days a year. The staff will be able to give you advice on whether to rest at home and see how symptoms develop, or whether you should go to a medical facility. If necessary, they can give you information about which facility to go to, or they can connect you directly to the 119 emergency service.

In an emergency, do not hesitate to phone 119.

This newsletter contains translations of selected articles from the Monthly City Newsletter 'Koho Higashihiroshima', published each month by the City Office. The newsletter contains details of official procedures, public housing available at low cost, subsidies available by applying at the City Office, event information, etc. This newsletter is available at the beginning of each month at the City Office (Citizens' Affairs Division, 1F), branch offices and sub-branch offices of the City Office, Kurose Library, Communication Corner (Sunsquare Higashihiroshima, 1F), Hiroshima University, Kindai University, Hiroshima International University, Fuji Grand (Higashihiroshima store), Youme Town (Higashihiroshima and Kurose stores), Shoji (Route 375 bypass and Toyosaka stores), Gyomu-yo Shokuhin Super (Saijo store), Manso (Takaya store), Bankok Store, Motonaga Hospital, Hello Work Hiroshima Saijo, Higashihiroshima Catholic Church (Takamigaoka), etc.

As of the end of April, 2021:

Population of Higashihiroshima City: 189,192
 Population of foreign residents: 7,486