

# Ginowan City Newsletter

June 2019

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

## Health and Welfare News



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

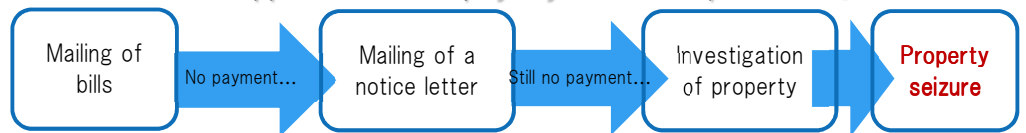
The 2019 National Health Insurance premiums are paid in 8 monthly installments until February next year, and the premiums for Medical Care System for People Aged 75 and Over are paid in 9 monthly installments until March next year. You can pay the bills at designated financial facilities or at any convenience 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 (Wed)</b>	<b>9/2 (Mon)</b>	<b>9/30 (Mon)</b>	<b>10/31 (Thur)</b>	<b>12/2 (Mon)</b>	<b>※</b>	<b>1/31 (Fri)</b>	<b>3/2 (Mon)</b>	<b>3/31 (Tue)</b>

※In December, the payment deadline is the 27th (Fri) and the automatic withdrawal will occur on the 25th

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



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

### Long-term Care Insurance (Kaigo Hoken), a System Supported by Society as a Whole

#### Long-term Care insurance bills will be mailed to people aged 65 and over at the beginning of July

The Long-term Care insurance system is financed by the premium contributions of citizens over 40 years old and public funds from the city, the prefecture and the country. In accordance with the determined long-term care insurance premium amount for this year, the bills for this year's long-term care insurance will be mailed to those aged 65 and over at the beginning of July.



#### Payment methods

##### ■Special Collection (deducted from pension)

This is for people whose yearly amount of pension is over 180,000 yen. The long-term care insurance premiums will be deducted beforehand from the old-age basic pension annuity, disability basic pension annuity, basic pension for the bereaved, etc.



**Keep your receipts!** Long-term insurance premiums may be eligible for social insurance premium deduction during the filing of income tax return.

##### ■Normal Collection (automatic withdrawal or bills)

The yearly premium amount notice as well as the bills, separated into 8 installments (from July 2019 to February 2020), will be mailed to you. To those with automatic withdrawal, only the notice is sent to you.

**Please contact the Long-Term Care Division** if you are having trouble paying your long-term insurance premiums. You may be eligible for collection reduction or postponement.

Contact: Kaigo Choju Ka (Long-Term Care Division) ☎ Ext. 166・167・189

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)



#### ※Did you file your FY 2019 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!

# Health and Welfare News

## Did you receive your coupons for the rubella antibody testing/vaccination?

Males born between April 2nd 1962 and April 1st 1977 who have not received the public vaccine have a lower antibody prevalence rate than other generations (about 80%). People with insufficient amount of antibodies (according to the results of the antibody testing) may get the vaccination as a routine vaccination.

Take this opportunity to get tested/ vaccinated!

**Eligibility:** Males born between April 2nd 1962 and April 1st 1977

**Period:** Until March 31st 2022 (3 years)

**Fee:** Free of charge

**Vaccination site:** Participating medical facilities within the prefecture/japan

※For more information, please check your notice or the city's website.

**Contact:** Kenko Zoshin Ka (Health Promotion Division) ☎ 898-5583

## The Public Assistance System (Seikatsu Hogo)

In order to ensure the healthy and cultural minimum standard of living as guaranteed under the Constitution, the public assistance system provides assistance and financial help to households in need and enhances independence.

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

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

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 7th	July 1st	May 31st
2nd	July 31st	Sept. 2nd	
3rd	Dec. 25th	Oct. 31st	
4th	March 3rd	Jan. 31st	

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

## National Pension Payment Exemption System for FY2019:

### Application starts in July

### Full monthly contribution for national pension of FY 2019: 16,410 yen

If your income (along with the household·spouse's income) of the previous year (or the income from 2 years before if applying between January and June) is lower than the determined amount and you are having trouble paying the national pension premiums, you may be granted payment exemption if you apply and submit the exemption form.

Types of Exemption		Monthly contribution for FY 2019
Full exemption		no contribution
3/4 exemption	1/4 payment	4,100 yen
Half exemption	Half payment	8,210 yen
1/4 exemption	3/4 payment	12,310 yen

There are 4 kinds of exemption: full exemption, 3/4 exemption, half exemption and 1/4 exemption.

■ Exemption can be applied retroactively for up to 2 years and 1 month from the month of application.

■ 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.

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

① Be counted towards the contribution period (up to 10 years) for your future Old-age Pension. However, the applicant will receive a lower amount of pension than if they had made full contributions (payment exemption under the Contribution Postponement System and the Special Payment System for Students will not be reflected in the pension amount).

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.

**Contact:** Shimin Ka, Nenkin Gakari (Citizen Division, Pension Section) ☎ Ext. 116-366



## July Health Calendar

Mother and Child-Related Health Checkups and Classes (at the Health Counseling Center)		Reception Hours
Infants general checkup	28th (Sun)	9:00~11:00 13:00~14:45
18-month-old checkup	4th (Thur), 10th, & 24th (Wed)	13:15~14:00
2-year-old dental examination	18th (Wed)	13:15~14:45
3-year-old checkup	3rd, 17th & 31st (Wed)	13:15~14:00
Child-mother health checkup consultation	2nd & 16th (Tue)	9:30~10:30
Manman Class (baby food class)	23rd (Tue)	13:30~
"Nobikko" parent and child class	30th (Tue)	Please contact us
"Kounotori" Club (Parents class)	2nd (Tue)	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

**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 any service counter.**

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

☎098-893-4411 (Ext. 577)

⇒ [tuuyaku@city.ginowan.okinawa.jp](mailto:tuuyaku@city.ginowan.okinawa.jp)