

HIGASHIHIROSHIMA



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 Health Checks will begin soon!

- 元氣すこやか健診が
始まります！

From 2024, health check fees (the portion paid by the individual) will be free for those enrolled in the Higashihiroshima City National Health Insurance. There is no need to apply for a Certificate of Eligibility for Free Health Checks. (Excluding basic medical examinations for those under 39 years of age.)

● People who will be sent health check vouchers:

1. Women over 20 years old, of an even-numbered age;
2. Those over 40 years old;
3. Those aged 20 years old and 30 years old, who are eligible for milestone periodontal disease screening.



Health check vouchers will be sent in an envelope like this

than usual. In addition, there are capacity limits at some health check locations. As soon as you receive your health check vouchers, please be sure to check the enclosed Genki Sukoyaka health check guide.

○ You may be able to receive a health checkup even if you have not been sent health check vouchers.

● Those under the age of 39 are eligible for a basic health check, only at a group health check. Please apply by phone. Amount to be paid by the individual: 2,000 yen.

● Women of odd-numbered ages at or over 21 years old and at or under 39 years old, who did not receive a cervical cancer check at the Genki Sukoyaka health check in 2023 can receive a cervical cancer check, only at a group health check. Amount to be paid by the individual: 500 yen.

○ Group health checks

Checks are available from Tuesday July 9th to Thursday November 21st.

The deadline for applying for a group health check is earlier

Group health checks (not medical institution health checks) can be made online. Please make use of this facility!

See the URL below, or use the QR Code to the right.

<https://www.aitel-reservation.jp/higashihiroshimacitykenshin-hiroshima/>



○ Medical institution health checks

These are available from Saturday June 1st, 2024 to Friday January 31st, 2025.

Please contact a medical institution directly to apply (you will need to take your health check vouchers)

○ Please take a milestone periodontal disease check!

Eligibility for the milestone periodontal disease check has been extended to those of 20 and 30 years of age from this year. Periodontal disease is a lifestyle disease that can progress without obvious pain. Please take this opportunity to have your own dental health checked.

Those aged 20, 30, 40, 50, 60 and 70 are eligible.

Amount to be paid by the individual: 500 yen.

(The check is free for those enrolled in the Higashihiroshima City National Health Insurance, and for 70-year-olds.)

Please contact a dental clinic directly to apply (you will need to take your health check vouchers)

● How to apply for a Certificate of Eligibility for Free Health Checks

You can apply on the web or in person.

If you have not applied for a Certificate of Eligibility for Free Health Checks, or you do not bring your certificate with you to the health check, you will be charged a medical examination fee. Please note that you cannot apply for reimbursement after the health check.

Continued on page 2...

Genki Sukoyaka Health Checks will begin soon!

- ・ 元気すこやか健診が
- ・ 始まります！
- ・

Continued from page 1

Group health checks	Apply using the application postcard or online. Those eligible will be sent a medical examination form and a Certificate of Eligibility for Free Health Checks from the city.
Medical institution health checks	Before the health check, please apply for a Certificate of Eligibility for Free Health Checks. When applying, you will need an identity verification document (your My Number card, health insurance card, driver's license, etc.) or your Genki Sukoyaka Health Check vouchers. You can apply online, or in person (at the Medical Treatment and Health Division, or at a branch office or sub-branch office of the City Office. Note that Fukutomi Branch Office and the sub-branch offices only accept applications. Certificates of Eligibility for Free Health Checks cannot be issued).

For both group health checks and medical institution health checks, if your tax status is unable to be checked because you have moved into the city from elsewhere, please bring a certificate of items recorded on the tax register from municipal and prefectural tax for the 2024-25 financial year (the 2023 calendar year), for all members of the household.

Details are also available on the city website. See the URL below, or use the QR Code to the right.

<https://www.city.higashihiroshima.lg.jp/en/7/33817.html>



Contact: Medical Treatment and Health Division (Iryo-hoken-ka, 医療保健課), tel.: 082-420-0936.

The medical expenses payments scheme for infants and toddlers will change

- ・ 乳幼児等医療費支給制度
- ・ が変わります
- ・

From October, this scheme will change as shown in the table below. Accordingly, we will send information in early June to parents of children who are not currently eligible for benefits (please contact us if you do not receive the information until mid-June).

Please note that your current certificate of eligibility is valid until you receive a new certificate of eligibility (the timing of when you will receive your new certificate of eligibility will vary depending on your child's birth month).

	Before change	After change
Name of scheme	Medical expenses payments scheme for infants and toddlers	Medical expenses payments scheme for children
Income limit	Yes	No
Age of eligibility for medical expenses related to visiting a hospital	Until the end of the financial year when the child reaches the age of 15 (until the 3rd year of junior high school)	Until the end of the financial year when the child reaches the age of 18 (up to the third year of high school)

The deadline for applications is Friday June 28th.

Applications can be made online, submission to the Children and Family Support Division or a branch office or sub-branch office of the City Office, or by sending the application form by post to the Children and Family Support Division.

For more details, see the City website. See the URL below, or use the QR Code to the right.

<https://www.city.higashihiroshima.lg.jp/en/8/39831.html>

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

**Notices of municipal and prefectural tax payment amounts will be sent**

- ・ 市県民税納税通知書
- ・ の郵送
- ・

Municipal and prefectural tax payment notices will be sent to you by post on June 3rd, reflecting the fixed amount tax reduction for your tax amount for the 2024-25 financial year.

If your workplace has changed due to a job change, you will receive a tax notice, so if you wish to have your salary deducted at your new workplace, please contact your employer.

See the QR Code to the right for details of how to read your tax notice.



With the revision of the tax system in the 2024 financial year, a special deduction (fixed amount tax reduction) for the income tax amount will be implemented for 2024 income tax. See the URL below, or use the QR Code to the left, for details (in Japanese).

<https://www.nta.go.jp/users/gensen/teigakugenzai/01.htm>

A fixed tax reduction will also be implemented for the personal inhabitant tax in 2020.

See the URL below, or use the QR Code to the right, for details (in Japanese).

<https://www.city.higashihiroshima.lg.jp/soshiki/zaimu/3/zeiseikaisei/37031.html>

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



Observation and planetarium experience using the Kanata telescope: Higashihiroshima Space Club

- ・かなた望遠鏡を使った観測やプラネタリウム体験 ひがしひろしまスペースクラブ

This event will take place as follows:

	Date		Time	Location	Content
	A Course	B Course			
1	Saturday July 6th	As A Course	19:30-21:00	Hiroshima University	Finding spring constellations
2	Saturday August 3rd	As A Course	19:30-21:00	Hiroshima University	Finding summer constellations
3	Saturday September 28th	As A Course	19:00-20:30	Hiroshima University	Learning about the planets in the solar system
4	Saturday October 19th	As A Course	19:00-20:30	Hiroshima University	Studying the Moon
5	Monday November 18th	Friday November 15th	19:00-20:30	Takeda Junior High and High School	Studying star movements at the planetarium
6	Saturday November 30th	As A Course	18:30-20:00	Hiroshima University	Finding fall and winter constellations
7	Monday December 9th	Friday December 13th	18:30-20:00	Higashihiroshima Kanata Observatory	Observing the stars at the observatory
8	Saturday March 1st	As A Course	18:30-20:00	Hiroshima University	Becoming a star master

All of the activities are in Japanese.

The Space Club is open to elementary school children in grades 4, 5 and 6. Each course (A and B) is open to 25 children. Participants will be decided by lottery.

After applying, as a rule it is not possible to change courses.

Applications can be made online or by phone. Please give the following information: the name of the course, your preferred course, your address, the name of the child and the parent/guardian (with furigana), the child's school and grade, and your telephone number.

The deadline for applications is Monday June 17th. Applications must be received by this date.

Contact: Lifelong Learning Division (Shogai Gakushu-ka, 生涯学習課), tel.: 082-420-0979, fax: 082-422-1610.

Email: hgh200979@city.higashihiroshima.lg.jp



Recruitment of performers for Sake Matsuri main stage

- ・酒まつりステージ出演者募集



Dance performers for the main stage of the Sake Matsuri (Sake Festival), which takes place on Saturday October 12th and Sunday October 13th, are being recruited from June 18th. The deadline for applications is Sunday June 30th.

There is a selection procedure. For more information, please check the Sake Matsuri website (scheduled to be published on June 17th).

Contact: Sake Matsuri Organizing Committee (Sake Matsuri Jikko-iinkai, 酒まつり実行委員会), tel.: 082-420-0330.

URL: <https://sakematsuri.com/>



How about trying canoeing or stand-up paddleboarding? B&G Kurose Akitsu Marine Club Participants Wanted

- ・カヌーやSUPなどを体験しませんか
- ・B&G黒瀬安芸津海洋クラブ参加者募集

This event will take place from 9:30 to 11:30, on the following dates: Saturday June 15th, Sunday June 23rd, Saturday June 29th, Sunday July 7th, Sunday July 21st, Saturday July 27th, Saturday August 3rd, Sunday August 18th, Sunday August 25th, Saturday August 31st. The location is the boathouse of Kurose B&G Ocean Center (Kamenokubi Pond). The event is open to elementary school students and above.

To apply to participate in the event, please send a fax or email, detailing the event name and date, and the participant's name (with furigana), age, address and postcode, and telephone number, as well as the name of the parent or guardian. The deadline for applications is one week before each event takes place.

Contact: Higashihiroshima Foundation for Affairs of Culture and Education (Kurose Okunai Pool, 黒瀬屋内プール), tel./fax: 0823-82-7075. Email: center02@diary.ocn.ne.jp

Deadline for payment of taxes: Monday July 1st

・ 次回の納期限は
・ 7月1日（月）
・

Please pay Municipal and Prefectural Tax and Forest Environment Tax (the first installment) by Monday July 1st.

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 8th, at 13:00, 14:00 and 15:00. The date for July is Saturday July 13th. 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.

<https://www.city.higashihiroshima.lg.jp/kenko/iryo/3/11526.html>

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 9th and June 23rd, 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 formalities relating to My Number Cards cannot be dealt with.

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

<https://www.city.higashihiroshima.lg.jp/en/3/35917.html>

**Population and households as of the end of April, 2024:**

Population of Higashihiroshima City: 190,155 (605 more than March)

Households: 91,325 (710 more than March)

Population of foreign residents: 8,875 (319 more than March)

Foreign households: 6,858 (306 more than March)