



The 99th of the round-trip University Ekiden race between Tokyo and Hakone held e very new year. (commonly known as the Hakone Ekiden) was held on January 2 for the outbound route and January 3 for the inbound route. Hisaya Hanaoka, a 19-year-old from Hakuba Village and a first-year student at Tokai University, completed the third section of the outward route, finishing 6th in the section standings. Mr.Hanaoka is the first person from Hakuba Village to participate this race.

## The Hakuba Village Health and Welfare Division has sent out the FY2023 medical checkup questionnaires to all households

Please fill in the required information and return it to us, please find the enclosed return envelope and use it for your convenience. Alternatively, there is a collection box at the counter of the Health and Welfare Division of Hakuba Village Office, so you may drop it into the box.

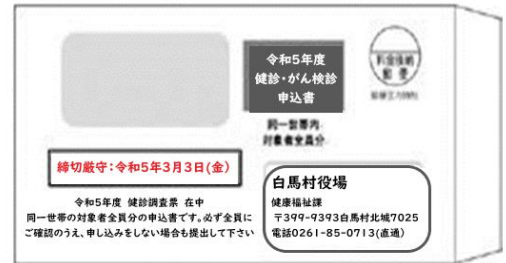
The survey form is a single sheet of paper that lists all the household member eligible for medical checkups in the same household. Please circle the medical examinations you will have and return it.

Please submit this form even if you do not wish to apply. To help us with better preparation, please reply by **Friday, March 3, 2023** for letting us know whether you will have medical checkup or not.

※All ages covered are expressed as of the end of the fiscal year (March 31, 2024).  
 ※As a general rule, you are required to pay the equivalent of one-third of the fee for cancer screening as a co-payment.



Health and Welfare Div., Hakuba Village sent a questionnaires with envelop to all households



### Annual check-up

Medical Check up category, Target group	Co-payment	Examination	Optional examination
<b>Tokutei-Kenshin:</b> National Health Insurance enrollees between the ages of 40 and 74	Free (The right examinations are worth 10,000 yen, but all will be free of charge.)	<ul style="list-style-type: none"> <li>•Weight and height</li> <li>•Blood pressure</li> <li>•Urine analysis: Protein, Sugar, Occult blood</li> <li>•Blood tests: Lipid metabolism, Glucose metabolism, Liver function, Renal function, Anemia, and Others.</li> <li>•Electrocardiogram test</li> <li>•Physician consultation</li> <li>•Public health nurse counseling</li> </ul>	<b>Fundoscopy</b> Co-payment is ¥1,100 (Sign up on the day of the examination) Those who receive the Tokutei-Kenshin group and Koki-Koreisha Kenshin group, and wish to have this examination.  (This test is not available for Jyakunen-Kenshin group)
<b>Koki-Koreisha Kenshin:</b> Medical insured for the elderly (Those over 75 years old)			
<b>Jyakunen-Kenshin:</b> (Age 30 – 39 years old)	¥2,000		

### Examination of Cancer screening

Examination	Copayment	Who can receive the test?	Contents
Tuberculosis and lung cancer screening	¥800	Over 40 years old	Chest X-Ray
Sputum test	¥500	Over 50 years old Only for those with a smoking index of 600 or higher	Specimen collection Those who wish to have this test should take it on the first day of the June, July, and September checkups.
Gastric Cancer Screening	¥1,800	Over 40 years old	Gastric Radiography Barium Examination
Colorectal Cancer Screening	¥500		Specimen collection
Anterior Helical Cancer Screening	¥1,800	Male: Over 50 years old	Blood tests
Uterine Cancer Screening	¥2,000	Female: Over 20 years old and have not had this cancer screening in the previous year.	Cervical Cytology and Internal Examination
Breast Cancer Screening	¥2,000	Female: 40-74 years old and have not had this cancer screening in the previous year.	Mammography

※The target age for each medical test is March 31, 2024: The end of the fiscal year 2023.  
 ※cancer screening is not free of charge; in principle, the equivalent of one-third of the fee is collected from examinees.

For inquiries: Health and Welfare Division, Hakuba Village Office TEL: 0261-85-0713

## When moving out of Hakuba Village

to another municipality or overseas, or Foreigner with re-entry permits are required to complete the move-out procedures. Submit a notification of moving out at the Hakuba Village Office Resident Division, in advance is necessary. A move-out notification can be submitted 14 days before your scheduled move-out day. Please make sure you or your foreign employees have completed all necessary procedures before leaving Hakuba.

## Moving to another municipality:

A move-out certificate will be issued immediately after one has reported his/her moving at the village office. Please be aware that a new address cannot be registered at the other municipality without the certificate. (Note: New address is needed when you submit the move out notification.)

## Moving to abroad:

Submission of move-out notification is necessary even if you have a plan to come back with a re-entry permit. Especially for those who have joined the National Health Insurance system, you have to pay the insurance tax for the period that you are out of Japan if you leave without filing a move out notification properly.

## Documents required for the procedure



National Health Insurance Card



My number card/notification card



Seal registration card and cover case



Social Welfare Certificate (in case, if you have children age under 18)

## Procedures for changing the name of a light motor vehicle (:Kei jidosha) and scrapping the vehicle

	Type of Vehicles	
Where to submit	<ul style="list-style-type: none"> <li>• Motorized bicycle</li> <li>• Small sized Special vehicles</li> <li>※Agricultural work vehicles are included.</li> </ul>	Mortorcycle 125 - 250cc Mortorcycle over 250cc Three/Four wheel Light Vehicles
	At taxation Division, Hakuba Village Office TEL: 0261-85-0721	For Light two-wheeled vehicles and small two-wheeled vehicles At Matsumoto Automobile Inspection & Registration Office 2-5-10 Hirata Higashi Matsumoto TEL: 050-5540-2043
		For Light vehicles with three or four wheels At the Organization of Light Vehicle Inspectio Matsumoto Branch 2-1-11 Harata Higashi Matumoto TEL: 050-3816-1855
Documents required for scrapping a vehicle	<ul style="list-style-type: none"> <li>• Owner's and User's seal</li> <li>• Identification documents of the person who will complete the procedures at the taxation Division, Hakuba Village Office ※1</li> <li>• Number plate</li> <li>• ※2</li> </ul>	<ul style="list-style-type: none"> <li>• Vehicle Inspection Certificate</li> <li>• Number Plate</li> <li>• Used Vehicle Pickup Certificate ※3</li> <li>• ※4</li> </ul>
Documents required for name change procedures.	<ul style="list-style-type: none"> <li>• Seals of new and old owners and users</li> <li>• Identification documents of the person who will complete the procedure at the counter ※1</li> <li>• Number Plate (This is not required if you are changing the name to a family members living with you.)</li> <li>• ※2</li> </ul>	<ul style="list-style-type: none"> <li>• Vehicle Inspection Certificate</li> <li>• Number Plate ※5</li> <li>• One of the following: Extract from Certificate of Residence, Certificate of Signature (issued within the last 3 months) ※6</li> <li>• Certificate of Automobile Liability Insurance or Certificate of Mutual Aid for Automobile Liability</li> <li>• ※4</li> </ul>

※1. Please submit a photo ID such as a driver's license issued by a Japanese public institution, or present an ID without a photo such as a health insurance card together with one other type of ID.

※2. If a person other than a family member living with the owner applies, an additional power of attorney is required.

※3. It will be issued by the salvage company, which has taken your light vehicle in for disposal.

※4. The information listed is only a general guideline. Please be sure to call the above offices to confirm the necessary documents in advance.

※5. Not required if the jurisdiction is the same as the previous address.

※6. For corporations, either a certified copy or extract of the commercial register or certificate of registered matters within 3 months of issuance.

For inquiries: Resident Division, Hakuba Village Office TEL: 0261-85-0715

For inquiries: Matsumoto Automobile Inspection & registration Office TEL: 050-5540-2043

## Calendars of Health and Welfare Services (From 25th to the end of next month)

### ◆Health check-up for infant and toddler

Venue: Fureai Center 1F

Date	Event	Eligible Child
Feb 27 (Mon)	Physical Development Consultation	Appointment needed
Feb 28 (Tue)	HOP ③	Born in Oct 13, 2020 - Dec, 2020
Mar 6 (Mon)	Childcare Consultation	Appointment needed
Mar 8 (Tue)	Health check-up for infant	Born in Oct 2022 - Apr 2022
Mar 14 (Tue)	Health check-up for 3-year-old	Born in Jan 11, 2020 - Mar 6, 2020
Mar 15 (Wed)	Health check-up for 2-month-old	Born in Jan, 2023
Mar 23 (Thu)	Childcare Consultation for 2-year-old	Born in Jan, 2021 - Mar, 2021
Mar 27 (Mon)	Physical Development Consultation	Appointment needed

### ◆Vaccination



Venue: Fureai Center 1F

Date	Event & Child targeted
Mar 7 (Tue)	Immunization for Infant Notified Individually
Mar 10 (Fri)	Japanese encephalitis vaccination Notified Individually
Mar 24 (Fri)	Immunization for Infant Notified Individually

### ◆Kosodate Shien Room

	Project/Event	Target	Time
Mar 2 (Thu)	Enjoy "Yashoma" Traditional Spring Fes.	Pre Nursery school child and their guardians	10:30~
Mar 6 (Mon)	Storytime	Pre Nursery school child and their guardians	11:15~
Mar 9 (Thu)	Touch care	Pre Nursery school child and their guardians	10:30~
Mar 15 (Wed)	Storytime Readings by the members of Kirakira Park	Pre Nursery school child and their guardians	10:30~

※Registration is required to use the Kosodate Shien Room. Please fill out the registration card when you use the room for the first time.

※Currently, the Kosodate Shien Room offers Free Use Services Sunday through Friday from 9:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

☆The yard of the Child Care Support Facility is closed during the winter. When entering the facility, please use the entrance on the staff room side.

☆The Shien-Room is closed on Sundays during the winter season.

※When using the Kosodate Shien Room, please be sure to take your child's temperature at home before coming to the room.

※Please dress warmly in winter. Room shoes are also good.

※When you enter the room, please wash your hand and also your child's hands, and then fill out the health

check list first.

※The room may be closed or the opening hours may be changed depending on the COVID-19 infection situation. If you have any questions, please contact the Kosodate Shien Room.

※Notices from the Kosodate Shien Room will also be posted on the Hakuba Village official website and the Hakuba Village Maternal and Child Health Handbook Application "Ohisama Memories by BO-SHI-MO: 母子モ".

For inquiries: Kosodate Shien Room at 0261-72-3025.

### ◆Clinic, Hospital and Pharmacy on Duty on Holiday

Date	Hakuba/Otari	Omachi	Ikeda/Matsukawa	Dental Clinic	TEL (Area Code: 0261)	Pharmacy in Hakuba
Jan 29 (Sun)	Otari Clinic	Yokosawa Internal Medicine Clinic	Kondo Clinic	Takeda DC	Hakuba 72-8060	-
Feb 5 (Sun)	Otari Clinic	Omachi Municipal General Hospital	Nishimori Orthopedic Clinic	Okae DC	Matsukawa 62-9888	-
Feb 11 (Sat)	Kurita Clinic	Mogami Orthopedic surgery Clinic	Ohta Clinic	Kashiwabara DC	Hakuba 71-1182	Ohta
Feb 12 (Sun)	Kamishiro Clinic	Kikuchi Clinic	Azumi hospital	Green DC	Omachi 23-6666	Fujinoya
Feb 19 (Sun)	Yokosawa Clinic	Ono Clinic	Matsumoto Clinic	Oda DC	Hakuba 72-6482	Hakuba Apple
Feb 23 (Thu)	Hakuba Clinic	Hirabayashi Clinic	Serizawa Clinic	Okuhara DC	Omachi 23-0500	Fujinoya
Feb 26 (Sun)	Yokosawa Clinic	Yokosawa Internal Medicine Clinic	Yoshimura Clinic	Azumino DC	Matsukawa 62-2332	Hakuba Apple

### Library Information

Open 9:00 - 18:00

Close: Every Monday and National Holiday

Every last Friday of month

(The last Friday of the month is a national holiday, the closing day will be changed.)

In addition, there may be times when temporary closure or temporary closure is unavoidable.

For inspecting the collection of books and update

the system, the library will be closed from Friday, February 24 to Wednesday, March 8, and for two weeks from mid-March, as well.

#### About Registered Library Users

Registrations of those who have not used the library for a long period of time will be deleted in early March. Please contact the library for details.

For inquiries: Hakubamura Toshokan (:Hakuba Library)  
TEL: 0261-72-5200



# FY2023 Final Tax Return (Kakutei-Shinkoku)

## & Resident Tax (Juminzei) Declaration

**Date** February 16 (Thu) - March 15 (Wed) /  
**Weekday** AM 9:00-11:00 PM 13:30-16:00

Resident Tax (Juminzei) is a local tax which is levied on the residents who have a registered address in Hakuba as of January 1st every year. You will be unable to obtain an "Income Certificate" if you do not submit a tax return. Besides, you might be charged a higher Health Insurance Tax based on our estimated calculation.

The following residents are responsible for filing a Resident Tax Return:

- ▶ Those who have not completed the year-end tax adjustment.
- ▶ Those who have completed the year-end tax adjustment, but have an income other than that salary.  
 \*You must report your additional income, regardless of the amount, for calculating the Resident Tax.
- ▶ Those who have no income on last year.

### The items required for submitting the tax return

- ① Passport, Residence Card
- ② Record of withholding income tax (Gensen-choshu-hyo) or salary details
- ③ Receipts of Medical expenses · Social insurance premium · Life insurance premium, etc.

### Important Notes for Income Declaration ◆

#### If you don't declare your income...

- If the income amount is undeclared, cannot apply a proper tax amount.
- Cannot determine the coverage of high medical costs.
- Cannot issue any certificates such as income certificates and tax certificates, (only if you are resident as if Jan 1<sup>st</sup>)
- Cannot receive a proper administration support which is determined by income declaration

As above, there may be a chance that you cannot get a service without declaration

- ④ Bank book or materials with your bank details (for receiving the tax return if any)

### [Appointment consultation]

In order to prevent the spread of Covid-19 infections, we will be accepting consultations by appointment only. Consultation is approximately 15 minutes per person.

**Make a booking**: Booking starts on February 1 (Thu) - March 14 (Tue) / Weekday 8:30-17:15

《English Assistance Available on Mon / Tue / Wed / Fri》

By Direct Call 0261-85-0712 (Taxation Div.)  
 By Email [zeimu@vill.hakuba.lg.jp](mailto:zeimu@vill.hakuba.lg.jp)  
 In person At Taxation Counter, Hakuba Village Office

Please fill out the enclosed questionnaire regarding your type of visa or residency status before your appointment.

### [In Response to the Covid-19]

In consideration of the health, please visit the office by yourself with wearing masks as a precautionary measure. People with a temperature of 37.5 degrees Celsius or above, or cold-like symptoms, will be asked to refrain from visiting. Please contact us for reschedule.

### Moving out from Village

You must submit a move-out notification and return your NHI card. We would recover the overpayments or you might need to pay the amount additionally depending when you move out. The amount of your tax would change if you change your scheduled move-out date. **You will have to continue to pay your NHI tax unless you submit a move-out notification.**

For inquiries: Taxation Division, Hakuba Village Office  
 TEL: 0262-85-0712

### Deadline for payment of this month

	Payment due date	Account transfer :Kouza Furikae	Payment Method				
			Cash		Account transfer	Credit card	Electric Payment Services
			At the accounting section of Hakuba Village Office and the banks in Hakuba Village	At Convenience Store			
10th of 10 payments National Health Insurance Tax	Mar. 31 (Fri)	Mar. 27 (Mon)	○	○	○	○	○
Water & Sewer Bill	Mar. 27 (Mon)	Mar. 27 (Mon)	○	○	○	-	-

For inquiries:  
**Taxation Division**  
 TEL: 0261-85-0712  
**Water and Sewer Division**  
 TEL: 0261-85-0714  
 Hakuba Village Office

※If paying by credit card, an additional fee based on the tax amount is required.