

Kakamigahara English News

Changing Account/ Making Prepayments for your National Pension

If you forget or fail to make all the required payments for your National Pension, you will not be able to receive payments from it when the time comes. Therefore it is crucial to make sure all of your payments are up to date.

In order to make sure you don't miss a payment, you can arrange to pay automatically through an account or with a credit card. You can also arrange to pay in advance; for example one month early. Doing so will give you a discount of 50 yen.

You can agree to pre-pay further in advance as well: 6 months, 1 year, or 2 years. Doing so will yield a larger monthly discount. Prepayments through a banking account can be arranged through any bank OR the Gifu *Minami Nenkin* office; advance payments using credit cards must be applied for through the Gifu *Minami Nenkin* Office.

Applications/Accounts need to be set up by the end of February; payments are scheduled to begin in April.

For more information please feel free to contact the Gifu Minami Nenkin Office at TEL 058-273-6161

The Kakamigahara City Hall Tourism and Multicultural Division

You can find us on the 6th floor of the Sangyou Bunka Center. Our hours are 8:30 AM~5:15 PM.

Telephone: 058-383-1426

E-Mail: kia@city.kakamigahara.gifu.jp

Website: www.kia1986.org

Please feel free to contact us if you have questions, comments, or for more information.

Children's Health Services For March:

Times for children health checks are from 13:00~13:30.

Please use the designated location for the area you live in. The areas are:

Sogo Fukushi Kaikan: For those living in the **Naka, Kawashima, Sohara, and Inaba** areas.

Note that the *Higashi Hoken Soudan Center* services those living in the **Unuma** area.

4 months

Date	Location	For Children Born
February 2 (Mon)	Sogo Fukushi Kaikan	October 1-15 2019
February 3(Tues)	Sogo Fukushi Kaikan	October 16-31 2019
February 4(Wed)	Higashi Hoken Soudan Center	October 2019

Includes physical

11 months

Date	Location	For Children Born
February 23(Mon)	Sogo Fukushi Kaikan	April 2019
February 24(Tues)	Higashi Hoken Soudan Center	April 2019

Physical and dental inspection

1 year 6 months (18 months)

Date	Location	For Children Born
February 9(Mon)	Sogo Fukushi Kaikan	August 1-15 2018
February 10(Tue)	Sogo Fukushi Kaikan	August 16-31 2018
February 11(Wed)	Higashi Hoken Soudan Center	August 2018

Includes physical and dental check

3 years

Date	Location	For Children Born
February 16(Mon)	Higashi Hoken Soudan Center	February 2017
February 17(Tues)	Sogo Fukushi Kaikan	February 1-15 2017
February 18(Wed)	Sogo Fukushi Kaikan	February 16-31 2017

Includes physical, vision and hearing check, urine exam.

For more information contact the Kakamigahara Kenko Kanrika at TEL 058-383-1115

OR the Higashi Hoken Soudan Center (Unuma) at TEL 058-379-7888

- **As of February 2019, it is possible to make appointments for the office online. Please check the city news and web page for more info and procedures.**

Blood Donation

There will be an opportunity to donate blood publicly March 11 (Wednesday) at the Tokai Chuo Hospital from 3:10 PM~4:30 PM.

For more information feel free to contact the Health Management Office at TEL 058-383-7570

City Hall Holiday / After Hours and Services for February:

The Kakamigahara City Hall will have the following irregular hours for the following services in February. Please use the basement entrance located on the North Side of the Main building.

	Evening Consultations	Holiday hours	Telephone
National Health Insurance (1 st floor, Medical insurance Division)	Feb. 10,12-14 (Mon,Wed~ Fri) 5:15~8:00PM	Feb. 15 (Sat) 1:00~5:00PM	058-383-1112
City Tax (2 nd floor, Tax Division)	Feb.13,14(Thurs,Fri) 5:15~8:00PM		058-383-4773

Tax Filing and Payments

Tax forms are due March 16th.

You can review and file your documents at:

Asuka Hall (Sangyou Bunka Center 1F):

February 17-28 (Weekdays only, closed holidays) 9:30 AM- 3:00 PM.

Masa Hall (Masa 21 4F)

February 17-March 16 (Weekdays only, closed holidays with the exception of Feb. 24 and March 1) 9:00 AM- 5:00 PM (Reception stops at 4:00 PM)

Be sure to bring your My Number card (as well as other pertinent documentation) with you!

For more information, please contact the Kakamigahara City Tax office (TEL 058-383-1114) or the Gifu Minami Tax Office (058-271-7111).

Municipal Sponsored Cancer And Disease Examinations

Kakmighara City will be arranging the following examinations:

(Note: Age is determined based on what the age will be by March 31, 2020)

Young Health Check for ages 19-39 includes physical, blood, urine, electrocardiogram, stool. They are optional. Cost: 500 yen

Stomach Cancer for those over 50. You should have an internal check once every two years; so if you did one last year you don't need one this year. Cost: Cursory (X-Ray): 1,500 yen. Detailed internal exam is 2,500 yen.

Intestinal Cancer checking the large intestine for ages 40 and over. Cost is 500 yen (Free for those under 69).

Uterine Cancer for women over 20, once every 2 years is sufficient. Cost: A cursory examination is 1,000 yen, if a more thorough exam is needed it will be 1,500 yen.

Prostate Cancer for men over 50. Cost: 1,000 yen.

Lung Cancer for those over 40. Cost: 1,000 yen for cursory exam and X-ray; this is free for those over 65. A more detailed exam may be necessary for those over 50, this is also 1,000 yen.

Hepatitis Virus for those over 40. It can check for the B and C type viruses. Cost: 500 yen.

Tuberculosis Screening for 65 and older. Alternate with a lung cancer screening annually (EX: TB one year, cancer the following year).

Dental Exam Those born in the following years can make an appointment for a dental checkup (Cost: 300 yen). This does not include cleaning, etc.

April 2, 1998-April 1, 1999; April 2, 1993-April 1, 1994; April 2, 1988-April 1, 1989; April 2, 1983-April 1, 1984; April 2, 1978-April 1, 1979; April 2, 1973-April 1, 1974; April 2, 1968, April 1, 1969; April 2, 1963-April 1, 1964; April 2, 1958-April 1, 1959; April 2, 1953-April 1, 1954; April 2, 1948-April 1, 1949.

Examinations are until February 29th.

If you have any questions, please contact the Kenko Kanrika (Health Management Division) at TEL 058-383-1115.