

# Ota Informa

## May 10<sup>th</sup>, 2026 Edition

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Ota International Association



Website

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太田インフォルマ 2026年5月10日号(英語版)

- P1. 無料 健康管理は特定健診から!・5月1日(金)~おとなの各種けんしん開始
- P2. 接骨院を受診している人へ・令和8年度所得関係証明の発行・SOS 外国人のための法律相談(無料・秘密厳守・通訳あり)
- P3. 休日当番医・急患のみ診察可能な救急指定病院・平日夜間急病診療所・休日歯科診療・市税の5月納税・納め忘れの市税はありませんか
- P4. ごみの出し方の外国語版パンフレットもあります&無料「ごみ分別アプリ」&動画「まぜればごみ わければ資源」・ハローワークおた外国人出張行政相談コーナー・英語の外国人市民相談窓口ストップセンター開設日・「くらしのガイド」をご利用ください

\*折り込みチラシ:

- ✓自動車税は、私たちの生活を守ります。✓太田警察署からのお知らせ「こんにちは!巡回連絡です!」・「あなたのまちの交番&駐在所」✓日本の国民年金制度

## FREE Special Health Examination *Tokutei Kenshin*

Are you experiencing any changes in your body shape, weight, or having concerns about your health?  
To stay healthy, have a special health examination once a year.

Exam finishes within 1 hour (approx.).



Blood Test



Consultation



Blood Pressure



Urine Test



Physical Measurement

FREE of Charge

~~10,000-yen (approx.)~~



0-yen

What you can find out.

- ✓ Blood Pressure
- ✓ Blood Glucose
- ✓ Cholesterol and Lipid
- ✓ Kidney Function
- ✓ Liver Function
- And more!



Tickets  
in yellow  
envelope.

**Eligibility:** Members of one of following.

- **National Health Insurance** *Kokumin Kenkou Hoken* (Aged 40 to 74 years)
- **Advanced Elderly Medical Service System** *Kouki Koureisha Iryou Seido*

**What to Bring:** Evidence of insurance eligibility (e.g., *Myna* insurance card, Eligibility Certificate, Notice of Eligibility Information), Examination Tickets\***Note**, Barcode Stickers, and Questionnaire

**Note:** Tickets and Information on Health Exams (*Kenshin no Oshirase*) are sent to those eligible in mid-April.

**Individual Exam (available until December 20<sup>th</sup>, 2026):** Visit a medical institution listed in the 'Information on Health Exam (*Kenshin no Oshirase*)' enclosed with your examination tickets.

**Group Exam (Only for the National Health Insurance Members):**

Visit a venue on the health exam date indicated in the Information.

**For NHI Members between the ages of 19 and 39 years:**

Both Individual and Group exams are also eligible as the 'Health Check.'

**You cannot take both the special health exams and Complete Physical Exams *Ningen Dock***

**For National Health Insurance Members:**

Ota City Hall (1F / Counter 16), National Health Insurance Division *Kokumin Kenkou Hoken-Ka* ☎0276-47-1825

**For Advanced Elderly Medical Service System Members:**

Ota City Hall (1F / Counter 12), Medical Welfare and Pension Division *Iryou Nenkin-Ka* ☎0276-47-1926

## Health Exams and Screenings started from May.

Group exams *Shudan Kenshin* (screenings for breast, cervical, and stomach cancer, and osteoporosis) can be reserved via city's official **LINE** account for the entire schedule. (Reservations can also be made by phone for exams held from May till August 2026.)

For details, please check the 'Information on Health Examination (*Kenshin no Oshirase*)' enclosed with your examination tickets.

**Contact:** Health Promotion Division *Kenkou Zukuri-Ka* ☎0276-46-5115



## To National Health Insurance Members:

# Check when receiving treatment at Sekkotsuin, Judo Therapy.

National Health Insurance (NHI) may not cover treatments provided by licensed judo therapists at clinics, *Sekkotsuin* or *Seikotsuin*, so confirm the specifics of the treatment.

### < Covered by NHI >

- Injuries caused by external factors
- Diagnosed by a doctor or licensed therapist with traumatic fractures, dislocations, contusions, sprains, or other injuries

### < NOT covered by NHI >

- Shoulder stiffness or muscle fatigue
- Long-term treatment with no improvement in symptoms
- Chronic symptoms caused by aging or aftereffects
- Conditions currently being treated at an insurance-covered medical facility (such as a hospital or clinic) for the same injury
- Injuries sustained while working or commuting that are covered by workers' compensation insurance, *Rousai Hoken*
- Injuries resulting from the actions of a third party, such as a traffic accident

**Note:** You may receive a visit or be sent a questionnaire for the purpose of surveying treatment details.

### Key Points When Receiving Treatment

- Clearly explain the cause of your injury to the therapist.
- Carefully review the contents of the medical expense reimbursement application and sign it.
- Obtain a receipt, and verify the amount and number of days on the medical expense notification.

**Contact:** Ota City Hall (1F / Counter 16), National Health Insurance Division *Kokumin Kenkou Hoken-Ka* ☎0276-47-1825



## Reiwa 8 Nendo (FY 2026) Income Certificates Available

Date Issued from:

(Special Collection *Tokubetsu Choushu*\*<sup>Note 1</sup>) **May 15<sup>th</sup> (Friday), 2026**

**Note 1: Having Municipal / Prefectural Inhabitant Taxes deducted from their monthly salary**

(General Collection *Futsu Choushu*\*<sup>Note 2</sup>) **June 11<sup>th</sup> (Thursday), 2026**

**Note 2: Other Taxpayers**

**Where:** ✓ Ota City Hall (2F / Counter 22), Municipal Inhabitant Tax Division *Shiminzei-Ka*  
✓ Community *Gyousei* Centers (excluding Ota Community Center)  
✓ East *Higashi* Service Center / West *Nishi* Service Center

### Issuance at Convenience Store Available from June 11<sup>th</sup> (Thursday)

FY2026 Income and Taxation Certificate (*Shotoku Kazei Shoumeisho*) can also be obtained at convenience stores.

(The service is unavailable on June 10<sup>th</sup> (Wed.), 2026 due to maintenance.)

**Note:** Only the latest certificates are available at the stores. My Number Card and 4 digits PIN are required for use.



**Contact:** Municipal Inhabitant Tax Division *Shiminzei-Ka* (2F / Counter 22) ☎0276-47-1931

## SOS In Maebashi - Legal Consultation for Foreign Residents

Date: **May 17<sup>th</sup>, 2026 (Sunday)**

Hours: 10:00 - 15:00 (Those with reservations will be given priority over walk-ins. Doors close at 14:30.)

Location: 1F Showa Chosha Wing, Gunma Prefectural Government Building  
(Address: 1-1-1 Ote-Machi, Maebashi-Shi)

Advisors: Lawyer, *Gyoseishoshi* (immigration specialist), and *Shakai Hoken Romushi* (labor & pension issue specialist)

Contact: One-Stop Consultation Center for Foreign Residents of Gunma

☎027-289-8275 (For reservations and inquiries.)

**Free, Confidential,  
Interpreting Service**  
(English, Portuguese, Spanish,  
Chinese, Vietnamese and Nepalese)



# Emergency: Doctors on Duty on Sundays and Holidays

If you have a fever or respiratory symptoms, call from car, etc. before visiting clinics. (I.M.: Internal Medicine)

May 10 (Sun.)	I.M. / Pediatrics	Iyasaka Resort Clinic ( <i>Hon-Cho</i> )	0276-56-9585
	I.M.	Kaneko Clinic ( <i>Iwasegawa-Cho</i> )	0276-30-2626
	Breast Surgery	Ota Breast Clinic ( <i>Nishihon-Cho</i> )	0276-50-1748
May 17 (Sun.)	I.M. / Pediatrics	Kojima Iin ( <i>Kumano-Cho</i> )	0276-25-0378
	I.M. / Surgery / Dermatology	Sakamoto Ichoka Iin ( <i>Obara-Cho</i> )	0277-40-4111
	Orthopedics	Ishida Seikeigeka Iin ( <i>Yura-Cho</i> )	0276-32-6566
May 24 (Sun.)	I.M. / Dermatology / Pediatrics	Araki Iin ( <i>Nitta Murata-Cho</i> )	0276-57-2722
	I.M.	Sawano Clinic ( <i>Ushizawa-Cho</i> )	0276-60-5050
	Dermatology	Taguchi Iin ( <i>Komaigi-Cho</i> )	0276-46-1384
May 31 (Sun.)	Pediatrics	Nanairo Kodomo Clinic ( <i>Ryumai-Cho</i> )	0276-55-5568
	I.M.	Taniguchi Clinic ( <i>Josai-Cho</i> )	0276-33-7756
	Orthopedics	Ogino Seikeigeka Clinic ( <i>Minamiyajima-Cho</i> )	0276-38-0867
June 7 (Sun.)	I.M. / Pediatrics	Waga Clinic ( <i>Obara-Cho</i> )	0277-20-4370
	I.M. / Surgery	Kutsuna Clinic ( <i>Yura-Cho</i> )	0276-60-4475
	Orthopedics	Yoshida Seikeigeka Clinic ( <i>Nitta Murata-Cho</i> )	0276-50-1047
June 14 (Sun.)	I.M. / Pediatrics / Dermatology	Kizaki Clinic ( <i>Nitta Kizaki-Cho</i> )	0276-56-7770
	I.M.	Ota Kyoritsu Shinryoujo ( <i>Ishihara-Cho</i> )	0276-45-4911
	Otorhinolaryngology (E.N.T.)	Fukuda Jibiinkouka Clinic ( <i>Shimokobayashi-Cho</i> )	0276-60-3130

Note: The doctors above are only on duty for seeing emergency patients, so other patients are asked to seek treatment on weekdays.

## Designated Emergency Hospitals providing Medical Services (Only to emergency patients)

Call the Hospital Guidance Telephone Service (☎0276-45-7799) to confirm available medical services before your visit.

Ota Kinen Byouin ☎0276-55-2200

IMS Ota Chuou Sougou Byouin ☎0276-37-2378

Motojima Sougou Byouin ☎0276-22-7131

Shiroyama Byouin ☎0276-46-0311

Horie Byouin ☎0276-38-1215

Kouaikai Dai Ichi Byouin ☎0277-78-1555



## Weeknight Emergency Infirmary (I.M. or Pediatrics)

Location: Ota-Shi Health Hoken Center 1F Address: Iida-Cho 818 ☎0276-60-3099

Reception Hours: Mon. to Sat. 18:45 - 21:45\* (excl. public holidays, year-end, and new year holidays)

Note: The reception hours may change. Only treatments for mild illnesses are available at the infirmary, and call before visit to check which specialist is on duty.

## Dental Services on Sundays, Holidays, and Year-End/New Year Holidays

Service Hours: 10:00 - 13:00

Ota Nitta Shika Ishi Kaikan (Note: Southwest of Ota City Hall; 2-3 min away walking distance.) ☎0276-45-7320

## Upcoming FY2026 Payment Deadlines for Municipal Taxes

Fix Property (1st period) and Light Motor Vehicle (all periods) Tax is due on

**June 1<sup>st</sup>, 2026 (Monday).**

Please make payments by the deadline. For tax payment inquiries, contact the Tax Collection Division *Shunou-Ka* in Ota City Hall (2F / Counter 23) ☎ 0276-47-1820.

## Do you have any **Forgotten Unpaid Municipal Taxes?**

If you find a Tax Notice *Noufusho* that you have forgotten to pay, or a dunning letter *Tokusokujou* or reminder of overdue tax payment *Saikokusho*, be sure to confirm that the payment has been completed.

Consult with the Tax Collection Division **as soon as possible** if you need reissuance of a tax notice to pay or have difficulty making payment due to disaster, theft, illness, or unemployment.

**Contact:** Ota City Hall (2F / Counter 23), Tax Collection Division *Shunou-Ka* ☎0276-47-1936

# Trash Management Brochure

Translated versions of the regional trash management brochure are available at the Cleaning and Disposal Service Division, the Residents' Affairs Division *Shimin-Ka*, the Consultation Counter for Foreign Residents *Gaikokujin Shimin Soudan Madoguchi One Stop Center* and on the city website.

Languages: English, Portuguese, Spanish, Chinese and Vietnamese



Android

## FREE Garbage App

The app is to help you to sort out your trash and set a reminder in English, Portuguese, Spanish, Chinese, and Vietnamese such as

- **HOW** to separate waste and recycle
- **WHERE** and **WHEN** to put them out.



iPhone



Also check out the video **'Garbage when mixed. Valuable when separated!'**

## Hello Work OTA in Ota City Hall

Governmental Consultation Branch for Foreign Residents

**Tuesday 13:00-16:00**

(Excl. public holiday, year-end, and new year holidays)

Location: Ota City Hall (1F), Consultation Counter for Foreign Residents

Contact: Hello Work OTA ☎0276-46-8609 (43#)



## Assistance in English

Consultation Counter for Foreign Residents in City Hall

**Monday - 9:00 to 11:30 / Thursday - 13:00 to 16:00**

**Video Interpreting in 18 languages** is also available at the counter using a tablet device during our consultation hours (weekdays 9:00-11:30/13:00-16:00 except for Wednesdays and Friday afternoons) for procedures, consultations, or other matters at the city hall.

**Language:** English, Filipino, Hindi, Nepali, Indonesian, Vietnamese, Korean, Myanmar, Thai, French, Russian, Khmer, Malaysian, Ukrainian, Portuguese, Spanish, Chinese and Bengali (For Bengali interpretation service, please consult with us in advance.)



**Location:** Ota City Hall (1F / Next to *Yamazaki Shop*),

Consultation Counter for Foreign Residents *Gaikokujin Shimin Soudan Madoguchi One Stop Center*

Notification of Birth, Child-Rearing Allowance and Public Assistance consultations can take time, so please come by early.

**Contact:** International Affairs Division *Kokusai-Ka* of the Ota City Hall, or Ota International Association

☎0276-47-1908 / 0276-48-1001 (Weekdays 8:30-12:00 / 13:00-17:00; Closed on public, year-end and new year holidays)

## Online Guide for Daily Life in English

Find information on city's administrative services and daily life essentials. This guide is also available in easy-to-understand Japanese (やさしい日本語), Portuguese, Spanish, and Chinese.



やさしい日本語

For more information, please contact at the International Affairs Division (*Kokusai-Ka*) of the **OTA CITY HALL**, or **OTA INTERNATIONAL ASSOCIATION** (*Ota-Shi Kokusai Kouryu Kyoukai*).

Address: 〒373-0817 Ota-Shi Iizuka-Cho 69-3 (Within *Tabunka Kyousei Center Ota*)

Tel: 0276-47-1908 & 0276-48-1001 Email: [otaia@mx.city.ota.gunma.jp](mailto:otaia@mx.city.ota.gunma.jp)

太田市役所 国際課・太田市国際交流協会 (英語版行政情報)