



Useful information for Foreigners living in Gunma.



Lump-sum Withdrawal Payments

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

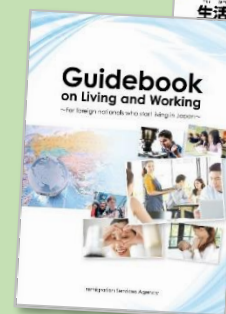


If you are **non-Japanese** and you have short coverage periods (**more than 6 months but less than 10 years**) under the **National Pension system** or the **Employees' Pension Insurance system**, you can apply for the Lump-sum Withdrawal Payments. Please make sure you are no longer covered by these pension systems, and you file the application for the Payments **within two years since you leave Japan (p.s. No longer have an address in Japan.)**. Once you receive a lump-sum withdrawal payment, there will be no record of your pension insurance premiums while you were in Japan. Without records, you will not be able to receive your Japanese pension when you get older.

For details of the Payments and the application form, please check the website below.

https://www.nenkin.go.jp/international/japanese-system/withdrawalpayment/withdrawalpayment_jp.html

<https://www.nenkin.go.jp/international/japanese-system/withdrawalpayment/payment.files/A.pdf>



HEALTH CHECK-UP FOR CHILDREN in May 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	Jan. 2024	5/31 (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: ♡♡♡ Annaka City Health Center Tel: 027 382 1111 (Ext. 1174) Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)
8 Months Old Health Checkup	Aug. 2023	5/24 (Fri.)	
1 Year Old Child-rearing Consultation	Apr. 2023	5/27 (Mon.)	
18 Months Old Health Checkup	Oct. 2022	5/8 (Wed.)	
2 Years Old Dental Checkup	Mar. 2022	5/22 (Wed.)	
30 Months Old Dental Checkup	Sep. 2021	5/16 (Thu.)	
3 Years Old Health Checkup	Mar. 2021	5/2 (Thu.)	



Service

Citizen's Division holiday counter

(May 10 to Jun. 15, 2024)

◆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)

May 19, 2024 (Sun)
8:30 -12:00

Jun. 2, 2024 (Sun)
8:30 -12:00



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

Date	Internal medicine		General surgery	
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
5/19 (Sun)	▼9:00 am-6:00 pm Amiya Clinic, Tel: 027-385-1511	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
5/26 (Sun)	▼9:00 am-6:00 pm Moteki Clinic, Tel: 027-382-2510	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
6/2 (Sun)	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301	
6/9 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	