

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 start soon!

- 元気すこやか検診が
- 始まります！

For more information, please use the URL below or the QR Code to the right.

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



Types of Health Checks

- Specific Health Check / Basic Health Check
- Hepatitis B and C Virus Screening
- Cancer Screenings (lung, stomach, colorectal, cervical, breast, prostate)
- Osteoporosis Screening
- Milestone Periodontal Disease Screening

People who should have received health check vouchers (sent in late May)

- ① People aged 40 or older
- ② Women aged 20 or older who are an even-numbered age
- ③ Men aged 20 or 30



You may still be able to receive a health check even if you have not been sent a health check voucher

- Basic Health Check (group checks only)

Eligibility: People aged 39 or younger

Fee: 2,000 yen (personal contribution)

- Cervical Cancer Screening (group checks only)

Eligibility: Women aged 21 to 39 who are an odd-numbered age and who did not receive cervical cancer screening as part of the 2025-26 Genki Sukoyaka Health Check

Fee: 500 yen (personal contribution)

Health Checks at medical facilities

Period: Monday June 1, 2026 to Sunday January 31, 2027

Location: Medical facilities (please take your health check vouchers)

Group Checks

Period: Tuesday July 14 to Thursday October 29

Please note the application deadlines for each of the check venues. Online reservations are available for group checks. When booking online, you can choose your reception time.

Online reservations can be made from the URL below, or from the QR Code to the right.

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



Milestone Periodontal Disease Screening

Period: Monday June 1, 2026 to Sunday January 31, 2027

Eligibility: Those aged 20, 30, 40, 50, 60, or 70

Location: Dental clinics (please take your health check voucher)

Eligibility for free health checks

- ① Higashihiroshima City National Health Insurance members (presentation of a My Number health insurance card, etc. is required.)
- ② People aged 70 or older
- ③ People from households receiving welfare assistance (presentation of a valid Public Assistance Recipient Certificate (for emergency medical visits) is required.)
- ④ People from households exempt from municipal and prefectural resident tax (presentation of a fee exemption certificate is required)


※ Prostate cancer screening is free only for people who fall under category ①.

Genki Sukoyaka Health Checks will start soon!

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〈How to Apply for a Fee Exemption Certificate〉

Medical Institution Checkups including Milestone Periodontal Disease Screening	<p>Required items: Identity verification documents, such as a My Number Card or driver's license, or the Genki Sukoyaka Health Check vouchers.</p> <p>How to apply:</p> <p>① Online, from the URL below or the QR Code to the right https://apply.e-tumo.jp/city-higashihiroshima-hiroshima-u/offer/offerDetail_initDisplay?tempSeq=28561&accessFrom=</p> <p>② In person: the Medical Treatment and Health Division, branch offices, or sub-branch offices. (The Fukutomi Branch Office and sub-branch offices only accept applications.)</p>	
Group Checkups	<p>When making a reservation, select 'I agree to confirmation of my tax status'.</p> <p>※ After the city confirms eligibility, a checkup slip and fee exemption certificate will be sent to eligible people around one week before the checkup date.</p>	

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

Beware of suspicious calls from overseas

- 海外からの不審な電話に
- ご注意

The following are consultation examples from the National Consumer Affairs Center of Japan.

【Consultation】① Recently, I have been receiving many international calls beginning with “+1.” Even when I answer, there is silence on the line. I would like to block incoming international calls. What should I do?

② I received a suspicious automated call saying that my phone service would stop working in a few hours. The message instructed me to press “1,” so I did. A person then came on the line and asked for my name and date of birth, which I provided. However, they then said it was a mistake and hung up. Later, I realized from the call history that the call had come from overseas. What should I do now?

【Advice】 The number of suspicious international calls from overseas is increasing. Phone numbers beginning with “+,” such as “+1” or “+44,” are international dialing codes. International calls from unknown numbers are highly likely to be scams. Do not answer or return suspicious calls. If you do answer such a call, never provide personal information and hang up immediately.

People who do not use international calling services should consider applying to suspend international call usage.

Contact: International Call Blocking Reception Center (Kokusai denwa futoriatsukai uketsuke center, 国際電話不取扱受付センター), tel.: 0120-210-364 (toll-free).

Municipal and Prefectural Resident Tax notices will be sent out

- 市県民税納税通知書
- を郵送します

This year's tax amount is determined based on income earned between January and December 2025. As a result, some people who currently have no income may still receive a tax notice.

People who changed jobs may also receive a tax notice because their payment method may have been changed to ordinary collection (self-payment using payment slips or bank account transfer).

If you would like to continue using special collection (resident tax deducted directly from your salary) at your new workplace, please consult your employer.

For details of how to read your tax notice, see the URL below or the QR Code to the right.

https://www.city.higashihiroshima.lg.jp/soshiki/zaimu/3/mikata/tsuchishonomikata_foreign/index.html



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

You can get Income Certificates at convenience stores

- 所得証明書はコンビニで
-

2026-27 Income Certificates (Certificates of taxation/non-taxation) will be available from Monday June 1.

People who have a My Number Card can obtain these certificates using the multi-copy machines installed at convenience stores nationwide. The issuance fee is 200 yen, which is 100 yen cheaper than obtaining the certificate at a municipal service counter.

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

Prepare for Heavy Rain

- ・ 大雨に備えましょう
- ・
- ・

Key points for evacuating during heavy rain: to protect your life, make early decisions and take appropriate evacuation action.

■ Wear clothing that is easy to move in and safe

- ・ Wear a helmet or hat
- ・ Use a backpack so both hands remain free
- ・ Wear long sleeves and long trousers
- ・ Evacuate in comfortable, well-worn shoes
- ・ Use a stick or umbrella to check the ground and avoid falling into gutters or drains

■ Do not go near rivers or waterways

Rivers, waterways, and roadside drains swollen by rising water are difficult to see and pose a serious risk of being swept away. Never approach them.

■ Avoid acting alone

Evacuate with other people whenever possible. Call out to each other and confirm safety while moving.

■ Make early decisions and evacuate early

If you sense danger, do not hesitate. Begin evacuation early.

Depending on the situation, choose an appropriate evacuation location, such as an evacuation shelter, a relative's home in a safe area, or sheltering safely at home (stay-at-home evacuation)

Contact: Crisis Management Division (Kiki Kanri-ka, 危機管理課), tel.: 082-420-0400.

Horoyoi Stroll Coupons (Summer Version)

- ・ ほろよい散歩クーポン
(夏季Ver.)
- ・
- ・

These coupons are available from Monday June 1 to Monday September 14. Coupons cannot be purchased or used from Tuesday August 11 to Sunday August 16.

They can be used at locations around the Saijo Sakagura-dori sake brewery district.

The price is 2,200 yen for an 11-coupon booklet. The coupons can be bought at Saijo Sakagura-dori Tourist Information Center, and they are also available through the Eplus ticketing information site.



Contact: Saijo Sakagura-dori Tourist Information Center (Saijo Sakagura-dori Kanko Annai-sho, 西条酒蔵通り観光案内所), tel.: 082-421-2511.

Try canoeing, SUP, rowing boats, and more! B&G Kurose Akitsu Marine Club

- ・ カヌーやSUP、ローボートなどを体験
- ・ しよう! B&G黒瀬安芸津海洋クラブ
- ・



Dates and Times: Saturday June 6, Sunday June 14, Sunday June 21, Sunday June 28, Saturday July 4, Sunday July 12, Saturday July 25, Sunday August 9, Saturday August 29, Sunday September 6

All sessions: from 9:30 a.m. to 11:30 a.m.

Location: Kurose B&G Marine Center Boathouse (Kamegakubi Pond, Kurose-cho Maruyama)

Eligibility: elementary school students and older

How to Apply: by fax or email with the following information:

- | | |
|--------------------------------|-----------------------------|
| ① Preferred participation date | ② Postal code and address |
| ③ Name (with furigana) | ④ Age and school grade |
| ⑤ Telephone number | ⑥ Parent or guardian's name |

Application deadline: one week before each event date

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: spk01@hgrow.org

Deadline for payment of taxes: Tuesday June 30

- 次回の納期限は
- 6月30日(火)

Please pay Municipal and Prefectural Tax/Forest Environment Tax (the first installment) by Tuesday June 30.

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 available on **Saturday June 13**, at 13:00, 14:00 and 15:00. English, Portuguese and Chinese 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/en/7/33907.html>

The Medical Information Net

The 'Medical Information Net' is a website that compiles information on medical institutions and pharmacies throughout Japan. You can also search for information on medical institutions that can provide support in foreign languages.

<https://www.iryuu.teikyouseido.mhlw.go.jp/znk-web/juminkanja/S2310/initialize?pref=34>

**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 June are June 4 and June 18.

In addition, there is Sunday opening on June 14 and June 28, 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 April, 2026:**

Population of Higashihiroshima City: 191,055 (694 more than March)

Households: 94,061 (874 more than March)

Population of foreign residents: 10,240 (419 more than March)

Foreign households: 8,068 (413 more than March)