

Hiroshima NOW

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Articles in **Hiroshima NOW** are excerpts from *Hiroshima Shimin to Shisei*, a free newspaper produced by the City of Hiroshima. This monthly newsletter is published in English, Chinese, Portuguese, Spanish, Vietnamese, and Simplified Japanese. They are all available on our website (h-ircd.jp/) or in print at various public facilities.

Hiroshima Shimin to Shisei is available to view on the city's website. It can also be translated via an automatic translation app into several languages (English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Filipino).

 For those who would like to receive notices via e-mail regarding new issues, etc., please send an email to the following address: internat@pcf.city.hiroshima.jp

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 Unless stated otherwise, services and webpages mentioned are likely to be only provided in Japanese. Translations of proper nouns are not necessarily official English translations.

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Updated medical insurance cards sent

— Myna Health Insurance Card system will begin December 2, 2024—
 保険証を更新し、郵送しましたー12月2日からはマイナ保険証へ移行しますー
 ひろしま市民と市政 7月1日号 (p2)

Updated medical insurance cards were sent to insurance holders in July

Medical insurance cards for National Health Insurance (国民健康保険 // *Kokumin kenkō hoken*) and Late-stage Elderly Medical Care (後期高齢者医療制度 // *Kōki kōreisha iryō seido*) are renewed in August every year. The City issued and sent updated medical insurance cards to insurance holders in July. If you have not received your renewed medical insurance card by the end of July, please inquire at your local ward office.

Inquiries: National Insurance and Pension Division (*Hoken Nenkin Ka*) Tel: 082-504-2157

▷ Inquiries regarding National Health Insurance cards:

Your ward office's National Insurance and Pension Division (*Hoken Nenkin Ka*)

Ward	Tel	Ward	Tel
Naka	082-504-2555	Asaminami	082-831-4929
Higashi	082-568-7711	Asakita	082-819-3909
Minami	082-250-8941	Aki	082-821-4910
Nishi	082-532-0933	Saeki	082-943-9712

▷ Inquiries regarding Late-stage Elderly Medical Care insurance cards:

Your ward office's Welfare Division (*Fukushi Ka*)

Ward	Tel	Ward	Tel
Naka	082-504-2570	Asaminami	082-831-4941
Higashi	082-568-7730	Asakita	082-819-0585
Minami	082-250-4107	Aki	082-821-2808
Nishi	082-294-6218	Saeki	082-943-9729

From December 2, 2024, My Number Cards and health insurance cards will be integrated together into the Myna Health Insurance Card

Beginning December 2, 2024, the Japanese government will shift to a system where the My Number Card will take over the function of current health insurance cards, meaning that health insurance cards as you know them now will be no longer issued.

The health insurance card that you have as of December 2, 2024 will be valid until the expiration date on the card (up to July 31, 2025, depending).

Notes:

- If you move out of Hiroshima City to live in another municipality, your present health insurance card issued by the City of Hiroshima will become invalid from the date you submit a Notification of Moving-Out to your local ward office or branch office.
- Myna Health Insurance Cards are My Number Cards that take on the same function as your current health insurance card. In order to use your My Number Card as your health insurance card, you must register to use it as such in advance via the Mynaportal, Seven Bank ATM, or a card-reader with facial recognition function installed at a medical institution.

What is Mynaportal?

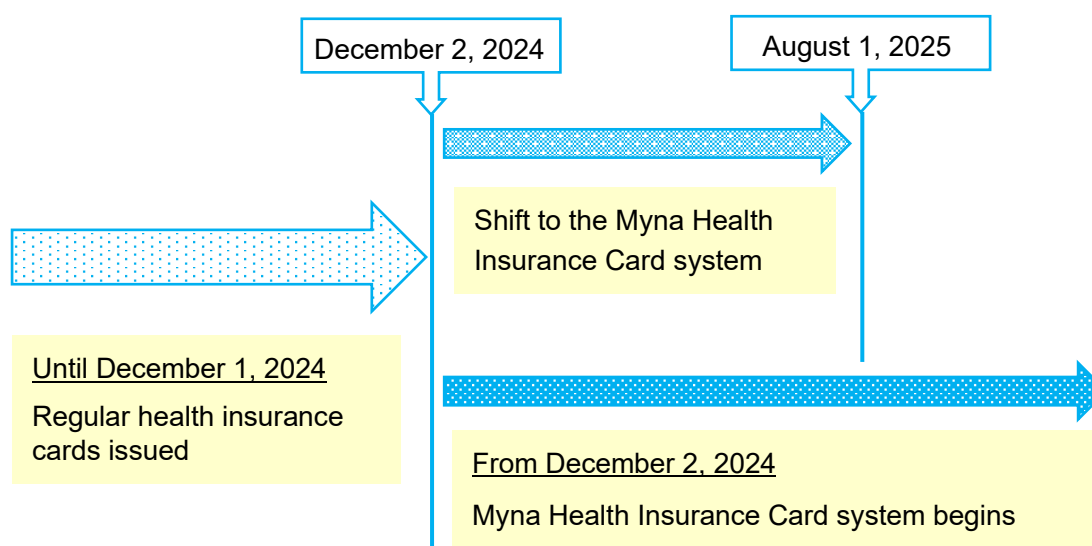
Mynaportal is a one-stop site for online applications for administrative procedures. For more information, please visit the Japanese Government Digital Agency's website:

<https://myna.go.jp>

Certificates of Qualification for health insurance will be issued to those who do not register in the Myna Health Insurance.

After December 2, 2024, Certificates of Qualification (資格確認書// *Shikaku kakunin-sho*) for health insurance will be issued to those whose current health insurance cards have become invalid, but who are not registered in the Myna Health Insurance system. When you go to a medical institution, please present your Certificate of Qualification at the reception desk.

Timeline for the shift to the Myna Health Insurance Card system



- ▷ Between December 2, 2024 and July 31, 2025, you can continue to use your current health insurance card at medical institutions until its expiration date.
- ▷ Certificates of Qualification (資格確認書// *Shikaku kakunin-sho*) for health insurance will be issued to those whose current health insurance cards have become invalid, but who are not registered in the Myna Health Insurance Card system. When you go to a medical institution, please present your Certificate of Qualification at the reception desk.

How long can my current health insurance card be used? What should I do if I have not registered for the Myna Health Insurance Card system after my present insurance card becomes invalid?

Case A:

I am currently enrolled in the National Health Insurance (or Late-stage Elderly Medical Care)

Your current health insurance card will be valid until the expiration date stated on the card (up to July 31, 2025, depending).

From August 1, 2025, present your Certificate of Qualification at the reception desk when you visit a medical institution.

Case B:

I will turn 75 on December 10, 2024, and am enrolled in Late-stage Elderly Medical Care

Your current health insurance card will be valid until December 9, 2024.

From December 10, 2024, present your Certificate of Qualification at the reception desk when visiting a medical institution.

Case C:

I will resign from work and enroll in National Health Insurance beginning on January 1, 2025.

Your current health insurance card will be valid until December 31, 2024.

From January 1, 2025, present your Certificate of Qualification at the reception desk when you visit a medical institution.

FAQ

- Q How can I check whether I have been registered in the Myna Health Insurance Card system?
- A You can confirm your registration via Mynaportal. Login to Mynaportal by using your My Number Card to check (these services are offered both in Japanese and English).



Mynaportal (マイナポータル)



For more information regarding the Myna Health Insurance Card system, please check or inquire at the following information sources:

▷ **City of Hiroshima official website (Japanese)**

<https://www.city.hiroshima.lg.jp/soshiki/71/199885.html>



▷ **Hiroshima City Call Center for Myna Health Insurance Card system (Japanese)**

Tel: 050-3644-4343

Hours: 8:30 am-5:15 pm from Monday to Friday between July 17, 2024, and October 16, 2024
(excluding August 6 and national holidays)

▷ If you are not confident in your Japanese, please contact the office below:

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

Email: soudan@pcf.city.hiroshima.jp

Hours: 9 am-4 pm (Mon-Fri)

Closed: Saturdays, Sundays, national holidays, August 6 and December 29-January 3

Supported Languages: Japanese, English, Chinese, Spanish, Portuguese, Vietnamese, Filipino (consultation for Filipino is available on Fridays and the 1st and 3rd Wednesdays of the month.)

✦ **My Number Card Support Centers**

At some commercial and public facilities there are support centers available to help those who have not yet applied for a My Number Card apply to receive one.

Note:

- If you are unable to visit a support center, the City of Hiroshima offers a service where a member of staff will visit and help you apply. For further information, please check the City of Hiroshima's official website.
- Generally, it takes 1.5 months to issue a My Number Card, so please start planning early.

Inquiries: My Number Card Support Service Tel: 0120-239-651

Adjustment Benefit for Flat-Amount Tax Reduction Payment

定額減税の調整給付が始まります ひろしま市民と市政 6月15日号 (p2)

Adjustment benefits are payments made to those who were registered as a resident of Hiroshima City as of January 1, 2024 and are unable to fully receive the fixed-amount tax cut for 2024 income tax (January 2024-December 2024) and FY2024 individual municipal and prefectural residents taxes (April 2024-March 2025).

Payment schedule

- ▷ The City of Hiroshima has sent a Benefit Payment Notice (支給のお知らせ// *Shikyū no Oshirase*) or Payment Confirmation Form (確認書// *Kakunin-sho*) to those eligible beginning July 5, 2024.
- ▷ Starting from mid-July, the payments have been deposited in the individual's bank account stated on the notice or in their registered bank account.

Eligibility

The City of Hiroshima provides this adjustment benefit to individuals with a residence record in Hiroshima City as of January 1, 2024. There are additional requirements to fulfill in order to receive the benefit. For further information, please check with the City's official website (Japanese) or inquire at the Call Center below.

How to apply

Who	How to apply
Those who have registered a Bank and Savings Account to Receive Various Benefits with their My Number Card	<p><u>Generally, application procedures are NOT required.</u></p> <p>The City has sent a Benefit Payment Notice to those eligible. Cash benefits will be deposited into your registered bank account, unless you request to decline from receiving the benefit by the date stated in the notice.</p>
Those who have NOT registered a Bank and Savings Account to Receive Various Benefits with their My Number Card	<p><u>The following procedures are necessary:</u></p> <p>The City has sent a Payment Confirmation Form to those eligible. Please fill out the form and return it along with additional necessary documents via postal mail or online.</p> <p>Application deadline: October 31 (Thurs), 2024; must be postmarked by this date</p>

Note: For more information about registering a Bank and Savings Account to Receive Various Benefits, please check the Government of Japan Digital Agency website (Japanese).
https://www.digital.go.jp/policies/account_registration/

Support Centers

If you have any questions or concerns about the benefit, please call the following:

▶ **City of Hiroshima Adjustment Benefit for Flat-Amount Tax cut Payment Call Center** (Japanese)

Tel: 0120-330-471

Hours: 8:30 am-5:15pm

Closed: Saturdays, Sundays, holidays, December 29–January 3

▶ **City of Hiroshima official website (Japanese)**

<https://www.city.hiroshima.lg.jp/soshiki/4/383469.html>



▶ If you are not confident in your Japanese, please contact the office below:

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

Email: soudan@pcf.city.hiroshima.jp

Hours: 9 am-4 pm (Mon-Fri)

Closed: Saturdays, Sundays, national holidays, August 6 and December 29-January 3







Supported Languages: Japanese, English, Chinese, Spanish, Portuguese, Vietnamese, Filipino (consultation for Filipino is available on Fridays and the 1st and 3rd Wednesdays of the month)



Japanese banknote redesign unveiled

日本のお札のデザインが新しくなりました

On July 3, 2024, Japanese banknotes were redesigned. Please note that past banknotes still remain valid and be cautious of scams claiming that the previous series of banknotes are no longer valid.

	Until July 2, 2024	From July 3, 2024
1,000 yen		
5,000 yen		
10,000 yen		

Data source: National Printing Bureau (https://www.npb.go.jp/en/n_banknote/)

Note: If you are interested in the designs of banknotes past, visit the National Printing Bureau website.

Support for National Pension payments

国民年金保険料の納付免除・猶予制度 ひろしま市民と市政 7月1日号 (p4)

Are you struggling with National Pension payments for financial reasons? If so, you can apply for **exemption** from some or all of the payments, or for **deferral**. If you have never made payments, it is possible that you will not be able to receive your basic pension or other benefits when you are older.

How to apply

Apply at your local ward office's National Insurance and Pension Division (details below) or at branch office. Bring your pension handbook and other documents (students should also bring their student IDs).

Inquiries: Your ward office's **National Insurance and Pension Division** (*Hoken Nenkin Ka*)

Ward	Tel	Ward	Tel
Naka	082-504-2556	Asaminami	082-831-4931
Higashi	082-568-7712	Asakita	082-819-3910
Minami	082-250-8944	Aki	082-821-4910
Nishi	082-532-0935	Saeki	082-943-9713

Energy saving tips for summer

家庭でできる夏の省エネと備えをしてください ひろしま市民と市政 7月1日号 (p3)

Summer is here, which means high temperatures. Using your air conditioner is one way to beat the summer heat, but it also means a rise in energy consumption. And that's not all that's on the rise: cases of heat stroke also increase in the summer months. Below, you'll find simple measures that you can take to help reduce your energy consumption and your risk of heat stroke.

About Heat Stroke Alerts

Heat Stroke Alerts (熱中症警戒アラート// *Nettchu-shō Keikai Arāto*) are issued by the Ministry of Environment and the Japan Meteorological Agency on days when temperatures can cause heat-related illnesses. Beginning in April 2024, Special Heat Stroke Alerts (熱中症特別警戒アラート// *Nettchu-shō Tokubetsu Keikai Arāto*) will be issued when the temperature situation is more serious and warrants extreme caution.

Tips for energy saving at home

☒ Air Conditioners

- Clean filters regularly
- Try to avoid keeping your house ice cold; set your air con at a slightly higher temperature to reduce energy consumption (within reason, of course)
- Close your blinds, shades, or drapes during the day to keep the sunlight out and temperatures low

☒ Refrigerators

- Be careful not to overstock your fridge
- Avoid opening and closing the fridge more than needed
- Set your fridge cooling setting to medium (note: depending on your fridge, this may not be cold enough. Be sure to ensure it's cold enough that food won't spoil)
- Keep enough space between your fridge and the wall behind it



☒ TVs

- Set your TV to energy saving mode and use the brightness control function to turn down the brightness
- Don't just use the remote to turn the TV off: turn the TV power source off as well. If you won't be using your TV for long periods of time, unplug it.

☒ Bidet toilet seat

- Keep the toilet lid closed
- Keep your toilet seat and water temperatures settings on low
- Use features that save energy like turning the heated water function off or energy-saving timers (if your toilet does not have these functions, unplug the toilet seat when you won't be using it for prolonged periods of time)



How to stay cool in the summer

- Use products designed to keep you cool, like cooling gel sheets
- Use paper fans
- Wear a hat made of breathable material and be sure to take it off from time to time to allow sweat to evaporate
- Use window coverings, such as insulation sheets, to prevent heat from coming in through the window

Inquiries: Global Warning Countermeasures Division (*Ondanka Taisaku Ka*) Tel: 082-504-2185

Holiday trash collection schedule in August and September

2024年8月と9月の祝・休日のごみの収集について

Trash will be collected as usual on the following holidays:

- August 12 (Monday, a substitute holiday for Mountain Day)
- September 16 (Monday, Respect for the Aged Day)
- September 23 (Monday, a substitute holiday for Autumnal Equinox Day)



For more information about waste disposal guidelines, please visit the City of Hiroshima's official website (English)



Inquiries: City Office Environmental Bureau, Operation Division I (*Kankyō Kyoku Gyōmu Dai-ichi Ka*)
Tel: 082-504-2220





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Hiroshima City & Aki County International Resident Consultation Service

❖ Closed on national holidays, August 6, and December 29 through January 3.

Venue	Supported Languages	When	Hours
International Conference Center Hiroshima 3F Located in Peace Memorial Park	Spanish	Monday to Friday	9:00 am – 4:00 pm
	Chinese		
	Vietnamese		
	Portuguese		
	English		
	Filipino	Fridays 1 st and 3 rd Wednesdays of the month	
Aki Ward Office 2F	Portuguese	2 nd Wednesday of the month	10:15 am – 12:30 pm 1:30 pm – 4:00 pm
	Spanish	3 rd Thursday of the month	
Motomachi Kanri Jimusho	Chinese	2 nd Tuesday of the month	
Guidance from the Regional Immigration Bureau On the 2nd Friday of every month from 13:30 to 16:00, a Regional Immigration Bureau staff member comes to the consultation service office to offer guidance residency status-related issues (reservation required).			

- ❖ For languages other than those listed above, consultation services are provided using a multilingual translation device.
- ❖ Our consultation staff can provide a simple orientation on life in Hiroshima City for new arrivals (reservation required).

Hiroshima City & Aki County International Resident Consultation Service

International Conference Center Hiroshima (*Hiroshima Kokusai Kaigi-jō*) in Peace Memorial Park
Hiroshima-shi Naka-ku Nakajima-cho 1-5

Tel: 082-241-5010 // Fax: 082-242-7452

E-mail: soudan@pcf.city.hiroshima.jp

URL: <https://h-ircd.jp/en/guide/consultation-en.html>

