

MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Life Section

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

Useful information for Foreigners living in Gunma.

What should you do?

if you cannot afford to pay National Pension contributions.

source: Japan Pension Service

All people aged 20-59, regardless of nationality or length of stay, who have registered address in Japan must be covered by the National Pension system, which is a Japanese public pension system, and must pay contributions by law.

If you have financial difficulty in National Pension contribution payments, however, **you may apply for contribution exemption system or payment postponement system for each year.** The pension office (Japan Pension Service) will examine your application, mainly your past income in Japan. If you are qualified, exemption/postponement is granted.

By taking this procedure, you establish valid coverage periods to be included in the requirement to receive future old age pension as well as today's disability pension in case you accidentally get injured and suffer from disability.

For more information about the contribution exemption system and the contribution postponement system, please visit the "Application for National Pension Contribution Exemption / Payment Postponement" on the website below.

<https://www.nenkin.go.jp/service/pamphlet/kaigai/menjyo-yuyo.files/00English.pdf>

HEALTH CHECK-UP FOR CHILDREN in November 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	Jul. 2025	11/28 (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	Feb. 2025	11/21 (Fri.)	
1 Year Old Child-rearing Consultation	Oct. 2024	11/17 (Mon.)	
18 Months Old Health Checkup	Apr. 2024	11/12 (Wed.)	
2 Years Old Dental Checkup	Sep. 2023	11/26 (Wed.)	
30 Months Old Dental Checkup	Mar. 2023	11/20 (Thu.)	
3 Years Old Health Checkup	Sep. 2022	11/6 (Thu.)	



Service

Citizen's Division holiday counter

(November 10 to December 15, 2025)

◆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)

November 16, 2025 (Sun)

8:30 -12:00

December 7, 2025 (Sun)

8:30 -12:00



Holiday duty doctor (November 10 to December 15, 2025)

Date	Internal medicine		General surgery	
11/16 (Sun)	▼9:00 am-6:00 pm Moteiki Clinic, Tel: 027-382-2510	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
11/23 (Sun) *holiday	▼9:00 am-6:00 pm Miyaguchi Clinic, Tel: 027-384-1126	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
11/24 (Mon) *holiday	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
11/30 (Sun)	▼9:00 am-6:00 pm Amiya Clinic, Tel: 027-385-1511	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Inoue Clinic, Tel: 027-380-1717	
12/7 (Sun)	▼9:00 am-6:00 pm Miyaguchi Clinic, Tel: 027-384-1126	▼From 6:00 pm Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301	
12/14 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	