

Ichinoseki Multilingual Information

Ichinoseki International Association/Ichinoseki ILC Promotion Division
Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

How to apply for an Individual (My) Number Card



Individual Number Card Use Service

- ① Certificate of Residence can be issued at convenience stores ② It can be used as your Health Insurance Card ③ It can be used as ID

① Application

Applications can be made via smartphone, computer, in the mail, or ID photo booths around Ichinoseki (depending on the booth). Make sure to check the website/QR code for details as what to prepare varies with each application method. Applications can be made by the individual or a member of the same household by bringing in identification documents to the Civic Division at Ichinoseki City Hall or at the Civic and Welfare Division at each branch office.

In addition, there are application and issuance windows.

- Reception Dates: August 27th, September 24th (All Sundays)
*These dates may change. Please check when making a reservation.
- Time: 9:00am to 11:30am
- Locations:

Ichinoseki City Hall Civic Division and each branch office's Civic and Welfare Division

* Reservations required. Please make a reservation by phone by the Wednesday prior.

Ichinoseki's Individual
Number Card
application guide: [Here](#)



② Receiving your card

A notice of issuance will be mailed to the address of registered resident a month or two after application. Bring the notice as well as other necessary documents to the place of issuance to receive your card.

【Required documents when picking up your Individual Number Card】

- ① Notice of issuance ② Notification card (this will be handed in) ③ Identification documents such as driver's license, passport, health insurance card, pension handbook

* Individual Number Cards are produced by J-LIS (Japan Agency for Local Authority Information Systems) and cannot be issued right away, even if you suddenly need it.

MyNa (My Number) Points application cut off, September 30, 2023

Those who apply for an Individual Number Card by the end of February 2023 can receive MyNa Points, but the application must be completed by September 30, 2023.

*If you haven't received your card yet, please do so as soon as possible.

【MyNa Points Support Desk:】

A special window set up by Ichinoseki City to assist with procedures for attaining MyNa Points.

◇Location: 1st floor of Ichinoseki City Hall

◇Opening hours: 8:30am to 5:15pm on weekdays (excluding Saturdays, Sundays, and holidays) or until 7:00pm on days when the window is extended.

【Inquiries】

Ichinoseki City Hall Civic Division 0191-21-8310

Ichinoseki City MyNa Points Support Desk 0191-21-8165

Individual Number Comprehensive Toll Free Dial 0120-95-0178

Notice of payment in July

There are repeated incidents of tax refund scammers posing as city employees. The city will never ask you to visit an ATM or ask for your PIN number.

Beware of Scams!



- ① National Health Insurance Tax (general collection) 1st term
- ② Fixed asset tax 2nd term
- ③ Medical insurance premium for the Elderly Aged 75 and Over (general collection) 1st term
- ④ Long-term Care insurance premium (general collection) 1st term

Payment deadline: Monday, July 31st

【Inquiry】

Ichinoseki City Hall Tax Payment Division
0191-21-8261
Or Ichinoseki City Tax Savings Association

Livelihood support consultations

Those worried about their livelihoods/financial situation please consult with us.

- Date: July 6 to 27 (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: July 14th (Friday) 10:00am~3:00pm
- Location: Hanaizumi General Welfare Center/Daito Health Center/Senmaya Rural Labor Welfare Center/Social Welfare Council Fujisawa Branch

【Inquiries】

Ichinoseki City Council of Social Welfare
0191-23-6020 Hanaizumi Branch 0191-82-4002
Daito Branch 0191-71-1177 Senmaya Branch
0191-53-2885 Fujisawa Branch 0191-63-5122

If you are having trouble paying into the National Pension

If you have trouble making pension payments due to an income reduction or loss of work, please use the "National Pension Contribution Exemption/Payment Postponement" rather than missing payments.

- Exemption due to Loss of Work: Please bring your Separation Notice (雇用保険被保険者離職票). Applications can be made for up to 2 years and 1 month prior.
- Applications for the 2023 fiscal year (for July 2023~ June 2024): July 3rd (Monday) ~
- Contact: Ichinoseki City Hall National Health Insurance and Pension Division, each branch office's Civic and Welfare Division, Ichinoseki National Pension Office

【Inquiries】 Ichinoseki City Hall National Health Insurance and Pension Division 0191-21-8316
Or at each branch office's Civic and Welfare Division

The phone number for Disaster Information Guide Service will change

The Ichinoseki City Fire Department Headquarters will switch the distribution of information on disaster occurrence and holiday duty medical institutions from the Teledome Service (0180-99-1199) to the 'Firefighting Telephone Service' from Saturday, July 1st. The new phone number will be 0191-25-3119. There will be no change in the content being distributed. The switchover will take place on Saturday, July 1st at 12:00am.

Other:

- (1) If several calls are made at once, the line may be busy (kindly wait before calling again)
- (2) Call charges will be borne by the user.
- (3) Information on disaster occurrence will also be sent out via Ichinoseki Mail at the same time.

*Ichinoseki Mail requires registration.



Ichinoseki Mail

【Inquiries】 Fire Department Fire Department
0191-25-5912

Summer break food pantry

Distribution of food for single parent homes who are struggling in their daily lives.

You can also seek advice on day-to-day issues

When	Where	Who is eligible
July 29 (Sat) 10:00am ~ 2:00pm	Ichinoseki City General Welfare Center Senmaya Rural Labor Welfare Center	Single parents raising children on their own * A household with a child or children in the third year of high school or younger who are not working.

- How to apply: Please apply using the advance application form on the Ichinoseki Council of Social Welfare website.
- Application date: July 3 (Mon.) to 10 (Mon.)

【Inquiries】 Ichinoseki City Council of Social Welfare 0191-23-6020

No charge for vaccines!

Covid-19 Vaccine Notice

Resuming Pfizer vaccinations

Moderna vaccines were administered starting on June 19 (Monday), when Pfizer vaccine supplies ran out. However, the government has supplied additional Pfizer vaccines. For this reason, beginning on July 10th (Monday), some medical institutions will administer Pfizer vaccines.

Consultation regarding the vaccine/reservation call center

0120-033-567 (toll free number)

Time: 9:00am~9:00pm (everyday)

【Medical Institutions】



List of vaccines used at medical institutions (July 10 onward)

Please check for the newest updates here:

● Ichinoseki City

● Ichinoseki LINE Account



【Inquiries】

Health Promotion Division (within the Ichinoseki Health Center) 0191-21-2160

Eastern Health Promotion Office (Senmaya branch)

0191-53-3952

Northern Health Promotion Office (Daito branch)

0191-72-4087

July Notification Adult Medical Examination Schedule

◇ Simultaneous consultation

(Reception hours: 6:45 am to 9:00 am)

Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)
Gastric cancer screening, colorectal cancer screening, lung cancer screening, hepatitis virus screening

Date	Area	Venue
1 st (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
2 nd (Sun)		
3 rd (Mon)		
4 th (Tues)	Senmaya	Konashi Civic Center 小梨市民センター
5 th (Wed)		Senmaya Rural Environment Improvement Center (Kamikomaba) 千厩農村環境改善センター(上駒場)
6 th (Thurs)		
7 th (Fri)		
8 th (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
9 th (Sun)		
10 th (Mon)		

◇ Cervical cancer screening

(reception hours: 9:30am~10:30am/1:00pm~2:00pm)

Date	Area	Venue
12 th (Wed)	Murone	Murone Kyokuroku Fureai Center 室根曲ろくふれあいセンター
13 th (Thurs)		Murone Kyokuroku Fureai Center (morning only) 室根曲ろくふれあいセンター
13 th (Thurs)	Kawasaki	Kawasaki Civic Center (afternoon only) 川崎市民センター
14 th (Fri)		Kawasaki Civic Center 川崎市民センター
26 th (Wed)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
27 th (Thurs)		
28 th (Fri)		

◇ Breast cancer screening

(reception hours: 9:30am~10:30am/1:30pm~2:30pm)

Date	Area	Venue
1 st (Sat)	Fujisawa	Nikoniko Dome ニコニコドーム
20 th (Thurs)	Senmaya	Okutama Civic Center 奥玉市民センター
21 st (Fri)		Senmaya Rural Environment Improvement Center (Kamikomaba) 千厩農村環境改善センター(上駒場)
22 nd (Sat)		

Please cooperate with COVID prevention methods

- ① Postpone consultation if you or a member of your family is in poor physical condition.
- ② Wait outside the venue when examination admissions are limited
- ③ Wear a mask

【Inquiries】





Health Promotion Division 0191-21-2160

Eastern Health Promotion Office (Senmaya branch) 0191-53-3952

Northern Health Promotion Office (Daito branch) 0191-72-4087

- Ichinoseki City Hall 0191-21-2111
- Senmaya Branch 0191-53-2111
- Kawasaki Branch 0191-43-2111
- Hanaizumi Branch 0191-82-2211
- Higashiyama branch 0191-47-2111
- Fujisawa Branch 0191-63-2111
- Daito Branch 0191-72-2111
- Murone branch 0191-64-2111

Further resources

Iwate Prefecture 	Find link to comprehensive English Guide that includes important information	
Iwate International Association 	Consultation for foreign residents about various issues such as foreign residency qualifications (visa) and troubles in everyday life. Japanese family and friends of foreigners are also welcome.	TEL: 019-654-8900 Hours: 9:00am~8:00pm
Ichinoseki City English Guide 	Find link to comprehensive English Guide that includes important information such as what to do in an emergency, where evacuation centers are, welfare incentives, how to dispose of garbage, and how to go about notification procedures at city hall.	
Ichinoseki International Association 	Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.	TEL: 0191-34-4711 Hours: 9:00am~6:00pm (Closed Thurs/holidays/ Dec.29~Jan.3)
Yorisoi Hotline 	Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system	Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226
AMDA Medical Information Center [特定非営利活動法人 AMDA 国際医療情報センター] 	Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply	TEL: 03-6233-9266 Hours: 10:00am~4:00pm (Monday~Friday)

Doctors on Duty (Nights/Holidays)

Scan the QR code below for doctors that are on duty at night (18:00-20:00) and on duty on Sundays/holidays.

To double check the available facilities, call the Ichinoseki City Hall on 0191-21-2111.

If it's a medical emergency, be sure to call 119.

Please bring your health insurance card and your medication record handbook (*okusuri techou*) when seeing a doctor.



[Ichinoseki City](#)

After-Hours Children's Emergency Hotline

A telephone helpline to consult with a nurse about responses and emergency measures for children's illnesses.

- Hours: 7:00pm - 8:00am
- Open year-round
- Phone number: 019-605-9000
Or dial #8000

