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Life Information News KOMAKI

11
2026

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Start your health journey at “Health Lab Komaki”

Anyone can use it for free (0 yen).

1 Learn about your health

Pick your meal and place it here! Consider your nutritional balance ▶



Check your muscle mass and body fat percentage ▶



Find out how to stay healthy as you age ▶

Reservation required



10:30 to 10:50
17:00 to 17:20

2 Start your health journey

Our fitness trainers and registered dietitians will work with you to develop a personalized health plan.
We have a daily exercise period.
* Reservation not required. Come and see if you're not sure where to start.

3 Continue your health journey

By regularly monitoring health, you can gauge the effectiveness of your efforts. We lend out equipment that helps you stay healthy at home.

Equipment for training ▶



Step counters and brisk walking timers ▶



Inquiries Health Lab Komaki TEL.0568-39-5566 5th Floor, Lapio, 3-555 Komaki (5-minute walk from Komaki Station)
10:00 to 18:00 Closed days: The third Tuesday of every month and the Monday before it.
* Open if Monday is a holiday. In that case closed Wednesday.

Study at Preschool before attending Elementary School



At preschool, children study Japanese and about elementary school before they start at a local municipal elementary school.
❶Reading and writing hiragana. ❷Reading numbers. ❸Learning the rules of school.

Date/time Saturdays from November 21 to March 13, 2027 Total 14 times
* No preschool on December 19, December 26, and January 2.
Times are either ① 13:00 to 14:00 or② 14:30 to 15:30.

Venue Civic Hall 4F Chess Room **Number of participants** None **Fees** Free

Eligibility Children with foreign roots who will go to an elementary school in Komaki City from April 2027 as a new grade 1 student.

Application period Until Nov 7 (Sat) **Application** Please come to the Komaki International Association (KIA) directly.

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)

Mother/Child Health Examination Calendar

Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Nov 10 (Tue)	Health Center	13:05 to 13:55	Born Jun 21 to 30, 2026
	Nov 17 (Tue)			Born Jul 1 to 10, 2026
	Nov 24 (Tue)			Born Jul 11 to 20, 2026
Health examinations for 18-month-old infants	Nov 6 (Fri)	Health Center	13:05 to 14:15	Born May 1 to 10, 2025
	Nov 13 (Fri)			Born May 11 to 20, 2025
	Nov 20 (Fri)			Born May 21 to 31, 2025
Dental examinations for children aged 2 years, 3 months	Nov 5 (Thu)	Health Center	9:00 to 10:10	Born Aug 1 to 15, 2024
	Nov 12 (Thu)			Born Aug 16 to 31, 2024
Health examinations for 3-year-old children	Nov 4 (Wed)	Health Center	13:05 to 14:15	Born Nov 1 to 10, 2023
	Nov 11 (Wed)			Born Nov 11 to 20, 2023
	Nov 25 (Wed)			Born Nov 21 to 30, 2023
Health examinations for 5-year-old children	Nov 5 (Thu)	Health Center	13:00 to 14:15	Born Nov 1 to 10, 2021
	Nov 19 (Thu)			Born Nov 11 to 20, 2021
	Nov 26 (Thu)			Born Nov 21 to 30, 2021

*We will send a letter in advance to relevant persons. Please check the letter for detailed reception hours.
*Don't forget to bring your Maternal and Child Health Handbook and a bath towel.
*Please be sure to attend your health checkup. If you are unable to attend for some reason, contact the Health Center.

Baby food class (Initial Gokkun (swallowing) class)	Nov 4 (Wed)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 4 months or older. Babies can participate too. ●What to bring: Maternal 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)	Nov 20 (Fri)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 9 months or older. Babies can participate too. ●What to bring: Maternal and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center Reservation required
Niko-niko cavity prevention class	Nov 16 (Mon)	Health Center	10:00 to 11:30	●Eligibility: Nursing children (especially about one-year-old) ●Content: Consultation regarding worries/concerns about brushing teeth or teeth alignment ●What to bring: Maternal and Child Health Handbook, toothbrush and bath towel ●Fee: 0 yen ●Applications: Health Center Reservation required
Provision of Maternal and Child Health Handbook	Reservation Form			●Content: Public health nurse or the midwife will hand out the Maternal and Child Health Handbook. Please feel free to consult with us about any worries or concerns you may have during pregnancy. ●Location: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) ●What to bring: Pregnancy notification or medical certificate, Zairyu Card, My Number Card and bank book in the name of the pregnant person ●Application: Make a reservation using the 2D code Reservation required
Nursing counseling	Reservation Form			●Description: Nursing and parenting consultation including breastfeeding ●Location: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) ●Fee: 0 yen ●Application: Make a reservation using the 2D code Reservation required
Low-weight Infant Notice	Apply using the 2D code if your child's birth weight is under 2,500g. ●Send to: Kosodate Sedai Houkatsu Shien Center			
1st Birthday Celebration	About 10 months after birth, we will send a questionnaire to the baby's home. You can receive a gift by sending in the questionnaire. ●Place to submit: Kosodate Sedai Hokatsu Shien Center (Lapio 3F) or Jidokan in Komaki City.			

For more information, see the numbers on the 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

▼Cancer screening

* Age 70 and older 500 yen
* Eligibility: Registered Komaki residents,

【Group screening】Application for cancer screening ▶

	Type	Schedule	Venue	Eligibility/Fees/Application/etc.
Group screening	Screening test for stomach cancer (Abdominal X-ray)	Jan 22 (Fri) 2027 AM	Health Center	●Eligibility: Registered Komaki residents over 30 years old ●Fee: 1000 yen
	Screening test for colorectal cancer (Testing of the stool for occult blood)	Jan 22 (Fri) 2027 AM	Health Center	●Eligibility: Registered Komaki residents over 30 years old ●Fee: 500 yen
	Screening test for breast cancer (Mammography screening)	Jan 29 (Fri) 2027 – Feb 1 (Mon) 2027	Health Center	●Eligibility: 40 years old and over Persons who fall under one of the ★ in the chart below ●Fee: 1,000 yen
	Cervical cancer screening (cervix only)	Feb 1 (Mon) 2027 AM	Health Center	●Eligibility: 20 years old and over Persons who fall under one of the ★ in the chart below ●Fee: 1,000 yen
Individual examination (medical facility)	Individual cervical cancer screening (gynecological, visual and cytological screening)	●Consultation period Until Mar 31 (Wed) 2027	Ob/Gyn clinic in Komaki City	●Eligibility: 20 years old and over who fall under one of the ★ in the chart below ●Fee: cervical cancer screening: 1000 yen Cervical/body cancer screening: 2,000 yen *Body cancer examination is only for people determined to require the examination by the physician ●Applications: Persons who fall under ★ ① to ③ in the chart below: Ob/Gyn clinic in Komaki City Persons who fall under ★ ④ in the chart below: Please contact the Health Center in advance.
	Individual screening test for breast cancer (Mammography screening)		Komaki Daiichi Hospital/ Miwa Lady's Clinic	●Eligibility: 40 years old and over who fall under one of the ★ in the chart below ●Fee: 1,500 yen ●Applications: Persons who fall under ★ ① to ③ in the chart below: Komaki Daiichi Hospital (TEL 0568-71-4390), Miwa Lady's Clinic (TEL 0568-76-2603) Persons who fall under ★ ④ in the chart below: Please contact the Health Center in advance.
	Cancer screening (Gastric cancer, colorectal cancer, prostate cancer) Hepatitis screening	●Consultation period Until Feb 14 (Sun) 2027	Participating local medical institution	●Contact the designated local medical facility directly to make a reservation.

Gastric cancer/colorectal cancer examination can be received on the same day!!

[Regarding breast cancer (Mammography) screening] Screening performed once every two years.

★ Eligibility

① Persons that have received a free coupon	② Born on Jan 7, 1989 and odd numbered years before
③ Born on Jan 8, 1989 and even numbered years after	④ Other than ① to ③ did not receive the screening in FY2025.

▼Detailed medical checkup

Detailed medical checkup	●Consultation period Until Feb 14 (Sun) 2027	Participating local medical institution	●Description: Physical measurement, blood pressure, urine examination, blood test and cancer screening (X-ray on stomach, large intestine and chest) ●EEligibility: Persons enrolled in National Health Insurance, and dependents of the Japan Health Insurance Association and persons enrolled in the Late-Term Medical Insurance for the Elderly who are 40 years of age or older and registered as residents of the city ●Fees: Persons enrolled in National Health Insurance/Late-Term Medical Insurance for the Elderly: 4,800 yen (1,800 yen if 70 or older), Dependents of Japan Health Insurance Association: 6,100 yen (3,100 yen if 70 or older) *Health checkup ticket sent from each insurance is required when receiving Thorough medical checkup. ●Application: Designated local medical institution

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

Join the Komaki Multicultural Committee Member!

Komaki City is recruiting members for Komaki Multicultural Committee to research and examine to revise the Second Komaki City Multicultural Symbiosis Promotion Plan created on July 2020. We will hold about 5 meetings.

The Komaki Multicultural Symbiosis Promotion Plan here

Qualifications Persons living, working or studying in Komaki ages 18 and up. Both Japanese and foreigners are qualified.

How to Apply Write your address, name, nationality, age, occupation (write Student if you are a student), phone number, e-mail address and what do you think is required to continue to achieve a multicultural city (within 400 characters), after reading current Komaki City Multicultural Symbiosis Promotion Plan, using the online form in Japanese and apply by Nov 30 (Mon). ※Capacity 2 (tentatively)

Apply here

Inquiries Multicultural Symbiosis Promotion Room TEL.0568-39-6527 Email: tabunka@city.komaki.lg.jp

Next tax payment deadline: November 30 (Mon)

National Health Insurance tax (6th term) | **Nursing care insurance** (5th term) | **Late-term medical insurance for the elderly** (4th term)

Submit your payments 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.
You can pay taxes using smartphone apps including PayB or PayPay.

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

! When you are unable to pay by the predetermined date due to decreased wages or other reason, consult with the taxation 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...

You can pay at a tax payment service counter open on Sunday.
(Except year end/New Years)

❶The main building's second floor will be open to answer tax-payment related questions. Payments are accepted as well.
Hours▶ Nov 22 (Sun) 9:00 to 12:00

❷The main building's first floor will be open to pay taxes.
Hours▶ Nov 8 (Sun), 22 (Sun) 9:00 to 16:00

❸You can pay for payment notices with bar codes at convenience stores.
*Only effective during the period written on the payment slip.

✻Certificates..... Tax payment certificates are available at the Tax Collection Division (2F⑥).
Income tax certificates are available at the Taxation Division (2F④).

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

Income deductions for National Pension premiums

* This system applies to people paying National Pension premiums.

When making year-end adjustments or filing tax returns, the entire amount paid this year for the National Pension Insurance premiums can be deducted from the income calculation and declared. Doing so may result in lower taxes.

▶When you file your income tax return, you must submit documents proving the National Pension Insurance premiums you paid between January 1, 2026 and December 31, 2026.

▶From the latter half of October to the beginning of November, Japan Pension Service will send you a "Deduction Certificate for Social Insurance Premiums (National Pension Insurance Premiums)," which will serve as proof of the amount you paid. The certification includes the national pension premiums paid between January 1 and September 30, 2026, and the amount expected to be paid during the year. In addition, those who pay insurance premiums for the first time between October 1 and December 31 will receive a "Deduction Certificate for Social Insurance Premiums (National Pension Insurance Premiums)" around February 2027.

▶When declaring income, please submit the Deduction Certificate for Social Insurance Premiums (National Pension Insurance Premiums) or a receipt. In addition, those who have registered in advance on "Nenkin Net" to request electronic mailing should check "Nenkin Net."

*If you want to use the certificate of premiums paid for two years together separately for the yearly return, please see the Japan Pension Service website or ask the pension office.

Inquiries
●For tax returns (declaration of income) *Information is available on the National Tax Agency's website. : Komaki Tax Office TEL.0568-72-2111
*Please listen to the automated voice guidance and operate the system.
●Citizen's tax return: Tax Division TEL.0568-76-1182
●Certificate contents and reissuance:: Japan Pension Service Nagoya North Branch Office TEL.052-912-1213
* Follow the automated voice prompts and press 2 → 2.

Long-term care insurance (Kaigo Hoken) information

Long-term care insurance is a mutual support system that everyone can use when they grow old or need long-term care.
People aged 40 to 64 pay long-term care insurance premiums along with their health insurance premiums and other fees.
When you turn 65, you will receive a notice from the city regarding your long-term care insurance premiums.
Even people who do not use long-term care services must pay insurance premiums to support this system.
For more information, contact the Long-Term Care Insurance Division.

Inquiries Nursing Care Insurance Division TEL.0568-76-1197



FY2027 Children's club applications

Eligibility
Children attending a local elementary school in grades 1 through 6 meeting certain criteria making it difficult to be alone at home such as guardians (parents) not home during lunch due to work. (Application required every year.)

Open Hours
▶Weekdays: End of classes to 19:00 ▶Saturdays: 8:30 to 18:00 ▶During extended holidays: 7:30 to 19:00 (excludes Saturdays) ▶School rollover days off/graduation ceremony: 7:30 to 19:00
* Excludes Sundays, holidays and the year-end/new year period * Please pick up and drop off in time.

Fees
5,000 yen each (August only 8,000 yen) * Snack fee charged separately. Snack Fee: 500 to 1,000 yen per month. Paid separately * Direct withdrawal (paid by withdrawal from the bank account.)
※The fee will change depending on drop off and pick up time.
※Persons meeting certain conditions may have lower fees.

Application period, method
Online application Reception Period: Nov 2 (Mon) to Dec 31 (Thu) ●How to apply: Komaki City Website
* If you are unable to apply online, please contact the Child Policy Division or children's club.
Application Deadline: Dec 31 (Thu) 2026

Applications available at
Child Policy Division, children's clubs, community centers and the Kosodate Sedai Hokatsu Support Center

The Kids Club List

Club name	Address	TEL
Ishiki	3500 Oaza-Kuboishiki, Komaki City (Inside Ishiki E.S.)	0568-77-3275
Komeno	5-339 Chuo, Komaki City (Inside Komeno E.S)	0568-77-3357
Kitasato	2-50 Shimoobari Nakashima, Komaki City (Inside Kitazato E.S.)	0568-71-2584
Honjo	2597-18 Oaza-Honjo, Komaki City (East side of Honjo E.S.)	0568-78-5711
Komaki	3-17 Komaki, Komaki City (Inside Komaki E.S.)	0568-77-5122
Ajioka	5-150 Komatsuji, Komaki City (Inside Ajioka E.S.)	0568-77-8666
Komakihara	1125 Oaza-Komakiharashinden, Komaki City (Inside Komakihara E.S.)	0568-73-7339
Koki	2-1 Kokinishi, Komaki City (Inside Koki E.S.)	0568-72-8655
Muranaka	1045 Oaza-Muranaka, Komaki City (Inside Muranaka E.S.)	0568-76-2655
Komaki Minami	82 Wakakusacho, Komaki City (Inside Komaki Minami E.S.)	0568-76-8851
Mitsubuchi	Oaza-Mitsubuchi 480, Komaki City (Inside Mitsubuchi E.S.)	0568-76-8100
Tokadai Higashi	3-50 Hikarigaoka, Komaki City (Inside current Hikarigaoka E.S.)	0568-78-2110
Tokadai Nishi	2-3 Momogaoka, Komaki City (Inside current Momogaoka E.S.)	0568-79-2110

Inquiries Child Policy Division TEL.0568-76-1129

Disaster Prevention Weather Information

Decide when to evacuate based on the alert level

Example

Several days to one day before	Level 1 Early warning advisory	Increase disaster preparedness
Half a day to a few hours before	Level 2 Warning advisory	Review disaster risks using hazard maps and other resources Ensure access to evacuation advisories issued by municipalities
A few hours to three hours before	Level 3 Alert	Alert Level 3: Evacuation of the elderly, etc. Elderly people, etc., should evacuate from dangerous areas
Two hours to zero hours before	Level 4 Hazard alert	Alert Level 4: Evacuation order Evacuate everyone from dangerous areas
Disaster	Level 5 Special alert	Alert Level 4: Emergency! Ensure safety Ensure safety, life is at risk!

Sign up for disaster prevention emails. You can select your language.

Always evacuate by Warning Level 4!

Inquiries Disaster Prevention and Crisis Management Division TEL.0568-76-1171

Disaster Prevention Drills

Learn more about disaster prevention (BOSAI)!
Learn how to sort trash after a BBQ!

Date/time Dec 13 (Sun) 8:50 to 16:00 **Venue** Komaki Fire Department, Komaki Shimin Shikinomori

Eligibility
People with foreign roots who live, work, or study in Komaki City (*3rd grade and above; elementary school students must participate with a parent)

Number of participants
40 people (30 members and 10 non-members in order of application)
One person can sign up for three spots.

Fees
Members 500 yen, General 800 yen
(the fees include BBQ food expense and insurance)

Application
Please come to the Komaki International Association (KIA) Administration Office directly with the fee.
*No refund for cancelation after the application.



Application period Nov 4 (Wed) to Nov 21 (Sat)

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

2026 IKI-IKI Komaki

"Good living in Komaki: food / greenery / lifestyle / security and safety" is our theme as we host agricultural, lifestyle, environment and fire fighting events.

Date/time Nov 14 (Sat), 15 (Sun) 10:00 to 15:00

Venue Civic Center/Civic Hall (107, Komaki 2-chome, Komaki-shi)



Farming Fair

About the food and agriculture of Komaki City

▶Exhibition Fair...Fruits and vegetables from Komaki, which were entered in the Agricultural Products General Fair, will be sold.

Date/time 14th Items will be exhibited in the morning. From 12:30, numbered tickets will be distributed to purchase exhibited items. Exhibited items will be sold from 13:00.

In addition to the direct sales, there will be stores and booths related to agriculture throughout both days!

Inquiries Agricultural Policy Division TEL.0568-76-1131

Fire Prevention Fair

Learn about fire prevention* participating in many kinds of activities.

▶Experience booth ●Fire Extinguisher Demonstration ●Hose Bowling ●Fire prevention lesson ●First Aid Demonstration (14th only)

* A present is available for you at the firefighting experience booths if you answer a survey.



▶Fire Truck Exhibition (Ladder trucks and emergency doctor cars will be on display only on the 14th) You can ride the ladder truck in the raffle on the 14th!

▶Explanation of fire brigades and Paper theater presentation by female fire brigade members (14th only)

In case of rain Partial cancelation in case of rain

Inquiries Disaster Prevention Division, Fire Department TEL.0568-76-0223

Environment Fair

Let's experience and learn about the environment!



▶Experience booth ...Visitors can cut logs, make their own bags, environmental learning quiz, make crafts using milk cartons, touch a digital globe, ride a bus, and experience a variety of other activities.

▶Experience booth ...There is a display about living things and information about electric vehicles that do not emit carbon dioxide.

▶Mitarashi dumplings and gohei-mochi rice cakes...Selling in environmentally friendly containers.

Inquiries Carbon Neutral Promotion Office TEL.0568-76-1181

Lifestyle Exhibition

Useful information for everybody's life.



▶Panel Exhibition ▶Traffic Safety VR Experience

▶Consultation about housing to prevent unoccupied houses

▶Toy repair.....Bring your broken toys. It may require parts cost.

▶ Sales of Products from Vocational Work Centers ▶Try Decoupage

▶Take on a Food Education Game

▶Make human rights badges (only 15th (Sun))

Inquiries Civic Safety Division TEL.0568-76-1120

▶Gifts for everyone who attends the opening!

..... 14th 10:00 Up to 70 persons (while supplies last)

▶Two days: 14th and 15th Collect all the stamps!

..... Participants can receive a present! Up to 400 people on both 14th and 15th.

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3-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650
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※Please see the relevant service counter for more details regarding any of the items contained herein.

Komaki Life Information Search

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