

HIGASHIHIROSHIMA



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

Living info

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

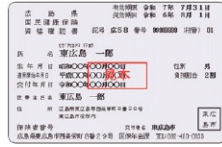

To all those insured under the National Health Insurance scheme

- 国民健康保険・後期高齢者医療制度の被保険者の皆さんへ

Those insured under the National Health Insurance will receive a 'Certificate of Eligibility Information' or a 'Notice of Eligibility Information' in mid-July. This will be sent in a light blue envelope.



From August 1st onwards, as a general rule, those who do not have a My Number Insurance Card will be issued with a 'Certificate of Eligibility Information', and those who do have a My Number Insurance Card will be issued with a 'Notice of Eligibility Information'. If you have not received a 'Certificate of Eligibility Information' or 'Notice of Eligibility Information' by August, please contact us.
The expiration date for insurance cards, certificates of eligibility and notices of eligibility that have already been issued is Thursday, July 31st.

Eligible recipients	
<p>Those who do not have a My Number Insurance Card</p> <p>Those in need of special consideration who have trouble receiving medical treatment with a My Number Insurance Card (people with disabilities, the elderly, victims of domestic violence, etc.) and who have applied for a Certificate of Eligibility Information</p> <p>Those who have applied to cancel their insurance card registration</p> <p>Those whose My Number Card's electronic certificate has expired</p>	<p>Certificate of Eligibility Information (light blue)</p> 
<p>Those who have a My Number Insurance Card</p> <p>You cannot receive medical treatment at a medical institution with just the 'Notice of Eligibility Information'. If your My Number insurance card cannot be read, please present the 'Notice of Eligibility Information' together with your My Number Insurance Card.</p>	<p>Notice of Eligibility Information</p> 

Tax payment notices and payment slips for insurance premiums calculated based on your income in 2024 will be sent in mid-July (in a gray envelope).

National Health Insurance Premiums will be sent to the head of the household.

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

Summer events in Higashihiroshima City

- 東広島市内の夏イベント
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In summer, many events are held in Higashihiroshima City. Please go along to them if you have the time!



Kurose Fureai Summer Festival

Stage performances, live music, fireworks, etc.

Date and time: Saturday July 26th, 16:00-21:00.

The event will take place even in light rain. If it is cancelled due to rain, it will be held on Sunday July 27th.

Location: around Kurose Lifelong Learning Center

Contact: Planning Committee (Kurose Chamber of Commerce), tel.: 0823-82-3075.



Riverside Festival

Enjoy catching and grilling sweetfish

Date and time: Sunday July 27th, 9:30-15:00

Location: Mukunashi River riverbed

Applications should be made online, and can be accepted from Tuesday, July 1st.

Contact: Riverside Festival Planning Committee (inside You Ai Sun Kochi), tel.: 082-437-2228.



Higashihiroshima Fireworks Festival

Fireworks light up the sea and night sky of Akitsu

Date and time: Tuesday July 29th, 20:30-21:00

Location: Mitsuhamama area, Akitsu

Inquiries: Higashihiroshima Fireworks Festival Planning Committee, tel.: 090-6848-2618.

Be aware of heat stroke

- 熱中症に気を付けましょう
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Heat stroke can occur not only outdoors but also indoors when you are not doing anything, and in some cases it can even result in death.

Pay attention to the 'heat index', 'heat stroke warning alerts', and 'special heat stroke warning alert' to get an idea of the risk of heat stroke, use air conditioners appropriately, and take fluids and salt frequently to prevent heat stroke.

Please keep an eye on and speak to elderly people and infants who are at high risk of developing heat stroke.



A multilingual pamphlet on heat stroke prevention is available from the QR Code on the right, or the URL below:

https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryuu/kenkou/nettyuu/nettyuu_taisaku/pamph.html

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

Support benefits for pregnant women

- 妊婦のための支援給付金
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Pregnant women support benefits are now available. The amount is 50,000 yen for the first time, and 50,000 yen for each baby in the womb for the second time.

Mothers are also eligible for benefits in the case of miscarriage or stillbirth.

Those who are registered as residents of the city at the time of application and have been approved are eligible.

How to apply: (1st time) Apply after the interview when you submit notice of your pregnancy

(2nd time) Apply during the baby visit

For details, see the QR Code to the right, or the URL below.

<https://www.city.higashihiroshima.lg.jp/en/8/42817.html>



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

Applications for exemption and deferral of National Pension Insurance premiums for the 2025-26 financial year are now being accepted

- 令和7年度国民年金保険料免除・納付猶予申請受付開始
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If you are unable to pay your National Pension Insurance premiums for financial reasons, by making an application you can be approved for exemption or deferral of payments of the premiums.

If you leave your premiums unpaid, you may not be able to receive basic disability pension or basic survivor pension in the event of an unforeseen event such as disability or death.

Applications are accepted from Tuesday July 1st, and the period of approval for exemption or deferral is from July 2025 to June 2026.

If you are applying for exemption due to unemployment, etc., when applying you will need proof of unemployment such as a notice of separation from employment (required only for the first time you apply).

Those who have a My Number card can apply electronically using the My Number Portal site.

Type	Qualification	Reflection in pension amount				
Full exemption	○					4/8
3/4 exemption	○					5/8
Half exemption	○					8/6
1/4 exemption	○					8/7
Deferred payment	○					x
No payment	x					x

Contact: National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課) tel.: 082-420-0933.
Kure Pension Office (Kure Nenkin Jimusho, 呉年金事務所), tel.: 0823-22-1691.

Sunday breast cancer examinations are available

- 日曜日に乳がん診を受けることができます
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Breast cancer examinations (mammograms, breast ultrasound checks, visual and palpable examinations, and physical examinations), as well as cervical cancer examinations, are available on Sunday, October 19th. Vouchers for the Genki Sukoyaka Health Check can be used.

Breast cancer examinations are performed by female doctors, technicians, and female staff.

Gynecology (cervical cancer) examinations can also be performed on the same day (the gynecologists are male).

Date and time: Sunday, October 19th, 8:30-11:30

Location: Motonaga Hospital

Applications can be accepted from 14:00 on Friday, August 1st.

For more information, please see the QR Code on the right, or the URL below:

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

Contact: Motonaga Hospital (Motonaga Byoin, 本永病院), tel.: 082-423-2708 (available from 14:00 to 16:30).



Deadline for payment of taxes: Thursday July 31st

- 次回の納期限は
- 7月31日(木)

Please pay the National Health Insurance Premium (the first installment), and Fixed Asset Tax and City Planning Tax (the second installment) by Thursday July 31st. 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 at the following times: Mondays-Saturdays, 9:00 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 not available in July.

- **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

Consumer life consultations

- 消費生活相談

Consumer life consultations are available from Monday to Friday (excluding public holidays), from 9:00 to 12:00 and from 13:00 to 17:00, at the Consumer Life Center (City Office North Building, 1F). Reception is open until 16:30. Consumer Life Consultants can advise on contract problems between consumers and businesses. Tel.: 082-421-7189. Whenever possible, please take a Japanese speaker with you.

Lunchtime consumer life consultations are available from Monday to Friday (excluding public holidays), from 11:00 to 13:00, and **holiday consumer life consultations** are available on Saturdays, Sundays and public holidays from 10:00 to 16:00. These are telephone consultations only, for enquiries outside of the Consumer Life Center reception hours. Enquiries will be dealt with by staff of the Citizens' Lifestyle Center, etc. Tel.: 03-3446-0999 (Citizens' Lifestyle Center), 188 (Consumer Hotline).

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/en/7/33907.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 on the first and third Thursdays of the month (except national holidays and the new year/year-end period). The dates for July are July 3rd and July 17th.

In addition, there is Sunday opening on July 13th and July 27th from 9:00 to 12:00. 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 May, 2025:**

Population of Higashihiroshima City: 190,918 (126 more than April)
Population of foreign residents: 9,714 (99 more than April)

Households: 92,935 (174 more than April)
Foreign households: 7,563 (88 more than April)