

# Nishinomiya City News

## November (2) 2016

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This newsletter is a partial translation from the November 10th issue of 'Nishinomiya Municipal Bulletin.'

We will be glad to help you seek further information about events or notices announced here.

### LET'S HAVE A HEALTH CHECK!!



By having a yearly health check, **you can see changes of your health conditions and that helps you improve your daily habits.** The City offers **free** "specific health check" and "longevity health check" as well

as cancer examinations, aiming at preventing diseases caused by improper daily habits, etc.

**HEALTH CHECK Free of charge** for the members of the national health insurance (age 40 and above) and people of age 75 and above.

Main health checks offered by the City:

Type of check	Cost	Target
Specific health check	free	Members of the national health insurance of age 40-74
Longevity health check	free	People of age 75 and above and disabled people of age 65 and above
Basic health check	free	People of age 40 and above, who moved to a different health insurance program in this fiscal year, and household on welfare
Good health (Sukoyaka) check	¥1500	People of age between 35 and 39

Place: At more than 200 hospitals and clinics within the City.  
Date: Until the end of March 2017 (November and December are recommended as it will be crowded in February and March.)

**CANCER EXAMINATIONS** Anyone of age 40 and above can receive **at very reasonable costs.** (For example, the stomach cancer examination which normally costs about 10,000 yen is given at 1,000 yen.) Cancers can be completely cured in more than 90% of the cases, if they are found and treated at a very early stage. The City offers stomach, lung, colon, breast, cervix and prostate cancer examination. Free of charge for age 70 and above and household on welfare (except prostate cancer).

<Inquiries>

For specific health check: National Health Insurance Division (*Kokumin Kenko Hoken Ka*) 0798-35-3115

For longevity health check: Medical Insurance for Senior Citizens Division (*Koreisha Iryo Hoken Ka*) 0798-35-3994

For basic health check, good health (*Sukoyaka*) check, and cancer examinations: Health Center Health Promotion Division (*Hokensho Kenko Zoshin Ka*) 0798-35-3127

### FLU SHOT FOR ELDERLY PEOPLE



Elderly people are able to have a flu shot at the consigned medical institutions in the city until January 31, 2017. (If you want to have a shot at another city, you need a request form issued by Nishinomiya. Please contact Health Care and Disease

Prevention Division more than 10 days before the shot.)

Target: ①over 65 years old at the day of the shot.

②between 60 and 65 years old at the day of the shot and have grade 1 physically disabled certificate of heart, kidney, respiratory function or immune deficiency by HIV.  
Fee: 1500 yen. Fee will be exempt for people on welfare or recipient of subsidy (ex. Support for Japanese returnees from China). For that case, you need to hand in a certificate.

Inquiries: Health Care and Disease Prevention Division  
0798-35-3308



### EAT GLOBEFISH SAFELY

The poison of this fish paralyzes our motor nerves and may cause death in

the worst case scenario. Be aware of the following points to enjoy eating globefish.

- ①Don't cook globefish! (cook only if you have enough knowledge)
- ②Don't give it to others, don't get it from others!
- ③Even cooking or heating does not destroy the poison!
- ④Eat only at restaurants and fish markets where there is someone who has expertise in globefish. (In the City, a special certificate will be posted at facilities that process or cook globefish.)
- ⑤Restaurants and fish markets should not serve or sell untreated globefish as well as its liver and ovary.

<Inquiries>Food Hygiene Division 0798-26-3776

### PREVENT NOROVIRUS INFECTION

-Use extra care for infants and elderly!



Norovirus infection increases from Nov. and peaks around Jan. The major cause of the infection is eating contaminated or uncooked shellfish. However, because norovirus is relatively resistant, if an infected person does not take enough precautions, such as washing hands properly, the norovirus can be easily transmitted to others.

Symptoms: vomiting, diarrhea, stomach pain, fever, etc. Incubation period is 24 to 48 hours. Infected persons' vomit and feces contain a lot of viruses. Norovirus remains to be excreted in the feces for about a week after the recovery. Some people do not have any symptoms after the infection, but the virus is kept to be discharged from their bodies. It is essential to take the following prevention methods every day.

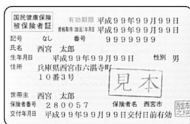
#### Prevention methods

- Wash hands frequently! Wash thoroughly with soap!
- Prepare food in a way to kill virus. Make sure to cook food thoroughly. Sterilize and disinfect cooking utensils with hot water and bleaching agent. Do not prepare food while you might be infected.
- Clean up contaminated vomit and feces properly. Use masks, disposable gloves, and aprons. Make sure to wash hands and gargle after cleaning up.

<Inquiries> Food Hygiene Division at Health Center  
0798-26-3668

## INFORMATION ON NATIONAL HEALTH INSURANCE

**-Dec. 1 is the date of renewal for an insurance card.-**



The national health insurance is the public healthcare insurance system for people who are not covered by company health insurance.

The information will be provided here on national health insurance card to be renewed and the procedures of its subscription and withdrawal.

**SENDING OF NEW INSURANCE CARD** The new insurance card is a paper card limited to one card per person. The color of the card changes to sky blue. For the households not delinquent insurance payment, all the insurance cards for household family members will be sent to the head of household by simple registered mail.

**EXPIRATION DATE FOR THE PRESENT INSURANCE CARD IS NOVEMBER 30** When receiving the insurance card, check first if there is a note of "valid before the date of issuance". If there is, it is usable from the date of delivery. If not, it is usable from December 1.

**DISTRIBUTION OF INSURANCE CARD JACKETS** The card jackets will be distributed to those wanting to have it at the following sites. 【Distribution sites】 National Health Insurance Division (City Hall Main Building 1 FL), each branch office, City service center and Acta Nishinomiya station.

### **CONSULTATION SERVICE FOR PAYMENT ON HOLIDAYS**

The above service will be provided for the households that are not sent new insurance cards due to insurance payment delinquency. The target households will be notified by post cards in advance.

【Date and time】 Nov. 26(Sat.), 27(Sun) 9:00am-5:30pm

【Site】 National Insurance Premium Division(City Hall Main Building 1FL)

### ● **Enrollment and withdrawal procedures**

In Japan, everyone has public health insurance to ensure secure and safe life. Except for those who subscribe workplace health insurance, everyone has to enroll in the national health insurance in principle at residence municipality.

When any of the events shown in the table below occurs, be sure to notify to National Health Insurance Division (City Hall Main Building 1 FL), each branch office, City service center and Acta Nishinomiya station within 14 days (except Saturdays, Sundays, National holidays). It is impossible to perform the procedure beforehand. It is also impossible to do the procedures of enrollment and withdrawal at workplace.

When you subscribe workplace health insurance, do not forget to withdraw from the national health insurance. Until you do so, you will continue to be charged national health insurance premium. If you use your expired national health insurance card, you may have to refund the insurance benefits.

### ● **Enrollment procedure**

When the procedure is needed	Required items
Move from other municipalities	Seal
Withdrawal from workplace health insurance or disqualified as dependent	Seal, Certificate of loss of health insurance qualification, Personal identification document, Documents with " My number" of the household head and household members
Birth of child	Seal

\*When you want to have health insurance card issued on the same day you apply, you have to bring official certificates with a photo ID, such as driver's license or passport.

### ● **Withdrawal procedure**

When the procedure is needed	Required items
Move to other municipalities	National health insurance card
Subscription of workplace health insurance or qualified as dependent	National health insurance card, Workplace health insurance card or certificates of workplace health insurance enrollment for all the household members withdrawing the insurance, Personal identification document of the person conducting the procedure, Documents with " My number" of the household head and household members withdrawing from the insurance
Death of person covered by national health insurance	Seal, National health insurance card, Post card of thanks for attending funeral or Receipt of funeral expenses, Transfer bank account of funeral expenses, Personal identification document of the person conducting the procedure, Document with "My number" of the dead person
Change of the household head	Seal, National insurance cards of all household members

\*Once you are covered by your workplace health insurance, you are recommended to withdraw from the national health insurance as soon as possible, because you may have to make a duplicate payment due to delayed withdrawal procedure.

<Inquiries>

Information on insurance card and its subscription and withdrawal: National Health Insurance Division (0798・35・3117)

Consultation service for payment: National Health Insurance Premium Division (0798・35・3091)