



Useful information for Foreigners living in Gunma.

How to check your pension records?

Sources:

Japan Pension Service,

Ministry of Health, Labour and Welfare



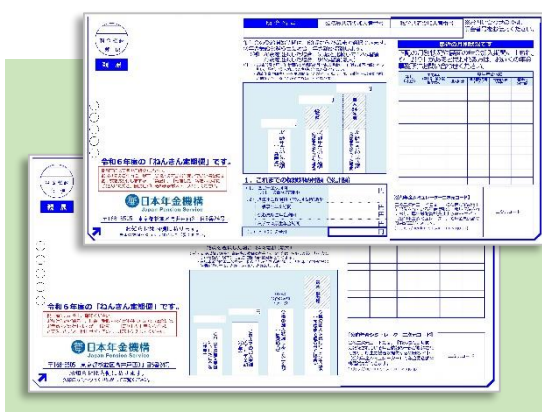
The Japanese public pension system is designed based on the idea that all people support each other when people become old, when people have a disability due to an accident or illness, or when the income earner dies of the family. The public pension system, consisting of the National Pension system (Hereinafter referred to as NP) and the Employees' Pension Insurance system (Hereinafter referred to as EPI). 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.

You can check your enrollment status for the NP and EPI on the "NENKIN NET" (an internet service) operated by the Japan Pension Service, or in the "NENKIN-TEIKIBIN (Nenkin Regular Mail)" sent to all insured persons of the NP and EPI. For details, please check the website of Japan Pension Service, etc.

<https://www.nenkin.go.jp/service/nenkinkiroku/torikumi/teikibin/20150331-05.html>

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

https://www.nenkin.go.jp/n_net/index.html



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HEALTH CHECK-UP FOR CHILDREN in April 2025

(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. 2024	4/25 (Fri.)	☐ Maternal and Child Health Handbook ☐ Bath Towel ☐ Medical questionnaires ☐ Child Rearing Support Sheet ☐ Health Check Sheet ☐ Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) ☐ Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) ☐ 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	Jul. 2024	4/18 (Fri.)	
1 Year Old Child-rearing Consultation	Mar. 2024	4/21 (Mon.)	
18 Months Old Health Checkup	Sep. 2023	4/9 (Wed.)	
2 Years Old Dental Checkup	Feb. 2023	4/23 (Wed.)	
30 Months Old Dental Checkup	Aug. 2022	4/17 (Thu.)	
3 Years Old Health Checkup	Feb. 2022	4/3 (Thu.)	



Holiday duty doctor (April 10, 2025 to May 15, 2025)

Date	Internal medicine		General surgery	
4/13 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
4/20 (Sun)	▼9:00 am-6:00 pm Fujimaki Clinic, Tel: 027-393-1324	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
4/27 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
4/29 (Tue) *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	
5/3 (Sat) *holiday	Shoda Hospital, Tel: 027-382-1123		Shoda Hospital, Tel: 027-382-1123	
5/4 (Sun) *holiday	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
5/5 (Mon) *holiday	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301	
5/6 (Tue) *holiday	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
5/11 (Sun)	▼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