

MONTHLY BULLETIN

Issued by: Community Development Division, Citizen Exchange Section

TEL: 027-382-1111 (Ext. 1138)

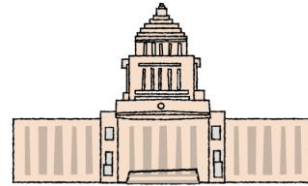


Useful information for Foreigners living in Gunma.

What is the “Public Pension System”?



Pension system is “intergenerational support”



Government (tax revenue)

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/service/pamphlet/kaigai/index.html>

https://www.nenkin.go.jp/service/learn/shitteokitai_gaikoku.html

Multilingual pamphlets / videos



Sources:
Ministry of Health, Labour and Welfare,
Japan Pension Service



HEALTH CHECK-UP FOR CHILDREN in June 2026

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



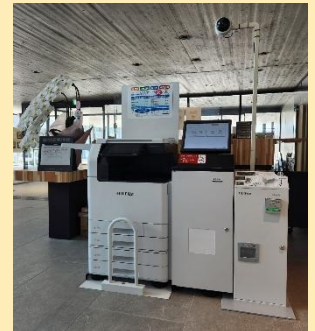
Category	Birthday (Month/Year)	Date & Time (Month/Day)	Things to Bring
4 Months Old Health Checkup	Feb. 2026	6/26 (Fri.)	<input type="checkbox"/> Maternal and Child Health Handbook <input type="checkbox"/> Bath Towel <input type="checkbox"/> Medical questionnaires <input type="checkbox"/> Child Rearing 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: ♡♡♡ Annaka City Health Center Tel: 027 382 1111 (Ext. 1174) Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)
8 Months Old Health Checkup	Sep. 2025	6/19 (Fri.)	
1 Year Old Child-rearing Consultation	May 2025	6/29 (Mon.)	
18 Months Old Health Checkup	-	-	
2 Years Old Dental Checkup	Apr. 2024	6/24 (Wed.)	
30 Months Old Dental Checkup	Oct. 2023	6/18 (Thu.)	
3 Years Old Health Checkup	Apr. 2023	6/4 (Thu.)	



This service of "Citizen Division holiday counter" has been discontinued from Sunday, May 3, 2026.

The new government building includes an open space that can be used on Saturdays, Sundays and public holidays. This open space has been equipped with a machine that allows users to obtain various certificates using "My Number Card (Individual Number Card)". The machine has the same functionality as the multi-function copiers used at convenience stores and will allow users to obtain certificates such as resident registration certificates and seal registration certificates.

*This service is unavailable during the New Year's holiday period (December 29th to January 3rd).



Holiday duty doctor (June 10, 2026 to July 15, 2026)

Date	Internal medicine		General surgery	
6/14 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
6/21 (Sun)	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
6/28 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
7/5 (Sun)	▼9:00 am-6:00 pm Fujimaki Clinic, Tel: 027-393-1324	▼From 6:00 pm Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301	
7/12 (Sun)	▼9:00 am-6:00 pm Miyaguchi Clinic, Tel: 027-384-1126	▼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