

広報とうかい 4/25 号

1. 5月の休日診療
2. 5月の健康相談
3. 「軽自動車税納税通知書」を郵送します
4. 集団検診（6・7月）の予約を受け付けます
5. 特定健診
6. トレーニング基礎講座

Tokai Newsletter 25 Apr. 2024

1. Weekend Medical Services in May
2. Health Checks and Consultations in May
3. Light Vehicle Tax
4. Health Checks for Residents in Jun. & Jul.
5. Specific Health Checkup
6. Basic Physical Training Course

1. Weekend Medical Services in May

Hours: 9:30 a.m. - noon

Fri. 3: Ibarakihigashi National Hospital, ph.029-282-1151

Sat. 4: Ogata Clinic, ph.029-282-4781

Sun. 5: Tokai Hospital, ph.029-282-2188

Mon. 6: Tokai Hospital, ph.029-282-2188

Sun. 12: Tokai Clinic, ph.029-283-1711

Sun. 19: Ogata Clinic, ph.029-282-4781

Sun. 26: Higashihara Clinic, ph.029-283-2301

Ibaraki Children Emergency Information Helpline, ph. #8000 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultations in May

(1) Health Consultation for Mothers and Children

Date: Fri. 10 May

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) “Genki-up” Health Consultation for Adults

Date: Fri. 10 May

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:30 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants (babies born in Dec. 2023)

Date: Wed. 8 May

Time: 12:50 p.m. - 1:50 p.m.

2) Children - aged 1 year and 6 months old (babies born in Oct. 2022)

Date: Fri. 17 May

Time: 12:50 p.m. - 1:50 p.m.

3) Children - aged 3 years old (babies born in Nov. 2020)

Date: Wed. 15 May

Time: 12:50 p.m. - 1:50 p.m.

(4) Baby Class for babies born in Feb. 2024

Date: Mon. 13 May

Time: 1:00 p.m. - 1:20 p.m.

(5) Dental Checkup Class for babies born in Sep. & Oct. 2023

Date: Wed. 22 May

Time: 9:30 a.m. - 9:45 a.m.

Please make an appointment.

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Light Vehicle Tax

Light vehicle tax bills will be sent out to owners soon. Please make payment at banks, convenience stores, the Japan Post Bank (in Kanto and Yamanashi pref.) or by smartphone apps designated on the back of the notice by Fri. 31 May. The amount will be deducted from your account on Fri. 31 May only for bank transfer registrants.

If you have not received a tax notice, or have received it for a car that was scrapped or changed ownership before 1 Apr. 2024, contact the Tax Section. Regarding reduction and exemption for the disabled, contact the Tax Section as well.

Inquiries: Tax Section, ph. 029-282-1711 ext. 1117, 1118

4. Health Checks for Residents in Jun. & Jul.

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks will be held as listed below. The health checks will be held only by reservation.

Dates:

Mon. 3, Tue. 4, Fri. 7, Sat. 8, Mon. 10, Tue. 25, Wed. 26, Thu. 27, Sat. 29 Jun.

Tue. 2, Wed. 3, Thu. 4, Fri. 5, Sat. 6, Mon. 8, Tue. 9, Mon. 22, Tue. 23 Jul.

Reception Time:

①8:00 a.m. – 8:15 a.m. ②8:30 a.m. – 8:45 a.m. ③9:00 a.m. – 9:15 a.m.

④9:30 a.m. – 9:45 a.m. ⑤10:00 a.m. – 10:15 a.m. ⑥10:30 a.m. – 10:45 a.m.

⑦11:00 a.m. – 11:15 a.m. ⑧11:30 a.m. – 11:45 a.m.

Place: Tokai Health Center

Cost: Free

Reservation: You can reserve either by phone or online.

Phone; Health Check Call Center, ph. 0570-041-172

Call between 9:00 a.m. – 6:00 p.m. on Wed. 8, Thu. 9 and Fri. 10 May.

Online; See the guidebook enclosed with the ticket for the reservation procedure.

Reservations will be accepted from 7:30 a.m. on Wed. 8 May to 11:59 p.m. on Fri. 10 May.

*Reservations are taken on a first-come, first-served basis. If there is any vacancy, reservations will be taken at Tokai Health Center by phone after Tue. 14 May.

For those who take colon cancer test only:

No reservation is required. Please bring your sample to Health Center at the reception time.

Notes:

*If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

*You cannot take a health check if you are unwell, with a fever of 37.0 degrees or higher, or without a reservation on the day.

*Please wear a mask and take your temperature.

Inquiries:

About specific health checkups and health checks for the elderly; Health Insurance Section, ph. 029-282-1711 ext. 1171, 1175

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

5. Specific Health Checkup

Specific health checkup comprises health screenings intended to prevent lifestyle-related diseases such as diabetes, high blood pressure, or hyperlipidemia.

Term: Wed. 1 May – Fri. 31 Jan. 2025

Eligible people: Anyone aged between 40 and 74 who is enrolled in Tokai Village National Health Insurance program. Outpatients are also eligible. Specific Health Checkup Tickets (pink color) will be sent to eligible people in late Apr.

Cost: Free (once a fiscal year)

How to get a checkup:

1) At the residents' health checks venue (Tokai Health Center) in Jun. and Jul.

Make a reservation according to the procedure leaflet enclosed with the ticket.

2) At a designated medical institution in Ibaraki Prefecture

Contact a designated medical institution on the list: <https://www.ibaraki.med.or.jp/>

Inquiries: Health Insurance Section, ph. 029-282-1711 ext. 1171

6. Basic Physical Training Course

Date: Sun. 19 May

Time: 10:00 a.m. – 11:45 a.m.

Place: Tokai Gymnasium

Eligible people: Junior high school students and older

Capacity: 10 people (The minimum number is 5.)

Cost: 700 yen per person

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Thu. 2 to Fri. 17 May. (except Tue. 7 and Mon. 13 May)

Inquiries: Tokai Gymnasium, ph. 029-283-0673