



Sending method for tax payment statement (Nofusho) will change.

納付書の送付方法が変わります

We heretofore have mailed payment statements (Nofusho) for tax and insurance premium in each month of the payment, but from this fiscal year, we will mail both “Lump-sum” and “Installment” payment statement all together at the beginning of the fiscal year as the table below.

※Lump-sum payment statement: for paying tax for the year in a lump-sum

Installment payment statement: for paying tax by installments

- For Fixed Property Tax, both payment statements of “Lump-sum” and “Installment” (for 1st~4th period) will be mailed in May
- For Municipal and Prefectural Residential Tax, both payment statements of “Lump-sum” and “Installment” (for 1st~4th period) will be mailed in June
- For National Health Insurance Premium and Nursing Care Insurance Premium, payment statements for 1st to 3rd period will be mailed in April, for 4th~12th period will be mailed in July.
- For Medical Insurance Premium for the elderly, payment statements for July to March of the following year will be mailed all together in July.

[Note] If you wish to pay taxes in each payment period by installment, please keep your payment statements by yourself until their payment period.

Month the payment statements are mailed ↓	Fixed Property Tax	Municipal and Prefectural Residential Tax	Light Vehicle Tax	National Health Insurance Premium	Medical Insurance Premium for the elderly
				Nursing Care Insurance Premium	
April				For 1 st ~3 rd period	
May	Lump-sum/ For 1 st ~4 th period		Lump-sum (only once in a year)		
June		Lump-sum/ For 1 st ~4 th period			
July				For 4 th ~12 th period	For July to March of the following year

Inquiries

For Municipal and Prefectural Residential Tax, Light Vehicle Tax, National Health Insurance Premium and Fixed Property Tax

➤ Tax Div. (Zeimu-ka) ☎0748-65-0679

For Nursing Care Insurance Premium ➤ Senior Citizen's Welfare Div. (Choju-Fukushi-ka) ☎0748-65-0698

For Medical Insurance Premium for the elderly ➤ Insurance and Pension Div. (Hoken-Nenkin-ka) ☎0748-65-0689

For tax payment ➤ Tax Delinquency Div. (Taino-Saiken-ka) ☎0748-65-0682

May Taxes (5月の税金)

Due date for tax payment:

May 31st (Tue)

- **Light motor vehicle tax** 軽自動車 (Kei Jidousha Zei)
- **Fixed property tax** 固定資産税 (Kotei Shisan Zei)
- **National Health Insurance Tax** 国民健康保険税 (Kokumin Kenkou Hoken Zei)
- **Nursing Care Insurance** 介護保険料 (Kaigo Hokenryou)
- **Nursery school fee** 保育料 (Hoikuryou) ● **Kindergarten fee** 幼稚園使用料 (Youchien Shiyouryou)
- **Sewerage fee** 公共下水道使用料 (Koukyou Gesuidou Shiyouryou)

English interpreter is available from 8:30 a.m. to 5:15 p.m.
At Regional Community Promotion Div. in City Hall
Phone: 0748-65-0604

Automated translation is available on our homepage:
<http://www.city.koka.lg.jp/>

For those who are enrolled in National Health Insurance (NHI)

Specific Health Checkup Coupon will be mailed.

(特定検診 Tokutei-Kenshin)

Specific Health Checkup is a checkup which is focused on Metabolic Syndrome causes lifestyle-related disease. Please have a health checkup once a year so that you can know your health condition and improve your health.

- **Eligibility:** People aged from 40 to 74 years old who have enrolled in National Health Insurance
- ※ Specific health checkup is held by each health insurance. For those who are enrolled in a health insurance in your workplace or their independents, please make inquiry at the workplace or the insurer.)
- **Fee:** Free
- **Period that the coupon is mailed, How to have the checkup**
The coupon will be mailed as the following table.



Age	Mailed in	Method
40 to 64 years old Date of Birth: Apr. 1, 1952 to Mar. 31, 1977	Late May	Group checkup or individual checkup at designated hospital/clinic
65 to 74 years old Date of Birth: Oct. 1, 1941 to Mar. 31, 1952	Late June	Individual checkup at designated hospital/clinic

Note:

- Eligible age is as of March 31st, 2017.
- Those who were born in between April 1st and September 30th 1941 are supposed to have Health Examination called KENKOU-SHINSA which is targeted at people over 75 years old.
For those who were born in April, May, the coupon will be mailed in late June, and for those who were born between June and September, it will be mailed at the end of the following month of the birth month respectively.
- Further details such as the dates of group checkup and available hospitals/clinics for individual checkup will be informed with the coupon.

Inquiries: Insurance and Pension Div. (保険年金課 Hoken-Nenkin-Ka) ☎0748-65-0745 Fax: 0748-63-4618

Group Cancer Screenings by Koka City will be available!

The number of people who develop cancer has been increasing every year. Now it is said that one out of every two people develop cancer in their life.

Three advantages of cancer screening

- ① **Low prices** ➤ Koka City provides a subsidy of cancer screening fee, so you can receive the screenings for only 10~20 % of the fee
- ② **Early detection** ➤ In case a cancer could be found by the screening before symptoms appear, there is a high possibility that it's an early stage and can be cured.
- ③ **If no abnormality is found as a result of cancer screenings, you can live without anxiety.**

※ Please note that cancer cannot always be found by cancer screenings. If you have any symptoms, please see a doctor by yourself, not the screening by Koka City.

“Cancer Screenings at designated medical institutions” and “Group Cancer Screenings” will be held by Koka City. For the group cancer screenings, they are divided into the 1st half and the 2nd half and it is necessary to make an appointment during each application period.

Group Cancer Screening [Application Period]

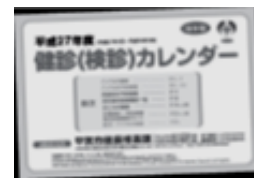
May 9th (Mon) ~ May 13th (Fri)

- Those who are 40 years of age or above can receive the screenings. (For Cervical cancer screening, 20 years of age and above)
- They can be received regardless of the type of your health insurance.
- For more details such as available cancer screening, locations and where to make an appointment, please see “Health (Medical) Checkup Calendar”.

Inquiries: Health Promotion Div. (健康推進課 Kenko-Suishin-ka) ☎0748-65-0737

The Health and Medical Checkup Calendar (健診(検診)カレンダー) is available in English.

You can get the Calendar at Koka City Hall and Health Center (Hoken Center).
and Minakuchi Shakai Fukushi Center (水口社会福祉センター)
You can also download it from Koka City Website.



【Note: Locations of the following checkups (screenings) have been changed.】

- Date: June 28th (Tue) ●Time: AM
 - Kind of checkup(screening): Stomach, Lung and Colorectal cancer screenings and Specific health checkup
- On page 18~20 of Health and Medical Checkup Calendar

Before : at "Minakuchi Shakai Fukushi Center" >>> After : at "Hekisui Hall"

Helicobacter Pylori Screening

Prevention of gastric diseases
by early detection

"Helicobacter Pylori" is a kind of bacteria that live in gastric mucosa and may cause chronic gastritis, stomach · duodenal ulcer, and stomach cancer. Infection of Helicobacter Pylori can be detected by a blood test. If you are infected, it can be sterilized by medication and it will reduce the possibility that you have gastric diseases. Koka City will provide a subsidy of Helicobacter Pylori Screening fee for those who are 40 years. We hope you receive a screening taking this opportunity.

- ◇ **Eligibility** Those who are registered in Koka City and 40 years of age
(Born between Apr. 2nd, 1976 and Apr. 1st, 1977)
- ◇ **The following person cannot receive the screening:**
 - Those who have received a treatment (sterilization) of Helicobacter Pylori
 - Those who have received Helicobacter Pylori Screening
 - Those who are currently receiving medical treatment for gastric or duodenal disease
 - Those who currently have any digestive organ symptoms (stomachache, nausea, vomiting, etc.) and are suspected to have gastric or duodenal disease
 - Those who have removed (a part of) stomach
- ◇ **Screening method: Blood test**
For the result of screening, please ask the medical institution where you received the screening.
- ◇ **What to bring:** Health Insurance Card (form of ID)
- ◇ **Fee:** 3,000 yen (Please pay at the medical institution)
- ◇ **Screening Period:** from May, 2016 to the end of March, 2017 (it may vary with medical institution)
- ◇ **Medical Institution that the screening will be held**
 - ◎ make an appointment with hospital ● visit hospital directly

	Medical Institution	Address	Phone	Appointment		Medical facilities	Address	Phone	Appointment
Minakuchi	Asada clinic	Higashinasaka 226-1	69-7755	●	Tsuchiya	Uda-iin	Kitatsuchiyama	66-1050	●
	Iwaya-iin	Nakayashiki 2-10	62-0053	●		Kariyushi clinic	Ono 401	67-0155	●
	Ota-iin	Mushono Chuo 81-2	63-3553	●		Kawabata-iin	Tokuhara 451	67-0018	●
	Kimura-iin	Mushono 1015-9	62-2143	●		Nakanishi-iin	Kitatsuchiyama	66-0712	●
	Koka-byoin	Matsuo 1256	62-0234	◎		Okii-iin	Okii 2089	88-4072	●
	Kondo-iin	Shinjo 696	63-0530	●	Koka	Furunishi-iin	Haisaka 833-141	88-5575	● AM (mon.-sat.)
	Tashiro-geka/seikei	Izumi 1272	62-0635	●		Masuda-naika-iin	Taki 2231-1	88-2277	●
	Tsubasa clinic	Ayano 3-33	63-7766	●		Imamura-iin	Fukawa 2201	86-2119	●
	Nakagawa-naika-iin	Minakuchi 5546-4	65-5410	●	Konan	Konan-byouin	Kazuraki 958	86-3131	◎
	Hayami-iin	Kitaizumi 1-chome	65-3211	●		Takeuchi-riumachika	Nojiri 77-1	86-8205	◎
	Hirakawa clinic	Higashinasaka 184-2	63-6373	●		Terai-iin	Kibogaoka Honmachi 6-chome 857-81	86-1112	●
	Fukai clinic	Bannakayama 3802	65-4100	◎		Heart clinic Kokoro	Nojiri 411	86-0011	●
	Minakuchi-shinryojo	Kibukawa 293-1	62-3346	●		Furu clinic	Terasho 1098	86-3135	◎
	Yamamoto-naikageka	Mushono Chuo 111	62-9559	●	Shigaraki	Shigaraki clinic	Nagano 619-1	82-7833	●
Inquiries: Health Promotion Div.						Shigaraki-chuo-byoin	Nagano 473	82-0249	●
(Kenko-Suishin-ka) ☎0748-65-0737						Shigaraki-byoin	Maki 997	83-0101	◎
						Nozaki-iin	Nagano 1335	82-7887	◎

Basic health checkup

(基本検診 Kihon-Kenshin)



Health checkup is recommended to better manage your health condition and the early detection of illness. Please have a checkup once in a year and check your health condition.

- **Eligible:** Between 16 and 39 years old who don't have opportunity to have health checkup at school or workplace (Date of Birth: between April 1st, 1977 and April 1st, 2001)
 - **Check-up items:** Body measurement (height, weight, waist), medical consultation, urinalysis, blood pressure, blood testing (for lipid, liver function, anemia, blood-sugar level, kidney function).
 - **Fee:** 1000 yen ● **Dates:** Between May and March at various locations in Koka City
- ※ Appointment is not needed, so please visit the location directly. 【※ Please make an appointment, if you need nursery service for children who aren't involved in nursery/kindergarten yet】
- ※ For more details such as the schedule of the checkup, please refer to page 2 (for fee exemption) and 19 (for dates and locations) of the Health and Medical Checkup Calendar.

Inquiries Health Promotion Div. (健康推進課 Kenkou-Suishin-Ka) ☎0748-65-0737

Please receive measles-rubella vaccine (MR Vaccine).

麻疹・風疹混合予防接種を受けましょう

Measles and rubella virus are highly contagious, and if children are infected with the virus, they will suffer high fever and it may cause severe complications such as encephalitis. Especially, patients of measles often suffer from pneumonia or otitis media due to secondary infection which are caused by deterioration of immune function.

We recommend that the eligible children receive the vaccine early. Please have your child get the 2nd vaccination so that he/she are not infected with the virus.

- **Eligibility:** Children who live in Koka and are going to enter elementary school next year. (those who correspond to 5~6 years old class (Nencho-class) of kindergarten or nursery school)
 - **Period:** By March 31st, 2017 (Available period may vary with each medical institution.)
Please receive the vaccine by summer vacation if possible.
 - **Medical institutions which the vaccination is available, How to make appointment**
It varies with medical institution, so please check "Health and Medical Checkup Calendar"
 - **Fee:** Free
 - **What to bring:**
 - ・ Questionnaire for vaccination, Maternity Health Record Book, Insurance card (form of ID)
 - ・ Proxy form designated by Koka City if an adult other than legal guardian accompanies the child
- ※ For those who need a proxy form, please contact Health Promotion Div.

Inquiry: Health Promotion Div. (健康推進課 Kenkou-Suishin-ka) ☎0748-65-0736

HEALTH CHECKUP FOR BABIES AND INFANTS: MAY 2016

Reception Hour: 1:00pm-1:30pm

HC=Hoken Center

乳幼児健診 (Nyuyouji Kenshin)

Checkup for	Eligible child (month of birth)	Date of Checkup	Location	What to bring
4 months old	January 2016	May 26 (Thu)	Minakuchi HC	Maternity record book, questionnaire, towel, diapers, change of clothes, milk
		May 18 (Wed)	Koka HC	
10 months old	June 2015	May 12 (Thu)	Minakuchi HC	Maternity record book, questionnaire, towel, diapers, change of clothes, milk
		May 11 (Wed)	Koka HC	
1 year and 8 months old	September 2014	May 19 (Thu)	Minakuchi HC	Maternity record book, questionnaire, diapers
		May 30 (Mon)	Koka HC	
2 years and 6 months old	October 2013	May 9 (Mon)	Minakuchi HC	Maternity record book, questionnaire, questionnaire for exam about hearing ability(do the exam at home)
		May 23 (Mon)	Koka HC	
3 years and 6 months old	October 2012	May 16 (Mon)	Minakuchi HC	Maternity record book, questionnaire
		May 25 (Wed)	Koka HC	

Appointment is not needed. Please visit the Hoken Center directly: **Minakuchi HC** for residents of Minakuchi and Shigaraki towns; **Koka HC** for residents of Tsuchiyama, Koka, and Konan towns; **Kaede Kaikan** for residents of Tsuchiyama, Koka, Konan and Shigaraki towns

For more details, please refer to Health and Medical Checkup Calendar.

Inquiries Health Promotion Div. (健康推進課 Kenkou-Suishin-Ka) ☎0748-65-0736 Fax: 0748-63-4591