



Kakamigahara English News



January Spotlight

- National Health Insurance for mothers who gave birth recently
- Children of Single Parents
- Influenza vaccines for Seniors
- Be Careful of the Noro virus!!!

Kankoukouryuka/KIA Contact Info:

504-0912 Kakamigahara City, Naka Sakura Machi 2-186
Sangyo Bunka Center 6F

Monday~Friday 8:30 ~ 17:00

Phone 058-383-1417 090-3557-3160

E-mail exchange@city.kakamigahara.gifu.jp

Website www.kia1986.org

Facebook [@kiakakamigahara](https://www.facebook.com/@kiakakamigahara)

English translation services 8:30-16:30 M-F

(Closed national holidays)



* If you'd like to receive this newsletter monthly, please call us

Evening · Holiday Consultations / 夜・やすみの日の 상담

	Municipal Tax Office	Ntl. Health Insurance
Holiday	January 13 (9:00 ~ 12:00)	
Evening	January 11, 12 (17:15 ~ 20:00)	
Location	Tax Division (City Hall 2F)	Medical Insurance Division (City Hall 1F)
TEL	058-383-4773	058-383-1112

➤ Please enter from the northeast entrance of the city office.

National Health Insurance Rates for Those who Just Gave Birth / こどもを産んだ人の 国民健康保険料

From January, National Health Insurance will be cheaper after giving birth (those who are pregnant*). For a single child, it will be for four months. If two or more children are born, the period will be for six months.

* A person who gave birth 85 days or more after becoming pregnant (stillbirth, miscarriage, induced pregnancy, etc. - You can also receive it in the case of abortion.

Medical Insurance Division / 医療保険課 058-383-1112

Child Health Checks for February / 2月の子どものけんこうしんさ



<https://park.paa.jp/park2/clinics/3330>

Place: Sogo Fukushi Kaikan (Those living in Naka, Kawashima, Sohara, and Inaba)
 Higashi Hoken Soudan Center (Those living in Unuma)

Hours: 13:00~ (Depends on the person; please confirm.)

Sign Up (same day) 8:30 ~ 12:50 Online reservation
 8:30 ~ 12:50 At the Sogo Fukushi Kaikan or Higashi Hoken Soudan Center (in person)
 13:00 ~ 13:30 Telephone reservation

Bring “WAKABA” file (Until 1 year, 6 months), Maternity book, Questionnaire and bath towel.

Please call if you cannot make the designated date. Checks take about 2 hours.

4 Months		
Date	Place	Birthdate
2 / 2 (Fri)	Higashi Hoken Soudan Center	2023 / 9 / 1 ~ 30
2 / 5 (Mon)	Sogo Fukushi Kaikan	2023 / 9 / 1 ~ 15
2 / 6 (Tue)		2023 / 9 / 16 ~ 30

11 Months		
Date	Place	Birthdate
2 / 26 (Mon)	Higashi Hoken Soudan Center	2023 / 3 / 1 ~ 31
2 / 27 (Tue)	Sogo Fukushi Kaikan	

1 Year 6 Months		
Date	Place	Birthdate
2 / 7 (Wed)	Sogo Fukushi Kaikan	2022 / 7 / 1 ~ 15
2 / 9 (Fri)		2022 / 7 / 16 ~ 31
2 / 13 (Tue)	Higashi Hoken Soudan Center	2022 / 7 / 1 ~ 17
2 / 14 (Wed)		2022 / 7 / 18 ~ 31

As there is a dental check, be sure to brush your child's teeth before coming

3 Years		
Date	Place	Birthdate
2 / 16 (Fri)	Higashi Hoken Soudan Center	2020 / 12 / 1 ~ 15
2 / 19 (Mon)		2020 / 12 / 16 ~ 31
2 / 20 (Tue)	Sogo Fukushi Kaikan	2020 / 12 / 1 ~ 17
2 / 21 (Wed)		2020 / 12 / 18 ~ 31

*Please bring the urine sample and eye/ear questionnaire to the exam.

Health Management Division 058-383-1116 / Higashi Hoken Soudan Center 058-379-7888

けんこうかんりか

ひがしほけんそうだん

健康管理課 058-383-1116 / 東保健相談センター 058-379-7888



When Feeling Ill on Weekends/ Holidays.../ よる 夜・ひ やすみの日にびょうきになったら

Please be sure to take your health insurance card, welfare medical expenses recipient certification, health record book, etc., with you!

If you become ill on holidays:	Sogo Fukushi Kaikan (Naka Sakura Machi 2) 058-383-9151 / January 2 (Tue), 7 (Sun), 8 (Mon), 14 (Sun), 21 (Sun), 28 (Sun) / 9:00 ~ 11:30, 13:00 ~ 15:30* Please make an appointment by phone.
If you have a dental issue on holidays:	Shiraki Dental Clinic (Unuma Kakamigahara Cho 3) 058-370-1001 / Jan 1 (Mon) / 9:00 ~ 15:00
	Sugimoto Dental Clinic (Naka Maebora Shinmachi 3) 058-382-2827 / Jan 2 (Tue) / 9:00 ~ 15:00
	Kawashima Dental Clinic (Kawashima Koudamachi) 0586-89-3090 / Jan 3 (Wed) / 9:00 ~ 15:00
	Tooth Clinic ZERO (Unuma Kakamigahara Cho 5) 058-322-3610 / Jan 7 (Sun) / 9:00 ~ 15:00
	Sasamoto Dental Clinic (Sohara Kakizawa Cho 1) 058-382-1432 / Jan 8 (Mon) / 9:00 ~ 15:00
	Tanahashi Dental Clinic (Naka Nisshin Cho 8) 058-382-9790 / Jan 14 (Sun) / 9:00 ~ 15:00
	Tsunekawa Dental Clinic (Unuma Furuichiba Cho 4) 058-384-6785 / Jan 21, (Sun) / 9:00 ~ 15:00
If your child becomes ill late at night:	Douke Dental Clinic (Naka Hamami Cho 2) 058-389-6288 / Jan 28 (Sun) / 9:00 ~ 15:00
	Gifu Shimin Byouin (Gifu City Kashima Cho 7-1) 058-251-1101 / Mon~Sat(Closed Holidays) / 19:30 ~ 23:00 (Reception until 22:30) / * Up to the age of 15.
	Gifu Shimin Byouin (Gifu City Kashima Cho 7-1) 058-253-7277 / Sunday/National Holiday/ New Year's , 9:00 ~ 13:00/14:00 ~ 18:00/19:00 ~ 23:00. (Reception until 30 minutes before closing time)
Telephone Consultations:	Ken Sogo Iryou Center (Gifu City No-issniki 4-6-1) 058-246-1111 / * Up to the age of 15.
	Kyu Kyu Anshin Center Gifu #7119 (free call) if you cannot get through, then (058-265-0009) They will tell you by phone which hospital you should go to.

About Pensions / ねんきん 年金のおしらせ

Withholding tax slip for national pension, etc.

You can check the total amount of pension you received in a year. If you receive a pension and works, you may need to file a tax return. Please use this slip at that time. Please contact the pension office for more details. It will arrive in January.

Social insurance premium (national pension insurance premium) deduction certificate

This is used by people receiving the national pension when filing their final tax returns. This certificate comes twice a year.

October 2023 → For payment period: January 1, 2023~October 2

February 2024 → For payment period: October 3, 2023~December 31

ぎふみなみねんきんじむしょ
Gifu Minami National Pension Office / 岐阜南年金事務所 058-273-6161



Children of Single Parents / おやかぞくひとり親家族のこども

To congratulate single-parent families whose children will enter elementary school or junior high school from April 2024, you will receive some money. ¥10000 per child.

Who can receive? Any single parent family registered as living in Kakamigahara as of March 1, 2024.

If your family is already registered as a single parent status, we will automatically send you a letter. Applications are from the 5th of January to the 15th of February at the Child and Family Support Division (in the City Hall). Please come to 1F.

Child and Family Support Division / こ かけていしえんか子ども家庭支援課 058-383-7217

Influenza Vaccines for Seniors / こうれいしゃ高齢者のインフルエンザワクチン

Period: Until January 31.

Location: Clinics/Hospitals on the City List (You must make an appointment)

Cost: ¥1500 (Free, if you are in the Seikatsu Hogo system)

Please Bring: Insurance card, Health record book (if you have one)

Who can be vaccinated: ① Anyone on or over 65 on the vaccination day.

② Those 60~64 who have some difficulty. (Disability level 1+)

No. of Vaccinations: Once per person

- ① Persons can get a form at the hospital/clinic. If you fall into category ②, please come to the locations below with your disability certificate. NOTE: If you are in Seikatsu Hogo, you don't need to bring anything to the facilities below. People who are hospitalized and cannot go to any clinic on the list, or those who want to get the vaccine at other clinics in Gifu Prefecture or elsewhere, please contact:

Health Management Division / けんこうかんりか健康管理課 058-383-7570

Higashi Hoken Soudan Center / ひがしほけんそうだん東保健相談センター 058-379-7888

Beware of the Noro Virus! / ノロウイルスにきをつけて

Noro virus is transmitted orally. When infected by the Noro virus, the stomach becomes irritated and you develop diarrhea. It is highly contagious and will make many people sick, so be careful.

- People who prepare food should be especially careful.
- Wash your hands thoroughly with soap before eating, when preparing food, and after using the toilet.
- Rinse and clean well cooking utensils such as pots, rice cookers, chopsticks, futon sheets, pillow covers, towels, etc.

Health Management Division / けんこうかんりか健康管理課 058-383-7570

