

# Life Information News KOMAKI

6  
2022

- P1** ● May 31 is World No Smoking Day
- P2** ● Mother/child Health Medical Checkup Calendar
- P3** ● Information about examinations for adults
- P4** ● Pay national health insurance fees conveniently with account transfers
  - FY2022 National Health Insurance Premium Notifications will be sent
- P5** ● FY2022 Municipal and Prefectural Tax Payment Notice will be sent
- P5** ● Application Counter for FY2022 Income (Taxable) Certificate etc.
- P6** ● KIA Kids Program
  - KIA Japanese Language Expedition NAKAMA
- P7** ● Next tax payment deadline: June 30 (Thu)
  - Notice regarding child allowance updating notice
- P8** ● Regarding consultation about status of residence / Notice regarding counseling for Foreigners

## May 31 is World No Smoking Day

May 31 to June 6 is No Smoking Week

### Passive Smoking

Tobacco smoke contains many substances that are harmful to the human body.

The negative effects of smoking are not only from the smoke directly inhaled by the smoker, but are also present in spaces where the smoke of tobacco is present secondhand.

That is why, even being near someone smoking can physically harm people that do not smoke. Children and pregnant women, as well as people with certain kinds of illness are especially susceptible.

Furthermore, children are more vulnerable to the damage than adults. (Asthma, bronchitis, pneumonia, middle ear infections, etc.)



### Even smoking at the balcony can cause harm!

Nicotine amount  
absorbed by a child



When indoors ..... 15 times

Under air extractor ..... 3.2 times

When outdoors ..... 2.0 times

\*Compared to when  
no parent smokes



We want to help you quit smoking to protect the people important to you and your children.

It is important to eliminate the smell of smoke when you smoke.

**Inquiries** Health Center TEL.0568-75-6471

# Mother/child Health Examination Calendar

\*Schedule may change or canceled for prevention of spread of Coronavirus.



Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Jun 7 (Tue)	Health Center	13:05 to 13:55	Born Jan 25 to 31, 2022
	Jun 14 (Tue)			Born Feb 1 to 10, 2022
	Jun 21 (Tue)			Born Feb 11 to 20, 2022
	Jun 28 (Tue)			Born Feb 21 to 28, 2022
Health examinations for 18-month-old infants	Jun 3 (Fri)	Health Center	13:05 to 14:15	Born Dec 1 to 10, 2020
	Jun 10 (Fri)			Born Dec 11 to 20, 2020
	Jun 17 (Fri)			Born Dec 21 to 31, 2020
Dental examinations for children aged 2 years, 3 months	Jun 16 (Thu)	Health Center	9:00 to 10:10	Born Mar 1 to 15, 2020
	Jun 23 (Thu)			Born Mar 16 to 31, 2020
Health examinations for 3-year-old children	Jun 1 (Wed)	Health Center	13:05 to 14:15	Born Jun 1 to 10, 2019
	Jun 8 (Wed)			Born Jun 11 to 20, 2019
	Jun 22 (Wed)			Born Jun 21 to 30, 2019

\*Those eligible were sent an examination card in advance. Please check the details on the card. \*Make sure to wear mask and bring your Mother and Child Health Handbook and bath towel. \*Please receive your checkup. If you are unable to attend for some reason, please contact the Health Center.

<b>Baby food class</b> (Initial Gokkun (swallowing) class)	Jun 8 (Wed)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 4 months or older Babies can participate too ●What to bring: Mother and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center	Reservation required
<b>Baby food class</b> (Later kami-kami (biting) class)	Jun 24 (Fri)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 9 months or older Babies can participate too ●What to bring: Mother and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center	Reservation required
<b>Class for new moms and dads</b>	Jul 10 (Sun)	Health Center	10:00 to 11:30	●Eligibility: Komaki resident pregnant women with due dates in October 2022 through January 2023 and their husbands (woman can also participate alone)	Reservation required
	●Content: Information about life with a baby, the role of the father, nutrition during pregnancy, practice holding babies and know your home-made flavor (measure salt concentration)* Subject to change ●What to bring: Mother and Child Health Handbook, writing utensils, soup for measuring salinity concentration (about 30cc), drinks and a bath towel for each ●Fee: 0 yen ●Application: Contact the Health Center to make a reservation				
<b>Niko niko cavity prevention class</b>	Jun 6 (Mon)	Ajioka Jidokan TEL. 0568-75-4999	10:00 to 11:15	●Eligibility: Nursing children (especially about one-year-old) ●Content: Consultation regarding worries/concerns about brushing teeth or teeth alignment ●What to bring: Mother and Child Health Handbook, toothbrush and bath towel ●Fee: 0 yen ●Applications: Ajioka Jidokan	Reservation required
<b>Baby visit</b>	About 1 to 3 months after birth, a health contact or a veteran health contact will come visit your home with a few gifts to congratulate you on the birth of your baby. (You will be contacted in advance to set a convenient time.)				
<b>Grant Mother and Child Health Handbook</b>	Mon through Fri (Excluding National Holidays and Year End/New Year Holidays)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	9:30 to 17:30	●Content: A Public Health Nurse or a Midwife will hand out the Mother and Child Health Handbook. Please consult your anxiety and worry about pregnancy with us. ●What to bring: Pregnancy notification or medical certificate, Zairyu Card and "My Number Card" (If you do not have it, bring the "My Number's Notification Card")	
<b>Nursing counseling</b>	Jun 7 (Tue)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	10:00 to 12:00	●Fee: 0 yen ●Application: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) TEL.0568-71-8611	Reservation required
	Jun 13 (Mon)		13:00 to 16:00		
	Jun 14 (Tue)		10:00 to 12:00		
	Jun 21 (Tue)		10:00 to 12:00		
	Jun 28 (Tue)		10:00 to 12:00		
<b>Parenting, pregnancy, and giving birth health counseling</b>	Jun 6 (Mon)	Ajioka Jidokan TEL. 0568-75-4999	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement (reservation required), urine inspection (optional) ●Applications: Each Jidokan	Reservation required
	Jun 17 (Fri)	Komaki Jidokan TEL. 0568-77-0906	10:00 to 11:15		
	Jun 24 (Fri)	Oshiro Jidokan TEL. 0568-78-0046	10:00 to 11:15		
<b>Low-weight Infant Notice</b>	Please submit a Low-weight Infant Notice if your child's birth weight is under 2,500g. ●Send to: Kosodate Sedai Houkatsu Shien Center(Lapio 3F) or at the City Hall (Hoken Iryouka Division 1st F)				
<b>1st Birthday Celebration</b>	You will be send a questionnaire about 10 months after birth. Submit your questionnaire by the due date to receive a gift. ●Locations: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) or Jidokan in Komaki city.				

For more information,  
please contact at right.


**Inquiries**

**Health Center TEL.0568-75-6471 FAX.0568-75-8545**

**Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor) TEL.0568-71-8611 FAX.0568-71-8612**

# Information about examinations for adults

\*Schedule may change or canceled for prevention of spread of Coronavirus.

	Type	Date	Time	Venue	Eligibility/Fees/Application/etc.	
Individual examination	Screening test for stomach cancer (Abdominal X-ray)	Jul 20 (Wed) Jul 29 (Fri)	9:00 to 11:05	Health Center	<ul style="list-style-type: none"><li>●Eligibility: Registered Komaki residents over 30 years old</li><li>●Capacity: 45</li><li>●Fees: 1,000 yen (500 yen if 70 or older)</li><li>●Application: Health Center</li></ul>	
	Screening test for colorectal cancer (Testing of the stool for occult blood)	*The samples will be collected at the health center. The schedule for the collection date will be notified with the sample container distribution.			Health Center	<ul style="list-style-type: none"><li>●Eligibility: Registered Komaki residents over 30 years old</li><li>●Fee: 500 yen</li><li>●Application: Health Center</li></ul>
	Screening test for breast cancer (Mammography screening)	Jul 21 (Thu) Jul 28 (Thu)	9:00 to 15:30	Health Center	<ul style="list-style-type: none"><li>●Eligibility: Registered Komaki residents over 40 years old who applies to the eligibility chart below</li><li>●Capacity: 110</li><li>●Fees: 1,000 yen (500 yen if 70 or older)</li><li>●Application: Health Center</li></ul>	
	Young examination	Jul 13 (Wed)	9:30 to 12:00	Health Center	<ul style="list-style-type: none"><li>●Content: Body measurements (height, weight, abdomen), blood pressure, urine and blood analysis (lipid analysis, blood sugar analysis, anemia analysis), consultation with a dental health professional/consultation with a nurse/examination by a physician</li><li>●Eligibility: Registered residents of Komaki without opportunity to get health examination from their workplace, etc. (Born April 1, 1983 to April 1, 1988)</li><li>●Capacity: 60</li><li>●Fee: 0 yen</li><li>●Application: Contact the Health Center to make a reservation</li></ul>	
Group screening	Individual cervical cancer screening (Gynecological, visual and cytological screening)	●Examination period: Jun 1 (Wed), 2022 through Mar 31 (Fri), 2023.		Ob/Gyn clinics in Komaki City	<ul style="list-style-type: none"><li>●Eligibility: Registered Komaki residents over 20 years old who applies to the eligibility chart below</li><li>●Fee: Cervical cancer screening: 1000 yen Cervical/body cancer screening: 2,000 yen (500 yen if 70 or older) *Body cancer examination is only for people determined to require the examination by the physician</li><li>●Applications: Persons applies to ① ② ③ in the eligibility chart below: Ob/Gyn clinic in Komaki City, Persons applies to ④ in the chart below: Please contact the Health Center in advance.</li></ul>	
	Individual screening test for breast cancer (Mammography screening)		●Miwa Ladies Clinic	<ul style="list-style-type: none"><li>●Eligibility: Registered Komaki residents over 40 years old who applies to the eligibility chart below</li><li>●Fees: 1500 yen (500 yen if 70 or older)</li><li>●Applications: Persons applies to ① ② ③ in the eligibility chart below: Miwa Lady's Clinic (TEL. 0568-76-2603), Persons applies to ④ in the eligibility chart below: Please contact the Health Center in advance.</li></ul> 		
Eligibility	① Persons that have received a free coupon			② Born before Jan 7, 1989 in even numbered years		
	③ Born after Jan 8, 1989 in odd numbered years			④ Persons don't apply to ①, ② or ③ and did not receive the screening on FY2021		

## Regarding breast cancer / cervical cancer screening

\*Breast cancer (Mammography screening) and cervical cancer screening are promoted to receive once in every two years according to Ministry of Health, Labour and Welfare's Guideline of Cancer Screening.

**Inquiries** Health Center TEL.0568-75-6471 FAX.0568-75-8545

## ▶ Pay national health insurance fees conveniently with account transfers

Komaki City recommends using account transfers to pay conveniently and automatically.

### How to apply

- Bring Your bank passbook,
- personal seal and tax invoice to the bank.
- Bring the (notice for tax payment from City Hall) to apply.



(The account transfer form is available at banks and other financial institutions, City Hall (Health Insurance and Medical Division), Shinooka branch office, Ajioka branch office and Kitazato branch office.)



You can make the bank transfer procedure with cash card at City Hall (some banks may not be accepted).

\*You cannot apply with your cash card at the bank.



## ▶ FY2022 National Health Insurance Premium Notifications will be sent

A letter informing you about National Health Insurance Premiums for 2022 will be sent at the middle of June. National Health Insurance tax applies to people registered with National Health Insurance in Komaki from April 2022. Premiums are determined based on your income (such as wages received from a company) in 2021.

### Calculation for National Health Insurance Premium change.

Calculation for National Health Insurance Premium will gradually change every year. Please come to City Hall for a consultation if you have any questions regarding calculation method.

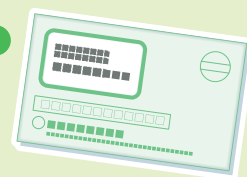


### Exemptions and reductions

If you are unable to pay the premium for some unavoidable reason such as accident, death, chronic illness, or major loss of income such as by job loss, and if you apply by the deadline, premiums may be reduced. Please come to City Hall for a consultation.

### When you receive the Insurance Certificate from your company

If you have health insurance at your company, you must perform procedures to cancel National Health Insurance. When you receive the Insurance Certificate from your company, contact City Hall.



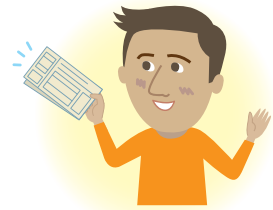
**Inquiries** Hoken Iryouka Division TEL.0568-76-1123



**FY2022**

## Municipal and Prefectural Tax Payment Notice will be sent

FY2022 tax payment notices will be sent in early June. Municipal and prefectural taxes are collected to all persons with an address in the city on January 1, this year. National Health Insurance Premiums are based on your income (corporate wages, etc.) in 2021.



### Exemptions and reductions

You may be able to reduce the amount of taxes required when you have difficulties to pay taxes due to massive reduction of income because of resignation, disaster, death or extended treatment or disease. The application deadline is the later date of either 30 days later, counted from the date of resignation, death, etc., or the payment deadline.

**FY2022**

## Application Counter for Income (Taxable) Certificate etc

FY2022 Income (Taxable) Certificates, etc., are available from June 1 (Wed). (300 yen each)

Persons who need a certificate of residence at the same time may receive both from the Citizen Inquiry Division. Application counters for Income (Taxable) Certificate and Business Certificate for Corporate Municipal Tax will change to prevent congestion from June 2 (Thu).

Hours

**June 2 (Thu) to June 30 (Thu) 9:00 to 17:00**

(Excludes Saturday and Sunday. However, it may be received at the Citizen Inquiry Division on Sundays.)

(Only persons with information about income or that apply may receive it.)

Venue

**Conference room 202, City Hall Main Building 2F**

- The person who comes to the counter must bring their personal identification (zairyu card, driver's license, my number card, etc.)
- A letter of attorney is required if the person coming to the counter is not the applicant or their family member who live together.
- When the person has no income for the applied year or income information is not clear, a certificate can be received by submitting an application form at the City Tax Division.
- From July 1 (Fri), it can be received as normal from Service Counter 3 of the Municipal Tax Division of City Hall.

### ◎Issuance at convenience stores

Convenience Store services will be unavailable all day May 31 (Tue) due to system maintenance. Service at convenience stores and other locations will resume June 1 (Wed).

\*Normally, service at convenience stores and other locations is available from 6:00 to 23:00.

Please note that only the Income (Taxable) Certificates for FY2022 are available.



**Inquiries** Municipal Tax Division TEL.0568-76-1182



## Kids Program

Enjoy a monkey quiz with international friends.

**Date/time** July 10 (Sun) Around 9:00 to 15:00

(No cancellation in case of rain.)

**Venue** Japan Monkey Center

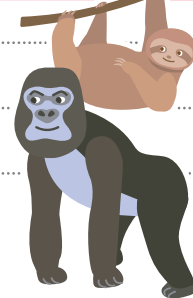
**Eligibility** Elementary students grades 3 through 6 living in Komaki City or KIA members.

**Participants** 18 foreign nationals and 18 Japanese (in order of application)

**Fees** Members 300 yen, Non members 800 yen. \*No other fees necessary

**Application period** June 1 (Wed) to June 18 (Sat)

**Application** Please come to the Komaki International Association (KIA) with the fee. \*One person can apply for up to 3.



## Japanese Language Expedition NAKAMA

Try a lot of things with Japanese you learned and be more active!

**Date/time** June 25 (Sat) Around 13:00 to 16:00

**Meeting place** Komaki Kominkan 4F Chess Room

**Eligibility** Junior high school students and older Komaki City residents, persons working or studying in Komaki or KIA members.

**Participants** 10 (in order of application, members will be prioritized)

**Participation fee** Members 100 yen, Non members 300 yen

**Application period** June 1 (Wed) to June 18 (Sat)

**Application** Please come directly to the Komaki International Association (KIA) with the fee.

In case of emergency,  
ask for help!



Activities last year



### Inquiries/Application

Komaki International Association (KIA) TEL.0568-76-0905 FAX.0568-71-8396 E-mail: [kia@ma.ccnw.ne.jp](mailto:kia@ma.ccnw.ne.jp)

Komaki Civic Hall 4F, 2-107 Komaki, Komaki City \*9:00 to 17:00 (Closed 12:00 to 13:00, Sundays, Mondays, and Holidays)

## Next tax payment deadline: June 30 (Thu)

- ▶ Normally Collected Municipal and Prefectural Tax (1st Term)
- ▶ National Health Insurance Tax (1st term)

**Pay promptly!**

Avoid missed payments by setting up direct debit payments from your bank account. If you have already set up direct debit payments for your taxes, be sure that your account has sufficient funds available by the day before payment is due. Payments for Municipal Tax etc., are available on the Smartphone App, PayB, PayPay and LINEPay.

**\*Persons using direct deposit to account cannot use payment by app. Instructions are available on the website of the relevant website.**



When you are unable to pay by the predetermined date due to decreased wages or other reason, consult with the Tax Collection Division.  
If the deadline passes, you will need to pay arrears (penalty for late payment).

If you are too busy during the day on weekdays to make your payment...

**A tax payment service counter will be open every Sunday. (Except year end/New Years)**

- ① The main building's second floor will be open to answer tax-payment related questions. Payments are accepted as well.

**Hours ▶ Jun 12 (Sun) and Jun 26 (Sun) 8:30 to 17:15**

- ② The main building's first floor will be open to pay taxes.

**Hours ▶ Jun 5 (Sun), 12 (Sun), 19 (Sun), 26 (Sun) 8:30 to 17:15**

- ③ You can pay payment slips with bar codes at convenience stores.

**\*Only effective during the payment period.**

**\*Certificates...** Tax payment certificates are available at the Tax Collection Division (2F<sup>⑤</sup>).

Income tax certificates are available at the Citizens Tax Division (2F<sup>③</sup>).

**Inquiries Tax Collection Division TEL.0568-76-1117 / 0568-76-1118**



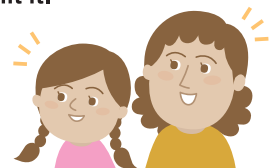
## Notice regarding child allowance updating notice

For people able to receive child allowance, an update notice was submitted each year in June until 2021. From 2022, except for some people, it is no longer necessary to submit it.

Persons that must submit the update notice in 2022 will receive it from the City.

Please submit it during June.

**\* Those that were not sent the update notice or cancellation notice from the city do not need to submit it but can continue to receive the allowance from June (to be deposited in October).**



**Inquiries Child Policy Division TEL.0568-76-1129**

## Regarding consultation about status of residence

You can consult about status of residence with the staff of the Nagoya Regional Immigration Bureau ("Nagoya Nyukan").



June and July  
consultation dates

Date/time	<b>Jun 1 (Wed), Jul 6 (Wed) From 13:00, from 14:00, from 15:00, from 16:00</b>	
Consultation hours	45 min/group (1 or 2 persons)	Fees 0 yen
Venue	Komaki City Hall (Multicultural Symbiosis Promotion Room) It is possible to consult from home by phone or Zoom.	
Languages	Simple Japanese, Spanish, English, Portuguese (interpretation available) For other languages using an automated interpreting device.	
Application	Reservation required. Call the Multicultural Symbiosis Promotion Room at least two days before the consultation.	

Some examples  
of things we can  
help you with:

- I was fired from my job. I'm looking for work. Can I change my status of residence?
- My wife will give birth to a child. Please tell me the procedures for applying for a status of residence for my child.
- I am a foreign student. I want to work in Japan after graduation. I will work as a full employee where I'm working part time now. Can I get a status of residence?

## Notice regarding counseling for Foreigners

Content	Divisions/Counters requiring interpretation	Locations / Phone Number	Languages	Time (Monday to Friday)
Various kinds of consultation	Multicultural Symbiosis Promotion Room	City Hall Main Building, Komaki City Hall 2F ⑪ 0568-76-1675	English, Spanish, Portuguese *Consultation available in Japanese as well *Various languages can be used for consultation using an automated interpreting device, etc.	9:00 to 17:00 (Closed 12:00 to 13:00)
Childcare Center Kindergarten	Nursery and Pre-school Education Division	City Hall Main Building, Komaki City Hall 2F ② 0568-76-1130	Portuguese Spanish	9:00 to 17:00 (Closed 12:00 to 13:00)
Jidou Club Child Allowance	Child Policy Division	City Hall Main Building, Komaki City Hall 2F ① 0568-76-1129	Portuguese Spanish	9:00 to 17:00 Not available sometimes (closed 12:00 to 13:00 and Wednesdays).
Social Welfare	Welfare General Affairs Division	City Hall Main Building, Komaki City Hall 1F ⑬ 0568-76-1126	Portuguese Spanish	9:00 to 16:30 (Closed 12:00 to 13:00)
National Health Insurance / Medical Benefit Certificate	Hoken Iryouka Division	City Hall Main Building, Komaki City Hall 1F ⑨⑩ 0568-76-1123	Portuguese Spanish	9:00 to 17:00 (Closed 12:00 to 13:00)
Receive Mother and Child Health Handbook Parenting consultation	Kosodate Sedai Houkatsu Shien Center	Lapio 3F 0568-71-8611	Portuguese Spanish	9:30 to 17:30
Health Checkup Vaccination	Health Center	Health Center 0568-75-6471	Portuguese	Present when there are mother-child health checkups, etc.
COVID-19 vaccination related consultation	COVID-19 vaccination phone consultation	Only by phone 0568-48-7311	Portuguese Spanish, English	9:00 to 17:00
COVID-19 vaccination reservation	COVID-19 vaccination reservation	Only by phone 0120-97-5727 (toll free)	Portuguese Spanish, English	9:00 to 17:00 (it is possible to call on Saturdays, Sundays and holidays)

**Inquiries** Multicultural Symbiosis Promotion Room TEL.0568-39-6527, 0568-76-1675 (interpreters)

Edited  
and  
Published

Multicultural Symbiosis Division, Multicultural Symbiosis Promotion Room, Civic Life Department Komaki City Hall  
3-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650  
Tel: 0568-39-6527 Fax: 0568-72-2340

<http://www.city.komaki.aichi.jp/admin/lifeinfo/10821.html>

※Please see the relevant service counter for more details regarding any of the items contained herein.

Q Komaki Life Information Search



Printed on recycled paper for the sake of the environment.

Printed with soy ink for the sake of the environment.