



## How Will Things Change? Vol.2 Using Your My Number Card as a Health Insurance Card



マイナンバーカードの保険証利用

From December 2, 2024, paper health insurance cards will no longer be issued. Instead, a new system called 'Myna Hokensho' will be introduced.

You can use your health insurance card until the expiration date indicated on your health insurance card.

### Frequently Asked Questions About Myna Hokensho

**Q:** After December 2, will I receive a health insurance card if I newly enroll in the National Health Insurance or the Elderly Medical Care Insurance?

**A:** Health insurance cards will not be issued, but those who have registered for Myna Hokensho\* will receive a "Shikaku Joho no Oshirase (Notice of Eligibility Information)" with their details. All other people will receive a "Shikaku Kakuninsho (Certificate of Eligibility)" instead of a health insurance card.

Please note that for people with Elderly Medical Care Insurance, a "Shikaku Kakuninsho (Certificate of Eligibility)" will be issued until July 31, 2025, even if they are registered for Myna Hokensho\*.

\* Myna Hokensho is the new format for health insurance cards. It combines your health insurance information with your My Number Card.

**Q:** What should I do if I am registered for Myna Hokensho, but have difficulty using it because I am in a nursing home for the elderly?

**A:** For those who need special consideration, such as elderly people requiring nursing care and people with disabilities, a "Shikaku Kakuninsho (Certificate of Eligibility)" can be issued to replace health insurance cards upon application. For details, please inquire with your insurer.

You can register for Myna Hokensho online via the Myna Portal website.

Myna Portal website  
(<https://myna.go.jp>) ▶



**Inquiries** Hoken Nenkin Ka ☎ 69-2140 📠 63-4618

Contact the Shimin Ka for information on applying for a My Number Card or registering for Myna Hokensho

Shimin Ka ☎ 69-2139 📠 65-6338

# November - A Month to Reflect on Healthcare

11月はみんなで医療を考える月間

By following these tips, you can reduce the time, physical, and financial burden on yourself, as well as lessen the strain on medical institutions and healthcare providers.

## ① Have a “Kakaritsukei (Primary Care Physician)”!

A “Kakaritsukei” is a primary care physician you and your family can consult for various illnesses and health issues. Having a Kakaritsukei offers many benefits, such as daily health management, early illness detection, and referrals to specialized medical institutions.

## ② Be Informed on How to Receive Medical Care on Holidays and at Night in Case of Injury or Sudden Illness!

“Should I go see a doctor now, even though it's the middle of the night?” “I need to go to a medical institution, but the nearest clinic is closed on holidays...”

Have you ever faced a situation like this? It is important to know in advance how and where to consult a doctor in case of sudden illness or injury.

## ③ Get Regular Checkups and Examinations!

It's important to monitor your health and understand your body through regular medical checkups. Even if you have no symptoms, routine health checkups and cancer screenings can lead to early detection and treatment.

**Inquiries** Iryo Seisaku Shitsu ☎ 69-2171 📠 63-4085

Follow the tips above and start protecting your health today!



Ministry of Health, Labour and Welfare  
How to Get Quality Medical Care Project ▶



Shiga Prefecture medical information ▶



Minakuchi Shinryojo  
(Koka city municipal clinic) ▶



# November is Child Abuse Prevention Month

11月は児童虐待防止推進月間です

Child abuse is a human rights violation that harms children's physical and mental health and greatly impacts their personality development.

## Types of Child Abuse

There are 4 types of child abuse: physical abuse, sexual abuse, neglect, and psychological abuse.

### Be Aware of Signs That Children or Their Parents/Guardians Show

#### Example of Signs Children Show

- You often hear a child crying or his or her parent/guardian yelling from the same house.
- Clothes and/or body are always dirty.

#### Example of Signs Parents/Guardians Show

- She/he has less interaction with the community and is isolated.
- She/he goes out leaving children alone at home.

## Contact Us Immediately When You Suspect Abuse

You don't need to provide any proof of child abuse. The privacy of informants is strictly protected. Reports can also be made anonymously.

### Where to contact (for consultation)

#### Child Consultation Center Child Abuse Hotline (Jido Sodan Sho Gyakutai Taio Daiyaru)

☎ 189 (24 Hour Access, All Year Around)

Dial 189 and you will be connected to your local Child Consultation Center.

#### Child Abuse Hotline

☎ 📠 077-562-8996 (24 Hour Access)

**Inquiries** Katei Jido Sodan Shitsu ☎ 69-2177 📠 63-4085

# Don't Struggle Alone with Domestic Violence! The Campaign to End Violence Against Women Runs from November 12 to 25

11月12日～25日は「女性に対する暴力をなくす運動」実施期間です

Domestic violence (in any kind of relationship) is a human rights violation that is happening closer than you think. Don't struggle alone; share your concerns with us.

Visit the city website for details.



City website ▶

**Consultation Hotline for Men and Women (Koka Danjo no Nayamigoto Sodan Shitsu)**

☎ **69-2149**

(9:00-16:00 on Mondays and Fridays)

**Inquiries** Katei Jido Sodanshitsu  
Jinken Suishin Ka  
Shokorosei Ka

☎ **69-2177**    ☎ **69-2148**    ☎ **69-2189**  
☎ **69-2148**    ☎ **63-4085**    ☎ **63-4087**  
☎ **69-2189**    ☎ **63-4554**

\*Consultation is free of charge. Confidentiality is strictly protected. All genders are eligible.

## Consultation Corner

November 15 to December 14

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

Consultation Topic/Contact Details	When	Available Times	Where/Other Information
<p><b>Daily Life and Work Consultations (Life Support Desk)*</b></p> <p>Concerns about daily life, work, etc. *No application required. Support provided by: General support staff or employment support staff. <b>Contact</b> Seikatsu Shien Ka ☎ 69-2158 ☎ 63-4085</p>	Monday to Friday (except national holidays)	8:30-17:15	Seikatsu Shien Ka 1st Floor, Koka City Hall
<p><b>Consumer Affairs Consultations</b></p> <p>Advice about contracts, products, etc. in consumer affairs. Support provided by: Consumer Affairs Consultant <b>Contact</b> Shouhi Seikatsu Center ☎ 69-2147 / Consumer Hotline 188 (no area code)</p>	Monday to Friday (except national holidays)	9:00-17:00	Shohi Sekatsu Center 1st Floor, Koka City Hall
<p><b>Pension Consultations</b></p> <p>Support provided by: Kusatsu Japan Pension Service employees *Reservations required. Appointments filled on a first-come, first-served basis. <b>Contact</b> <b>Appointments</b> Kusatsu Japan Pension Service ☎ 077-567-2220 ☎ 077-562-9638</p>	January 9 (Thu) *Held every other month	10:00-15:00	Kaigishitsu Room 202 2nd Floor, Koka City Hall
<p><b>School Age Consultations</b></p> <p>For school-aged children (from elementary school to high school age), their parents, and their families. <b>Contact</b> Kosodate Seisaku Ka ☎ 69-2176 ☎ 69-2298</p>	Every Monday, Wednesday and Friday (except for national holidays)	8:30-17:15	Kosodate Seisaku Ka 2nd Floor, Koka City Hall You can also make inquiries using the Child-Rearing Concierge Inquiry Form.
<p><b>Young Carers Consultations</b></p> <p>For young carers, the community and other involved persons regarding concerns and issues faced. <b>Contact</b> Kosodate Seisaku Ka ☎ 69-2184 ☎ 69-2298</p>			
<p><b>Child Development and Learning Consultations*</b></p> <p>For development and mental health issues. *Reservations by phone or fax are required. <b>Age range</b> Toddlers around 4 years old and up, elementary, junior high, high school students and young adults up to around 25 years old *For consultation for children under 4 years old, please contact your local health center. <b>Contact</b> <b>Appointments</b> Hattatsu Shien Ka ☎ 69-2178 ☎ 69-2298 (Reception hours: 9:00-17:00)</p>			Preschools, schools, city halls, etc.
<p><b>Youth Consultations for Truancy or Social Withdrawal</b></p> <p>Counseling on social withdrawal and truancy for those who have completed compulsory education up to the age of 25 years old <b>Contact</b> Hattatsu Shien Ka ☎ 69-2179 ☎ Reception hours: 9:00-17:00</p>			
<p><b>General Youth Issues*</b></p> <p>Counseling regarding truancy, bullying, delinquency, delinquent behavior, friendships, employment and school enrollment, etc. *From Monday to Friday, 9:00 am to 4:00 pm (except public holidays and end-of-year holidays). Consultations can also be made by phone and email.</p>			<p><b>Contact</b> Shonen Center (in Minakuru Plaza) ☎ 62-6010 ☎ 63-3977 ✉ k-syonen@city.koka.lg.jp</p>

## Monthly Tax Payments

今月の納税

### The due date for tax payments this month is: **December 2 (Mon)**

- National health insurance tax (6th term installment)
- User fees (Nursery school, kindergarten fees and nursery school lunch fees)
- Long-term care insurance premium (6th term installment)
- Medical insurance premiums for the elderly
- Public sewage fees and agricultural community drainage facility fees

**Direct debit is a convenient way to manage payments.**



Notice

### November 9 (Sat) – November 15 (Fri) Autumn Fire Prevention Campaign

秋の火災予防運動を実施します

Autumn brings drier air and fires are more likely to occur across the country as people start using heating equipment and other fire related items. Please take this opportunity to think about fire and disaster prevention in your daily life!

#### Check if Residential Fire Alarms Are Installed at the Right Location in Your House!

Residential fire alarms must be installed in **bedrooms** and **above stairs** (if bedrooms are on the second floor or higher). Inspect and clean them regularly to ensure that they work properly in an emergency. In addition, residential fire alarms should be replaced approximately 10 years after installation. Older alarms may no longer detect fires due to the limited lifespan of electronic components or running out of batteries. The installation and maintenance of residential fire alarms is very important to reduce the damage caused by house fires! For more information on residential fire alarms, please visit our website.

**Inquiries** Koka Koiki Gyosei Kumiai (Koka and Konan Administrative Union Fire Department)  
☎ 63-7932 ☎ 63-7940



Autumn Fire Prevention Campaign  
Image source:  
Fire and Disaster Management Agency

website ▶



Event

### Koka City Comprehensive Disaster Drill

甲賀市総合防災訓練

**When** November 17 (Sun) 8:30-11:45

**Main Venue: Tsuchiyama Gym and the surrounding area**

#### Details

- Drills to set up and operate an evacuation shelter
- Drills to set up and operate welfare evacuation shelters
- Fire prevention drills (with volunteer fire brigades and the fire department)
- Special Disaster Broadcasting Drill (by FM Hana)
- Exhibitions by organizations with disaster prevention agreements

Traffic around the venue may be heavy on the day of the event. Please drive carefully!  
Please note that event details may change due to weather conditions.

**Inquiries** Kiki Kanri Ka ☎ 69-2103 ☎ 63-4619



### Extended Business Hours in November

(until 19:00 every Tuesday)

### November 5, 12, 19, 26

On Tuesdays, the Shimin Ka in City Hall is open until 19:00 for issuing personal documents such as family registers, residence certificates, tax certificates and for registering personal seals.

\*Please note that we cannot handle procedures related to the My Number Card or resident transfers (moving in, moving out, etc.).

Various personal documents can be obtained at convenience stores and online using your My Number Card. (For details, please scan the QR code below)



▲ Issuance at Convenience Stores



▲ Online Issuance

**Inquiries** Shimin Ka ☎ 69-2138 ☎ 65-6338



Notice

### Minakuchi Shinryosho Clinic Offers Medical Services on Sundays and National Holidays

みなくち診療所で休日に診療を行っています

**Open on** November 3, 4, 10, 17, 23, 24  
(Sundays and National holidays)

**Business Hours** ● Morning session: 9:00 am - 12:30 pm  
● Afternoon session: 1:30 pm - 4:00 pm  
Reception: 8:45 am - 3:30 pm

**Medical Specialty** Internal Medicine

**Administrator** Medical Koka

(name changed from Imamura Iin Clinic)

**Inquiries** Minakuchi Shinryosho Clinic (during business hours)

☎ 62-3346 ☎ 63-1728

Iryo Seisaku Shitsu

☎ 69-2171 ☎ 63-4085

**Sub Venue: Tsuchiyama Kaihatsu Center and the surrounding area**

#### Details

- Drills to set up and operate the Disaster Control Headquarters
- Volunteer fire brigade (Women's Fire Brigade awareness and PR corner)
- Learn about disaster prevention to protect babies (exhibition booth, disaster prevention seminar)

City website ▶



## Editing & Publishing

### Koka City Hall

6053, Minakuchi, Minakuchi cho, Koka city, 528-8502

☎ 0748-65-0650 ☎ 0748-63-4086

Business Hours: 8:30-17:15 (Except extended business hours on Tuesdays)



Information on Koka City is also available on the city's website and Facebook!

### Koka City Website

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

### Koka City Facebook

<https://www.facebook.com/city.koka>

Koka City Website



Koka City Facebook

