

Life Information News KOMAKI

9
2022

P1 ●How to apply for your Individual Number Card (My number)

P2 ●Mother/child Health Examination Calendar

P3 ●Information about Medical Examinations for Adults

P4 ●Are you okay? Your "heart" and
the "heart" of those important to you

●Next tax payment deadline: Sep 30 (Fri)

P5 ●KIA 2nd Term Japanese

Language Classes

●KIA Korean Lessons (Beginner)

P6 ●KIA Spanish Lessons (Beginner)

●KIA Japanese Language Expedition NAKAMA

●Notice regarding Counseling for Foreigners

How to apply for your Individual Number Card (My number)

There are many benefits to having an Individual Number Card.

Here's some reasons why you should get yours.

Benefit ①

You can get a Juminhyo (Residence Certificate) or Inkanshomeisho (Seal Certificate) at a convenience stores.

Benefit ②

You can apply for residence procedures online.

For details about applying for residence procedures online see here →

<https://www.moj.go.jp/isa/applications/guide/onlineshinsei.html>

Benefit ③

You can receive My Number Points (Myna points).

* It is necessary to get the Individual Number Card by September 30, 2022 and apply

for My Number Points by February 2023 to receive My Number Points.

For information about My Number Points see here →

<https://mynumbercard.point.soumu.go.jp/about/>

To make your Individual Number Card:

You can apply online or by postal mail. You can also apply at 1F of the City Hall Main Building or at any Branch Office.

Inquiries Citizen Division TEL.0568-76-1122



To prevent the spread of the novel coronavirus (COVID-19), many events may be subject to change.

Please contact the relevant division for more details.

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	Sep 6 (Tue)	Health Center	13:05 to 13:55	Born May 1 to 8, 2022
	Sep 13 (Tue)			Born May 9 to 16, 2022
	Sep 20 (Tue)			Born May 17 to 24, 2022
	Sep 27 (Tue)			Born May 25 to 31, 2022
Health examinations for 18-month-old infants	Sep 2 (Fri)	Health Center	13:05 to 14:15	Born Mar 1 to 10, 2021
	Sep 9 (Fri)			Born Mar 11 to 20, 2021
	Sep 16 (Fri)			Born Mar 21 to 31, 2021
Dental examinations for children aged 2 years, 3 months	Sep 8 (Thu)	Health Center	9:00 to 10:10	Born Jun 1 to 15, 2020
	Sep 15 (Thu)			Born Jun 16 to 30, 2020
Health examinations for 3-year-old children	Sep 7 (Wed)	Health Center	13:05 to 14:15	Born Sep 1 to 10, 2019
	Sep 14 (Wed)			Born Sep 11 to 20, 2019
	Sep 28 (Wed)			Born Sep 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.

Baby food class (Initial Gokkun (swallowing) class)	Sep 7 (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	
Baby food class (Later kami-kami (biting) class)	Sep 30 (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	
Class for new moms and dads	Sep 11 (Sun)	Health Center	10:00 to 11:30	●Eligibility: Komaki resident pregnant women with due dates in December 2022 through March 2023 and their husbands (woman can also participate alone)		
	●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				Reservation required	
Niko niko cavity prevention class	Sep 2 (Fri)	Kitasato Jidokan TEL.0568-71-1183	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: Kitasato Jidokan	Reservation required	
Baby visit	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.)					
Grant Mother and Child Health Handbook	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")		
Nursing counseling	Sep 6 (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
	Sep 12 (Mon)		13:00 to 16:00			
	Sep 13 (Tue)		10:00 to 12:00			
	Sep 20 (Tue)		10:00 to 12:00			
	Sep 27 (Tue)		10:00 to 12:00			
Parenting, pregnancy and giving birth health counseling	Sep 2 (Fri)	Kitasato Jidokan TEL.0568-71-1183	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional) ●Applications: Each Jidokan		Reservation required
	Sep 5 (Mon)	Ajioka Jidokan TEL.0568-75-4999	10:00 to 11:15			
	Sep 16 (Fri)	Oshiro Jidokan TEL.0568-78-0046	10:00 to 11:15			
Low-weight Infant Notice	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)					
1st Birthday Celebration	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 medical examinations for adults

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

	Type	Date	Time	Venue	Eligibility/Fees/Application/etc.
Group screening	Screening test for stomach cancer (Abdominal X-ray)	Sep 22 (Thu) Oct 17 (Mon)	9:00 to 11:05	Health Center	●Eligibility: Registered Komaki residents over 30 years old ●Capacity: 45 per session ●Fees: 1,000 yen (500 yen if 70 or older) ●Application: Use the QR code below to apply from the Komaki City Website or call the Health Center.
	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 ●Eligibility: Registered Komaki residents over 30 years old ●Fee: 500 yen ●Application: Use the QR code below to apply from the Komaki City Website or call the Health Center.
	Breast cancer screening (Mammography screening)	Sep 29 (Thu) Oct 19 (Wed)	9:00 to 15:00	Health Center	●Eligibility: Registered Komaki residents over 40 years old who applies to the eligibility chart below ●Capacity: 110 per session ●Fees: 1,000 yen (500 yen if 70 or older) ●Application: Use the QR code below to apply from the Komaki City Website or call the Health Center.
	Breast cancer screening (Ultrasound)	Oct 13 (Thu)	9:00 to 11:00	Health Center	●Eligibility: Registered Komaki residents over 30 to 39 years old ●Capacity: 60 ●Fee: 1,000 yen ●Application: Use the QR code below to apply from the Komaki City Website or call the Health Center.
	Osteoporosis screening (Ultrasound)	Sep 21 (Wed)	9:00 to 11:00	Health Center	●Eligibility: Registered Komaki residents over 30 years old ●Capacity: 75 per session ●Fee: 500 yen ●Application: Use the QR code below to apply from the Komaki City Website or call the Health Center.
	Chest X-ray screening	Oct 27 (Thu)	9:00 to 10:30	Health Center	●Eligibility: Registered Komaki residents over 65 years old ●Capacity: 70 ●Fee: Free ●Use the QR code below to apply from the Komaki City Website or call the Health Center.
	Lung cancer screening (Sputum test)	●Examination period until Feb 28 (Tue), 2023. *Examination to take sputum. Store three days of phlegm in a container to be collected by the Health Center, etc. You will be informed of the collection date when you apply.			●Eligibility: Registered Komaki residents over 50 years old who has smoked more than 600 cigarettes (calculated by the number of cigarettes you smoke a day × number of years you have been smoking) ●Capacity: Unlimited ●Fee: 500 yen ●Application: by Feb 14 (Tue), 2023 at the Health Center
	Young examination	Oct 26 (Wed)	9:30 to 12:00	●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 ●Eligibility: Registered residents of Komaki without opportunity to get health examination from their workplace, etc. (Born April 1, 1983 to April 1, 1988) ●Capacity: 60 ●Fee: 0 yen ●Application: Use the QR code at right to apply from the Komaki City Website or call the Health Center.	
		Multipurpose room, etc. Lapio 4F			
Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	●Examination period Until Mar 31 (Fri), 2023.	Ob/Gyn clinics in Komaki City	●Eligibility: Registered Komaki residents over 20 years old who applies to the eligibility chart below ●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 ●Applications: Persons applies to ① ② ③ in the eligibility chart below: Ob/Gyn clinics in Komaki City, Persons applies to ④ in the chart below: Please contact the Health Center in advance.	
	Individual breast cancer screening (Mammography screening)		Miwa Ladies Clinic	●Eligibility: Registered Komaki residents over 40 years old who applies to the eligibility chart below ●Fees: 1500 yen (500 yen if 70 or older) ●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.	
	Medical checkup	●Examination period Until Feb 14 (Tue), 2023	Designated local medical institution in Komaki City	●Content: Physical measurement, blood pressure, urine examination, blood test, X-ray on stomach, large intestine, chest for cancer screening ●Eligibility: Registered Komaki residents over 40 years old who is enrolled in National Health Insurance or Late-Term Medical Insurance for the Elderly, and dependents of Japan Health Insurance Association ●Fees: 4,800 yen for insured person of National Health Insurance or Late-Term Medical Insurance for the Elderly (1,800 yen if 70 or older), 6,150 yen for dependents of Japan Health Insurance Association (3,150 yen if 70 or older) *Health checkup ticket sent from each insurance is required when receiving medical checkup. ●Application: Designated local medical institution in Komaki City	
Eligibility	① Persons that have received a free coupon			② Born before Jan 7, 1989 in odd numbered years	
	③ Born after Jan 8, 1989 in even 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, Labor and Welfare's Guideline of Cancer Screening.

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

Apply using the Komaki City Website by the QR Code for (group) cancer screening.



Apply for cancer screenings other than breast or cervical cancer at medical facilities.

Are you okay? Your “heart” and the “heart” of those important to you

Do you experience mental stress including symptoms such as poor sleep or depression?

In particular, after an extended break, do you find normal activity difficult and that you cannot perform your best? Maybe your experience can be made easier by sharing your feelings or talking with someone. Don't keep it to yourself. Share your feelings with family, friends or someone you can talk with.

Let's find out about how much mental stress you are experiencing

Answer some simple questions to find out how much mental stress you have.

Method

Search by
computer or
smartphone.



🔍 こまきし こころのたいおんけい

Mental Check System: Heart Thermometer

Personal Mode Results (example)

Cat

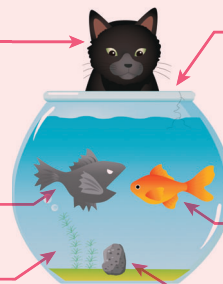
Stress in society
(among people)

Black Goldfish

Stress from people
nearby

Water Clarity

Depression



Fishbowl Crack

Stress from where you
live or work

Orange Goldfish

Stress from physical
illness, etc.

Rocks Other Stressors

If you have mental stress, please contact us.

Health
Consultation

Komaki Health Center TEL.0568-75-6471

Next tax payment deadline: Sep 30 (Fri)

Pay
promptly!

- National Health Insurance Tax (4th term)
- Nursing Care Insurance Fees (3rd term)
- Late-Term Medical Insurance for the Elderly (2nd term)

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)

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

Dates / Hours ▶Sep 11 (Sun) and Sep 25 (Sun) 8:30 to 17:15

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

Dates / Hours ▶Sep 4 (Sun), 11 (Sun), 18 (Sun), 25 (Sun) 8:30 to 17:15

③You can pay for payment notices with bar codes at convenience stores.

*Only effective during the payment period.

*Certificates Tax payment certificates are available at the Tax Collection Division (2F⑤).
Income Taxable certificates are available at the Citizens Tax Division (2F③).

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



2nd Term Japanese Language Classes

A to F: Beginner, G: Lower Intermediate (persons seeking N4)
H: Intermediate (persons seeking N3),
I: Advanced (persons seeking N1 or N2)

F/G...8:30 to 10:30

E/H...10:30 to 12:30

A/B...13:00 to 15:00

C/D...15:00 to 17:00

I...17:00 to 19:00

*Choose a class based on your level.



Class	Beginner						Lower Intermediate	Intermediate	Advanced
	A	B	C	D	E	F	G	H	I
Day	Sunday								
Time	13:00 to 15:00	13:00 to 15:00	15:00 to 17:00	15:00 to 17:00	10:30 to 12:30	8:30 to 10:30	8:30 to 10:30	10:30 to 12:30	17:00 to 19:00
Teacher	Asakura and others	Matsuoka and others	Asakura and others	Matsuoka and others	Matsuoka	Matsuoka	Asakura	Asakura	Asakura

Date 12 times, September 4 to December 11 (Sundays)

*No class on Oct 16, Oct 23 and Dec 4

① Sep 4 ② Sep 11 ③ Sep 18 ④ Sep 25 ⑤ Oct 2 ⑥ Oct 9
⑦ Oct 30 ⑧ Nov 6 ⑨ Nov 13 ⑩ Nov 20 ⑪ Nov 27 ⑫ Dec 11

Venue Chess Room, Rose Room, 4F Komaki Civic Hall

Eligibility Foreigners

Fees Lesson Fees: 1,000 yen (A to I class) (KIA annual membership fee of 2,000 yen also required for non-members)

Textbook fees: A class; 1,500 yen, B to F class; 1,000 yen, G to I class; 2,000 yen

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



Korean Lessons (Beginner)

Learn more Korean!

Date Oct 4 to Dec 6 (Tuesdays 10:00 to 12:00) 10 times

Venue Chess Room Komaki Kominkan 4F **Instructor** Ms. Sook Kyung Choi

Fees Members 3,000 yen, General 6,000 yen (includes text fees)

Eligibility Persons living, working or studying in Komaki
or KIA members, ages 18 and up.

*Persons that have studied Korean for about three months

Participants 16 (in order of application)

Application period Sep 1 (Thu) to Sep 20 (Tue)

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



Inquiries

Komaki International Association (KIA) TEL.0568-76-0905 FAX.0568-71-8396 E-mail: 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)



Spanish Lessons (Beginner)

Experience other cultures with a native instructor.

Date Oct 1 to Dec 17 (Saturdays 13:00 to 15:00) Total 10 times

Venue Rose Room, Komaki Kominkan 4F

Instructor Ms. Patricia Morikawa

Eligibility Persons living, working or studying in Komaki or KIA members, ages 18 and up.

*Persons that have studied Spanish for about three months

Participants 16 (in order of application) *Canceled if less than 6 people apply

Fees Members 3,000 yen, General 6,000 yen (includes text fees)

Application period Sep 1 (Thu) to Sep 30 (Fri)

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



Japanese Language Expedition NAKAMA

Increase the things you can do by using the Japanese you have learned.

Let's read **Japanese** online materials and Hiragana Shimbun newspaper!
Try out the public library!

Date/time Sep 17 (Sat) 13:00 to 16:00

Venue Audio-Visual Room, Komaki Civic Hall 4F

Eligibility Persons living, working or studying in Komaki or KIA members in junior high or older.

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

Fees Members 100 yen, Non members 300 yen

Application period Sep 1 (Thu) to 15 (Thu)

Application Please come to KIA with the fee.



▲Shopped at the pharmacy during the June NAKAMA event

Inquiries

Komaki International Association (KIA) TEL.0568-76-0905 FAX.0568-71-8396 E-mail: 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)

Notice regarding counseling for Foreigners

**Multicultural Symbiosis Promotion Room,
Main Government Office Bldg 2F, City Hall**

9:00 to 17:00 (Closed 12:00 to 13:00)

In addition, the Health Insurance and Medical Division and Nursery and Child Education Division have staff available to help in Portuguese (9:00 to 17:00), the Welfare Administration Division in Portuguese (9:00 to 16:30), Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor) in Portuguese and Spanish (9:30 to 17:30).

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

Portuguese/Spanish/English | Mon to Fri

* Able to consult in Japanese as well.
* Automatic Translation Machines and tablets are available for other languages.

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.

[Komaki Life Information](#) [Search](#)



Printed with soy ink for the sake of the environment.

Printed on recycled paper for the sake of the environment.