

Notice of payment in September

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 3rd term of National Health Insurance Tax (general collection)
- ② 3rd term of Medical Insurance Premiums for the Latter-stage Elderly (general collection)
- ③ 2nd term of Nursing Care Insurance Premium (general collection)

Payment deadline : Wednesday, September 30

We recommend bank transfer for payment of city taxes.

**Application forms for bank transfer are available at financial institutions.*

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

Disaster prevention administrative information on Ichinoseki Mail

Distributes disaster information and broadcast contents of the outdoor public relations MAST. The information can be accessed by using the following methods.

- To receive information through the app, please download from the QR code below



Android



iOS

- To receive information via email, please send an empty message to the following address

Email : ichinoseki_shobo@x.bmd.jp

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



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 (9:00–17:00).



[Ichinoseki City](#)

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 techo*) when seeing a doctor.

Emergency telephone consultation service



Call when you are uncertain whether you should go to the hospital or not. Staff such as nurses are available for consultation.

《Emergency Consultation Service》

- Hours: 24 hours (open all year round)
- Phone: 019-656-1774 or dial #7119

《Children's Emergency Hotline》

- Target: Families, children under 15 years old that live in Iwate Prefecture
- Hours: 7:00 p.m. – 8:00 a.m. (open year-round)
- Phone number: 019-605-9000 or dial #8000

September Notification Adult Medical Examination Schedule



- If you do not have your medical examination ticket, please apply via the contact information or the QR code on the right.

◇ **Cardiovascular examination, lung cancer screening, tuberculosis screening, hepatitis virus screening**
(reception hours: 9:30 am to 11:00 am/1:30pm to 2:30pm)

Date	Area	Venue	Date	Area	Venue
3 rd (Thurs)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター * Reception hours on September 4 th 1:30pm to 3:00pm 5:30pm to 7:00pm	11 th (Fri)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
*4 th (Fri)			14 th (Mon)		
5 th (Sat)			15 th (Tues)		
6 th (Sun)			16 th (Wed)		Hagisho Civic Center 萩荘市民センター
7 th (Mon)			24 th (Thurs)		Sun Abilities Ichinoseki サン・アビリティーズ一関
9 th (Wed)	Daito	Daito Community Center 大東コミュニティセンター	25 th (Fri)		Ichinoseki Natural Recreation Village Management Center 一関自然休養村管理センター
10 th (Thurs)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター			

◇ **Cervical cancer screening/ Breast cancer screening**

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

Date	Area	Venue
2 nd (Wed)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
3 rd (Thurs)		
6 th (Sun)	Daito	Daito Community Health Center 大東保健センター
7 th (Mon)		Daito Community Center 大東コミュニティセンター
8 th (Tue)		

Colorectal cancer screening

(reception hours: 9:30am~11:30am)

Date	Area	Venue
12 th (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター

The schedule for adult health checkups
can also be found on the Ichinoseki City
website.



【Inquiries】Health Promotion Division 0191-21-2160 or the Northern/Eastern Health Promotion Offices

About the 45th Ichinoseki International Half Marathon

The 45th Ichinoseki International Half Marathon will be held with the area around the Ichinoseki City Gymnasium Udome as the start and end points. Please be aware of traffic restrictions in the area.

- Date: September 27th, 2026 (Sunday)
- Time: Half marathon 8:30am start
10 km marathon 9:15am start
- Place: 【START】 AEON Super Center North Exit
【GOAL】 Hirose Udome Ichinoseki City Gymnasium Ishinose Bridge
- Traffic Restriction Times: 8:00am~11:30am

You can check the traffic restrictions here:



Traffic
restrictions

【Inquiries】

Ichinoseki International Half Marathon
Office: 0191-31-3111/
HQ on the day of the marathon: 0191-23-2220

Ichinoseki City Hall / Information on City Branch Offices

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

Multilingual Information Newsletters are available
at the Ichinoseki International Association's office
and the Ichinoseki City Library.

Or visit the Ichinoseki International Association

[homepage/Instagram/Facebook/](#)

Ichinoseki City Hall [English Guide](#).