



# Ginowan City Newsletter

June 2018

Ginowan City Hall 1-1-1 Nodake, Ginowan City, Okinawa ☎098-893-4411

## Health News



### National Health Insurance & Medical Care System for People Aged 75 and Over: Payments start in July!

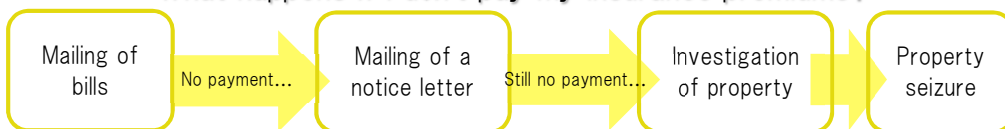
The 2018 National Health Insurance premiums are paid in 8 monthly installments until February next year, and the premiums for Medical Care System for People Aged 75 and Over are paid in 9 monthly installments until March next year. You can pay the bills at designated financial facilities or at convenience stores within Japan. Please pay as soon as you can: if you fail to pay by the deadline, you may be subject to late fees. Please contact the National Health Insurance Division if you need any help.

#### Payment Calendar

	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March
National Health Insurance	1st	2nd	3rd	4th	5th	6th	7th	8th	
Medical Care System for People Aged 75 and Over	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
<b>Payment Deadline/Automatic Withdrawal Date</b>	<b>7/31 (Tue)</b>	<b>8/31 (Fri)</b>	<b>10/1 (Mon)</b>	<b>10/31 (Wed)</b>	<b>11/30 (Fri)</b>	<b>※</b>	<b>1/31 (Thur)</b>	<b>2/28 (Thur)</b>	<b>4/1 (Mon)</b>

※For December, the payment deadline is the 27th (Thur.) and the automatic withdrawal will occur on the 25th (Tue.)

#### What happens if I don't pay my insurance premiums?



#### ※Did you file your FY 2018 Tax?

Households who have yet to file their tax may be disadvantaged by the limit cost calculations for premium reductions and hospitalization fees/high-cost medical care benefits.

Please contact us as soon as possible if you are having trouble paying due to unforeseen circumstances!

Please contact us if you are interested in the automatic withdrawal payment system!

Contact: Kokumin Kenko Hoken Ka (National Health Insurance Division): ☎ 893-4411

◆about premium payment: ☎Ext. 141~145

◆about the Medical Care System for People Aged 75 and Over: ☎Ext. 146·152

#### Group Health Checkup Dates

★Specific Health Checkup

★Cancer Screening

Time & Location: ①July 7th (Sat) Ginowan City Hall

②August 19th (Sun) Kakazu Elementary School

Please make a reservation at least 2 weeks before the checkup date:

Kenko Sodan Center (Health Counseling Center) ☎ 898-5583

#### Quality follow-up services!

Go to a group health checkup

You can get advice from a public health nurse/nurse/nutritionist!!



I am busy on weekdays... ↓

You can get advice at the health checkup venue during the result explanation session, held on both Saturday and Sunday. Instead of disregarding your checkup results, how about evaluating them and work toward improving your health? We provide personalized advice that fits your lifestyle. ※limited places

I want to go and get health advice on my own time... ↓

You can book an appointment with the Health Counseling Center and get advice on your results at your convenience. Please call: ☎ 098-898-5583 (9:00~11:00/13:00~16:00)

#### Measles Vaccine Public Subsidies

In response to the measles outbreak, the municipality is subsidizing MR (Measles-Rubella) vaccination fees until the end of June (Sunday, June 30<sup>th</sup>). Notice letters have been sent to eligible households; please consult the notice (or visit the city's webpage) if you would like to receive the vaccine.

**Eligibility:** Individuals registered in Ginowan that meet any of the following:

- ① Between the age of 6-12 months at the time of the vaccination
- ② Did not receive the first dose and is between 2 years old and the eligible age for the 2<sup>nd</sup> dose
- ③ Did not receive the 1<sup>st</sup> or 2<sup>nd</sup> dose, and is in elementary school (grade 1-6)

**Vaccination fees:** out-of-pocket expenses: 0 yen

**Location:** Designated facilities (check the city's webpage)

※If the vaccine was received after April 1<sup>st</sup> and paid out-of-pocket, the city will issue a refund if the vaccinated person meets the eligibility requirements for subsidies.

For more information, please visit the city's webpage or contact the Health Counseling Center.

Contact: Kenko Sodan Center (Health Counseling Center) ☎ 898-5583



This excerpt from the city's newsletter is published by Ginowan City Hall's Shimin Kyodo Suishin Ka (Civic Cooperation Promotion Division), in hopes of helping residents who may have trouble reading or understanding Japanese. This English version is not an official translation of the original Japanese version. Ginowan City Hall and its translator will individually or jointly accept no responsibility or liability for damage or loss caused by any error, inaccuracy, misunderstanding, or changes in regard to this translation.

Administrative services are provided in Japanese only, unless otherwise stated.

English Interpreter: ☎098-893-4411 (Ext. 577) during office hours. ⇒[tuuyaku@city.ginowan.okinawa.jp](mailto:tuuyaku@city.ginowan.okinawa.jp)

# Health and Welfare News

## July Health Calendar

Mother and Child-Related Health Checkups and Classes (at the Health Counseling Center)		Reception Hours
Infants general checkup	22nd (Sun)	9:00~11:00 13:00~14:45
18-month-old checkup	5th, 12th, & 26th (Thur)	13:15~14:00
2-year-old dental examination	19th (Thur)	13:15~14:45
3-year-old checkup	4th & 18th (Wed)	13:15~14:00
Child-mother health checkup consultation	3rd & 17th (Tue)	9:30~10:30
Manman Class (baby food class)	27th (Fri)	13:30~
"Nobikko" parent and child class	25th (Wed)	Please contact us
Koala Club (child-rearing class)	6th & 13th (Fri)	13:30~
Health Consultation		Reception Hours
Health Counseling Center ☎898-5583	Every Mondays, Tuesdays and Fridays (holidays excluded)	13:00~15:00
	Every Tuesdays and Wednesdays (holidays excluded)	9:00~11:00

## National Pension Payment Exemption System for FY2018:

### Application starts in July

Full monthly contribution for national pension of FY 2018: 16,340 yen

Type of Exemption	Monthly contribution for FY 2018
Full exemption	no contribution
3/4 exemption	4,090 yen
Half exemption	8,170 yen
1/4 exemption	12,260 yen

### If approved, your exempted contributions will...

- ① Be counted towards the contribution period (up to 10 years) for your future Old-age Pension.
  - ② Be treated as payment if you become entitled for the Survivor's Pension or Disability Pension.
- ※However, failure to pay the partial contributions (1/4, half or 3/4) will be regarded as non-payment, and therefore the above advantages will not apply.

■Exemptions can be applied retroactively for up to 2 years and 1 month from the month of application. Please contact us as soon as possible if you have unpaid contributions. ■Other kinds of exemptions include the Contribution Postponement System and the Special Payment System for Students. ■ The Japan Pension Service will examine your income upon application. Your type of eligibility will depend on your income. **Contact: Shimin Ka, Nenkin Gakari (Citizen Division, Pension Section) ☎ Ext. 116-366**

## The Public Assistance System (Seikatsu Hogo)

Public Assistance (Seikatsu Hogo) is a system that, by covering the financial gap between income and need of households struggling to make a living, ensures the healthy and cultural minimum standard of living as guaranteed by the constitution, and supports recipients to gain self-reliance through their own efforts and other means. The public assistance system is an option for citizens unable to meet their financial obligations even with the help of every system available, like pension, allowance schemes, etc. Please contact Seikatsu Fukushi Ka (Life Welfare Division) for more information.

**Contact: Seikatsu Fukushi Ka (Life Welfare Division) ☎ Ext. 462-465**

## New Trash Collection Rules

### [Futons, blankets, sheets, curtains, etc.]

These items are **large-sized waste** (sodai gomi) as of October 2017 (previously combustible waste collected in city-designated bags)

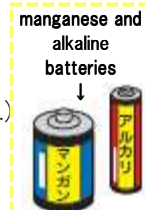
※ These items may be disposed as **combustible waste** (in a city-designated bag) if cut it into 50x50 cm or smaller pieces.



### [Dry cell batteries (manganese,alkaline)]

Previously regarded as non-combustible waste, these items are now

**harmful waste** (yugai gomi.) Other "harmful waste" includes gas lighters and gas cartridges. Other batteries like button cell batteries and rechargeable batteries are not collected by the city. Please dispose of them at a recycle shop or put them in a recycle box.



**Thank you for separating your waste accordingly!**

**Contact: Kankyo Taisaku Ka (Environmental Measure Division) ☎ 893-4140**

## Counseling Services Ginowan City Hall☎893-4411

Family, Childcare, Women's Counseling		
Women's counseling (welfare, domestic violence, etc.)	Mon~Fri 10:15~17:00	Jido Katei Ka (Child Family Division)
Women's counseling (general) Jinzai Ikusei Kouryuu Center Mebuki	Mon~Fri 10:00~17:00	☎896-1215
Family and childcare counseling room	Mon~Fri 10:15~17:00	Jido Katei Ka (Child Family Division)
Okinawa Child Abuse Hotline	Mon~Fri 17:30~8:30A.M., weekends and Holidays: All day	☎886-2900
Welfare Counseling		
Counseling for daily life concerns	Mon~Fri 9:00~17:00	Seikatsu Fukushi Ka (Life Welfare Division)
Fureai counseling room Council of Social Welfare	Mon~Fri 9:00~16:00	☎896-2020
Legal Advice (upon request, please contact us beforehand)		
Free legal advice	Wed: 13:30~16:30 Fri: 13:30~15:30	Shimin Seikatsu Ka (Civil Life Division)
Citizen's Consultation		
Citizen's consultation	Mon~Fri 10:00~16:00 (Break: 12:00~13:00)	Shimin Seikatsu Ka (Civil Life Division)
Human rights concerns counseling office	3rd Thursday 13:30~16:30	
Free real estate consultation (reservation required)	4th Tuesday 13:30~15:30	
Consumer consultation	Mon~Fri 10:00~16:00 (Break: 12:00~13:00)	
Administrative consultation Okinawa Administrative Evaluation Office	Please contact the office	☎0570-090-110
Education Counseling		
Youth Support Center	Mon~Fri 9:30~16:00	☎892-4732
Guidance classroom "Wakaba Classroom"	Mon~Fri 9:00~17:00	☎893-8859
Employment Counseling (Furusato Hello Work)		
Regional employment counseling	Mon~Fri 9:30~17:00	☎893-5588

## Due Date for Resident Tax (1st Payment): Monday, July 2nd

Please make sure to pay by the deadline. People who refuse to pay their city tax arrears despite having the means to do so may be subject to a lawful investigation and have their property seized (savings, salary, home, car....) etc.

Tax payment via bank transfer is a convenient option if you worry about forgetting payment deadlines. Please contact us if interested.

Tax Installments	Fixed Property Tax	Resident Tax	Light Motor Vehicle Tax
1st	May 1st	July 2nd	May 31st
2nd	July 31st	Aug. 31st	
3rd	Dec. 25th	Oct. 31st	
4th	Feb. 28th	Jan. 31st	

**Contact: Nozei Ka (Tax Payment Division) ☎ Ext. 246 ~257**

**Administrative services are provided in Japanese only, unless otherwise stated.**

**We offer interpreting services at the Ginowan City Hall.**

**WHEN: Monday to Friday, 10:00~17:00 (12:00~13:00 Lunch break)**

**Free of charge! Please ask for the interpreter at the information desk.**

**Contact: Civic Cooperation Promotion Division (Shimin Kyoudou Suishin Ka)**

**☎098-893-4411 (Ext. 577)**  
⇒ [tuuyaku@city.ginowan.okinawa.jp](mailto:tuuyaku@city.ginowan.okinawa.jp)