

4. Adult health checkup

(Contact: Tsuyama City Health Promotion Division
on the 1st floor of Children's Welfare Center Tel: 0868-32-2069)

Tsuyama city encourages all persons between 40 to 74 years old who are participants in national health Insurance to have regular health checkups. Depending on the results, you will be supported to improve your diet or change you lifestyle in order to increase your overall well-being. If you are registered with other types of insurance (Social insurance, for example), please enquire at your work place for more information.

5. Long-term care (nursing care) insurance system

(Contact: Tsuyama City Long-term Insurance Division
at No.9 counter on the 1st floor of the City Hall, Tel. 0868-32-2070)

The long-term care insurance system is a system whereby society as a whole supports elderly people and persons requiring care (persons requiring assistance) when long-term care becomes necessary due to old age. Under this scheme, persons over the age of 40 become participants in the system and pool their insurance costs; they are then able to make use of care services by bearing 10% of the costs when they are accredited as needing care.

Who is eligible?	Any foreign residents who are 40 years old and above who have completed the alien registration and will stay longer than one year in Japan.	
Application process	No application necessary. You will receive a nursing care insurance policyholder card one month before your 65th birthday.	
Insurance contributions	Standard payment is 51,220 yen per year. * The contributions you make depend on your income and other personal circumstances.	
How to make payments	65 years old and above	40 to 64 years old
	① If the amount of pension you receive is more than 180,000 yen per year, it will be deducted from your pension. ② Otherwise, you pay with a statement of payments or transfer money to the designated account.	① If you participate in the national health insurance, you make the contributions along with the premium for the national health insurance. ② If you participate in any other insurance, it will be deducted from your salary.

■ Events to be notified (marriage, death, etc)

(Contact: Tsuyama City Citizens Affairs Division
at No.2 counter on the 1st floor of the City Hall, Tel: 0868-32-2052)

	Marriage notification	Death notification
From when/until when	At your discretion	Within seven days of the fact of the death being known
Person(s) who must submit the notification	The two persons who are getting married	A family member or a person who was sharing the same domicile
Where to submit application	① At the administrative office of the municipality where the person making the notification resides ② at the administrative office of the municipality which is the registered domicile of the Japanese national	At the administrative office of the municipality where the person making the notification resides, or where the death took place

	Marriage notification	Death notification
Necessary documents	① Marriage notification ② Family register (of the Japanese national) ③ Certificate of legal capacity to contract marriage, or substitute document (of the foreigner) issued by the consulate/embassy of the country of origin ④ Alien registration card ⑤ Passport etc. (to prove nationality)	① Death notification form ② Post-mortem certificate (This is the attestation made by the doctor in a column of the death certificate at the time of death) ③ Personal seal of the person making the notification (A signature is sufficient if the person does not have a personal seal)
Note	You as a foreign national should notify your own country of your marriage. The method of procedures varies from country to country, so confirm with the embassy or consulate of your country in Japan. Persons wishing to change their status of residence to that of a spouse of a Japanese national should consult their local immigration bureau.	The necessary procedures must also be carried out in the country of the dead person's nationality. The method of procedures varies depending on the country, so confirm with the embassy or consulate of the person's country in Japan. Once the death notification has been accepted, the permission for either burial or cremation will be issued. In addition to the death notification, the alien registration card of the dead person should be returned to the municipal administrative office, and the person's alien registration is erased.

◎ Divorce Notification

In cases where both members of a couple are foreign nationals and from the same country, the divorce comes under the law of that country. When one of them is a Japanese national and the couple is living in Japan at the time of divorce, the procedures will be carried out according to the Japanese law. However, whether the divorce will be valid in the country of the other party will vary depending on that country's law as in some countries divorcing one's spouse is against the law. In addition, the method of procedures varies from country to country, so confirm with the embassy or consulate of your country in Japan.

■ Personal Seal Registration

(Contact: Tsuyama City Citizens Affairs Division
at No.2 counter on the 1st floor of the City Hall, Tel: 0868-32-2052)

There are two types of personal seals: general seals which are used in day to day life, and registered seals (jitsuin) which are used for important documentation. You can register an impression of such a seal (personal seal registration) for free of charge and whenever necessary, a personal seal proof certificate will be issued (for 300 yen), which officially proves that this is your real seal when you use it.



Who can register	Foreign nationals aged 15 and above and who have alien registration certificates
A seal to be registered	Only one seal per person (please note that there are restrictions on what seals can be registered, for example, rubber seals are not permitted for registration.)
Necessary documents	① The seal which is to be registered ② Alien registration card

■ Renewing residence permit and changing status of residence

Please put in an application for renewing your residence permit or changing status of residence before the current visa expires at the Okayama branch of the Hiroshima Regional Immigration Bureau. Once accepted, you must file the change of your visa status to the Citizens Affairs Division at the Tsuyama City Hall within 14 days (not including the day you completed the application process.)

The Immigration Bureau has installed foreign residence general information center to respond to people with enquiries regarding immigration procedures and status of residence procedures. Enquiries made over the telephone or from visitors can be dealt with not only in Japanese but also in other languages (English, Korean, Chinese, Spanish, etc.).

Okayama Branch of Hiroshima Regional Immigration Bureau	Foreign residence general information center
Address/ 11F Okayama Dai-ni Godo-chosha Bldg, 1-4-1 Shimo-ishii, Okayama city (Tel./086-234-3531) Opening hours/ 9:00~12:00, 13:00~16:00 (except week-ends and national holidays)	Address/ 6-30 Kami-hatchobori, Naka-ku, Hiroshima city Tel./ 082-502-6060 Opening hours/ 9:00~12:00, 13:00~16:00 (except week-ends and national holidays)