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## National Health Insurance/Pension/ Health Care/Taxes



Living Information for Foreign Residents of Itabashi City  
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### ◆ For a Healthy Life

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*Unless otherwise noted, please make any inquiries in Japanese to the respective offices using the telephone numbers listed in this brochure.*

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# National Health Insurance System

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▶ **Contact: Qualification Assessment Group, National Health Insurance & Pension Section**

City Office South Building 2F #22 TEL: 03-3579-2406

The National Health Insurance (=NHI) (*kokumin kenko hoken*) is a public healthcare system which all residents of Japan are required by law to join in order to ensure that all individuals are able to receive medical treatment with peace of mind in the event of sickness or injury.

By law, all residents of Japan are required to join NHI if they are not already enrolled in their employer's health insurance scheme, and foreign nationals residing in Japan are also subject to this law. NHI is based on the principle of mutual assistance, where all enrolled members pay medical fees (premiums) proportional to their income in order to cover the medical costs of the insured.

## (1) Enrollment

Individuals under 75 years old who correspond to any of the following are obliged to join NHI:

- Registered residents of Itabashi
  - ▶ Those who have entered Japan from abroad
  - ▶ Those who have moved into Itabashi from a different municipality
  - ▶ Those who have changed to a visa eligible for resident registration
- Registered residents
  - ▶ Those who have left their employer's health insurance program
  - ▶ Those who have stopped receiving public assistance
- Babies born in Japan

※Those with "Designated Activities" (*tokutei katsudo*) visa status, who are in Japan to receive medical care or to assist those receiving medical care, may not enroll in NHI even if they are registered residents. Those with "Designated Activities" visa status, whose period of stay is 1 year or less, and who are in Japan for the purpose of tourism, recuperation or other similar activities or those accompanying such individuals, may not enroll in NHI.

## (2) Loss of National Health Insurance

Those who correspond to any of the following must perform procedures to leave NHI:

- ▶ Those who have joined their employer's health insurance scheme
- ▶ Those who have joined another health insurance scheme (including as a dependent)
- ▶ Those who have started receiving public assistance
- ▶ Those who leave Japan or move to a different municipality
- ▶ Deceased individuals

## (3) Returning Health Insurance Cards

Those who leave NHI must return their insurance card. Those who continue to use the system to receive benefits even though they are no longer eligible will be subject to penalties.

The insurance card may not be used after moving out of Itabashi City. If the insurance card is used after moving out, even by accident, the insurance benefit cost (70% of covered medical fees) must be repaid.

#### **(4) Health Insurance Cards and Benefits**

Upon joining NHI, you will receive a 'National Health Insurance Card' (*kokumin kenko hoken hi-hoken-sha-sho*). When you visit a medical facility due to sickness or injury, in principal 70% of the total cost of medical treatment will be paid by NHI upon presenting your insurance card at reception; the remaining 30% must be paid by the individual. Only the insured individual whose name is written on the insurance card is entitled to use it. Once the individual has left NHI, the health insurance is no longer valid, even if the insurance card is before the expiration date. Insurance cards are not tickets, and may not be given or lent to any other individuals. The insured individual is entitled to receive fixed maternity and death benefits.

#### **(5) Premiums (*hoken-ryo*)**

Once enrolled in NHI, premium payments are levied on a per-household basis. Premium notifications will be mailed addressed to the head of the household. Premiums can be paid at City Office, City Residents' Offices, convenience stores and financial institution counters. Individuals may be denied coverage in case of delinquent payments of insurance premiums.

#### **(6) Procedures for Renewal of National Health Insurance**

For households consisting of only foreign nationals, the validity (expiry date) of insurance cards is the same as the permitted period of stay in Japan. Once your period of stay has been extended, please bring your insurance card along with your Residence (*zairyu*) Card to City Office for renewal.

#### **(7) Application Procedures for Change of Address, Name or Head of Household**

As premiums are calculated on a per-household basis, individuals will need to undertake the necessary procedures in order to change their premiums and receive a new insurance card when there have been changes in the number of people in the household, the household head or the address.

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# National Pension System

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▶**Contact: National Pension Subsection, National Health Insurance & Pension Section,**  
City Office South Building 2F #25 TEL: 03-3579-2431

The national pension (*kokumin nenkin*) system is provided mainly to guarantee a stable lifestyle for the elderly, sick, injured, and disabled. All residents of Japan aged 20 to 60 years old are obliged to join, including foreign nationals residing in Japan. You can receive pension payments outside of Japan by remittance even when you no longer reside in Japan.

## (1) Enrollment

Those who are aged from 20 to 59 (under 60) years old and registered as resident in Itabashi City and are non-participants of other public pension systems such as an employee pension system are obliged to enroll in the national pension system.

## (2) Pension Premiums

After enrollment, premiums must be paid monthly. Premium payment exemptions proportional to income may be possible in cases of financial difficulty. There is a payment exemption system for students; however, please note that some educational institutions do not qualify.

## (3) Receivable Pension Types

### a. Old-age Basic Pension (*rorei kiso nenkin*)

In principle, individuals become eligible to receive this pension at the age of 65 if the period of payment of pension premiums, the period of exemption from payment of pension premiums, or the combined total number of years is over 10 years. If participant had previously participated in a different public pension program such as *koseinenkin*, this period will be calculated as periods in which NHI payments were completed. Participants can receive the full old-age basic pension amount if they complete pension premium payments for 40 years between the ages of 20 and 60.

### b. Disability Basic Pension (*shogai kiso nenkin*)

Individuals become eligible to receive this pension when they are judged to have a level 1 or level 2 disability as determined by the law due to illness or injury for which they first received treatment after they were enrolled in NHI.

### c. Others: Survivor's Pension (*izoku kiso nenkin*), Widow's Pension (*kafu nenkin*), Lump-sum Death Payment (*shibo ichiji-kin*)

It is also possible to receive various other pensions under certain circumstances.

※Individuals must have paid premiums for a certain period in order to receive (b) or (c)

## (4) Lump-Sum Withdrawal Refund (*dattai ichiji-kin*)

Foreign residents who have paid national pension premiums for over 6 months are eligible to receive a refund in proportion to the period of premium contributions in case of repatriation from Japan without pension collection. The application for refund should be submitted within 2 years of repatriation to the Japan Pension Service.

▶**Japan Pension Service** 3-5-24 Takaido nishi, Suginami-ku, Tokyo 168-8505

TEL (from inside Japan) 0570-05-1165 (from outside Japan) 81-3-6700-1165

※For more information please refer to their website.

<http://www.nenkin.go.jp/international/english/lumpsum/lumpsum.html>

# Health & Welfare Centers

Open Monday-Friday (excluding public holidays)

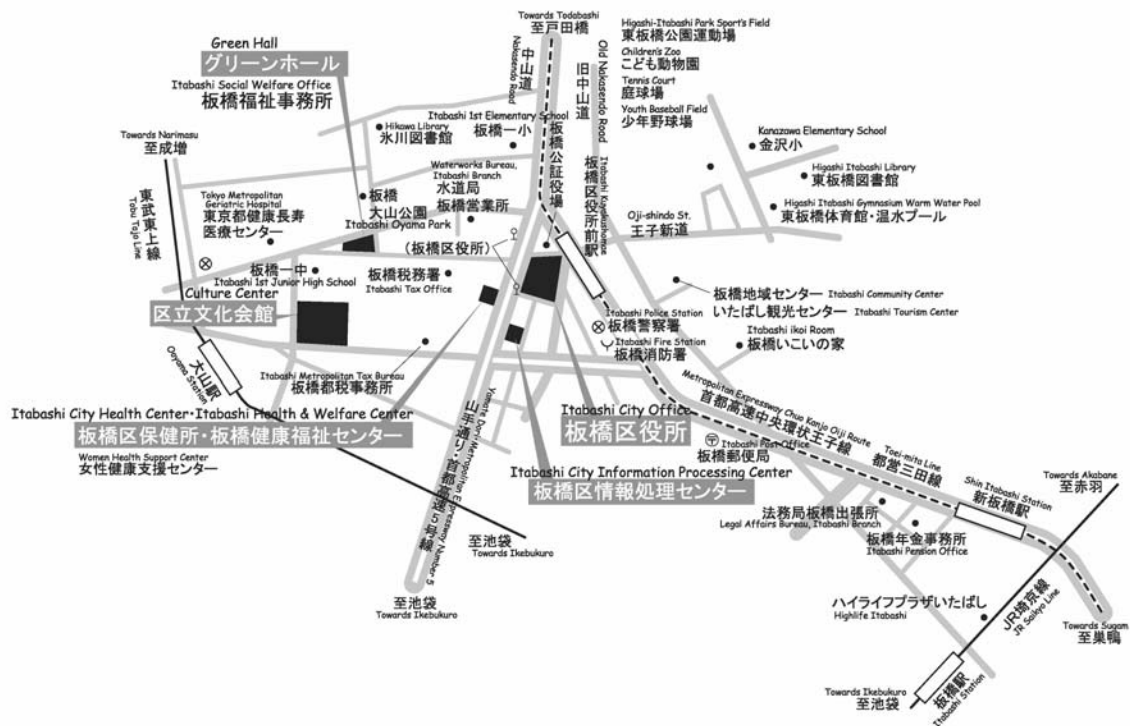
※Closed Saturdays, Sundays, and 12/29-1/3

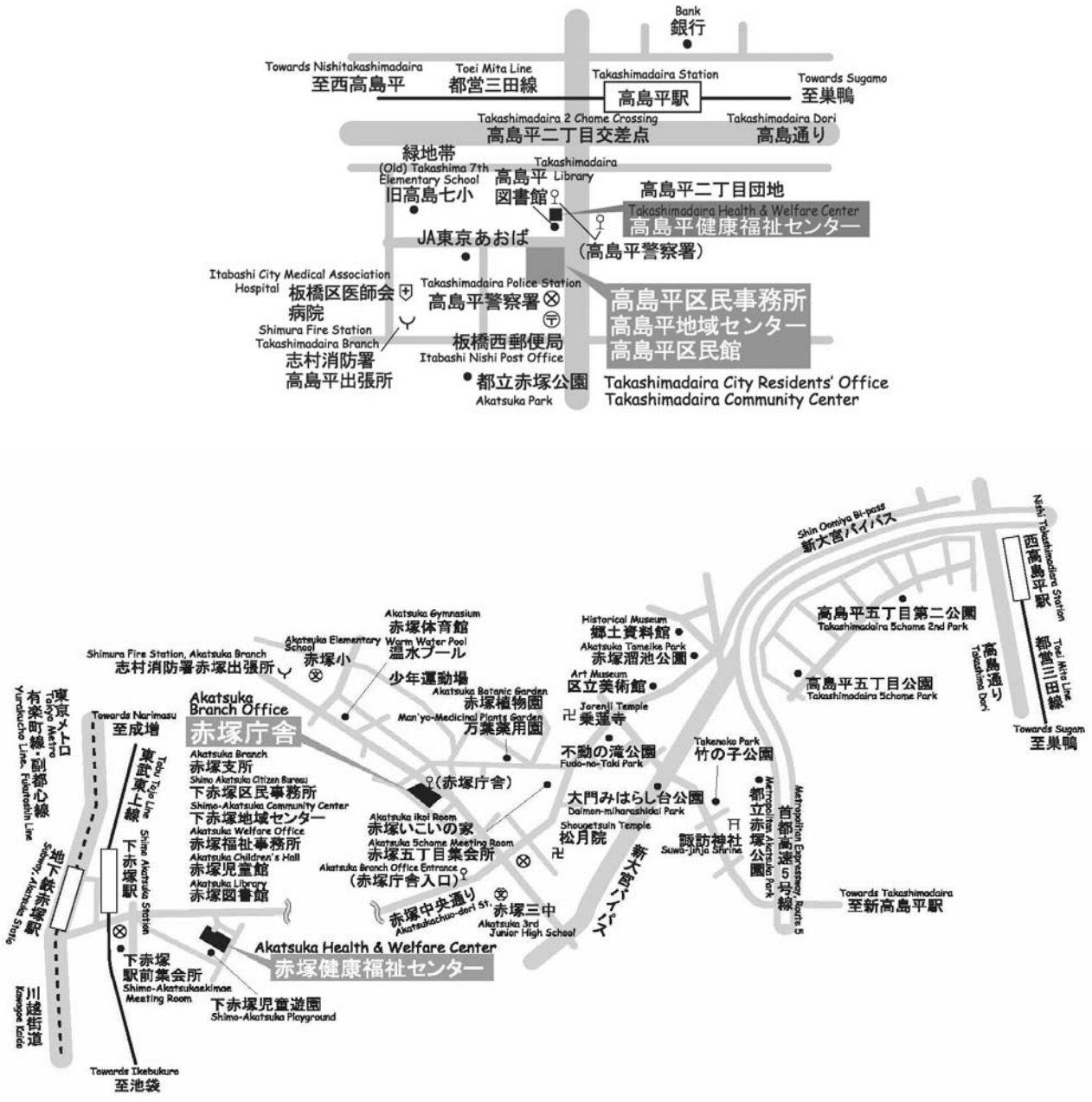
Hours: 8:30-17:00

- ▶ **Itabashi Health & Welfare Center**  
32-15 Oyama Higashi-cho, Itabashi-ku (inside Itabashi City Public Health Center),  
TEL: 03-3579-2333
- ▶ **Kami-itabashi Health & Welfare Center**  
3-18-6 Sakuragawa, Itabashi-ku, TEL: 03-3937-1041
- ▶ **Akatsuka Health & Welfare Center**  
1-10-13 Akatsuka, Itabashi-ku, TEL: 03-3979-0511
- ▶ **Shimura Health & Welfare Center**  
2-5-5 Hasune, Itabashi-ku, TEL: 03-3969-3836
- ▶ **Takashimadaira Health & Welfare Center**  
3-13-28 Takashimadaira, Itabashi-ku, TEL: 03-3938-8621

## Services/Responsibilities

- Health Counseling   ○Vaccinations   ○Dental Health   ○Nutritional Guidance
- Pregnancy health checkup/child rearing   ○Baby health checkup
- Health education   ○Fitness   ○Care prevention   ○Emotional fitness
- Medical cost assistance application for severe illnesses and psychological care





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## Health Consultations and Examinations

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### Health Examinations

The City holds health examinations of the four types listed below. Details about the dates and places of examinations and how to apply for them will be announced in Newsletter “*Koho Itabashi*”. Individuals aged from 40 to 74 years of age receive their examinations under the health insurance policy in which they are enrolled. Individuals who are enrolled in social insurance through their health insurance union or who are listed as dependents should inquire with their own health insurance provider.

#### (1) National Health Insurance Special Examinations

▶ **Contact:** *National Health Insurance Special Examinations Subsection,*

*Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2328*

Special health examinations for adult-onset and lifestyle-related diseases are held for individuals between the ages of 40 and 74 who are enrolled in NHI in Itabashi. Examination tickets will be sent out to eligible individuals. Depending on the results of the examination, individuals may also receive special guidance either from the medical facility where they took the examination or from private healthcare businesses.

#### (2) Health Examinations for the Elderly

▶ **Contact:** *National Health Insurance Special Examinations Subsection,*

*Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2328*

Health examinations are held for Itabashi residents who are enrolled in the Latter-Stage Elderly Healthcare System in order to facilitate the early discovery of adult-onset and lifestyle-related diseases and to facilitate residents' health maintenance. Examination tickets will be sent out to eligible individuals.

#### (3) General Resident Examinations

▶ **Contact:** *Adult Health Examinations Subsection, Health Promotion Section*

*City Office South Building 3F #21 TEL: 03-3579-2312*

Health examinations are held for individuals who are (1) between the ages of 36 and 39 or (2) over 40 years of age receiving welfare support in order to help prevent and detect adult-onset and lifestyle-related diseases.

#### (4) 35 Years Adult Health Examinations

▶ **Contact:** *Your local Health & Welfare Center* (see page 5)

General health examinations and checks for intestinal cancer and hepatitis are held for residents at the age of 35. Examination tickets will be sent out to eligible individuals.

### **【Individual Examinations】**

▶ **Contact:** *Adult Health Examinations Subsection, Health Promotion Section*

*City Office South Building 3F #21 TEL: 03-3579-2312*

For details about the place and time of each type of examination and how to apply, please see *Koho Itabashi* or inquire at the **Adult Health Examinations Subsection** of the **Health Promotion Section**. Individuals who have the opportunity to take equivalent examinations at their place of work, etc., are not eligible. Individuals who fulfill certain conditions may have the examination fee waived.

### a. Hepatitis Examination

To facilitate the early detection of hepatitis infection, to slow the onset of the disease and to prevent and minimize health disabilities due to it, individuals aged over 36 who have not had an examination for hepatitis since 2002 are eligible for hepatitis examinations.

### b. Osteoporosis Examination

Osteoporosis examinations for prevention and early detection of the disease are conducted for female City residents at the ages of 40, 45, 50, 55, 60, 65 and 70. A charge of ¥500 applies.

### c. Ophthalmic Examination

Ophthalmic examinations for the prevention and early detection of ophthalmic disorders (including glaucoma and cataracts) are conducted for City residents at the ages of 50 and 55. A charge of ¥700 applies.

### d. Adult Dental Examination

Dental examinations for prevention and early detection of periodontal diseases are conducted for City residents at the ages of 40, 45, 50, 55, 60, 65 and 70. A charge of ¥500 applies.

### e. Cancer Examination

Cancer examinations for prevention and early detection of cancer are conducted for City residents. A charge applies for breast cancer (¥1,000), laryngeal (throat) cancer (¥500) and gastric (stomach) cancer risk (¥500) examinations.

Examination	Person	Place	Contents
Stomach cancer ※	City residents over 40	Group examination by mobile examination room	Stomach X-ray, etc.
Lung cancer			Chest X-ray, etc.
Intestinal cancer	City residents over 36	Designated medical institution	Test for blood in the stool, etc.
Cervical cancer	Female City residents aged between 20~29 and over 30 (even-numbered ages)		External and internal examination, cytodiagnosis, etc.
Breast cancer	Female City residents over 40 (even-numbered ages)		Visual/manual examination, mammography, etc.
Prostate cancer	Male residents who are 55, 60, 65, 70, 75		Blood tests, etc.
Laryngeal cancer	City residents over 50 with any of the following symptoms: • Smokers • Recent huskiness of voice • Feeling of an obstruction in the throat		Indirect laryngoscope, fiberscope and other tests
Stomach cancer risk	City residents who are 40, 50, 60		Blood tests, etc.

※In principle, those who take the stomach cancer risk examination are not eligible for the stomach cancer examination.



### **【Consultation for Tuberculosis】**

▶ **Contact:** *Health Care Center, Disease Prevention Section* TEL: 03-3579-2321

Do you have symptoms such as a persistent cough and phlegm for more than 2 weeks, continuous high fever, bloodstained sputum or spitting up blood? If the answer is yes, it may be tuberculosis.

If these symptoms appear, you should take a tuberculosis examination (chest X-ray, phlegm test) at a medical facility, even if you believe they may be due to smoking or a cold. There is a public health payments system in place to cover the cost of tuberculosis treatment. You can receive consultation even if you are not registered as a foreign resident. Tuberculosis examinations and consultations are available at the Disease Prevention Section.

### **【HIV Antibody Examination and AIDS Consultation】**

▶ **Contact:** Antibody Tests and Consultation: *Health Care Center, Disease Prevention Section*

TEL: 03-3579-2321

Consultation: *Health & Welfare Centers*

Free, anonymous anti-body tests for the HIV virus are available by an appointment system. Results are delivered confidentially and in person. Certificates are not issued. Consultation services are available at health and welfare centers.

### **【Examination and Consultation for Hepatitis Virus】**

▶ **Contact:** Examination & Consultation Service: *Disease Prevention Section* TEL: 03-3579-2321

Consultation service: *All Health & Welfare Centers*

Free hepatitis virus (B,C types) examinations are normally held once a month (by appointment). Examination is available at the Disease Prevention Section, and consultations are available at any Health & Welfare Center. Those who have received the examination in the past are not eligible to receive it again.

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## **Women's Health**

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### **The Women's Health Center**

▶ **Contact:** *Women's Health Support Subsection, Health Promotion Section*

Health Care Center 32-15 Oyama Higashi-cho, Itabashi-ku TEL: 03-3579-2306

Center hours: Monday to Friday (closed Saturdays, Sundays, national holidays and year-end period), 9:00AM to 5:00PM

- (1) Free consultation services available for women's health issues
  - (a) Women's health consultations: consultation about anything to do with women's health with public health nurses by telephone or in person.
  - (b) Specialist consultation (by reservation): consultation with female doctors or specialist female advisors by telephone or in personWomen's health consultation, continence care consultation, living with breast cancer consultation, mental health consultation (for postpartum and menopausal depression, etc.), puberty consultation
- (2) Health classes on women's issues and for women recovering from cancer are also held. Details about the dates and places of classes and how to apply for them, etc., will be announced in *Koho Itabashi* and on Itabashi City homepage.
- (3) Support and study groups for patients/survivors of breast, uterine and other forms of cancer as well as thyroid-related diseases are also held. Please inquire for more details.
- (4) Informative books, videos and DVDs also available for viewing and loan.

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## Medical Facilities with Multilingual Services

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### (1) Metropolitan Medical Institution Information Services *Himawari*

#### a. Medical Information Services

Provides information such as lists of medical institutions with services in languages other than Japanese and advisory services about the Japanese medical system

- ▶**Telephone:** 03-5285-8181
- ▶**Cost:** Free
- ▶**Service Hours:** Every day, 9:00AM to 8:00 PM
- ▶**Available languages:** English, Chinese, Korean, Thai, Spanish
- ▶**Homepages:** <http://www.himawari.metro.tokyo.jp>

#### b. Emergency Interpretation Services (for medical institutions)

Telephone interpretation services are available for patients who may have difficulty receiving treatment due to language barriers.

Registration is required to use a preferred medical institution.

- ▶**Telephone:** 03-6301-1001

### (2) Itabashi Weekday Evening Emergency Children's Medical Clinic

This service is for families who encounter unexpected children's health-related problems on weekday evenings. The following medical institutions can provide emergency pediatric medical care. Please remember to take both your own and your child's healthcare card with you.

- ▶**Examinations:** Weekdays, Monday to Friday (closed on Sundays, Saturdays, national holidays and year-end period)
- ▶**Examination Hours:** 8:00PM-11:00PM (Last patient accepted at 10:45PM)  
\*No appointment necessary
- ▶**Examination type:** Pediatrics
- ▶**For whom:** Children under 15 years of age
- ▶**Location:** 1-7-1 Takashimadaira, Itabashi-ku, TEL: 03-3559-8518

### (3) Holiday Dental Emergency Treatment

Please go to Itabashi Dental Health Center in case of dental problems on Sundays, holidays and year-end and New Year period.

**Itabashi Dental Health Center:** 3-3-3 Tokiwadai, Itabashi-ku

- ▶**Telephone:** 03-3966-9393
- ▶**Appointment Hours:** 9:00AM - 4:00PM (by telephone appointment)
- ▶**Treatment Hours:** 9:00AM-12:00PM, 1:00PM-5:00PM

**(4) Medical Institutions in Itabashi** (listed by area)

Advance appointments may be necessary for some hospitals or clinics. Please inquire beforehand and do not forget to bring your health insurance card to the hospital.

**►Languages**

**E: English C: Chinese TW: Taiwanese S: Spanish G: German R: Russian K: Korean**

**P: Portuguese F: French, TA: Tagalog**

Medical Institution	Address	Telephone	Languages	Specialty
Shou Hospital	1-41-14 Itabashi	03-3963-0551	E	Obstetrics and gynecology
Niki Clinic	3-5-3 Itabashi	03-3961-5931	E	Orthopedics, surgery
Shin Itabashi Clinic	4-4-4 Itabashi	03-5248-5715	E	Internal medicine, surgery, digestive medicine, proctology (colorectal)
Iwata Clinic	4-57-4 Itabashi	03-3961-1092	E · G	Internal medicine, pediatrics, dermatology, allergies
Aisei Hospital	1-3-1 Kaga	03-3961-5351	E	Vascular surgery (varicose veins)
Nomura Cardiology & Internal Medicine Clinic	18-4-2F Oyama Higashi-cho	03-5375-3711	E	Cardiology, internal medicine
Imamura Clinic	58-20-101 Oyama Higashi-cho	03-3964-8805	E	Internal medicine, dermatology, anesthesiology
Ogawa Clinic	16-8 Oyama Kanai-cho	03-3955-8220	E	Internal medicine, surgery, gastroenterology, dermatology
Sakurai Obstetrics & Gynecology Clinic	15-15 Nakamaru-cho	03-3955-5531	E	Obstetrics and gynecology
Mieko Women's Clinic	Kosmo Wako 201, 64-6 Nakajuku	03-5943-1123	E	Obstetrics and gynecology, internal medicine
Kounan Clinic	23-7 Saiwai-cho, Comody Iida, Annex 1F	03-5917-3900	E	Internal medicine, gastroenterology, orthopedics, physical therapy
Kumagai Ophthalmology Clinic	11-11 Naka Itabashi	03-3579-1113	E	Ophthalmology
Yamakura Clinic	51-2 Kitacho, Oyaguchi	03-3956-2626	E	Internal medicine, pediatrics, surgery
Yamakura Ophthalmology Clinic	51-2 Kitacho, Oyaguchi	03-3972-9883	E · S · P	Ophthalmology
Senkawa Clinic	1-53-14 Oyaguchi	03-3973-7006	E · S	Pediatrics
Tanimoto Clinic	3-10-15-102 Mukaihara	03-3530-8327	E	Pediatrics, internal medicine, dermatology
Sou Internal Medicine Clinic	1-21-4 Komone	03-3973-0711	E · K	Internal medicine, digestive medicine
Migita Clinic	1-25-10 Komone	03-3956-1577	E	Internal medicine, cardiology, pediatrics
Tokyo Musashino Hospital	4-11-11 Komone	03-5986-3111	E	Psychiatry
Hayashi Clinic	4-28-14 Komone	03-3956-2090	E	Internal medicine, cardiology, digestive medicine, pediatrics, dermatology
Itabashikuyakushomae Infirmery	1-12 Hikawa-cho, Cosmos D.Ace 3F	03-5944-3052	E · C	Internal medicine (Once a month)

Medical Institution	Address	Telephone	Languages	Medical Institution
Hattori Medical Office	1-7-17 Tokiwadai	03-3960-5001	E	Internal medicine, Dermatology
Nakagawa Clinic	1-12-1 Tokiwadai	03-3969-9421	E	Ophthalmology
Imamoto Clinic	1-19-13 Tokiwadai	03-3966-9866	E	Internal medicine, cardiology
Tsutsumi Clinic	1-26-2 Tokiwadai	03-3965-7282	E	Dermatology, plastic surgery, allergies
Wada Clinic	1-40-12 Tokiwadai	03-3960-2562	E	Internal medicine, digestive medicine, surgery, orthopedics, proctology (colorectal), radiology, gastroenterology
Won Internal Medicine & Gastroenterology Clinic	1F-2-6-1 Tokiwadai	03-5915-5570	K	Gastroenterology, internal medicine, pediatrics
Iinuma Hospital	2-33-15 Tokiwadai	03-3960-0091	E	Internal medicine, psychosomatic medicine, psychiatry, digestive medicine, cardiology
Kami Itabashi Matsuyama Internal Medicine Clinic	4-30-9 Tokiwadai	03-5922-1271	E	Internal medicine
Yumikura Clinic	1-7-12 Minami Tokiwadai	03-3956-1666	E	Cardiology, internal medicine, pediatrics
Kaneko Hospital	1-15-14 Minami Tokiwadai	03-3956-0145	E · C · TA	Surgery, plastic surgery, internal medicine, proctology (colorectal), pediatrics, gastroenterology, brain surgery, anesthesiology
Kushimoto Dermatology	1-30-11 Minami Tokiwadai	03-3956-5249	E	dermatology
Ariga Pediatric Clinic	2-3-3 Minami Tokiwadai	03-3973-6151	G	Pediatrics
Minami Tokiwadai Otolaryngology Clinic	2-14-11 Minami Tokiwadai	03-3956-3371	E	Otolaryngology
Hachisu Clinic	1-26-13 Kami Itabashi	03-5922-5055	E	Internal medicine
Okuni Clinic	2-8-14 Kami Itabashi	03-3933-4346	E	Internal medicine, Pediatrics
Utsumi Clinic	11-10 Higashiyama-cho	03-3956-2482	E	Pediatrics, Internal medicine
Amaki Clinic	47-7 Shimizu-cho	03-3961-3913	E	Internal medicine, surgery, pediatrics, dermatology
Shinoto Clinic	20-14 Hasunuma-cho	03-3966-4901	E	Orthopedics, internal medicine
Kanaya Cosmetic Surgery & Back Bone Bone Loss Treatment Clinic	2-10-1 Shimura 1F	03-3965-5252	E	Orthopedics, rheumatism, rehabilitation
Ishizawa Internal Medicine Clinic	2-10-9 Shimura	03-3966-1438	E · Sign Language	Internal medicine, pediatrics, diabetes, internal lipid metabolism medicine, endocrinology
Koda Otolaryngology Clinic	3-24-1 Shimura	03-3965-3387	E · C · TW	Otolaryngology, head and neck medicine

Sakashita Clinic	1-12-20 Sakashita	03-3966-3349	C	Internal medicine
Seishikai Hospital	1-40-2 Sakashita	03-3968-2621	E·C	Internal medicine, surgery
Hasune Royal Clinic	2-15-11 Sakashita	03-3967-1186	E·G·F	Internal/digestive medicine
Tokuyama Internal Medicine & Surgery Clinic	3-12-10 Sakashita	03-3966-8737	E	Internal medicine, surgery
Nezu Clinic	2-3-6-101 Higashi-sakashita	03-5914-0236	E	Pediatrics, internal medicine, allergies, surgery
Itabashi Central General Hospital	2-12-7 Azusawa	03-3967-1181	E·C	Internal medicine, pulmonology (respiratory), digestive medicine, dermatology, ophthalmology, urology, orthopedics, gallstones, neurosurgery
Koda Orthopedics Clinic	2-25-9 Azusawa	03-3965-6588	C·TW	Orthopedics, physical therapy
Kyojokai Clinic	2-26-8 Azusawa	03-3966-2577	E	Internal medicine, pediatrics, rehabilitation (speech therapy)
Sawa Ophthalmology Clinic	4-8-15 Azusawa	03-5918-8775	E·G	Ophthalmology
Hayashi Internal Medicine Clinic	2-11-18 Wakagi	03-3934-0135	E·G·R	Internal medicine, pediatrics
Jiseikai Maeno Hospital	6-38-3 Maeno-cho	03-3969-1511	C·TW	Internal medicine, digestive medicine
Akatsuka Ophthalmology Hayashi Clinic	1-24-5 Akatsuka Shinmachi	03-3938-8900	E	Ophthalmology
Akatsuka Internal Medicine Iga Clinic	1-24-5 Akatsuka Shinmachi	03-3976-1855	E	Internal medicine, cardiology
Hikarigaoka Clinic	3-32-12-204 Akatsuka Shinmachi	03-5968-3030	E	Internal medicine, cardiology
Kimura Orthopedics Clinic	1-47-7 Misono	03-3977-1351	E	Surgery, orthopedics
Yasuda Hospital	1-13-9 Narimasu	03-3939-0101	E	Internal medicine, surgery, gastroenterology, cosmetic surgery, urology, rehabilitation, neurosurgery
Ito Internal Medicine & Pediatrics Clinic	1-17-10 Narimasu	03-3930-5114	E	Internal medicine, pediatrics
Kato Internal Medicine Clinic	Excel K.S.Y. 1F, 2-17-6 Narimasu	03-3977-8222	E·C	Internal medicine, diabetes and metabolic diseases
Juri Clinic	2-17-11-301 Narimasu	03-5968-3533	E	Dermatology, allergies
Tanabe Orthopedic Surgery Clinic	101 Unibel Building, 3-2-16 Narimasu	03-5998-0061	E	Orthopedics
Kobayashi Hospital	3-10-8 Narimasu	03-3930-7077	E	Surgery, internal medicine, digestive medicine, neurosurgery
Midori no Mori Clinic	5-6-3 Narimasu	03-5967-2770	E	Senile psychiatry, psychosomatic medicine

Medical Institution	Address	Telephone	Languages	Medical Institution
Eguchi Ophthalmology Clinic	2-6-1 Tokumaru, Aeon Itabashi 4F	03-3937-1239	E	Ophthalmology
Nagase Clinic	2-20-12 Tokumaru	03-3932-1050	E	Orthopedics, rheumatology
Miyashita Obstetrics And Gynecology Clinic	3-8-14 Tokumaru	03-3932-8930	E	Gynecology and Obstetrics
Tabata Clinic	3-13-9 Tokumaru	03-3933-1627	E	Internal medicine, dermatology, plastic surgery, cosmetic surgery
Neya Internal Medicine Clinic	5-3-22 Tokumaru	03-5922-5100	E	General internal medicine, cardiology, surgery
Hasune Medical Clinic	2-10-1 Hasune	03-3966-0341	E	Orthopedics, surgery, internal medicine, pediatrics
Kato Orthopedics Clinic	2-22-18 Hasune	03-3965-7005	E	Orthopedics, physical therapy
Sawada Ophthalmology Clinic	2-31-3-101 Hasune	03-3558-9667	E	Ophthalmology
Suzuki Internal Medicine Clinic	Lions Plaza Nishidai Stn.1F, 3-9-11 Hasune	03-5918-9968	E	Internal medicine
Kinoshita Orthopedics & Plastic Surgery Clinic	3-14-8 Hasune	03-5970-1222	E	Orthopedics, plastic surgery, physical therapy
Nishidai Clinic	3-33-10 Nishidai	03-3934-5558	E	Internal medicine, dermatology
Takashimadaira Clinic	1-12-11 Takashimadaira	03-3936-4164	E·S	Gynecology and obstetrics, pediatrics
Noguchi Clinic	1-43-1 Takashimadaira	03-3932-9700	E	Internal medicine
Takashimadaira chuo General Hospital	1-73-1 Takashimadaira	03-3936-7451	E·C·K	Internal medicine, cardiovascular internal medicine, respiratory internal medicine, diabetes/endocrine secretion/metabolism internal medicine, nephrology, gastroenterological medicine, surgery, gastroenterological surgery, colorectal surgery, vascular surgery, orthopedic surgery, neurosurgery, plastic surgery, urology, pediatrics, dermatology, ophthalmology, otolaryngology, anesthesiology, radiology, rehabilitation
Watanabe Obstetrics & Gynecology Clinic	2-3-14 Takashimadaira	03-5399-3008	E	Gynecology and obstetrics, pediatrics
Takashimadaira Ryu Clinic	2-21-6 Takashimadaira	03-3931-5311	C·TW	Internal medicine, orthopedics
Takashimadaira Ni-Chome Orthopedics Clinic	2-22-2 Takashimadaira	03-5399-1231	E	Orthopedics, internal medicine, physical therapy, anesthesiology

Uchida Clinic	2-26-2-112 Takashimadaira	03-3936-8790	E	Pediatrics, internal medicine, dermatology
Itabashi Medical Association Hospital	3-12-6 Takashimadaira	03-3975-8151	E	Internal medicine, surgery, orthopedics, gynecology and obstetrics, pediatrics, urology, otolaryngology, ophthalmology, dermatology, neurology, rehabilitation
Sakamoto Ophthalmology Clinic	4-30-6 Takashimadaira	03-3938-2202	E·K	Ophthalmology
Yokomi Otorhinolaryngology Clinic	4-30-6 Takashimadaira	03-3975-4187	E	Otolaryngology
Takayama Orthopedics Clinic	1F-8-14-11 Takashimadaira	03-3931-8653	E	Orthopedics, physical therapy

## Emergency Hospital Care

This is a list of hospitals that have emergency services available on weekday nights, Sundays and holidays. Please remember to take your health insurance card with you. Whenever possible, contact the hospital you are planning to go beforehand to confirm you can receive treatment.

### Emergency Medical Facilities (listed by area)

Medical Institution	Address	Telephone
Kitamura Plastic Surgery & Internal Medicine Hospital	3-3-4 Akatsuka Shinmachi	03-3939-3020
Azusawa Hospital	1-6-8 Azusawa	03-3966-8411
Itabashi Central General Hospital	2-12-7 Azusawa	03-3967-1181
Nihon University Itabashi Hospital.	30-1 Oyaguchi Kami-cho	03-3972-8111
Tazaki Hospital	5-3 Oyama Nishi-cho	03-3956-0864
Teikyo University Hospital	2-11-1 Kaga	03-3964-1211
Tokyo Musashino Hospital	4-11-11 Komone	03-5986-3111
Toshima Hospital	33-1 Sakae-cho	03-5375-1234
Health Longevity Center (previously the Elderly Treatment Center)	35-2 Sakae-cho	03-3964-1141
Seishikai Hospital	1-40-2 Sakashita	03-3968-2621
Takashimadaira Central General Hospital	1-73-1 Takashimadaira	03-3936-7451
Itabashi City Physicians Association Hospital	3-12-6 Takashimadaira	03-3975-8151
Tokiawadai Surgery Hospital	2-25-20 Tokiwadai	03-3960-7211
Ims Memorial Hospital	4-25-5 Tokiwadai	03-3932-9181
Kamiitabashi Hospital	4-36-9 Tokiwadai	03-3933-7191
Yasuda Hospital	1-13-9 Narimasu	03-3939-0101
Kobayashi Hospital	3-10-8 Narimasu	03-3930-7077
Funado Hospital	2-19-12 Funado	03-3968-8851
Tokyo Kidney Urology Center Yamato Hospital	36-3 Hon-cho	03-5943-2411
Kaneko Hospital	1-15-14 Minami Tokiwadai	03-3956-0145
Fujimi Hospital	14-16 Yamato-cho	03-3962-2431
Ukima Funado Hospital	1-17-1 Funado	03-5994-5111
Tobu Nerima Central Hospital	3-19-1 Tokumaru	03-3934-1611



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# Taxes

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## **What are Taxes?**

Government and municipal works relate to our daily life in many ways. The national government is engaged in infrastructure development and the enforcement of economic and diplomatic policies that affect us on a national level, whereas municipalities cover welfare, education, health services, police and fire station services etc., which are managed at the community level. We share the burden in the form of taxes in exchange for these services.

### **▶Contact:**

#### **1. Residential Taxes, Light Motor Vehicle Taxes Taxation Section,**

City Office North Building 3F #13 TEL: 03-3579-2101/2095

#### **2. Income Taxes, Income Tax Report**

**Itabashi Tax Office**, 35-1 Oyama Higashi-cho, Itabashi-ku TEL: 03-3962-4151

#### **3. Fixed Asset Taxes**

**Tokyo Metropolitan Government Tax Office, Itabashi Branch**

44-8 Oyama Higashi-cho, Itabashi-ku TEL: 03-3963-2111

#### **4. Motor Vehicle Tax**

**Metropolitan Taxes General Office Center**

1-17-1 Nishi-Ikebukuro, Toshima-ku TEL: 03-3525-4066

## **(1) Income-based Tax**

There are various kinds of taxes, among which Resident Tax (local tax) and Income Tax (national tax) are particularly directly related to each individual. The two taxes are different in rate and the former is based on the previous year's income while the latter on the current year's income.

### **a. Resident Tax (*jumin-zei*)**

#### **Taxpayers**

Itabashi Resident Tax must be paid regardless of nationality if you were residing in Itabashi City as of January 1<sup>st</sup> and earned personal income during the previous year.

#### **Declaration**

Please make a declaration of the previous year's income at Itabashi City Office Taxation Section, from February 16<sup>th</sup> to March 15<sup>th</sup> of every year. Exceptions apply to those who have already filed an Income Tax report at the Tax Office, or if you have received only employment income which has already been declared to the Tax Office through your workplace. Tax forms are available at the Taxation Section Counter.

#### **Methods of Tax Payment**

There are two methods by which one can pay Resident Tax: "Ordinary Collection", where taxes are directly paid by taxpayers, and "Special Collection", where taxes are paid on behalf of the individual through the workplace.

### **▶Ordinary Collection (*futsu choshu*)**

Resident Tax is calculated based on your tax declaration. Tax payment notification letter and tax payment slips will be mailed to your house around June 10<sup>th</sup>. The payment due dates are set for June, August and October of the same year and January of the following year. Taxes may be paid at City Office, City Bureau, convenience stores and financial institutions.

▶ **Special Collection from Salaries (*tokubetsu choshu*)**

Salaries workers will be notified by City Office through their workplace (or the place paying their salary) by notification letter of the amount of Resident Tax to be paid via Special Collection. Tax payments are then deducted from your salary every month (twelve payments from June to May of the following year), and companies undertake tax payments on behalf of the worker.

▶ **Special Collection from Public Pensions**

Residential Tax can be collected on public pensions via Special Collection from that year's public pension.

**b. Income Tax (*shotoku-zei*) and Income Tax Report (*kakutei shinkoku*)**

- ▶ **Itabashi Tax Office** 35-1 Oyama Higashi-cho, Itabashi-ku  
TEL: 03-3962-4151 URL: <http://www.nta.go.jp/>

Income tax is a national tax that is handled by the Tax Office. You are required to file an income tax return when you have earned income, as all your individual income for the year is subject to Income Tax. Income Tax reports should be submitted to the Itabashi Tax Office from February 16<sup>th</sup> to March 15<sup>th</sup>. Please refer to the National Tax Agency homepage for details.

**(2) Asset-Based Taxes**

**a. Municipal Property Tax (*kotei shisan-zei*)**

- ▶ **Tokyo Metropolitan Government Tax Office, Itabashi Branch**

44-8 Oyama Higashi-cho, Itabashi-ku TEL: 03-3963-2111

Municipal property tax is collected from those who owned land, houses or other depreciable assets as of January 1<sup>st</sup>, and is collected by the Tokyo Metropolitan Government Tax Office. The amount of tax payable is based on the assessed value of assets.

**b. Motor Vehicle Tax (*futsu jidosha-zei*)**

- ▶ **Metropolitan Taxes General Operation Center**

1-17-1 Nishi-Ikebukuro, Toshima-ku TEL: 03-3525-4066

Motor vehicle tax is paid by those who own motor vehicles as of April 1<sup>st</sup>.

**c. Light Motor Vehicle Tax (*kei jidousha-zei*)**

- ▶ **Taxation Section, Revenue Group,**

Itabashi City Office North Building 3F #13 TEL: 03-3579-2095

Light Motor Vehicle Tax is paid by those who own motorcycles or light cars as of April 1<sup>st</sup>. Individuals who wish to purchase a new car or dispose of their old one must go through the proper procedures. Those who have not done so when disposing of their light-motor vehicles will still be subject to tax.

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## Registering and Disposing of Motorcycles and Light Vehicles

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### (1) Procedures for Motorcycles under 125 cc

▶ **Tax Affairs Group, Taxation Section**

City Office North Building 3F #13 TEL: 03-3579-2095

#### Registration

Individuals are required to present the following documents and receive a license plate when purchasing or transferring ownership of motorcycles.

- ▶ Sales receipt or disposal slip and receipt of transfer of ownership
- ▶ Seal and personal identification (Resident Card or driver license)

#### Disposal

If you dispose of or transfer ownership of a motorcycle or move out of Itabashi City, you are required to notify City Office with the following documents.

- ▶ License plate of the motorcycle
- ▶ Registration certificate of the motorcycle
- ▶ Seal and personal identification (Resident Card or driver license)

### (2) Procedures for Registration and Disposal of Other Motor Vehicles

Procedures for the following types of vehicles are not handled by Itabashi City Office.

Please inquire with each handling organization below.

<b>Vehicle Type</b>	<b>Organization in Charge</b>	<b>Address Telephone</b>
Light motor vehicles (three- or four-wheel, 660cc and under)	Nerima Branch, Tokyo Supervisory Office, Light Motor Vehicle Inspection Association	1-12-24 Shingashi, Itabashi-ku TEL:050-3816-3101
Light two-wheel vehicles (125cc and above and 250cc and below) Small two-wheel vehicles (250cc and above) Ordinary motor vehicles (four-wheel)	Nerima Motor Vehicle Inspection and Registration Office, Tokyo District Land Transport Branch, Kanto Transport Bureau	2-8-6 Kitamachi, Nerima-ku TEL:050-5540-2032