



KOKAKOHO7



For those enrolled in Elderly Medical Care Insurance, Koki Koreisha Iryo Hoken.

Income for 2021 has been finalized, and therefore insurance premiums have been calculated for the medical insurance for the elderly. The amount of premiums and payment method for each person will be notified by mail in mid-July.

A new health insurance card will be sent to you ~Please pay attention to the expiration date~

Due to the impact of the revision of the payment ratio of medical expenses for the medical care system for the elderly, which will begin in October 2022, health insurance cards valid from August 1 to September 30, 2022 and those valid from October 1, 2022 will be sent in two installments. Income for 2021 has been finalized, and therefore insurance premiums have been calculated for the medical insurance for the elderly. The amount of premiums and payment method for each person will be notified by mail in mid-July.

Health insurance cards for the period from August 1, 2022 to September 30, 2022

A light green-colored health insurance card will be issued.

*The card will be sent by registered mail in July.

Health insurance cards for the period from August 1, 2022 to September 30, 2022 will be light green.



Health insurance cards for the period from October 1, 2022 to July 31, 2023

A cream-colored health insurance card will be issued.

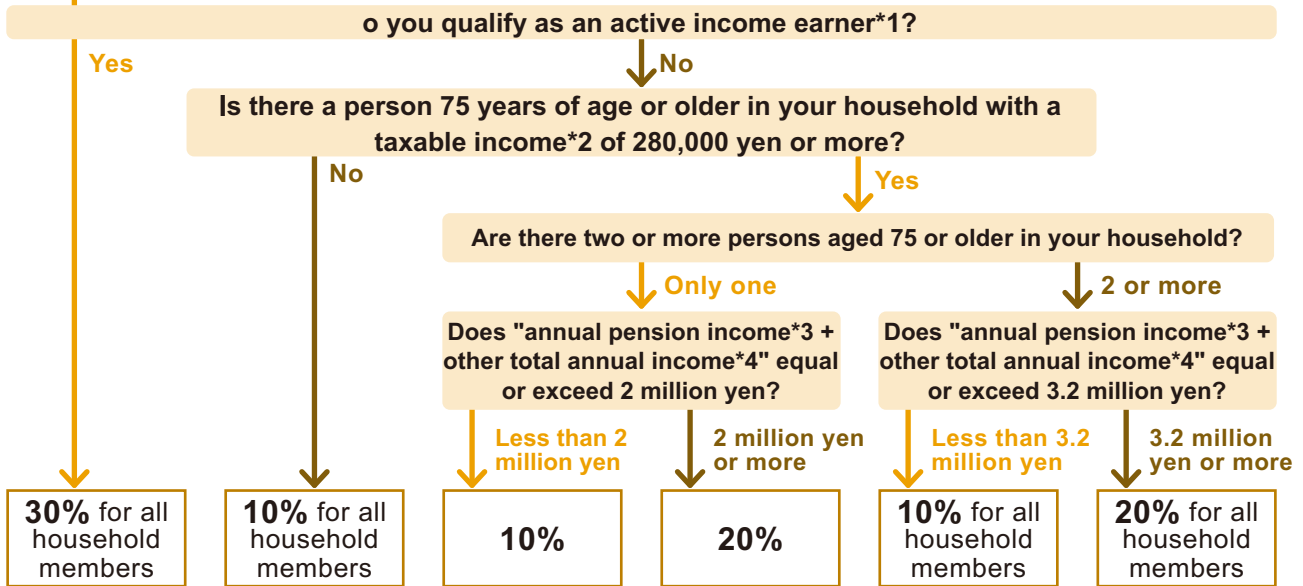
*The card will be sent by registered mail in September.

Health insurance cards for the period from August 1, 2022 to September 30, 2022 will be light green.



From October 1, 2022, persons with incomes above a certain level (such as those aged 75 and over), except those with incomes equivalent to active workers (who pay 30% of medical costs), will be required to pay 20% of medical costs at the hospital counter.

©Eligibility for the 20% payment rate will be largely determined by the following process



*1 Those with a taxable income of 1,450,000 yen or more who pay 30% of medical costs.

*2 "Taxable income" is the amount listed under the title "tax base" on the resident tax notice. The "tax base" amount is the amount of income for the previous year, after employment income deductions, public pension deductions, and other income tax deductions (such as basic deduction, social insurance premium deduction) are deducted.

*3 "Pension income" does not include survivor's pensions or disability pensions.

*4 "Other total income" is the amount of income such as business income, employment income, etc., after deducting necessary expenses, employment income deductions, etc.

Inquiries Hoken Nenkin Ka **Tel** 69-2142 **Fax** 63-4618

Shigaken Koki Koreisha Iryo Koiki Rengo Shiga Prefecture Wide-Area Association for Elderly Medical Care **Tel** 077-522-3013

Questions about the background of the system revision: Ministry of Health, Labor and Welfare Call Center **Tel** 0120-002-719

TOPICS
2

Commencement of door-to-door garbage collection for households that have difficulty in disposing of garbage

Inquiries Regarding garbage collection — Seikatsu Kankyo Ka (Tel) 69-2145
 Regarding application — Choju Fukushi Ka (Tel) 69-2164
 Shogai Fukushi Ka (Tel) 69-2161

Households with elderly or disabled members who have difficulty disposing garbage at collection points are eligible for this service. Through doorstep collection, the program aims to reduce daily burdens and monitor needs according to disposal rates.



Overview of the program

- Eligible households are asked to put garbage in garbage bins with lids, placed at their doorsteps no later than the designated date and time. Collection companies will collect the garbage.
- Put burnable garbage in the designated bags for burnable garbage, and recyclable garbage (garbage other than burnable garbage) in bags of your choice.
- Burnable garbage will be collected once a week and recyclable garbage once a month.
- If garbage has not been put out, residents will be contacted by intercom or other means.

Eligible households

Households that have difficulty transporting garbage to collection points or Sanitation Center (Eisei Center), and that meet or exceed the following criteria are eligible for this program.

- Households consisting solely of persons 65 years of age or older who have been certified as requiring long-term care, or households consisting solely of persons who have been issued either a physical disability certificate, a rehabilitation certificate, or a mental disability certificate.
- Households using long-term care insurance services, or households using services for people with disabilities, receiving assistance with household chores.

*Please contact us if you are not sure whether this applies to you or not.

TOPICS
3

Group vaccination for additional (4th) dose of the Covid-19 vaccine

Group vaccinations for an additional (4th) dose of the Covid-19 vaccine will be available at three venues in the city. Since the opening dates and available vaccines differ depending on the vaccination site, please check carefully and make a reservation through the reservation website or call center.



Group vaccination site (3rd vaccination is also available)

Venue	2nd Floor, Seiyu Minakuchi store
Address	6084-1, Minakuchi, Minakuchi-cho
Available vaccines	Takeda/Moderna
Opening period	From Friday, July 8, 2022 to early September

Venue	Konan Hospital
Address	958, Kazuragi, Konan-cho
Available vaccines	Pfizer
Opening period	From Friday, June 24, 2022 to the end of September

Venue	Shigaraki Kaihatsu Center
Address	1251, Nagano, Shigaraki-cho
Available vaccines	Pfizer
Opening period	From Friday, July 15, 2022 to late August

Group vaccination for additional (3rd) dose of the Covid-19 vaccine offered for those aged 12 to 17 years old.

Additional (3rd dose) group vaccination will be available for those aged 12 to 17 years, as follows. If you have not yet received the additional (3rd) vaccination, please consider getting it.

Group vaccination site

Venue	2nd Floor, Seiyu Minakuchi store
Address	6084-1, Minakuchi, Minakuchi-cho
Available vaccines	Pfizer
Opening period	Saturday, July 16, 23, 30 Saturday, August 6

*For details on how to make reservations, etc., please see the guide distributed to those eligible.

*The 1st and 2nd doses are not available at group vaccination sites.

Please refer to the flyer enclosed with your vaccination ticket for information on individual vaccination venues and how to make an appointment.

Inquiries about adverse reactions after vaccination and the Health Damage Relief System

Shingata Coronavirus Kansensho Taisaku Shits The office of Covid-19 Response Support Center (Tel) 69-2154

TOPICS
4

To residents enrolled in the National Health Insurance Program

~ When your medical expenses are expected to be high
(Issuance of Eligibility Certificate for Ceiling-Amount Application) ~

Inquiries Hoken Nenkin Ka (Tel) 69-2140 (Fax) 63-4618

By submitting the "Eligibility Certificate for Ceiling-Amount Application" to a medical institution in advance, you can limit the amount you pay at each medical institution for one month to the designated maximum amount. If you need the certificate, please apply for it as follows.*If you have unpaid insurance tax, you may not be able to receive the certificate.

Where to apply

Health Insurance and Pension (Hoken Nenkin Ka) or Tsuchiyama, Koka, Konan, and Shigaraki Chiiki Shimin Center, which are former branch offices

A new health insurance card will be sent to you

The new health insurance card, valid from August 1, will be sent by registered mail in mid-July.

What you need to apply

- Personal identification documents (driver's license, My Number Card, etc.)
- Health insurance card
- Certificate of taxation (required for those who did not have a residence in Koka City on January 1, 2022)

Current certificate holders

The certificate expires on July 31, so if you still need the certificate, please apply for it again on or after August 1.

*This certificate must be applied for by those who are between 70 and 74 years of age and are exempt from resident tax, as well as those who are in the "active worker bracket II" (taxable income of 3.8 million yen or more) and the "active worker bracket I" (taxable income of 1.45 million yen or more).

Preventing Heat Stroke under the New Way of Living

Prevention is the key to avoiding heat stroke



Heat stroke occurs when the body's thermoregulatory system does not work properly under conditions such as high temperatures, and heat builds up in the body. Small children (0-6 years old), the elderly, and the sick are especially susceptible to heat stroke and require special attention. To avoid heat stroke, take adequate measures while avoiding the "Three Cs (closed spaces, crowded places, close-contact settings)" to prevent Covid-19 infection.

1 Avoid the heat.

- Wear comfortable clothing.
- Use a fan or air conditioner to adjust room temperature.
- Use a parasol or hat when outside.

2 Remove your mask when appropriate.

- Remove your mask when outdoors and more than 2 meters away from people.
- If you wear a mask, avoid strenuous activities that may cause shortness of breath.

3 Hydrate frequently.

- Drink even if you are not thirsty.
- Aim to drink 1.2 liters per day (about a glass of water every hour).
- Remember to take in salt when you sweat a lot.

4 Monitor your physical condition on a daily basis.

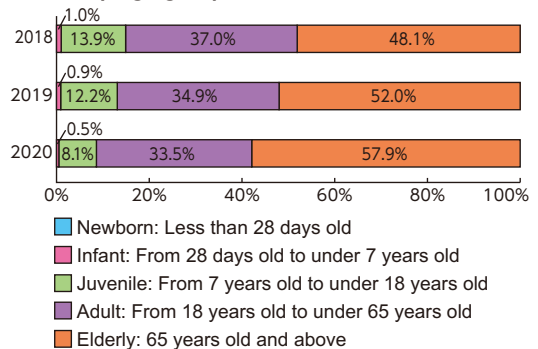
- Take your body temperature and check your health each day.
- Do some moderate exercise in order to maintain your body's resistance to the heat.
- If you're not feeling well, don't push yourself too hard and take a rest.

Emergency Medical Treatment for Heat Stroke

Ministry of Internal Affairs and Communications

● Ratio by age group (%)

2018-2020



Inquiries Sukoyaka Shien Ka (Tel) 69-2168 (Fax) 63-4085

Extended Business Hours in July

Business hours will be extended to 19:00 every Tuesday on July 5, 12, 19, 26.

July Tax Payments

The due date for tax payments this month is

Monday, August 1.

- Fixed assets tax (2nd term installment)
- National health insurance tax (2nd term installment)
- User fees (Nursery school, kindergarten fees and nursery school lunch fees)
- Long-term care insurance premium (2nd term installment)
- Medical insurance premiums for the elderly
- Public sewage fees and agricultural community drainage facility fees

Kokaryu Nin Nin Grand Fireworks Display



● **Date and time** Saturday, July 30, 15:30-21:00 (Postponed to Sunday, July 31 in case of bad weather)

● **Event location** Yasu River, Minakuchi, Minakuchi-cho, Koka City

(The Nin Nin Yokocho Festival will be held at the parking lot of Koka Agricultural Cooperative Association)

● **Details** Fireworks display and the Nin Nin Yokocho Festival will be held for the citizens of Koka City to enjoy a moment of summer.

● **Fireworks Display** 19:45-20:15 ● **Nin Nin Yokocho Festival** 15:30-21:00 ● **Participants** Citizens of Koka ● **Capacity** No limit

More Information

Kokaryu Nin Nin Grand Fireworks Committee

(Tel) 60-2690 (Fax) 60-2362 info@koka-kanko.org


Koka-shi Kanko Machizukuri Kyokai Jimusho Koka City Tourism and Community Development Association Office

Consultation Corner

July 15 to
August 14

Consultation services are
provided **for free.** Feel
free to use them.

The events and services below are as of May 20 and may be canceled or postponed due to the impact of COVID-19.

Type of consultation service/contact information	Date	Time	Place/note
<p>Life and work consultations (Public Assistance Counter)※</p> <p>Advice is provided for concerns about life and work.※ Reservation not required. Responders: Consultation and employment support staff (Contact) Seikatsu Shien Ka (Tel) 69-2158 (Fax) 63-4085</p>	Monday to Friday (except national holidays)	8:30 to 17:15	Seikatsu Shien Ka
<p>Consumer affairs consultations</p> <p>Advice is provided for concerns about consumer affairs, such as contracts and products. You may be redirected to Shiga Prefecture Consumer Affairs Center. Responders: Consumer affairs counselors (Contact) Consumer Affairs Center (Tel) 69-2147 / Consumer Hotline 188 (without area code)</p>	Monday to Friday (except national holidays)	9:00 to 17:00	Consumer Affairs Center City Hall 1F
<p>Pension consultations</p> <p>Consultants: Staff of the Kusatsu Pension Office ※ Reservation required; service provided on a first-come, first-served basis (Contact) (Application) Consumer Affairs Center (Tel) 077-567-1311 (for reservation only) (Fax) 077-562-9638 (for reservation only)</p>	July 14 (Thu.) ※Every two months	10:00 to 15:00	Meeting room 202, City Hall 2F
<p>School-age children consultations</p> <p>This consultation service provides advice to school-age children (from elementary to high school students) and their guardians/parents and families. Let's consider issues relating to school, life, and child rearing together. Responders: Counselors on children of school age (Contact) Kosodate Seisaku Ka (Tel) 69-2176 (Fax) 69-2298</p>	Monday, Wednesday, and Friday (except national holidays)	8:30 to 17:15	Kosodate Seisaku Ka City Hall 2F You can also ask for advice using the concierge inquiry form. 
<p>Child-rearing and learning consultations※</p> <p>Consultations about development, mental, and other issues. ※Reservation by phone or fax required. Coverage: Children roughly 4 years of age or older; elementary, junior high, and high school students; and youths (up to around 25 years of age) For consultations about children under roughly 4 years of age, contact the Sukoyaka Shien Ka (Tel.: 69-2169). (Contact) (Application) Hattatsu Shien Ka (Tel) 69-2178 (Fax) 69-2298 (reception hours: 9:00 to 17:00)</p>			Kindergartens/nursery schools, schools, City Hall, etc.
<p>Youth concerns consultations※</p> <p>Consultations about school absenteeism, bullying, delinquency, relationships with friends, employment, admission to schools, etc. ※Monday to Friday (excluding national holidays and Year-End/New Year holidays) from 9:00 to 16:00. Advice is also available by phone or email.</p>			(Contact) Juvenile Center (2F Annex of Minakuchi Central Public Hall) (Tel) 62-6010 (Fax) 63-3977 (E-mail) k-syonen@city.koka.lg.jp

Edited and issued by:

Koka Shiyakusho

6053 Minakuchi, Minakuchi-cho, Koka, Shiga Prefecture 528-8502
(Tel) 0748-65-0650 (Fax) 0748-63-4086
Business Hours: 8:30 to 17:15
(Excluding days with extended business hours)

The information in this newsletter can also be found on the city's website and Facebook page.

- Koka City Website:
<http://www.city.koka.lg.jp/>
- Koka City Facebook:
<http://www.facebook.com/city.koka>

Koka City
Website



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