

MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Life Section

TEL: 027-382-1111 (Ext. 1139)



Useful information for Foreigners living in Gunma.

About Japanese Public Pension System



Sources:

Ministry of Health, Labour and Welfare,
Japan Pension Service,
Immigration Services Agency "Guidebook on Living and Working"

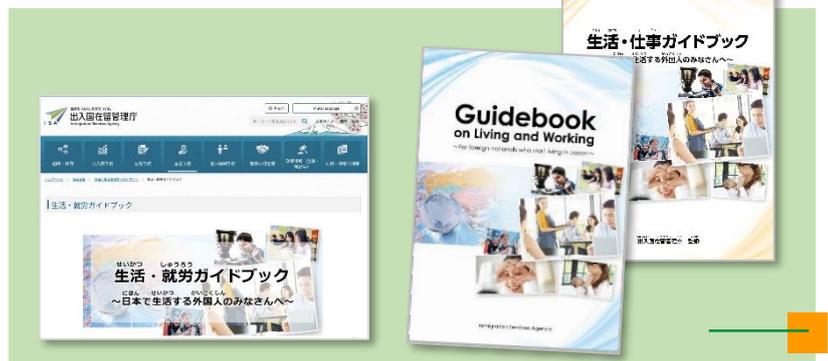
The Japanese public pension is a system to provide lifetime social security through mutual generational support. The system is run with the scheme in which contributions paid by working generations goes to pension benefits of people such as the elderly.

The public pension system, consisting of the **National Pension system** (Hereinafter referred to as NP) and the **Employees' Pension Insurance system** (Hereinafter referred to as EPI), which not only provides security for old age but also for unforeseeable events such as disability and death.

Regardless of nationality, all people residing in Japan between the ages of 20 and 59 (up to 70 years of age in the case of EPI) are required to enroll either in NP or in EPI.

If you are not covered by the EPI, you need to do the procedure for yourself to enroll in the NP at your residential municipal office. For details, please check the website of Japan Pension Service, etc.

<https://www.nenkin.go.jp/international/pamphlet/japanese/index.html>



HEALTH CHECK-UP FOR CHILDREN in April 2024

(Place: Annaka Health Center Time: 13:00-14:00)



Category	Birthday (Month/Year)	Date & Time (Month/Day)	Things to Bring
4 Months Old Health Checkup	Dec. 2023	4/26 (Fri.)	<input type="checkbox"/> Maternal and Child Health Handbook <input type="checkbox"/> Bath Towel <input type="checkbox"/> Medical questionnaires <input type="checkbox"/> Child Rearing Support Sheet <input type="checkbox"/> Health Check Sheet <input type="checkbox"/> Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) <input type="checkbox"/> Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) <input type="checkbox"/> Urine sample (for 3 years old children) ♡♡♡For inquiries:♡♡♡
8 Months Old Health Checkup	Jul. 2023	4/19 (Fri.)	
1 Year Old Child-rearing Consultation	Mar. 2023	4/22 (Mon.)	
18 Months Old Health Checkup	Sep. 2022	4/10 (Wed.)	
2 Years Old Dental Checkup	Feb. 2022	4/24 (Wed.)	
30 Months Old Dental Checkup	Aug. 2021	4/18 (Thu.)	
3 Years Old Health Checkup	Feb. 2021	4/4 (Thu.)	
Annaka City Health Center Tel: 027 382 1111 (Ext. 1174)			
Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)			



Citizen's Division holiday counter

(Apr. 10 to May 15, 2024)

Service

Apr. 21, 2024 (Sun)

8:30 -12:00

May 5, 2024 (Sun)

8:30 -12:00

◆Service content:

Issuance of various certificates handled by the Citizen's Division.

◆Inquiries:

Annaka City Hall, Citizen's Division Tel: 027-382-1111 (Ext. 1104)



Holiday duty doctor (April 10 to May 15, 2024)

Date	Internal medicine		General surgery	
4/14 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
4/21 (Sun)	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
4/28 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	
4/29 (Mon) *holiday	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
5/3 (Fri) *holiday	Shoda Hospital, Tel: 027-382-1123		Shoda Hospital, Tel: 027-382-1123	
5/4 (Sat) *holiday	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301	
5/5 (Sun) *holiday	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
5/6 (Mon) *holiday	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
5/12 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Inoue Clinic, Tel: 027-380-1717	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131

