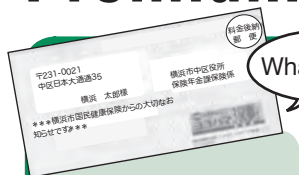




● Edited and published by the Public Relations Section of Naka Ward Office, City of Yokohama, 35 Nihon-odori, Naka-ku, Yokohama 231-0021  
Tel: 045-224-8123 Fax: 045-224-8214 E-mail: na-koho@city.yokohama.jp

## Calculation Method for National Health Insurance Premiums to Change

Everyone in Japan must be enrolled in a public health insurance program. When you renew your status of residence, you will be asked to show your health insurance certificate or proof of payment of health insurance premiums.



What's this?

At the end of April, households with NHI members will be sent the document *Yokohama-shi kokumin kenko hoken kara no oshirase* (Notification from the City of Yokohama National Health Insurance program) on this matter.

National Health Insurance (NHI) premiums consist of two parts: the *kinto wari gaku* (per capita amount) levied on the number of NHI members in the household plus the *shotoku wari gaku* (income ratio amount) levied on the members' household income.

In Yokohama, Residential taxes was used as the basis for calculating *shotoku wari* until FY2012. However, from FY2013, the income percentage rate portion of insurance premiums, previously based on the total amount of municipal tax, will be based on total income.

NHI members in your household



$$\text{NHI premiums} = \text{kinto wari gaku} + \text{shotoku wari gaku}$$

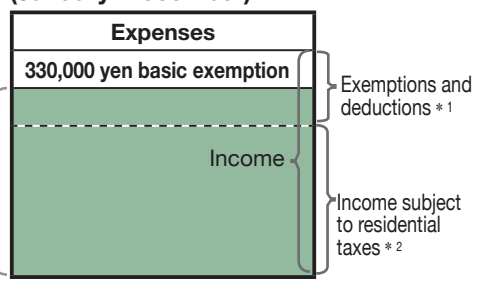
Premiums are calculated based on the *kijun so-shotoku*

Income from the previous calendar year (January - December) less expenses and minus the 330,000 yen basic exemption

This Calculation Method to change



Income from the previous year (January-December)



### What will change with the new calculation method?

- Deductions for residential taxes (e.g., spouses, dependents)\*1 will no longer be reflected in the premium calculations. Instead, a uniform deduction of 330,000 yen will apply.

### What effects could this have on my household?

- For households with large tax deductions (e.g., many dependents), the change will raise insurance premiums.
- For households exempt from residential taxes, the *shotoku wari* will now apply if household income exceeds 330,000 yen.

### When will I know how much my premiums are?

- In mid-June, we will send out the *Kokumin kenko hokenryo kettei tsuchi-sho* (Notice of NHI premiums)

### The sudden premium increase is difficult for me to pay

- For households in which NHI premiums have greatly increased due to the new calculation method, measures to reduce premiums will be in place for two years.

[Households applicable for reduction measures]

- Households exempt from paying residential tax
- Households where the *kijun so-shotoku*\*2 is greater than 1.8 times the income subject to residential taxes.

### Remember!



#### File Your Income Taxes in Japan

You could be eligible for a reduction in or exemption from insurance premiums if your income falls below a certain level. However, you must file your income taxes to be able to use this system. Even if you have no income, file your taxes to that effect.

#### Applications for reduction/exemption:

Zeimuka (Tax Division) (Counter 43) on the fourth floor of Naka Ward Office

For more information, please visit Counter 25 on the second floor of Naka Ward Office.

- ★ Monday to Friday, 8:45 a.m.-5:00 p.m.,  
Tel: 045-224-8315
- ★ English, Tagalog and Chinese interpreters will be available in June.

## The Benefits of Joining National Health Insurance

- ★ Less money paid to medical providers → 70 to 90 percent of the bill is covered by National Health Insurance
- ★ A partial refund when hospitalization or medical treatment expenses are high (the portion of paid medical expenses that exceeds the designated maximum amount, which is based on income level) → For households that are exempt from residence tax, the designated amount is just 35,400 yen per month
- ★ Children under the age of one receive free medical care. Benefits are also available for births and deaths.

## Are You an NHI Member between 40 and 74

# Take a Tokutei Kenshin (Special Health Checkup) for Only 1200 Yen



Even if you have no particular problems with your health, the risk of lifestyle-related diseases increases after 40, so an annual checkup is recommended.

The *tokutei kenshin* is a checkup for National Health Insurance members that can be taken for 1200 yen using the *jushin ken* (checkup coupon) mailed out at the end of May.

\* In certain cases, persons exempt from paying residential taxes can take the checkup for 400 yen.

### ● Who can take the checkup?

NHI members between the ages of 40 and 74.

\* Some members may not be eligible in certain circumstances (e.g., those who are pregnant or hospitalized).

### ● Where can I take the checkup?

At designated institutions for *tokutei kenshin*. A *kenshin jisshi kikan ichiran* (List of designated institutions for *tokutei kenshin*) will be sent together with your *jushin ken*. Arrange your own appointment at one of the designated institutions and bring your health certificate and *jushin ken* to the appointment by March 31, 2014.

\* To take your checkup at a designated institution in Naka Ward in English or Chinese, search the City of Yokohama website's *iryō kikan kensaku* (search for medical institutions) page, which is available only in Japanese. You can also consult with the Naka International Lounge.

### ● What tests are given?

Written questionnaire, height, weight, waist circumference, blood pressure, blood tests (blood lipids, liver function, kidney function, urinary acid, blood glucose) and urine test. An anemia test, electrocardiogram and/or an ocular fundus examination may be given at the doctor's discretion.

Naka Ward Health Promotion Section, Tel: 045-224-8315

## Why Should I Be Concerned about Lifestyle-related Diseases?

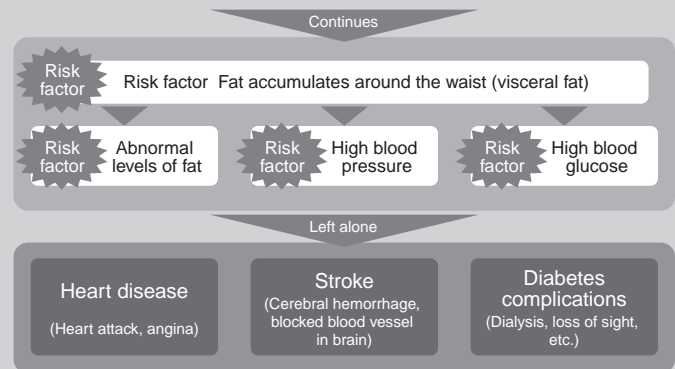
Eating or drinking too much, lack of exercise, not enough sleep, smoking, stress and other unhealthy habits over an extended period of time can result in diabetes, high blood pressure, and/or hyperlipidemia. You will also accumulate visceral fat.

These diseases often have no subjective symptoms and are often overlooked by individuals, increasing the chances of a life-threatening event such as a stroke or heart attack. Diabetes can worsen to the point where dialysis becomes necessary or cause blindness.

Use the *tokutei kenshin* as a basis for understanding your state of health and, if your results show a problem, to change your lifestyle.

### This Is How Metabolic Syndrome Progresses!

Too much eating or drinking, lack of exercise, smoking, stress, etc.



## The Importance of Vaccinations

Infectious bacterial and viral diseases are part of life. Vaccinations are important to prevent the spread of serious infectious diseases, so please vaccinate your child properly. If done during the appropriate age window, such vaccinations are free of charge.

### How to arrange a vaccination

Bring the child's Mother and Child Health Handbook and a *yobo sesshu yoshinhyo tsuzuri* (vaccination coupon)\*1 to the health institutions on "the list of Cooperative medical institutions for vaccination in Yokohama"\*2 for vaccination.

\*1: When a pregnant woman comes to the Naka Ward Office (Children and Families Support Section, 5F) to receive her Mother and Child Health Handbook, the *yobo sesshu yoshinhyo tsuzuri* is provided together with the handbook.

\*2: When you do not know, ask Naka ward Health promotion section (in Japanese)



### NEW! Protect Your Pregnant Spouse

#### There Is Currently a Rubella Epidemic Subsidy for Rubella Vaccination

Until the end of September, the following persons can receive a subsidized rubella vaccination for 3,000 yen (the unsubsidized cost is 10,000 yen).

● Eligibility: The husband of a pregnant woman or a woman who is considering getting pregnant. In either case, the person must be a resident of Yokohama, at least 19 years old, and has not previously received an MR (measles and rubella) vaccination. Eligible persons should bring identification that confirms age to a Cooperating Medical Institution (husbands should also bring their wife's Mother and Child Health Handbook).

Children exposed to rubella (German measles) in utero face a risk of heart problems or other disabilities.

Vaccination	Protects against	Standard age and method for vaccination		General age guideline
Hib	Meningitis, acute epiglottitis, etc. from <i>Haemophilus influenzae b</i> (Hib)	Initial vaccinations	Three times at 4-8 week intervals starting at 2 months and finishing by the end of the 6 month.	2 to 59 month old
		Booster shot	Once, 7 to 13 months after the initial vaccinations are completed.	
Pneumococcal	Pneumonia, meningitis, middle ear infections, etc. from <i>Streptococcus pneumoniae</i>	Initial vaccinations	Three times starting at 2 months and finishing by the end of the 6 month, with at least 27 days between each vaccination.	2 to 59 month old
		Booster shot	Once, at least 60 days after completing the initial vaccinations (between 12 and 15 months of age)	
DTaP-Polio	Diphtheria	Stage I	Initial vaccinations: Three times at 20-56 day intervals between the ages of 3 and 12 months	3 to 89 month old
DPT	Tetanus, Pertussis (whooping cough)	Booster shot	Once, 12 to 18 months after the initial vaccinations are completed.	
Inactivated Polio	Polio			
BCG	Tuberculosis (BCG)	Once at the age of 5 - 7 months		by 11 month old
MR (Measles and Rubella)	Measles, Rubella	Stage I	Once between the ages of 12 and 23 months	the same as left
		Stage II	Once at the age of 5 - 6, before entering elementary school (by March 31 of the year the child begins elementary school)	
Japanese Encephalitis*2	Japanese Encephalitis	Stage I	Initial vaccinations: Twice at age 3, with 6 to 28 days between vaccinations Booster shot: Once at age 4 (approximately one year after the initial vaccinations are completed)	6 to 89 month old *3
		Stage II	Once at the age of 9	
DT (Diphtheria and Pertussis)	Diphtheria, Tetanus	Stage II	Once at the age of 11	11 to 12 years old
HPV (Human Papillomavirus)	Cervical cancer	Three times during first grade in junior high School		Females from Grade 6 to 10

\*3 Persons born between April 2, 1995 and April 1, 2007 who have not yet taken a Japanese encephalitis vaccination are eligible to receive the vaccination at no charge until their 20th birthday. Please ask for details

Inquiries: Naka Ward Health Promotion Section, Tel: 045-224-8332

● Responses to inquiries will be in Japanese unless it is clearly indicated that the response should be in English or Chinese.  
 ● Yokohama publishes excerpts from its monthly public relations newsletter, *Koho Yokohama*, in several languages on its website. Yokohama website information is also available in Chinese or English as a machine translation. See the top of [www.city.yokohama.lg.jp](http://www.city.yokohama.lg.jp) for multilingual access.

English

### Submit Your *Jido Teate no Genkyo Todoke* (Child Allowance Status Report) by June 30

Each year, recipients of the *jido teate* must submit a status report confirming their situation as of June 1.

If you fail to submit the report, you may not be paid the allowance from June onward. The necessary document will be mailed out at the beginning of June (in Japanese).

● **Submissions by post:** Yokohama Kodomo Seishonen Kyoku, Kodomo Kateika Teate Kyufu Kakari 231-8772

● **In person:** Bring to the Naka Ward Office Kodomo Katei Shienka (Counter 54 on the fifth floor) From Monday to Friday, 8:45 a.m.-5:00 p.m. or the second and fourth Saturday from 9:00 a.m. to 12:00 p.m.

< Naka Ward Office Kodomo katei Shienka  
 Tel: 045-224-8171 >

### Submit the *Jido Fuyo Teate no Genkyo Todoke* (Child Raising Allowance Status Report) by August 31

Each August, recipients of the *jido fuyo teate* must submit a status report confirming their situation. Failure to submit the report by the deadline could cause problems with subsequent allowance payments, so please submit on time. An explanation of the required documents and instructions on how to submit will be sent out by post (in Japanese)

Dedicated reception staff will be on hand in Naka Ward Office, Kodomo katei Shienka, *Jido fuyo teate tanto* (Counter 54 on the fifth floor). Tuesday, August 13 to Thursday, August 15, 9:00-11:00 a.m. and 1:00-3:00 p.m. (planned).

< Naka Ward Office Kodomo katei Shienka  
 Tel: 045-224-8171 >

### Initial *Shi-Kenminzei* (Residence Tax) Payment Is Due Monday, July 1

Persons who received a *nozei tsuchisho* (Notification of Taxes) for residence taxes can pay the first bill at a convenience store or bank, etc. if the payment slip has a barcode. Arranging for automatic payment by bank transfer is also a convenient way to pay.

**International Service Staff**  
 Naka Ward Office, Counter 22 (second floor)  
 (Chinese) 8:45 a.m.-3:45 p.m.  
 (English) 10:00 a.m.-5:00 p.m.

International Service Staff provide assistance with matters such as guidance on ward office activities and interpretation at various counters, as well as support for filling out certificate applications.

### Shiritsu Youchien Syuuen Syourei Hojyokin (Subsidies for Private Kindergartens' Enrollment and Tuition fee)

This subsidy is paid out between April 1 and June 1 for children living in Yokohama who are attending a private kindergarten (the annual subsidy amount of 48,000 yen or more will change according to FY2013 income subject to residential taxes). Children entering such a kindergarten after June 2 will apply for the subsidy the following November or January.

● **Applications:** Distributed through each kindergarten in June. Fill out and return to the kindergarten by the late June.

< Your child's kindergarten or the Yokohama Kodomo Seishonen Kyoku, Kosodate Shienka,  
 Tel: 045-671-2085 >

### Half-price Admission to Marine Tower

Yokohama Marine Tower has welcomed one million visitors since reopening after major renovations in 2009. To celebrate this milestone, Kanagawa residents can visit the tower observation deck for half-price as part of a special program. The month of June has been set aside exclusively for Yokohama residents.

#### Admission

Adults: 750 yen (regular) → 375 yen (Yokohama residents)

Junior High/High School Students: 500 yen → 250 yen

Elementary School Students: 250 yen → 125 yen

Preschoolers: 200 yen → 100 yen

\*Children under three: free

\*Please bring identification that confirms your residency (e.g., driver's license, health insurance card)

< Yokohama Marine Tower, Tel: 045-664-1100  
<http://marinetower.jp/> >

### Naka International Lounge Will Move

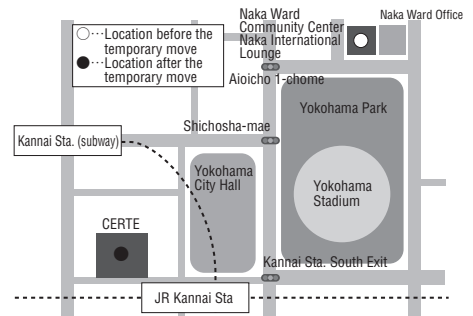
As part of efforts to unify Naka Ward facilities, Naka international Lounge and Naka Community Center will move into temporary facilities.

● **Temporary site:** CERTE (3-33-6 Masago-cho) 6 floors

● **Period:** July 23 (Tue.) to March 2015

Operations at the current location will continue until July 19 (Fri.). Facilities will be closed July 20-22 for the move.

< Naka international Lounge  
 Tel: 045-210-0667 >



### Foreign Residents Will Be Added to Network System for Basic Resident Registers from July 8

*Juki Net* is a nationwide government network for confirming identities in order to smoothly provide government services. From mid-July, foreign residents with a resident register will be sent "*Jyuminhyo-Codo*" (a resident register code) by postal mail. No procedures are needed in response. With this code, you will be able to:

- Obtain "*Jyuminhyou-no-Utsushi*" (a copy of your resident certificate) at other municipalities outside of Yokohama city. (you need to present your Resident Card)
- Obtain a "*Juki Card* (Network System for Basic Resident Registers)" that will allow you to submit online applications for government-related procedures.

For more information, please visit Koseki-ka, Naka Kuyakusyo (Counter 23, 2F, Naka Kuyakusyo Koseki-ka), Tel: 045-224-8295 to 8298

### It is not known Q&A



### I've just started living in Japan. Could you tell me the methods and rules for separating garbage?

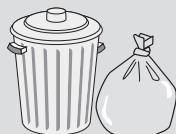
Naka Ward Office  
 Chiiki-Shinkou-ka,  
 Counter 62 (sixth floor),  
 Tel: 045-224-8140

#### Reasoning

Garbage is separated in order to reduce the overall amount of waste and reduce the burden on the environment in order to preserve a rich environment for the next generation.

#### Rules for Separating Garbage

- Collection days differ by neighborhood.
- Put out your garbage by 8:00 a.m. (Do not put garbage out the night before or the after collection).
- Improperly sorted garbage or items put out on the wrong day will not be collected. (You can confirm collection items and days at your collection point.)
- Items should be placed in semi-transparent bags.
- Separation of garbage is required by Yokohama bylaws. You could be fined if you fail to properly separate your garbage after repeated guidance.



#### Items for Separation

- Yokohama separates its garbage as follows.
- ① Burnable garbage (e.g., kitchen scraps, small amounts of branches)  
 Non-burnable garbage (e.g., glass, fluorescent bulbs)  
 Spray cans and dry batteries
  - ② Cans, bottles, PET bottles, small metal objects (e.g., pots, frying pans)
  - ③ Plastic packaging
  - ④ used cloth, recycle paper

For more information, see  
<http://www.city.yokohama.lg.jp/shigen/sub-shimin/dashikata/img/english.pdf>

#### When in Doubt, Use Mictionary!

Mictionary is an easy-to-use garbage separation search system that can be accessed from cell phones and smartphones. Enter the name of the item you want to check in English, Chinese and run a search to determine what type of garbage the item is. When in doubt, use Mictionary.  
<http://cgi.city.yokohama.lg.jp/shigen/bunbetsu/?lang=en>

## Go for a Visit

# Fun for the Whole Family! A Place to Enjoy the Summer

Enjoy learning about the Port of Yokohama with the museum's exhibits and hands-on experiences.

As the freshness of spring greenery deepens with summer's approach, children wait impatiently for summer vacation to begin. In this issue, we would like to introduce a facility that is enjoyable for both parents and children and can perhaps even assist in deepening family bonds.

### ●HAPPY LAWSON at Yamashita park

The concept behind Happy Lawson in Yamashita Park is to provide support to families with young children and youth by offering a place for communication. The interior is designed to encourage relaxation with a café that serves coffee, etc. during the day and alcoholic beverages in the evening, an indoor playground for children, a rest space with comfortable chairs and an outdoor area to enjoy sea breezes from the port. The Yokohama store also provides hot water for baby formula, loans out nursing scarves and provides other friendly services geared to families visiting nearby Yamashita Park.



HAPPY LAWSON at Yamashita park



The rest space in the store.

**Access:** A 10-minute walk from *Nihon-Odori Sta.* (Minato Mirai Line)

**Hours:** 7:00 a.m.–11:00 p.m. **Tel:** 045-663-8139

### ●Firefly-watching at Sankeien

Watching fireflies is an early summer tradition in Japan. During firefly season, Sankeien sets aside a viewing area on evening weekends (Friday, Saturday and Sunday) for observing and learning about firefly ecology. Bring your children to enjoy the magical world of dancing fireflies.

**Access:**

By municipal bus to the Honmoku Sankeien bus stop

**Dates:** June 1 (Sat.) to June 9 (Sun.)

open until 8:30pm during this event

Park admission is 200 yen for elementary school students, 300 yen for those 65 and older and 500 yen for all others)

**Tel:** 045-621-0634



### ●Yokohama Port Museum

Using the latest research and information, the museum presents the culture, history and technologies of the Port of Yokohama

The museum's theme is the Port of Yokohama. Exhibits include a model of the scene of Admiral Perry's ship coming to Japan, one of the original gigantic screw piles used to build *Osanbashi Pier* in the Meiji Period, and many other items that inform the port's history. There is also a hands-on ship operation simulator of the kind actually used by trainees, so you can experience what it feels like to be a sailor. On Saturdays there are additional events such as a kids' quiz rally with prizes and a ship origami class, and paper craft class on Sundays. The museum provides a fun hands-on learning experience.

**Access:**

A 5-minute walk from Sakuragicho Station (JR and subway) and the *Minato Mirai Station* (Minato Mirai Line)

Closed Mondays (but open when a national holiday falls on a Monday, then closed the following day)

Museum admission is 600 yen for high school students and older, 300 yen for elementary and junior high school and over 65, and free for younger than elementary school students.

**Tel:** 045-221-0280



Yokohama Port Museum Curator Ms. Miki



The popular ship maneuvering simulator



A paper craft class is held on Sundays

## Thoughts of a Naka Foreign Resident Life and Culture in Japan



### Making Friends as a PTA Member

I'm raising my child in Japan, and I'd like to share some of those experiences in this column to hopefully provide hints for understanding Japanese culture.

Japanese schools have parent-teacher associations (PTAs). PTA members and teachers work together to support children's development. At the start of each school year, each teacher holds a group meeting with the parents of the children in his or her class, and the group chooses a PTA member. It is demanding volunteer work, and not many people step forward willingly.

When my child was in elementary school, the teacher wanted to decide on a PTA member. I remember the Japanese mothers looking down to avoid eye contact. I didn't understand the situation, so I acted normally and looked at the teacher. I was asked to be the PTA member. As I said earlier, I didn't really understand what was going on, so I didn't think I would be able to handle the work. It was very difficult at first. But looking back now, I'm glad I did it. As a PTA member, I became friends with the other mothers, but most of all I came to understand a lot about the school. Such a small thing turned into an excellent opportunity to learn about Japanese culture. I'd like to make the most of such experiences. (A Naka International Lounge staff member)

### A Japanese Standard



### Miso shiru (Miso Soup)

Along with rice, *miso shiru* is a standard part of any Japanese-style meal. You can make your own by simply adding hot water to instant miso or dissolving miso in a soup with added ingredients. Different regions and different families have their own style of *miso shiru*. Why not try creating your own original version?



★ **Ingredients (serves 4)**

1 packet of *katsuo* (bonito) *dashi*

600 cc water

1/2 to 1/3 of a ladle of *miso*

Tofu, *abura-age* (deep-fried *tofu*), sliced onion or other ingredients

★ **How to Make**

① Add the *dashi* to boiling water.

② Add ingredients and watch over the pot until the ingredients are cooked. Turn off heat.

③ Dissolve the *miso*, keeping it in the ladle while mixing in the soup and *miso* together Do not let the water come to a boil