

HIGASHIHIROSHIMA



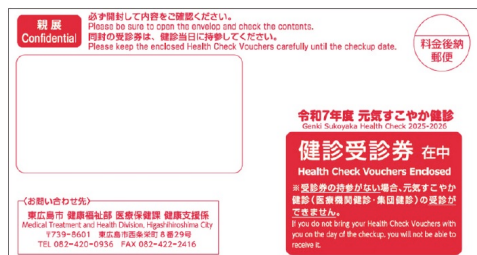
Living info

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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！



Those insured under the Higashihiroshima City National Health Insurance scheme are exempt from the health check fees that are paid by the individual. There is no need to apply for a certificate of eligibility for free health checks (excluding for the basic medical check-ups for those under 39 years old).

○ People in the following groups should receive health check vouchers (scheduled to be sent in late May):

- ① Women over 20 years old and of even age
- ② People over 40 years old
- ③ Men aged 20 and 30 years old

○ There are cases where you can receive a health check even if you have not been sent health check vouchers
This applies to people under 39 years old, only for a basic health check at a group health check. The individual will need to pay 2,000 yen for the health check.

For women aged 21 years or older and 39 years or younger (odd-numbered ages): those who did not receive a cervical cancer screening at the Genki Sukoyaka Health Check in 2024 can receive a cervical cancer screening, at a group health check only. The individual will need to pay 500 yen for the screening.

○ Medical facility health checks

Health checks are available from Monday June 2nd to Saturday January 31st, 2026. Please apply to the medical facility in question (take your health check vouchers).

○ Group health checks

Health checks are available from Tuesday July 8th to Thursday November 20th.

* The period for health checks at some venues will be different from previous years. If you wish to be receive a health check at a group health check, please pay attention to the application deadline.

Online reservations are available for group health checks only.

When booking online, you can choose the time of your health check, so please make use of this service!

On women-only days, you can apply for childcare (available on a first-come, first-served basis). Please apply separately online for childcare at the same time as you have applied for the health check.

Website for group health
check reservations

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



Website for women-only
days childcare reservations

https://apply.e-tumo.jp/city-higashihiroshima-hiroshima-u/offer/offerDetail_initDisplay?tempSeq=22608&accessFrom=



○ Get a periodontal disease check!

Periodontal disease is a lifestyle disease that can progress without any obvious pain. Please take this opportunity to have your own mouth checked. The check is available for those aged 20, 30, 40, 50, 60, and 70 years old.

The fee is 500 yen (Free for those insured under the Higashihiroshima City National Health Insurance scheme and for those aged 70 years old)

Please contact a dental clinic to make a reservation (take your health check voucher).

○ How to apply for a certificate of eligibility for free health checks

If you are in a household exempt from municipal or prefectural tax or you are receiving welfare benefits, you can receive a free health check by presenting your certificate of eligibility for free health checks. Please apply in advance, as shown in the table overleaf.

If you do not have your certificate of eligibility for free health checks with you when you receive your health check, you will be charged the health check fee. Please note that you will not be able to apply for reimbursement after receiving the health check.

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Genki Sukoyaka health checks will begin soon!

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Continued from page 1...

How to apply for a certificate of eligibility for free health checks

Group health checks	On the application postcard or online, select that you agree to your tax status being confirmed. After confirmation by the city, eligible individuals will be sent health check vouchers and a certificate of eligibility for free health checks.
Medical facility health checks	Before receiving the health check, please apply for a 'certificate of eligibility for free health checks'. Items required when applying: identification document (My Number card, insurance certificate, joint driving license, etc.) or Genki Sukoyaka health check voucher You can apply online, or in person (at the Medical Treatment and Health Division of the City Office, or at a branch office or sub-branch office) * Fukutomi Branch Office and sub-branch offices only accept applications. The free medical checkup certificate will be sent to you by post at a later date.

For more information, please access 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.

Applications for 'Iki-iki Kodomo Club' for the summer period

・夏休み期間のいきいきこどもクラブ利用申し込み

Iki-Iki Kodomo Clubs with spare capacity are now accepting applications for use of the service during the summer vacation.

Applications can be accepted for children (grades 1-6 of elementary school) from households where all members of the household (aged between 18 and 70) work for at least four hours between 8:00 and 18:00, at least three weekdays (Mondays to Fridays) a week.

To apply, please apply online, send the application form to the Youth Development Division, or take it to one of the branch offices. The deadline for applications is 17:00 on Friday June 6th. Applications must be received by this time.

Contact: Youth Development Division (Seishonen Ikusei-ka, 青少年育成課), tel.: 082-420-0929.

Applications for entrance into municipal housing

・市営住宅入居者募集

It is anticipated that there will be vacancies in the following municipal apartments. There may be changes to the list below; please see the application forms for details.

Saijo:	Teranishi (1)	Misonou (1)
	Shin-Misonou (1)	Terayama (1)
Hachihonmatsu:	Shin-Mukaihara (1)	Isomatsu (1)
Kurose:	Sugeta Dai-ni (1)	
Takaya:	Kodani Ihogaki (1)	
Fukutomi:	Kamishimo (1)	
Toyosaka:	Kajiya (1)	
Kochi:	Noko (1)	Hirohata (1)
Akitsu:	Yuzakari (1)	Yakushimaru Danchi (2)
	Yakushimaru Heights (1)	Wakamiya (1)

Please note that it is not possible to keep pets in municipal apartments, and that only those fulfilling certain criteria are eligible to apply.

Applications will be accepted between Monday May 12th and Friday May 16th, at the Housing Division only (applications can also be posted). It is also possible to apply electronically. Application forms and details are available from the Housing Division (Jutaku-ka, 住宅課), or from branch offices and sub-branch offices, from Wednesday April 30th. Details of the amount of applications up until the previous day will be made public at the Housing Division and at each of the branch offices and sub-branch offices.

Contact: Housing Division (Jutaku-ka, 住宅課), tel.: 082-420-0946.

Certificates of tax payments for inspections of light vehicles

- ・ 軽自動車の継続検査（車
- ・ 検）用の納税証明書

With the launch of the Light Vehicle Payment Confirmation System (Light JNKS), it is no longer necessary to present a certificate of tax payment when three- or four-wheeled light vehicles undergo inspections.

If you need a certificate of tax payment, please refer to the following.

If you have paid using tax payment slips, you will have been sent a certificate of tax payments attached to your tax notice. Please use this document.

If you have paid using bank transfer, certificates of tax payment are no longer sent, from the 2024-25 financial year (except for two-wheeled vehicles). If you need a certificate of tax payment for your vehicle inspection, please request one in person, by post, or by LINE.

If you have paid using your smartphone, you will not be sent a certificate of tax payments. If you need a certificate of tax payment for your vehicle inspection, please request one in person, by post, or by LINE.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Special system for National Pension Scheme payments by students

- ・ 国民年金保険料の学生納付
- ・ 特例制度

Those aged 20 or over are required to enroll in the National Pension Scheme. This is the case even for students. However, there is a special system for National Pension Scheme payments by students, under which the payments can be postponed. Current students at educational facilities specified by the School Education Act whose income for the previous year is below a certain level are eligible to apply for postponements.

To apply, please use the application form, and include a copy of both sides of your student ID, or a Certificate of Enrollment (not a copy). If you have a My Number card, you can apply via the Myna Portal site. If you received an application form (a postcard) from the Japan Pension Service, please fill in the postcard with the necessary details and return it.

The period during which you were judged eligible for the special system of payments for students is included in the period for which you will be eligible to receive pension payments, but it is not included in the calculation of the pension amount you will receive in the future. If it is within ten years, you can make additional payments to retroactively pay the pension premiums for the period during which you were judged eligible for the special system of payments, and increase the amount of pension you will receive.

Contact: Kure Pension Office (Kure Nenkin Jimusho, 呉年金事務所), tel.: 0823-22-1691.

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

Applications are being accepted for brain health checks (for those insured under the National Health Insurance scheme)

- ・ 脳ドック（国民健康保険被
- ・ 保険者）の申込受付中です

Applications are now being accepted for brain health checks (for those insured under the National Health Insurance scheme). A subsidy of 20,000 yen will be provided for the cost of a brain health checks at a designated medical institution within the city. Notifications were sent to eligible individuals in late April. After checking the details, please apply using the enclosed application postcard or online.

The subsidy is available from Tuesday July 1st, 2025 to Saturday January 31st, 2026

Those who meet all of the following criteria ① to ④ are eligible:

- ① As of April 1st, you are enrolled in the Higashihiroshima City National Health Insurance scheme;
- ② You have no outstanding payments for Higashihiroshima City National Health Insurance premiums; After you apply for the Brain Health Check Fee Subsidy, the city will check the necessary information for your payment status regarding the National Health Insurance premiums. You will be assumed to have agreed to the confirmation.
- ③ As of March 31, 2026, you will be 41, 44, 47, 50, 53, 56, 59, 62, 65, 68, 71, or 74 years old.
- ④ You will be enrolled in the Higashihiroshima City National Health Insurance at the time of the brain health check.

The deadline for applications is Friday May 16th.

Contact: Medical Treatment and Health Division (Iryo Hoken-ka, 医療保健課), tel.: 082-420-0936, fax: 082-422-2416.

Deadline for payment of taxes: Monday June 2nd

- ・ 次回の納期限は
- ・ 6月2日(月)
- ・

Please pay Light Vehicle and Motorcycle Tax by Monday June 2nd.

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 14th, at 13:00, 14:00 and 15:00. The next date is Saturday August 9th. 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/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 May are May 1st and May 15th.

In addition, there is Sunday opening on May 11th and May 25th 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 March, 2025:**

Population of Higashihiroshima City: 190,363 (543 fewer than February)
Households: 92,179 (108 fewer than February)
Population of foreign residents: 9,448 (123 fewer than February)
Foreign households: 7,309 (147 fewer than February)