

# HIGASHIHIROSHIMA



Newsletter



Living info

Published by Higashihiroshima City International Exchange Promotion Association  
(Civic Affairs Division, Higashihiroshima City Office) ☎ 082-420-0922

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

## Genki Sukoyaka Kenshin health check-ups will start shortly

- 元気すこやか健診が
- 始まります！



Health check vouchers for the Genki Sukoyaka Kenshin health checks are now being sent out. They will 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, 2024. They will arrive in an envelope like the one to the left.

Even if you have not been sent vouchers, you may be able to take the following health checks. Please enquire at the Medical Treatment and Health Division.

1. For those aged 39 and under: **Basic health check.** Those 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. For females of an odd-numbered age between 21 and 39: **Cervical cancer check.** Females of an odd-numbered age between 21 and 39, who did not take a cervical cancer check in the 2022 Genki Sukoyaka Kenshin health check may take this check. The cost (to be paid by the individual) is 500 yen per person.

### Applying for group health checks:

Please apply using the Group Health Check Application Postcard (sent with the vouchers), or online. Group checks will be held between Tuesday July 11th and Wednesday November 1st.

### Applying for 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 Thursday June 1st, 2023 to Wednesday January 31st, 2024. Please take your health check vouchers with you when attending the health check.

### 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 apply for a certificate of eligibility for free health checks as shown below, and take the certificate of eligibility 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.

#### 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 (Fukutomi Branch Office and the Sub-Branch Offices can only accept applications). When applying, you will need a form of personal identification (your My Number card, a health insurance certificate, a driving license, etc.), or the health check vouchers you were sent.

If you did not have an address in Higashihiroshima City as of January 1st, 2023, please bring a Certificate of Items Recorded in the Tax Register for Municipal and Prefectural Tax for the 2023-2024 financial year (the 2022 period), showing details for all members of the household with you when you make your application, so that your tax status can be checked.

**Please also take a periodontal disease check:** Periodontal disease is a lifestyle-related disease that may progress without obvious pain. Please take this opportunity to have an oral check. These are available for those aged 40, 50, 60 and 70, and cost 500 yen (the check is free for those aged 70). Please apply at a dentist, and take the health check voucher with you when you undergo the check.

For more details (types of checks, etc.), please access the City website from the QR Code to the right.

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



## Special Daily Life Support Payments to Households Raising Children

- ・子育て世帯生活支援特別給付
- ・金の申請を受け付けています

Special support payments to households on low incomes who are raising children are available. The amount is 50,000 yen per eligible child. If you are in one of the following categories, you need to apply.

### Payments to single-parent families:

1. You cannot receive child-raising allowance payments because you are receiving a pension, etc.
2. There has been a sudden change in your household income, and your income has dropped to a level that would qualify you to receive child-raising allowance payments.



### Payments to other households:

1. You did not receive the special daily life support payment to households raising children in the 2022-2023 financial year, but there has been a sudden change to your household finances, and they have dropped to a level that would qualify you as exempt from resident tax.



If you are in one of the following categories, you do not need to apply.

1. You received a child-raising allowance payment for March or April 2023.
2. You received the special daily life support payment to households raising children in the 2022-2023 financial year.

The deadline for applications is Thursday February 29th, 2024. Further information (in Japanese only) is available from the QR Codes to the right of each category.

To apply, please take the necessary documents (the application form can be downloaded from the City website) to the Children and Family Support Division, or send it by post.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0941.

Children and Families Agency (Kodomo Katei-cho, 子ども家庭庁) Call Center, tel.: 0120-400-903.

## Eligibility for the System of Subsidies for Medical Expenses for Infants and Children is being extended

- ・乳幼児等医療費支給制度
- ・の対象を拡大します

From August, the scope eligibility for subsidies for medical expenses will be expanded as shown below.

Notifications were sent at the end of May 2023 to parents of children (1st to 3rd grade of junior high school) who may be newly eligible for subsidies for medical expenses as a result of this expansion. If you have not received a notification, please contact us as soon as possible.

Category	Before the change	After the change
Outpatient	Until March 31st of the financial year in which the child turns 12 (until the 6th grade of elementary school)	Until March 31st of the financial year in which the child turns 15 (until the 3rd grade of junior high school)
Inpatient (stay in hospital)	Until March 31st of the financial year in which the child turns 15 (until the 3rd grade of junior high school)	Until March 31st of the financial year in which the child turns 18 (until the 3rd grade of high school)

Please submit the application form electronically or by post, with a copy of the child's health insurance card attached (the application form is enclosed with the notification). The deadline for applications is Friday June 30th.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0941.



## 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, 2023) 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 beginning of February or at the end of May. The deadline for declarations is Friday June 2nd.

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



## Emergency Support Payments to Counter Cost-of-Living Increases

・ 価格高騰緊急支援給付金

If your household falls into one of the following categories (① or ② below), you may be eligible to receive a payment of 30,000 yen per household. You may only receive this payment once, and for one or other of the categories (not both).

### ① Households exempt from resident tax

The payment will be made to the heads of households with a registered address in Higashihiroshima City as of June 1st, 2023, in which all members of the household are exempt from the per-capita portion of resident tax.

Documents needed for the application will be sent out to eligible households from the middle of June.

### ② Households whose income has changed suddenly

The payment will be made to the heads of households whose income has dropped significantly since January 2023 due to unforeseen circumstances, to the extent that all members of the household would be exempt from resident tax.

To apply, please bring the application form to the counter, or send it by post, including with the form a written statement of your projected income, and a document which shows the state of your income (a tax withholding slip, a tax declaration form, your wage slip, etc.). For more details, please enquire.

Whichever category you apply under, please bring or send the application to the Higashihiroshima City Special One-Off Payments Enquiry Counter. The deadline for applications is Thursday November 30th, 2023. Applications postmarked on this date will be accepted.

Contact: Higashihiroshima City Special One-Off Payments Call Center (Rinji Tokubetsu Kyufukin Call Center, 臨時特別給付金コールセンター), tel.: 0120-780-125.

## COVID-19 vaccinations (spring 2023 vaccinations)

・ 新型コロナワクチン接種  
・ (令和5年春開始接種)

These vaccinations are available until Thursday August 31st.

Initial vaccinations (first and second doses) continue to be available. (For infants, the initial vaccination covers the first to third doses.)

In the 'fall vaccinations', due to begin in September, everyone aged five and over who has received the initial vaccinations can receive one more dose.

Eligibility		Available doses of vaccine effective against the Omicron strain
Those aged 65 and over		One dose
Those aged 12-64	With underlying illnesses, health workers, etc.	One dose
	In 'normal' health	Vaccination not possible
Those aged 5-11	With underlying illnesses	One dose
	In 'normal' health	One dose for those not vaccinated with vaccine effective against the Omicron strain on or before May 7th
Those aged 6 months to 4 years		-

To make a reservation or to have a vaccination coupon issued, please contact the Higashihiroshima City Call Center, on 0120-022-894. The center is open from 8:30 to 18:00 seven days a week (available languages: Japanese, English, Chinese, Korean, Portuguese, Spanish, Vietnamese).

Other enquiries: 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 2023-24 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 2022). 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. The notifications for this financial year will be sent by post around the beginning of June, in a green envelope.

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.



## Questionnaires for health checks for 18-month-old infants and 3-year-old infants can now be completed online

・ 1歳6か月児・3歳児健康診査の問診などは、ウェブで手続きできます

From June, pre-check questionnaires and schedule changes for health checks for 18-month-old infants and 3-year-old infants can be completed on the Higashihiroshima Citizens' Portal Site. If your child is eligible for one of these health checks, you will be sent by post a notification of the health check, and details of how to complete the procedures. Please fill out the questionnaire by the day before your child's health check.

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



**Deadline for payment of taxes: Friday June 30th**

- 次回の納期限は
- 6月30日(金)

Please pay Municipal and Prefectural Tax (the first instalment) by Friday June 30th.

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, 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 10th, at 13:00, 14:00 and 15:00. The date for July is Saturday July 8th. English interpreting 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. 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. There is Sunday opening on June 11th and June 25th, from 8:30 to 12:30. Wherever possible, please take someone with you who speaks Japanese. **Please note that divisions other than the Citizens' Affairs Division are not open at these times.** For details of what matters can be dealt with during these extended opening hours, and what you need to bring with you, please access the QR Code to the right to check the city website.

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. In addition, My Number (Myna) Points cannot be dealt with.

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

**Population and households as of the end of April, 2023:**

Population of Higashihiroshima City: 190,186 (451 more than March)  
Households: 90,294 (631 more than March)  
Population of foreign residents: 8,213 (205 more than March)  
Foreign households: 6,281 (183 more than March)