

HIGASHIHIROSHIMA



Newsletter



Living info

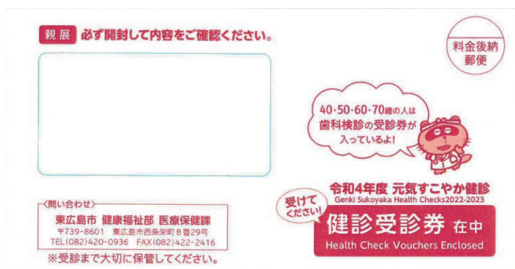
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Website <http://www.city.higashihiroshima.lg.jp/koho/multilingual/3491.html>

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, 2023. 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), or online. Group checks will be held between Wednesday July 13th and Wednesday November 2nd.

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 Wednesday June 1st, 2022 to Tuesday January 31st, 2023. 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 or when applying online), 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.

Genki Sukoyaka Kenshin health check-ups will start shortly

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- 始まります！

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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 Higashihiroshima 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 Higashihiroshima City from part-way through the year (enrolled on or after April 2nd, 2022)			
	Those enrolled in the latter-stage elderly healthcare system			
	Those aged 39 and under			
	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 Higashihiroshima 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 40 and over	Those aged 50 and over whose smoking index is 600 and over are eligible for the sputum test	200 yen	600 yen
			600 yen	900 yen
Stomach cancer			(Barium) 1500 yen	(Barium) 2600 yen (Stomach camera) 4000 yen
Intestinal cancer			400 yen	700 yen
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, 60 and 70		Not available	800 yen

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

Vaccinations against Covid-19

- 新型コロナワクチンの接種

The fourth dose of the vaccine against Covid-19 is now available. Vaccinations are available for those in the following categories, who received their third dose of the vaccine five months ago:

1: Those aged 60 or over

2: Those with an underlying illness aged between 18 and 59

Vaccination coupons for those in category 1 above are being sent out.

Those in category 2 above need to apply to have a vaccination coupon issued. If you wish to receive the vaccination, please contact the Higashihiroshima City Call Center.

For details about vaccinations, please see the multiple-language City website, or use the QR Code to the right.

https://www.city.higashihiroshima.lg.jp/soshiki/seikatsukankyo/14/2/1/covid19/vaccine_index.html



For enquiries about reservations and the re-issuance of vaccination coupons: Higashihiroshima City Call Center (open 8:30 to 20:00, seven days a week (including holidays), tel.: 0120-022-894. Information is available in English, Chinese, Portuguese, and Vietnamese.

For other enquiries: Office for Measures Against Coronavirus (Shingata Coronavirus Taisakushitsu, 新型コロナウイルス対策室), tel.: 082-420-0935.

Application Campaign for My Number Cards

- ・ マイナンバーカード申請キ
- ・ ャンペーン

A campaign is being held to encourage applications for My Number Cards. You can receive help to apply for your card, but if you do not understand Japanese, please have a Japanese speaker with you wherever possible.

Those to whom all of the following apply are eligible to make an application:

- 1: Those with a registered address in Higashihiroshima City;
- 2: Those who will be making a My Number Card for the first time;
- 3: Those who have no plans to change address within the city, or move out of the city, within two months of the application;
- 4: Those who can come to the City Office to make the application themselves.

When making an application, you will need the following items:

- 1: Proof of identity issued by a governmental or public office (one document from list A, or two documents from list B).

- 2: Your My Number Notification Card

If you have lost this card, you will need one piece of identification from List A, and one from List B.

- 3: Your Basic Resident Register Card (if you have one)

Those aged under 15, and those with an adult guardian will need different documents. Please enquire in advance.

You can select to receive your card in person at the counter where you made the application, or by post (post that can only be received by the person to whom it is addressed). If there is a problem with the necessary documents, the card can only be received at the City Office or at a branch office of the City Office.

Help with applications is available as follows (from 10:00 to 12:00, and from 13:00 to 15:00):

- ・ Fukutomi Branch Office: June 1st, 2nd
- ・ Kochi Branch Office: June 9th, 10th
- ・ Hachihonmatsu Sub-Branch Office: June 28th, 29th
- ・ Shiwa Sub-Branch Office: July 20th, 21st
- ・ Toyosaka Branch Office: June 7th, 8th
- ・ Akitsu Branch Office: June 14th, 15th
- ・ Kurose Branch Office: July 12th, 13th
- ・ Takaya Sub-Branch Office: July 26th, 27th

Contact: Citizens' Affairs Division (Shimin-ka, 市民課), tel.: 082-420-0925.

List A: Documents with a photograph showing the face of the holder:

Examples: Driving License, Passport, Basic Resident Register Card, Residence Card, Handicapped Person's Handbook, Mental Illness Health and Welfare Handbook, Special Permanent Resident Certificate, etc.

List B: Documents showing name and date of birth, or name and address:

Examples: Health Insurance Certificate, Pension Handbook, Student ID, Medical Beneficiary Certificate, etc.

My Number Points (second series)

- ・ マイポイント第2弾

For those who have applied to use their My Number Card as a Health Insurance Certificate, and those who have registered an account to receive pension payments into, a system of point applications and point awards will begin around June.

Contact: Citizens' Affairs Division (Shimin-ka, 市民課), tel.: 082-420-0925.

Notification of Municipal and Prefectural Tax for the 2022-23 financial year

- ・ 市県民税納税通通知書の郵送

Municipal and Prefectural Tax is calculated based on income for the previous year (January to December 2021). Therefore even those with no income currently (because they are no longer working, for example) may still need to pay tax, and will therefore be sent a notification of tax payable.

If you have had tax deducted from your wages automatically in the past, but you have changed jobs, you will be sent notifications of tax payable, 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.

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

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, 2022) 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 3rd.

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

Deadline for payment of taxes: Thursday June 30th

- 6月の納税・納期限は
- 6月30日(木)

Please pay Municipal and Prefectural Tax (the first instalment) by Thursday 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.

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, Fridays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Sundays: 13:00 to 17:00.

Communication Corner website (English): <https://www.hhface.org/wp/corner/home-2/>

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

• **40-minute free legal consultations** are available on Saturday June 4th, at 13:00, 14:00 and 15:00. The date for July is Saturday June 9th. 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.

• **Communication Corner Facebook page:**

<https://www.facebook.com/hhface.communicationcorner>

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



Communication Corner website (English)



Facebook page

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.

• **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. Also, advice is available on the website (you can access the website from the QR code to the right), in Japanese, English, and Chinese (simplified and traditional). 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.



English



Japanese

**Citizens' Affairs Division: Out-of-hours opening**

- 市民課窓口：木曜延長・
- 日曜開庁

The counters of the Citizens' Affairs Division are open until 19:00 every Thursday evening (except national holidays and the new year/year-end period). In addition, the counters will be open on Sunday June 12 and Sunday June 26th, from 8:30 to 12:30.

For details of what matters can be dealt with during these extended opening hours, and what you need to bring with you, please see the city website: <https://www.city.higashihiroshima.lg.jp/kurashi/todokede/8/23724.html>

Wherever possible, please take someone with you who speaks Japanese.

If you have a My Number Card, you can use it to obtain Certificates of Residence, etc., at convenience stores.

Please be aware that it is necessary to make a reservation in advance if you wish to be issued with your My Number Card during an out-of-hours opening period.

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, 2022:

Population of Higashihiroshima City: 189,114
Population of foreign residents: 7,150