

"I don't have a solution to my <u>To foreign residents living in</u> problem and I need to talk to somebody in my own language." Koka City Toll-Free Helpline for Foreigners Is here to help you! As you may be well informed already, a new Resident Registration System became effective starting on July 9<sup>th,</sup> 2012. This is a friendly At this toll-free number, counselors will work with reminder of changes made by the new system. you to find solutions for your concerns and questions in 1: Now you can request a copy of your your native language. The toll-free number is accessible resident record (Jumin Hyo) from anywhere in Japan, and all information you provide will remain strictly confidential. Please feel **2**: You must submit the Notification of Moving Out (Tenshutsu Todoke) free to call the number below and after Japanese **3**: Current Alien Registration Card will guidance, press 2. Available languages are: English, Chinese, Korean, Tagalog, Thai, Spanish & Portugese. change to Residence Card (Zairyu Card) 4: Please visit Immigration Bureau for any 0120-279-338 Toll free changes to your status of residence. Hours: For more information, please visit the Monday 10am to 10pm Thursday 4pm to 10pm Ministry of Internal Affairs and Tuesday 10am to 10pm Friday 10am to 4pm Communications website at Wednesday 10am to 4pm Sunday 10am to 10pm http://www.soumu.go.jp/main\_sosiki/jichi\_ More info at http://279338.jp/yorisoi/index-f.html#eng gyousei/c-gyousei/zairyu\_english.html Health Checkup Schedule for December

E×am	Date of Birth	Exam Date	Location	Hours	What to Bring
Infants up to 4 months	August 2012	12 /12 (Wed)	Koka HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary
		12 /20 (Thrs)	Minakuchi HC		
10 months	January 2012	12/ 6 (Thrs)	KokaHC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary
		12 /13 (Thrs)	Minakuchi HC		
1 year and 8 months	April 2011	12/ 19 (Wed)	Minakuchi HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire
		12 /21 (Fri)	Konan HC		
2 years and 6 months	May 2010	12/ 5 (Wed)	Konan HC	9:30am ~ 10:00am	Maternity record book, questionnaire, questionnaire about child's hearing ability
		12/18 (Tue)	Minakuchi HC		
3 years and 6 months	May 2009 <sup>-</sup>	12 /4 (Tue)	Koka HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire
		12/10 (Mon)	Minakuchi HC		

\*If you plan on taking an exam at a Hoken Center outside of your area, please contact Health Promotion Division (65-0703) 7 days in advance. \*If you reside in Tsuchiyama or Shigaraki and cannot make to the health exam location, and if you wish to receive individual health checkup, please call Health Promotion Division at 65-0736 7 days in advance. \*Checkup for hearing ability is given at the point of 2 years and 6 months old. \*Detailed information will be either distributed at the health checkup for 1 year and 8 months old or published in the "baby and infant health checkup questionnaire". Please read it carefully and perform "whispering test" and visit nearby by Hoken Center.

## For more information

Kenko Suishin Ka / Health Promotion Division TEL: 0748-65-0703 / FAX:0748-63-4591 Shiqaraki Hoken Center TEL: 0748-82-3113 / FAX:0748-82-3138 Minakuchi Hoken Center TEL: 0748-62-5336 / FAX:0748-62-5418

Tsuchiyama Hoken Center TEL: 0748-66-1105 / FAX:0748-66-1564 Konan Hoken Center TEL: 0748-86-5934 / FAX:0748-86-5974 Koka Hoken Center



TEL: 0748-88-6556 / FAX:0748-88-6557

Automated translation is	English interpreter is available for your convenience from 8:30 am
available on our homepage:	to 5:15 pm. Koka Regional Community Promotion Div.
http://www.city.koka.lg.jp/	Phone: 0748-65-0604 E-mail: koka41176@city.koka.lg.jp