

English Newsletter

aiKOKA



May



May Taxes (5がつのぜいきん)



- * **Kotei Shisan Zei** 固定資産税 (Fixed assets tax)
- * **Kei Jidousha Zei** 軽自動車税 (Light vehicle tax)
- * **Kokumin Kenko Hoken Zei** 国民健康保険税 (National Health Insurance tax)
- * **Kaigo Hoken Ryo** 介護保険料 (Nursing care fee)
- * **Hoiku Ryo** 保育料 (Nursery School fee)
- * **Yochien Shiyo Ryo** 幼稚園使用料 (Kindergarten fee)
- * **Nogyo Shuraku Haisui Shiyo Ryo** 農業集落排水使用料 (Drainage fee for agricultural community)
- * **Kokyo Gesuido Shiyo Ryo** 公共下水道使用料 (Public sewage fee)
- * **Kaigo Hoken Ryo** 介護保険料 (Nursing Insurance fee)

Due date is

May 31st (Friday)

Screening at a designated medical care provider

Osteoporosis screening

Eligible : 40, 45, 50, 55, 60, 65 and 70 years old females.

Fee: 500 yen (free for 70 years old.) Please pay at the reception window on the day of your screening.

What to bring : Health insurance card (for ID purpose, health record)

Question?

Call: 65-0737-Kenka Suishi Ka

(健康推進課)

Designated medical care provider	How to apply	Screening date
Minakuchi Shinryujo Minakuchicho Kibukawa 293-1 P: 62-3346	Make appointment over the phone by the end of prior month Apply: from April to October	Mondays, Wednesdays & Fridays between May and November From 2pm *Please consult with the receptionist over the phone if you wish for other date and time for screening.
Shigaraki Chuo Byoin Shigarakicho Nagano 473 P: 82-0249	Make appointment over the phone by the 15th of prior month. Apply: between 1st and 15th of every month between May and July	Every Thursday of June, July and August From 2 to 3pm
National Hospital Organization Shigaraki Byoin Shigarakicho Maki 997 P: 83-0101	No appointment required. Apply at the reception window	May through October (excluding weekends & holidays) Reception: 9 to 11am Ask directly for more details



HealthCheckup Schedule for May, 2013

Exam	Eligible Child (Birthday)	Exam Date	Location	Reception Hours	What to Bring
4 months old	January 2013	5/23 (Thr)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book, questionnaire, towel, diapers, change of clothes, formula if necessary.
		5/29 (Wed)	Koka HC		
10 months	June 2012	5/9 (Thr)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book, questionnaire, towel, diapers, change of clothes, formula if necessary.
		5/15 (Wed)	Konan HC		
1 year and 8 months	September 2011	5/30 (Thr)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book, questionnaire
		5/17 (Fri)	Konan HC		
2 years and 6 months	October 2010	5/27 (Mon)	Minakuchi HC	9:30am~ 10:00am	Maternity record book, questionnaire, survey for your child's hearing ability
		5/29 (Wed)	Koka HC		
3 years and 6 months	October 2009	5/20 (Mon)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book, questionnaire
		5/13 (Mon)	Konan HC		



Pre Mama Kyoshitsu

-Lectures on health management during pregnancy, post-delivery and balanced diet will be held. Get-together is also planned, so please feel free to come with your spouse/partner.

Eligible: Expectant mother of 5 months pregnancy and her family/partner.

Date & Time: 5/31 (Fri) 10:00am to 12:00pm
(Reception from 9:45am to 10:00am)

Where: Minakuchi Hoken Center (水口保健センター)

Items to bring: Maternity record book, supplemental booklet, dental health book, pamphlet you received with the maternity record book

Need appointment:

Call 65-0736 by 5/30
-Kenko Suishin Ka
(健康推進課)

English translator is available from 8:30 am to 5:15 pm.
At Regional Community Promotion Div. in City Hall
Phone: 0748-65-0604 E-mail: koka41510@city.koka.lg.jp

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