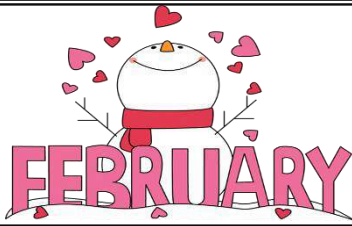


LOOK INSIDE for the Koka City Living Guide Part 5: National Health Insurance & National Pension



KOKA

英語版広報 こうか2月号



Don't Forget to Apply for the Single-Parent Household School Admission Grant!

Target: Those who, as of February 1st, have lived in Koka City for at least 1 year (resident registration), are single-parents (or take care of children who have no parents), and have a child who is entering elementary or junior high school for the first time in April 2019.

*There is no income restriction.

Application Period: February 1st (Fri) to February 28th (Thr)

*You cannot apply after the application period has passed.

Where to Apply: Kosodate Seisaku Ka (Koka City Hall 2nd floor) or at any of the following Chiiki

Shimin Centers: Tsuchiyama, Koka-Ohara, Konan Daiichi, or Shigaraki.

*Times: Weekdays from 8:30 AM to 5:15 PM (excluding holidays)

Grant Amount: Elementary school student – 5,000 yen

Junior high school student – 10,000 yen

Payment Date: March 29th (Fri) (Scheduled)

*There will be no individual notification for this grant.

*For more details, please call the number below.



Inquiries: Kosodate Seisaku Ka TEL 0748-69-2176 FAX 0748-69-2298

Vaccines for Elderly Pneumococcal Infection



Vaccination Period: Until March 31st (Sun)

Where to Vaccinate: Medical institutions within Koka City that offer the vaccination

(Please look to the city homepage or page 12 of the Health Checkup Calendar for details)

Target: Elders who will be 65, 70, 75, 80, 85, 90, 95, or 100+ years old by March 31st, 2019 and have never had the vaccination before.

Vaccination Fee: 2,500 yen

※A personal notification was sent out in April 2018 to those who should receive the vaccination. For more information about the vaccine, please refer to your personal notice or call the number below.

Vaccination Fee Exemption Application

The vaccination fee is exempted for those who live in households on welfare or households that are exempted from paying residence tax. If you qualify for the fee exemption, please apply to Sukoyaka Shien Ka at Koka City Hall, or your closest Chiiki Shimin Center or Hoken Center at least 2 weeks before your vaccination. The deadline for fee exemption is **February 28th (Thr)**.

Inquiries: Sukoyaka Shien Ka TEL 0748-69-2169 FAX 0748-63-4085

For Income Tax and Residence Tax

Final Tax Returns Must Be Filed Before **March 15th!**

Declaration Period: February 18th (Mon) to March 15th (Fri)
(Excluding weekends)

You can file online!

Income tax returns are to be filled out by each taxpayer by declaring the amount of income made within one year and calculating the amount of tax owed.

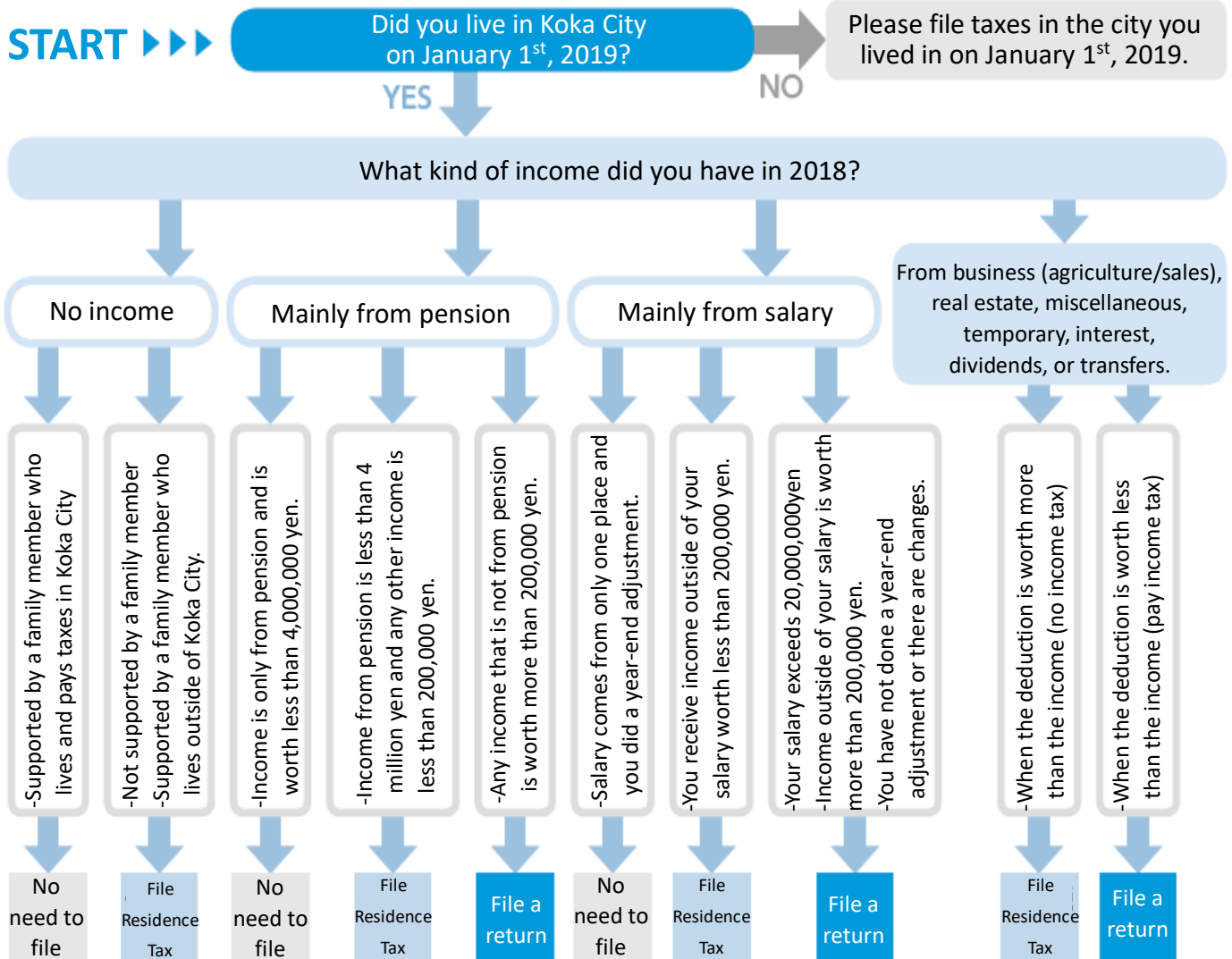
Even if you do not need to declare your income, or if you have no income, filing a residence tax return is required in order to reduce the amount of national health insurance tax, calculate medical fees for the late-stage elderly medical care system, deliver income certificates, and other procedures.

Please be careful not to miss the declaration deadline.



Do I Need to Declare?

Follow the flowchart below to see if you need to file a tax declaration. If you have any questions, please contact Zeimu Ka at 0748-69-2128.



Filing Online with e-Tax

Benefits of e-Tax:

- File from home
- No need to submit additional documents
- File any time (24-hour reception)

Starting in January, you can file your taxes from the National Tax Agency homepage using your smart phone or other device. All you need is your ID number and password. No IC card reader required!

For more information on filing online, ID, or password, please contact the number below.

Inquiries:

Minakuchi Zeimusho TEL 0748-62-0314 (Automated system)

To Those with Nursing Care Certifications:

• **With a city certification, a deduction can be made for those with disabilities.**

As of December 31st, 2018, you can receive a deduction on your taxes if your family member is over 65 years old and has an illness that meets certain requirements (such as being bedridden or having dementia). You do not need to have a Certificate of Disability, but you must apply in order to receive the deduction. (Shogaisha Kojo Taishosha Ninteisho)

• **Submitting a confirmation form instead of a Diaper Use Certificate**

If you plan on filing for a deduction for the price of diapers, the first year you file, you must receive a Diaper Use Certificate from a doctor. However, from the second year onwards, if you meet certain requirements, you must submit a confirmation form to receive the deduction. (Omutsudai no Iryohi Kojo Shomei Hitsuyo Jiko no Kakuninsho).

Please submit all applications to Choju Fukushi Ka at Koka City Hall or any of the following Chiiki Shimin centers: Tsuchiyama, Koka-Ohara, Konan Daiichi, or Shigaraki.

For any questions, please contact the number below.

Inquiries: Choju Fukushi Ka TEL 0748-69-2165 FAX 0748-63-4085

To Those Who Pay National Pension Insurance Premiums

① **National Pension Insurance Fee Deduction Certificate**

A National Pension Insurance Fee Deduction Certificate (Shakai Hokenryo Kojo Shomeisho) will be sent from the Japan Pension services to those who paid insurance premiums in 2018. Please attach this certificate when filing your final tax return.

For questions about the deduction certificate, or to ask to reissue the certificate, please contact the number below.

Inquiries: Japan Pension Service Subscriber Dial TEL 0570-003-004 IP TEL 03-6630-2525



Checklist for Tax Declaration

- ① My Number Card or Notification Card + ID (driver's license, etc.)
- ② Inkan (Personal Seal)
- ③ Proof of Income
 - Original copies of salary and pension withholding slips
 - Itemized list of sales, agriculture, and real estate income
*Please be sure to make this in advance.
 - Documents that prove income other than those listed above
- ④ Proof of Deductions, etc.
 - National Pension Insurance Fee Deduction Certificate
 - Life Insurance and Earthquake Insurance Fee Deduction Certificate
 - Medical Expense Deduction Statement
(Please list each medical care recipient, medical facility, and the total amount paid.)
*A Notice of Medical Expenses is also acceptable.
 - Self-Medication Tax Deduction Statement
(Those who receive this deduction will not receive any regular medical expense deductions)
 - Any other necessary documents needed in order to receive a deduction.
- ⑤ For those who wish to pay taxes via bank account transfer or those who anticipate on receiving a tax return, please have the taxpayer's bank number, financial institution, branch office, and the personal seal used to open the bank account.
- ⑥ Any documents that show a dependent's income so that a dependent deduction can be made.

It is NOT necessary to attach a proof of payment for any of the following items:

- National Health Insurance Tax
- Nursing Care Insurance fee
- Late-Stage Elderly Medical Insurance fee



Consultations for Income Tax and Residence Tax Declarations

There are consultations for tax declarations in each part of Koka City. Please feel free to consult with us.

Consultation Times: 8:30 AM to 11:30 AM, 1PM to 4 PM

Please note that the Minakuchi consultation location (Minakuchi Shakai Fukushi Center 1st floor Fukushi Hall East) is open from 9AM to 4 PM.

	Minakuchi	Tsuchiyama	Koka	Konan	Shigaraki
Date \ Location	Minakuchi Shakai Fukushi Center, 1st floor Fukushi Hall (west side)	Tsuchiyama Kaihatsu Center, 2nd floor, Conference Rooms 2A & 2B	Koka-Ohara Chiiki Shimin Center, 2nd floor Conference Room	Konan Daiichi Chiiki Shimin Center, 2nd floor Large Conference Room	Shigaraki Dento Sangyo Kaikan, 3rd floor Conference Rooms
February 18th (Mon)	Consultations Available	Consultations Available	*No consultations from 2/18 (Mon) to 2/22 (Fri)	Consultations Available	*No consultations from 2/18 (Mon) to 2/21 (Fri)
February 19th (Tue)					
February 20th (Wed)					
February 21st (Thr)					
February 22nd (Fri)					
February 25th (Mon)		*No consultations from 2/20 (Wed) to 3/5 (Tue)	Consultations Available	*No consultations from 2/22 (Fri) to 3/5 (Tue)	Consultations Available
February 26th (Tue)					
February 27th (Wed)					
February 28th (Thr)					
March 1st (Fri)					
March 4th (Mon)		*No consultations from 2/27 (Wed) to 3/11 (Mon)	Consultations Available	*No consultations from 2/22 (Fri) to 3/5 (Tue)	Consultations Available
March 5th (Tue)					
March 6th (Wed)					
March 7th (Thr)					
March 8th (Fri)					
March 11th (Mon)		*No consultations from 3/11 (Mon) to 3/15 (Fri)	Consultations Available	*No consultations from 2/27 (Wed) to 3/11 (Mon)	Consultations Available
March 12th (Tue)					
March 13th (Wed)					
March 14th (Thr)					
March 15th (Fri)		*No consultations			

- ✧ These consultations are for those who are Koka City residents as of January 1st, 2019.
- ✧ For those who use the Shigaraki Dento Sangyo Kaikan, please use the parking lot on the west side of the Shigaraki Chiiki Shimin Center
- ✧ There is limited parking available at each of the consultation locations. Please use public transportation if possible.

● **For the following tax declarations, please go to the Minakuchi Tax Office (Minakuchi Zeimusho) (Minakuchi Shakai Fukushi Center 1st floor, Fukushi Hall east side)**

- Capital gains tax declaration (income made when selling land or stocks)
- First time declaring a special deduction related to housing loans
- Declaring a business income (for agriculture or sales) worth more than 10 million yen
- Declaration of miscellaneous losses
- Blue-paper income tax return, declaration of consumption tax, declarations of taxes up until 2017, tax returns for the deceased (Junkakutei Shinkoku)
- Other complicated declaration items

A Message from the Minakuchi Tax Office

Information on Tax Refund Declaration Locations

We will set up a tax refund declaration venue for those who receive pension, are salaried workers, or have special deductions related to housing loans (and moved into the renovated house during 2018).

*Only for those with an income from salary only, pension only, or a combination of the two.

Service Period	Location	Reception Time
February 12th (Wed) to February 15th (Fri)	Minakuchi Shakai Fukushi Center, 1st floor Fukushi Hall east side	9:30AM to 12PM 1PM to 4PM

*Before coming to the tax office, please prepare all necessary documents (withholding slips, etc.), personal ID, writing instruments, and personal seal. (If your taxes were finalized last year, be sure to bring your declaration form.)

*Tax declarations for 2018 made before February 2nd are accepted at the Minakuchi Tax Office. Please make an appointment in advance

Inquiries:

For Residence Tax: Zeimu Ka
TEL 0748-69-2128 FAX 0748-634574

For Income Tax: Minakuchi Zeimusho TEL 0748-62-0314 (Automated system)

2019 Garbage Calendar Distribution

The 2019 Garbage Calendar is scheduled to be distributed to local community associations (Ku Jichi Kai) starting in the middle of February.

The calendar will also be available at Koka City Hall's Seikatsu Kankyo Ka as well as each of the Chiiki Shimin Centers. You can also see the new calendar on the Koka City homepage.

There are some areas where the collection schedule has changed, so please make sure to check the calendar.



Inquiries: Seikatsu Kankyo Ka TEL 0748-69-2145 FAX 0748-63-4582

National Test of the J-ALERT System on February 20th



The 4th nationwide warning system (J-ALERT) test will occur on the following:

When: February 20th (Wed) at 11:00AM

Where: All of Koka City

The announcement test will occur on all audio broadcast terminals and outdoor loudspeakers. It will consist of a chime, an announcement at max volume, and then another chime. The announcement will say something like "Kore wa J-ALERT no testo desu..." (This is a J-ALERT test...).

Thank you for your cooperation.

Inquiries: Kiki Kanri Ka TEL 0748-69-2103 FAX 0748-63-4619

Temporary Shutdown of Convenience Store Official Document Delivery Service



In order to perform system maintenance, the official document delivery service at convenience stores will be shut-down at the following times:

February 26th (Tue) – All day

February 28th (Thr) – From 5PM to 11PM

We are sorry for the inconvenience.

**If you need certificates, please make sure to get them in advance.

Inquiries: Shimin Ka TEL 0748-69-2138 FAX 0748-65-6338

How to Dispose of Spray Cans – No Need to Drill Holes!

Previously, Koka City required you to punch a hole in spray cans before disposing of them. However, this causes many accidents and injuries nationwide.

Therefore, from now on, you no longer need to punch a hole in spray cans, but please make sure to use up the contents of the spray can as much as possible before recycling them.



Inquiries: Seikatsu Kankyo Ka TEL 0748-69-2145 FAX 0748-63-4582

Free Inheritance Consultations with a Judicial Scrivener



Date: February 16th (Sat) from 1:30 PM to 4:30 PM (reception desk closes at 4:00 PM)

Location: Konan Joho Koryu Center, Shinobi no Sato, 2nd floor training room

◇ No reservations necessary

Inquiries: Shiga-ken Shiho Shoshi Kai TEL 077-525-1093 (Weekdays 9AM-12PM, 1PM-5PM)

March 1st to 7th is Children's Vaccination Week!

The Japan Medical Association, the Japan Pediatric Association, and the Ministry of Health, Labour and Welfare have implemented a "Children's Vaccination Week" so that those who cannot take their children to get vaccinated during normal hours can still receive treatment.

Vaccines are important to protect children from diseases. Please check your Maternity Record Book to make sure that no vaccinations have been forgotten.

Target: Children in Koka City within the age range for vaccinations

Types of Vaccinations: Hib infection, children's pneumococcus, hepatitis B, 4-type combined (diphtheria, whooping cough, tetanus, polio), BCG (tuberculosis), measles, chickenpox, Japanese encephalitis, diphtheria-tetanus



Medical Facility Name	Date & Time	Reservations, etc.
Asada Clinic	March 2nd (Sat) 12:30PM to 1:30PM	Make reservations by February 23rd TEL 0748-69-7755
Tanaka Pediatric Clinic	March 2nd (Sat) 1PM to 1:15PM	Make reservations by February 20th TEL 0748-65-0121

*If you do not have an examination form, please contact the number below.

Inquiries:	Sukoyaka Shien Ka	TEL 0748-69-2169	FAX 0748-63-4085
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Human Rights Defense Committee

As of January 1st, the following people have been appointed as Human Rights Defense Commissioners by the Ministry of Justice. Their term will last until December 31st, 2021.

Reappointed

(titles omitted · in no particular order)

Fumio Takezaki
Setsuko Fukui
Kazumi Tonoshiro
Tetsuo Obayashi
Hiroshi Yamamoto
Hidenori Nakanishi

Newly Appointed

(titles omitted · in no particular order)

Shinkyō Imamura
Hiroyuki Yoshida
Keiji Tsuchida



Human Rights Defense Commissioners are in charge of consultations and promotion of human rights. Consultation dates can be found on the consultations page of the Japanese version of the Koka newsletter that is distributed on the 15th of every month

Human rights consultations for February are as follows:

Date	Time	Location
2/4 (Mon)	1:30 PM to 4:00 PM	Tsuchiyama Kaihatsu Center
2/6 (Wed)		Koka-Ohara Chiiki Shimin Center
2/8 (Fri)		Shigaraki Chiiki Shimin Center
2/14 (Thr)		Minakuchi Shakai Fukushi Center
2/19 (Tue)		Konan Kominkan (Shinobi no Sato Purara)

*No reservations necessary

*For questions about consultations, contact:

Otsu Chiho Homukyoku TEL 0748-62-1828 FAX 0748-62-1748

Inquiries:	Jinken Suishin Ka	TEL 0748-69-2148	FAX 0748-63-4554
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February Events & Information



Nihao! Chinese Language Class

Date: February 15th, 22nd, March 1st, 8th, 15th (All Fridays), 1:30 PM to 3:30 PM

Location: Jishu Katsudo Center Kizuna

Target: Beginners (those learning Chinese for the first time)

Capacity: 20 people

Participation Fee: Koka International Society members – 2,000 yen
All others – 5,000 yen

Application Deadline: February 8th (Fri)



Inquiries:

Koka International Society
TEL & FAX 0748-63-8728

“Sekai Manabi Juku” An International Understanding Course for Elementary School Students

3rd Lesson: The Philippines

When: February 16th (Sat), 10AM to 12PM

Where: Jishu Katsudo Center Kizuna

Target: Elementary school students

Capacity: 30 people

Participation Fee: Koka International Society Members – FREE
All others: 500 yen

What to Bring: Writing instruments (pen, notebook, etc.)

How to Apply: Call the number below.

Deadline: February 12th (Tue)



Inquiries: Koka International Society TEL & FAX 0748-63-8728

Childcare Support Festival

This year's theme is "Exercise". Even though it's cold, let's move our bodies!

Date: February 24th (Sun), 10AM to 3PM

Location: Kafuka Shogai Gakushu Kan

*Participation is FREE!

*The exercise experience booth is for children aged 0 to early elementary school.

(Please register on the day of the event.)



- 1) Kids circuit
- 2) Kids dance
- 3) Eurhythmics experience
- 4) Handmade goods market

Inquiries: Koka Kosodate Oen Festa 2018 Jikko linkai Email: apricot.koka@gmail.com

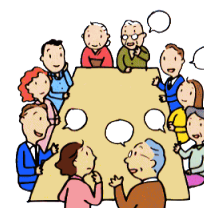
Creating Local Communities Together at the Diversity and Inclusion Key-Person Meeting

Date: March 3rd (Sun) from 1:30PM to 4PM

Location: City Hall Bekkan, meeting room 101

Details: With new revisions to national immigration policies, it is important now, more than ever, to promote community development with people of all different backgrounds. In this meeting, we welcome key people from the community to come together and discuss the future of Koka City.

Capacity: 60 people *Entrance is FREE *Anyone is welcome to participate!



Inquiries: Koka International Society TEL&FAX 0748-63-8728
Email: mifa@mx.biwa.ne.jp

February Taxes (2 がつ の ぜい きん)

- Fixed Property Tax 固定資産税 (こていしさんぜい)
- National Health Insurance Tax 国民健康保険税 (こくみんけんこうほけんぜい)
- Nursery School Fee 保育料 (ほいくりょう)
- Kindergarten Fee 幼稚園使用料 (ようちえんしゅうりょう)
- Nursing Care Insurance Fee 介護保険料 (かいごほけんりょう)
- Late-Stage Elderly Medical Insurance Fee 後期高齢者医療保険料 (こうきこうれいしやいりょうほけんりょう)
- Water Fee 水道料金 (すいどうりょうきん)

Due date for tax payments:
February 28th (Thr)

CLASSES FOR NEW MOTHERS - FEBRUARY

Offered to parents of 2 to 3-months old infants. This class aims to provide information on child development, hazard prevention, vaccinations, and mother's health management. A mixer will be held as well.

No reservation is required.

Eligibility	Parents with 2- to 3-months-old infant(s)
Time	10:00 to 11:30am (Check-in from 9:45am to 10:00am)
Things to Bring	Maternity record book, the Health Check Calendar, a bath towel, the Sukoyaka Set you received upon submitting the Notice of Birth
Staff	Public health nurse

Date	Location	For babies born in
Feb. 15 (Fri)	Minakuchi Hoken Center	December 2018
Feb. 20 (Wed)	Kokomori	

HEALTH CHECKUP FOR INFANTS & TODDLERS -- FEBRUARY

No appointment required!

Visit your nearest Hoken Center directly.

For more details, refer to the Health Checkup Calendar.

Inquiries:
Sukoyaka Shien Ka (すこやか しえんか)
at 0748-69-2168

Health Checkup	For Children Born In	Exam Date	Location	Reception Hours	Items to Bring
4 months	October 2018	2/20 (Wed)	Koka HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), towel, diapers, change of clothes, formula if necessary.
		2/28 (Thr)	Minakuchi HC		
10 months	March 2018	2/14 (Thr)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), towel, diapers, change of clothes, formula if necessary.
		2/20 (Thr)	Koka HC		
1 year and 8 months	June 2017	2/5 (Tue)	Koka HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), diapers
		2/13 (Wed)	Minakuchi HC		
2 years and 6 months	July 2016	2/7 (Thr)	Koka HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), survey for your child's hearing ability (ささやきこえけんしん)
		2/21 (Thr)	Minakuchi HC		
3 years and 6 months	July 2015	2/5 (Tue)	Koka HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), Additional questionnaire distributed at 2 years and 6 months checkup
		2/25 (Mon)	Minakuchi HC		

English interpreter is available from 8:30 AM to 5:15 PM

Phone: 0748-69-2114

English translation of city information is available:

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



Koka City Living Guide Part 5



National Health Insurance & National Pension



こくみんけんこうほけん こくみんねんきん
国民健康保険・国民年金

Index

➤ National Health Insurance

- How to Apply
- Benefits
- Special Medical Checkup
- Special Health Guidance
- National Health Insurance Tax

➤ National Pension

- Enrollment
- National Pension Notifications
- Premiums (Discounts on premiums paid in advance, premium exemptions, payment extensions for young people, special provisions for students, special exemptions for retirees)
- National Pension Benefits

National Health Insurance

Questions: Hoken Nenkin Ka TEL

Zeimu Ka TEL 0748-69-2128 / Tsuchiyama, Koka-Ohara, Konan Daiichi, or Shigaraki Chiiki Shimin Center

Unless you are insured through your workplace or are receiving welfare, you **must** apply for National Health Insurance (NHI). When you apply for or withdraw from NHI, please submit the notification within 14 days.

※Please send notifications to Hoken Nenkin Ka at city hall or any of the following Chiiki Shimin Centers: Tsuchiyama, Koka-Ohara, Konan Daiichi, or Shigaraki.

When to...		Required Documents
Apply for NHI:	Moving into Koka City	-Moving Out Certificate -Moving In Notification
	Cancelling your current health insurance	-Health Insurance Cancellation Certificate
	Independence from family's health insurance	-Certificate of Loss of Health Insurance Support
	Having a child	-Proof of birth
	No longer receiving welfare	-Notice of Decision to Discontinue Welfare
Withdraw from NHI:	Moving out from Koka City	-Health Insurance Card
	Applying for a different health insurance	-National Health Insurance Card and new Health Insurance Card (or new Insurance Certificate)
	Starting to receive welfare	-Notice of Decision to Receive Welfare
	Death	-Proof of death -Health Insurance Card
Other Cases:	Change of address, name or household	-Health Insurance Card
	Splitting or merging of households	-Health Insurance Card
	Damage or Loss of Health Insurance Card	-Health Insurance Card (if damaged) -Identification (driver's license, etc).
	A child moves to another municipality for school	-Health Insurance Card -Certificate of Student Status

Benefits / 国民健康保険の給付 / Kokumin Kenko Hoken no Kyufu

Items	Contents
<p>Medical Care Benefits</p>	<p>When you receive medical treatment while using the NHI card or the Beneficiary Certificate for the Elderly, you must pay the co-payment listed below. The rest of the fee is covered by NHI.</p> <ul style="list-style-type: none"> ◇ Preschool Infants----20% (Until the March 31st after the child turns 6 years old. If the child's birthday is on April 1st, until the March 31st directly before the child's 6th birthday) ◇ 6 to 69 years old-----30% ◇ 70-74 years old-----20% (10% for those born before April 1st, 1944. 30% for those at their pre-retirement income level) <p>The Elderly Benefits Certificate is given on the 1st of the month after the person's 70th birthday (those born on the 1st will get it the same day). It is valid until the day before the person's 75th birthday.</p> <p>When going to the doctor, please bring both the NHI card and the Beneficiary Certificate for the Elderly.</p>
<p>Medical Expense Subsidies</p>	<p>In the following cases, once paying the full medical fee, you can receive a refund by applying at a later date.</p> <ul style="list-style-type: none"> ◇ When you receive medical treatment while not in possession of your NHI card ◇ When you receive treatment for a fracture or sprain from a Judo Therapist ◇ When you receive a doctor-certified anma massage, acupuncture, moxibustion, or massage ◇ When you receive a blood transfusion not covered by regular benefits ◇ When you are treated by an overseas health care provider ◇ When you receive a medical corset, crutches, or other medical appliance
<p>High Medical Expense Subsidies</p>	<p>When a co-payment within a single month is high, upon request, NHI will reimburse the amount in excess of the NHI member's deductible.</p> <p><u>Delivery of Limit Application Certificate</u></p> <p>If your co-payments for medical treatment exceed the monthly limit of individual payment for one case*, NHI will reimburse the amount paid over this limit (when both the Limit Application Certificate and Health Insurance Card are presented upon hospitalization). It is recommended that you apply as soon as the hospitalization is decided because the application is effective from the 1st day of the month in which you apply. There is an expiration date for the application. If you need the reimbursement after the expiration date, please reapply. Reimbursement is not available to those who have not paid the NHI tax.</p> <p>*One case refers to the total amount of co-payments for 1 policyholder in 1 month (from the 1st to the end of the month) at the same medical institution.</p>
<p>Combined High Nursing Expense and Medical Expense Subsidies</p>	<p>If a household's total medical and nursing care expenses paid within a 1-year period exceed the expense limit, you may apply for a refund of the excess amount. Meal costs, living costs, and bed surcharges are not included in payment totals. (The expense limit is based on age and the situation regarding Residence Tax.)</p>

Items	Contents																
<p>Long-Term Care for a Special Illness</p>	<p>Those who have specific diseases designated by the Minister of Health, Labor, and Welfare and apply can receive a “Certificate for Medical Treatment of Special Illness” worth 10,000 yen a month (or 20,000 yen a month for those under 70 years old receiving dialysis).</p> <p><u>Special Illnesses</u></p> <ul style="list-style-type: none"> -Chronic renal failure that requires dialysis -Congenital blood clotting factor disorder (hemophilia) -HIV infection as a result of receiving HIV-tainted blood clotting factor 																
<p>Hospital Meal Expenses</p>	<p>Standard fees for hospital meals are as follows:</p> <table border="1" data-bbox="419 477 1485 931"> <tr> <td data-bbox="419 477 539 555">1</td> <td data-bbox="539 477 930 555">Regular (those not included in 2 or 3)</td> <td data-bbox="930 477 1246 555"></td> <td data-bbox="1246 477 1485 555">460 yen per meal</td> </tr> <tr> <td data-bbox="419 555 539 752" rowspan="2">2</td> <td data-bbox="539 555 930 752" rowspan="2">NHI members from households exempt from Residence Tax and Type 2 Low-Income NHI Members</td> <td data-bbox="930 555 1246 752" rowspan="2">Hospitalized for 90 days or less within the past 12 months</td> <td data-bbox="1246 555 1485 633">210 yen per meal</td> </tr> <tr> <td data-bbox="1246 633 1485 752">160 yen per meal</td> </tr> <tr> <td data-bbox="419 752 539 931">3</td> <td data-bbox="539 752 930 931">Type 1 Low-Income NHI Members</td> <td data-bbox="930 752 1246 931">Hospitalized for 90 days or more within the past 12 months</td> <td data-bbox="1246 752 1485 931">100 yen per meal</td> </tr> </table> <ul style="list-style-type: none"> ※ NHI members in 2 and 3 need the Certificate of Reduction. Please visit Hoken Nenkin Ka at city hall to apply and receive the certificate, then submit it your medical institution. ※ 2 is a member who belongs to a household where the head of household and all NHI members in the household are exempt from Residence Tax ※ 3 is a member whose household is exempt from Residence Tax and whose household income is lower than the determined limit. 				1	Regular (those not included in 2 or 3)		460 yen per meal	2	NHI members from households exempt from Residence Tax and Type 2 Low-Income NHI Members	Hospitalized for 90 days or less within the past 12 months	210 yen per meal	160 yen per meal	3	Type 1 Low-Income NHI Members	Hospitalized for 90 days or more within the past 12 months	100 yen per meal
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<p>Lump Sum Maternity Allowance</p>	<p><u>Eligibility</u></p> <p>NHI members who are pregnant for 12 weeks (85 days) or more.</p> <ul style="list-style-type: none"> ※ If the pregnant mother was a recipient of employee’s health insurance for more than 1 year as of 6 months prior to labor, the allowance is provided through the employer and the mother does not qualify for the NHI allowance. ※ In the case of miscarriage or stillbirth, the allowance is still granted as long as the pregnancy lasted for 12 weeks or more. <p><u>About the Allowance</u> – 420,000 yen per child</p> <ul style="list-style-type: none"> ※ If labor took place at a medical institution not part of the obstetric care compensation system or if labor took place before 22 weeks of pregnancy (including stillbirth and miscarriage), the allowance is 404,000 yen. ※ There is also a Lump Sum Maternity Allowance direct payment system and a Lump Sum Maternity Allowance receipt. 																
<p>Funeral Allowance</p>	<p>If a NHI member dies, a funeral allowance is given to help pay for funeral services.</p> <p><u>Allowance Amount</u> – 50,000 yen</p>																
<p>Health Check Screening Subsidies (Ningen Dokku)</p>	<p>For NHI members 40 years old and older (by the end of March in the academic year when the health check takes place) whose households have paid their National Health Insurance Tax, NHI will pay 1/2 of your Health Check Screening (Ningen Dokku) (Up to 20,000 yen. Up to 30,000 yen for brain checks). Subsidies are given out once per year.</p>																

Items	Contents
When You Are in a Traffic Accident	If you get injured in a traffic accident (caused by a third party), you can file a claim and receive medical treatment with NHI. However, it is important that you file the claim as soon as possible. The person who caused the accident is responsible for all medical charges. NHI will pay the upfront fees and then charge the person who caused the accident at a later date. Please be aware that NHI cannot be used if you receive money from the third party for medical expenses or if you settle out of court.

Special Medical Checkup / 特定健康診査 / Tokutei Kenko Shinsa

The Special Medical Checkup's aim is early detection of Metabolic Syndrome. A notice letter, checkup ticket, and questionnaire will be mailed to those who qualify.

Eligibility: NHI member between 40 and 74 years old (as of March 31st of each year)

Procedure: Group health checkup or a private consultation at a prefecture-registered medical institution

If you turn 75 in the middle of the year:

Born between April 1st and September 30th

Receive your Health Checkup from the Long Life Medical Care

System.

Born between October 1st and March 31st

Until your birthday, you qualify for the Special Medical Checkup. After your birthday, receive your Health Checkup from the Long Life Medical Care System.

Fee: FREE

Special Health Guidance / 特定保健指導 / Tokutei Hoken Shido

A notice letter of consultation with a consultation ticket is mailed to those who qualify for Special Health Guidance based on the result of the Special Medical Checkup. If you receive this notice letter, it is highly recommended that you receive consultations for lifestyle change.

What is Metabolic Syndrome?

A person with Metabolic Syndrome has excess fat in the stomach area and suffer from two or more symptoms, such as high blood pressure, high blood sugar level, or high triglycerides. Metabolic Syndrome accelerates the hardening of arteries and has a high risk of leading to heart disease and stroke. Therefore, it is very important to treat it early.

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

The National Health Insurance Tax is calculated based on each household and the head of household is responsible for paying the tax premium.

The NHI Tax Rate for Each Household

① Income Basis (calculated based on the household's total income)

② Per Capita Basis (calculated based on the number of NHI members in the household)

③ Per Equal Distribution Basis (a fixed rate per household)

※ The NHI is financed by the premiums of its members, so please make sure that you do not fall behind on your premium payments.

※ Payments can easily be made through bank account transfers. Please refer to "Taxes" for more information.

TO BE CONTINUED IN THE NEXT ISSUE