



Running through the snowfield Photographed by Hakuba Village Office General Affairs Division

### Hakuba Village office will begin accepting applications for health checkups and cancer screenings for 2021.

The Hakuba Village Health and Welfare Division has sent out the FY2021 medical checkup questionnaires to your households.

Please fill in the required information and return it to us using the enclosed return envelope. Alternatively, there is a collection box at the counter of the Health and Welfare Div. of Hakuba Village Office, so you may drop them off there. The survey form is a single sheet of paper that lists all the

people eligible for medical checkups in the same household.

To help us with better preparation, Please reply by **Thursday, March 4, 2021** to let us know whether you will be joining or not.

For your convenience, enclosed this envelop, so use it when you reply, please.



### Basic medical checkup contents

Examination	Co-payment	Contents
Ages 30-39	¥2,000	Measurement of Weight and height Measurement of blood pressure Urine analysis: Urine protein, urine sugar, urine occult blood
Ages 40-74	Free	Blood tests: Lipid metabolism, glucose metabolism, liver function, renal function, anemia, others Electrocardiogram test Physician consultation
Ages 75 over	Free	Public health nurse counseling If you are over 40 years old, you can have an eye fundus examination if you wish on the day of the checkup, although you will have to pay 1,100 yen.

### Cancer screenings

Examination	Co-payment	Contents	Who can receive the test?
Tuberculosis and lung cancer screening	¥800	Chest X-Ray	Over 40 years old
Sputum test	¥500	Specimen collection	Over 50 years old Only for those with a smoking index of 600 or higher
Gastric Cancer Screening	¥1,800	Gastric radiography Barium examination	Over 40 years old
Colorectal Cancer Screening	¥500	Specimen collection	Over 40 years old
Anterior Helical Cancer Screening	¥1,800	Blood tests	Male over 50 years old
Uterine cancer screening	¥2,000	Cervical cytology and internal examination	Female over 20 years old and have not had this cancer screening in the previous year
Breast Cancer Screening	¥2,000	Mammography	Female 40-74 years old and have not had this cancer screening in the previous year

If you are a member of the National Health Insurance or the Late-Stage Senior Citizen's Medical Insurance and you have undergone a comprehensive medical examination to check your health condition: It's call Ningen Dock in Japanese, you can apply for a subsidy for the cost of the physical checkup (There is an upper limit) by submitting the results and the receipt. If you receive a medical checkup in Hakuba Village in the same fiscal year, you will not receive any

subsidies for the comprehensive medical examination. For inquiries: Resident Division, Hakuba Village Office TEL: 0261-85-0715.

Even if you are currently undergoing treatment and do not receive a checkup in Hakuba Village, you are eligible for this checkup, in case of

that if you are between the ages of 40-74 years old and are covered by the National Health Insurance. Therefore, please submit the

results of your blood test from the medical institution where you are receiving treatment to Health and Welfare Division, Hakuba Village Office. If you are between the ages of 40–74 years old and are covered by the National Health Insurance, please submit a copy of the results of the

Procedures prior to departure from Hakuba for foreign residents and people who are hiring foreign residents. medical checkup you received at your workplace where you do part-time.

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

### For discarding or transferring ownership of your Light automobiles (Kei Jidosha) before the start of the new taxable year.

In Japan Light automobile tax is levied on car owners on a yearly basis, based on the registration record as April 1st of every year. In order words, the owners as of April 1st are required to pay the annual tax for their cars. Please complete necessary procedures as soon as possible by March 31 to avoid extra expenses.

For inquiries: Kei Jidosha Section, Taxation Division, Hakuba Village Office TEL: 0261-85-0712

### Where to go and what you need to prepare for:

	Type of Vehicles	
Where to submit	Motorized bicycle	
	Small sized Special vehicles ※Agricultural work vehicles are included.	Motorcycle 125-250cc Motorcycle over 250cc Three/Four wheel Light Vehicles
	Taxation Division, Hakuba Village Office TEL: 0261-85-0721	For: Light two-wheeled vehicles and small two-wheeled vehicles Matsumoto Automobile Inspection & Registration Office 2-5-10 Hirata Higashi Matsumoto TEL: 050-5540-2043  For: Light vehicles with three or four wheels The Organization of Light Vehicle Inspection Matsumoto Branch 2-1-11 Hirata Higashi Matsumoto TEL: 050-3816-1855  ※Car dealerships, etc. handle the procedures on your behalf.
Items required for scrapping the car	<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>Owner's and user's seal ※3</li> <li>Vehicle inspection certificate</li> <li>Number Plate</li> <li>Scrapped car take delivery certificate ※4</li> <li>※5</li> </ul>
Things you will need for the name change procedure	<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(This is not required if you are changing the name to a relative living with you.)</li> <li>※2</li> </ul>	<ul style="list-style-type: none"> <li>New user's seal ※3</li> <li>Seals of the old and new users ※3</li> <li>Vehicle inspection certificate</li> <li>Number Plate ※6</li> <li>One of the following: extract from certificate of residence, certificate of seal impression, or certificate of signature (issued within the last 3 months) ※7</li> <li>Certificate of Automobile Liability Insurance or Certificate of Automobile Liability Mutual Aid Insurance</li> <li>※5</li> </ul>

※1 You will need one type of photo ID such as a driver's license and 2 types of ID without a photo such as an insurance card.

※2 If the application is made by someone other than a relative living with the car owner, a letter of attorney is required in addition to the above.

※3 If the owner is an individual, a unregistered seal of is required, if the owner is a corporation, a representative seal is required. For more information on the system and handling of seals, please contact the respective organizations before completing the procedures.

To alleviate the congestion at the reception desk, we suggest that if you have a power of attorney, your agent can process the transfer of foreign nationals. This will reduce the number of visits to the office.

When your employees come to Hakuba Village Office in a group for procedure please call the Resident Division in advance to inform us of their visit.

Please contact us in advance so that we can reserve a place to fill out the various forms or applications.

When moving out of Hakuba to another municipality or when moving abroad, filing of a move-out notification at Resident Division, Hakuba Village Office 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 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 Scheme, 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.

#### Things to bring for the procedures:

1. Residence card
2. National Health Insurance Card



3. Seal registration card



( In case, if you have children age und

4. My number (notification) card



5. Social Welfare certificate

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

## Calendars of Health and Welfare Services

### ◆ Health check-up for infant and toddler (From 23rd to the end of next month)

Date	Event	Reception time	Targets
Feb 25 (Thu)	Consultation for 2months	Notified individually	Born in Dec 2020
Mar 11 (Thu)	Consultation for toddler	Notified individually	Born in Oct – Dec 2019
Mar 16 (Tue)	Consultation for 2 months	Notified individually	Born in Jan 2021
Mar 17 (Wed)	Health check-up for Infant	Notified individually	Born in Apr – Oct 2020
Mar 19 (Fri)	Health check-up for 3 years	Notified individually	Born in Jan 5 – Mar 19 2018
Mar 24 (Wed)	Consultation for 2 years	Notified individually	Born in Dec 2018 – Mar 2019

**Venue: 1F of Fureai Center**

### ◆ Vaccination

Date	Event	Reception time	Targets
Feb 26 (Fri)	Different types	Notified individually	
Mar 12 (Fr)	Different types		Notified individually
Mar 26 (Fri)	Different types		Notified individually

**Venue: 1F of Fureai Center**

### ◆ Child raising supporting room < Shien-room > TEL: 0261-72-3025

<b>Event of Child raising support "Shien-Room"</b>			
Mar 1 (Mon)	Monday Child raising Consultation. Reservation required	People who applied	

※Monday child raising consultations are available by an appointment only. It will have at Fureai Center 1st Floor. Please contact Ms. Miyawaki the Child raising Support Division to make an appointment. TEL: 0261-85-8101

**Child Support Room**  
Free use section  
Open : Everyday except Saturday  
Morning : 9:30 – 12:00  
Afternoon : 13:00 – 16:00

**Notice:**  
The Child Care Support Room was temporarily closed due to the new coronavirus, but now that the infection level has dropped, it will reopen on Feb 17 (Wed). When using the facilities, please take user's temperature and refrain from using the facilities if they are not feeling well. We also ask that you take care to prevent the spread of infection. The use of this service may be suspended depending on future conditions. We ask for your understanding and cooperation. For inquires: Contact No.0261-72-3025 at Kosodate Shien Room: The Child Care Support Room.

**Nakayoshi Hiroba**  
Open : Every Thursday  
**Temporary Close**  
TEL: 0261-72-3025

### ◆ Please call if anything's troubling you.

**Foreign-language Human Right Hotline (English)**  
by Tokyo Legal Affairs Bureau  
Weekdays 9:00-17:00  
0570-090-911 (Navi Dial)

**Multicultural Living Supporter by ANPI (Association of Nagano Pref. for Internationalization)**  
Weekdays (Except 1st & 3rd Wed) & 1st & 3rd Sat 10:00-18:00  
Hotline: 026-235-7186 / 090-7710-7446  
Face to face counselling is also available at Nagano Prefectural Office upon appointment

### ◆ Holiday duty clinic, hospital and pharmacy

Date	Hakuba/Otari	Omachi	Ikeda/Matsukawa	Dental Clinic	TEL (Area Code: 0261)	Pharmacy in Hakuba
Feb 23 (Tue)	Otari Clinic	Endo Internal Medicine Clinic	Kondo Clinic	Morooka DC	Ikeda 62-9781	-----
Feb 28 (Sun)	Yokosawa Clinic	Kikuchi Clinic	Nishimori Orthopedic Clinic	Sunada DC	Omachi 22-0648	Apple
Mar 7 (Sun)	Kurita Clinic	Ono Clinic	Ota Clinic	Okaeo DC	Matsukawa 62-9888	Ota

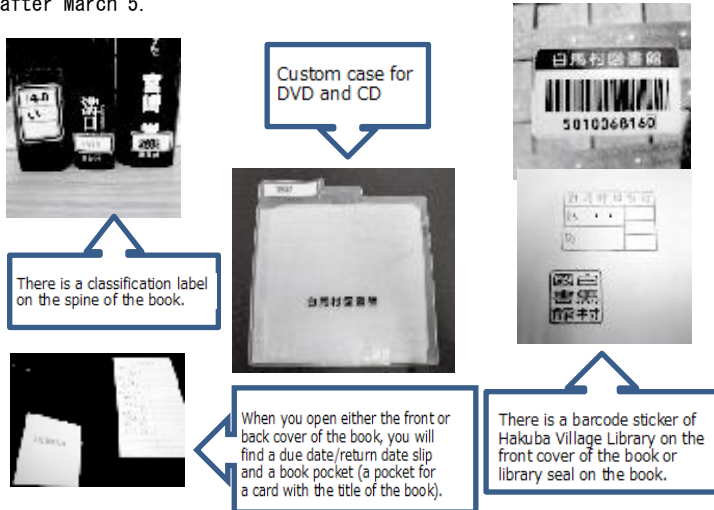
Detailed schedule with maps and telephone number is available at the village office or can be downloaded from <http://www.vill.hakuba.lg.jp/>

### From Hakuba Village Library

Hakuba Village Library will be closed from Feb 19 (Fri) to Mar 4 (Thu). During this closure, the staff will conduct a general inspection of the library to determine the whereabouts of all books. We apologize for any inconvenience this may cause and ask for your understanding and cooperation during the closure.

#### The library will reopen on Friday, March 5.

If you wish to return books while the library is closed, please put them in the book return slot/return post located on the east wall of the building. DVDs and CDs of audio-visual materials should not be placed in the return box, but should be returned to the library's return counter on or after March 5.



Do you have any books that you forgot to return? There are books that have not been returned for a long time. Books at the Hakuba Village Library are marked with the above. Please check them, it will help us a lot. Thank you.

For inquiries: Hakuba Village Library TEL: 0261-72-5200

### Hakuba Recycling Center Opens

The Hakuba Recycling Center, currently under construction by the North Alps Wide-area Union, will open in April 2021.

This recycling center is a facility that transships recyclables, non-burnable waste, and burnable waste from the former Hakuba Sanroku Clean Center into packer trucks.

To prevent accidents, one-way traffic is allowed inside the Hakuba Recycling Center. Please follow the signs on the premises.

※Please refer to the guidebook on how to separate and dispose of garbage and recyclables before bringing them in.

※We do not accept oversized garbage (bedding, sheets, construction waste, etc.).

A calendar of business days will be posted on the website of the North Alps Wide-area Union, so please take a look.

<http://www.kita-alps.omachi.nagano.jp/gyoum/gomisyori/calendar.pdf>

For inquiries prior to the opening of the Eco Park, please contact Eco Park Management Section, General Affairs Division, North Alps Wide-area Union.

TEL: 0261-85-5311

For inquiries after the opening, please contact Hakuba Recycle Center.

TEL: 0261-72-3312 FAX: 0261-72-3313

For more information about daily garbage collection, bulky waste and the opening of recycling collection at ward garbage station, please contact the Environmental Hygiene Section, Resident Affairs Division, Hakuba Village Office.

TEL: 0261-85-0715

Sunday, March 21 and Monday, March 22 are the Sonmin Day at Hakuba Village Ski Resort.

You can purchase a one-day lift-gondola ticket for 2,500 yen for adults.

For inquires: Tourism and Commerce Sec, Tourism Division Hakuba Village Office

TEL: 0261-85-0722

Consultation for income tax and village inhabitant tax filing will be held from February 16 to March 15. If you need to file a tax return, Please complete the procedure during this time. In order to prevent the spread of infectious diseases, etc., you can submit your tax return electronically from home or by mail.

For inquiries regarding the Village Tax, Prefectural Tax, and National Health Insurance Tax, please contact the Hakuba Village Office Tax Division at 0261-85-0721.



For inquiries regarding tax returns, please contact the Omachi Tax Office at 0261-22-0410



Mar 22 (Mon)	Cash		Account transfer	Credti card (the handling comission will be 3.24%)	
	The accounting section Hakuba Village office and the banks in Hakuba Village	Convenience store		The taxation Division, at Village office	Yahoo online
National Health Insurance Tax	○	---	○	○	○
Insurance for the elderly	○	---	○	---	---
Water and sewer bill	○	○	○	---	---

The payment deferral is available. You will find information.



Taxation Division, Hakuba Village office

If you face difficulty paying the national tax due to the influence of the COVID 19.



For inquires: Taxation Division TEL: 0261-85-0712



**Facebook**  
Hakuba Village office



**Guidebook of Life  
In Hakuba Village**



Nagano Prefecture  
Multicultural Consultation Center  
Provides information  
people who has business in  
Nagano Prefecture  
to take the measure for COVID-19



The latest news  
of COVID-19  
Ministry of Health  
Labor & Welfare

Issued by: Hakuba Village Office (General Affairs Division) TEL: 0261-72-5000