

March Taxes (3がつのぜいきん)

This month's taxes are as follows:

Kokumin Kenko Hoken Zei 国民健康保険税
National Health Insurance tax

Nogyo Shuraku Haisui Shiyo Ryo
農業集落排水使用 Rural community sewage fee

Kokyo Gesuido Shiyo Ryo 公共下水道使用料
Public sewer fee

Hoiku Ryo 保育料 Nursery school fee

Yochien Ryo 幼稚園料 Kindergarten fee

Kaigo Hoken Ryo 介護保険料 Nursing Insurance fee

Koki Koreisha Iryo Hoken Ryo 後期高齢者医療保険料
Medical insurance fee for the elderly

Due date for taxes is March 31st (Mon)

FY Heisei 26 Health Medical Checkup Calendar will be available in mid-March

You can find information on various kind of health checkup such as Cancer Screening, children's health checkup in this calendar.

Distribution: Starting mid-March toward the end of the month. Distribute through Ku/Jichikai (community association). *If you are not a member of Ku or Jichikai, it is also available at city hall, each chiiki shimin center, Hoken Center.

<Inquiry> Kenko Zoshin kakari, Kenko Suishin ka

☎ 65-0737 / Fax 63-4591

**National Health Insurance:**

your new insurance card will be sent to you via registered mail

New health insurance card for National Health Insurance (NHI) will be sent to each policy holder via registered mail by the end of March. If you are not at home when the card is delivered, please come to the nearby post office within 1 week to receive your new card or contact the post office to set up another date of delivery. If your new card is not picked up after one week, Koka City Hall will keep it.

If you did not receive your new NHI card by the end of March, please contact National Health Insurance and Pension Division (Hoken Nenkin Ka) and bring your old NHI card and Inkan (hanko) to NHI and Pension Division or your nearby Chiiki Shimin Center at former branch office (Tsuchiyama, Kokaohara, Konandaiichi, Shigaraki) to pick it up.

If you wish to have your new NHI card mailed again, please contact us as well.

In following cases, please contact us right away...

- * if you have lost your NHI card
- * your card is damaged or stained badly
- * when you became a policy holder of health insurance provided by your employer
- * when you become a dependent of a family member's health insurance

Once you received your new NHI card, please make sure you have cards for all NHI policy holders in your household. Also check if home address and spelling are correct.

★ Note that you cannot lend or borrow other's NHI card.

For NHI policy holders of 70 years old and above

Starting April, 2014, percentage of copayment of age 70 to 74years old will be changed. If you were born before April 1, 1944, copayment will be 10%. If you were born after April 2, 1944, your copayment will be 20%. Along with your new NHI card, certificate of senior recipient of NHI (こうれいじゅきゅうしゃしょう) will be mailed as well. *If your NHI card indicates "copayment of 30%", the rate remains the same so please use the current certificate of senior recipient of NHI.

Inquiry: National Health Insurance and Pension Division, ☎65-0688 / Fax 63-4618



Health Checkup Schedule for March

Exam	Date of Birth	Exam Date	Location	Hours	What to Bring
Infants up to 4 months	November 2013	3 /13 (Thr)	Minakuchi HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary
		3 /20 (Thr)	Koka HC		
10 months	April 2013	3/ 12 (Wed)	Minakuchi HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary
		3 /10 (Mon)	Konan HC		
1 year and 8 months	July 2012	3/6 (Thr)	Minakuchi HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire
		3/19 (Wed)	Konan HC		
2 years and 6 months	August 2011	3/5 (Wed)	Minakuchi HC	9:30am ~ 10:00am	Maternity record book, questionnaire, questionnaire about child's hearing ability
		3/18 (Tue)	Koka HC		
3 years and 6 months	August 2010	3 /17 (Mon)	Minakuchi HC	1:00 pm ~ 1:30 pm	Maternity record book, questionnaire
		3/ 7 (Fri)	Konan 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.

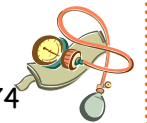
*Checkup for hearing ability is given at the point of 2 years and 6 months old.

*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
Shigaraki 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



Cancer Screening -Early detection, rapid treatment; continue to have healthy life-

Cancer screening can be also taken through through Koka City. Subsidy may apply from the city, so that the checkup cost will be less. Cancer screening will be taken when you have no symptom. If you already have some symptoms, please see doctors. (More details in FY Heisei 26-FY2014- Health and Medical Checkup Calendar)

Type of screening	How	Eligible / Interval	Fee * Free for age over 70	Location
Stomach Cancer	Stomach x-ray with barium	Age over 40, 1/year	¥900	【Group screening】 Hoken Center, etc.
Lung Cancer	Chest x-ray, Sputum test	Age over 40, 2/year	¥200 (additional ¥500 for Sputum test)	
Colorectal Cancer	Fecal occult blood test(sample of stool for 2days)	Age over 40, 3/year	¥500	【Health-care facilities】
Cervical Cancer	Cells	Age over 20, 1/2yrs (female)	Group screening: ¥500 Health-care facilities: ¥1000	Designated Medical Care Providers
Breast Cancer	Clinical examination, Mammography	Age over 40, 1/2yrs	¥1,500	

<Inquiry> Kenko Suishin ka (Health Promotion Div.) ☎65-0737 Fax 63-4591

Koka Hospital ☎65-4641 email: gansoudan@kohka-hp.or.jp

Automated translation is available on our homepage:

<http://www.city.koka.lg.jp/>

English interpreter is available 8:30am~5:15pm

-Regional community Promotion Div.-☎0748-65-0604