

# Hello Corner News

## ハローコーナーニュース



日本語・English

No. 375

発行:埼玉県上尾市市民協働推進課

s53000@city.ageo.lg.jp

4月/April, 2025

Hello Corner and the Hello Corner News are divisions of Ageo City's "Shimin Kyodo Suishin Ka"

### 国保加入者の特定健診・人間ドック

#### 特定健診

対象: 40~74歳の国民健康保険加入者

費用: 無料

受診期間: 5月~10月

検査項目: 問診・診察、身体計測(身長・体重・BMI(体格指数)・腹囲)、血圧測定、血液検査、尿検査、心電図、眼底検査(医師が必要と認めた場合)

申込み: 対象者には4月下旬に受診券を送ります。受診券が届きましたら実施医療機関を予約し受診してください。

#### 人間ドック

対象: 受診日現在35~74歳で

国民健康保険税の滞納がない人

費用: 検診料のうち2万円を市が補助(2万円を超えない場合は全額)

受診期間: 5月~2026年2月

検査項目: 特定健診の検査項目に加え、便潜血検査、胸部レントゲン、胃部レントゲンまたは内視鏡、腹部超音波、眼底検査、総合診断

申込み: 指定医療機関に予約をし、受診する前に保険年金課(市役所1階11番窓口)または各支所・出張所で補助の申請をしてください。各支所・出張所の場合は、受診日の15日前までの申請に限ります。

\* 指定医療機関以外で受診する場合は、受診後に保険年金課で補助申請の手続きをしてください。

受診期間は4月~2026年3月です。

\* 特定健診と人間ドックの補助はいずれか年度内1回に限ります。2回以上受診した場合は、全額自己負担になりますので注意してください。



### Specific Medical Checkups Complete Medical Checkups Specific Medical Checkups (Tokutei-kenshin)

Eligibility: Residents between the ages of 40 and 74 who have National Health Insurance

Cost: Free

Checkup Period: May ~ October

Examination items: medical interview / consultation, physical measurement (height · weight · BMI/ body-mass index, abdominal circumference), blood-pressure measurement, blood test, urine test, electrocardiogram, and ocular fundus examination (If the doctor finds it necessary).

Application: A checkup voucher will be sent out to eligible residents at the end of April. After receiving the voucher, please contact one of the designated medical institutions to make an appointment.

### Complete Medical Checkup (Ningen-dokku)

Eligibility: Residents aged 35 to 74 years on the day of having Ningen-dokku who have duly paid their National Health Insurance premiums

Cost: 20,000 yen of total checkup costs will be subsidized by Ageo City. (If the cost is 20,000 yen or less, the whole amount will be paid)

Checkup period: May ~ February, 2026

Examination items: In addition to items examined by Tokutei-kenshin: stool test, chest X-ray, gastric region X-ray or gastroscopy, abdominal ultrasonography, ocular fundus examination, and comprehensive diagnosis

Application: Please make an appointment with one of the designated medical institutions, then apply for the subsidy at Hoken-nenkin-ka of City Hall (1F. counter #11) or its branch office before having the checkup. If you apply at the branch office, please do so 15 days before your checkup date.

\* If you wish to have the checkup at a medical institution other than a designated one, please apply for the subsidy at Hoken-nenkin-ka only after having the checkup. Checkup period is from April ~ March, 2026.

\* You are allowed to have either a Tokutei-kenshin or



→ 保険年金課

Tel. 048-782-6494 / Fax 048-775-9827

がん検診

＜集団検診＞

健康保健センター・公民館（原市・上平）・上尾市  
医師会看護専門学校で受ける検診で、5月から12月まで  
実施します。

胃がん(X線バリウム)検診

対象：40歳以上の人（個別検診の胃内視鏡検査  
を受ける人を除く）

費用：500円

肺がん・結核検診

対象：40歳以上の人（個別検診の  
肺がん・結核検診を受ける人を除く）

費用：胸部X線検査 200円

タン検査(X線検査を受ける人のうち、50歳  
以上で喫煙指数が600以上の人が対象)  
300円

乳がん検診

対象：40歳以上の女性  
(2年に1回)

費用：無料



申し込みは、4月1日(火)から受け付けます。健康

保健センター・子ども保健センター、保険年金課(市役  
所1階11番窓口)、各支所・出張所・公民館で直接、

または、「上尾市健康カレンダー」に載っている専用  
用紙に必要事項を書いて、郵送かファックスで健康

保健センターへ。また、一部の検診はWebでの申し込み  
もできます。日程や個別検診については、「上尾市

健康カレンダー」または市ホームページをご覧ください。  
日程ごとに定員になり次第締め切ります。

→ 健康保健センター

Tel. 048-774-1411 / Fax 048-776-7355

児童手当

対象：高等学校卒業(18歳に達する日以降最初の  
3月31日)までの子どもを養育している人

支給額：3歳児未満/月額15,000円

3歳児以降/月額10,000円

第3子以降/月額30,000円



a subsidized *Ningen-dokku* once a year. Please  
note that you will have to pay all the expenses if  
you have the checkup two or more times.

→ Hoken-nenkin-ka

(Health Insurance & Pension Section)

Tel. 048-782-6494 / Fax 048-775-9827

Cancer Screenings (Gan Kenshin)

< Group Health Examination >

The following examinations will be given at the  
Kenko Hoken Center (Public Health Center),  
Haraichi・Kamihira Kominkan (public hall), and Ageo  
City Medical Association Nursing School from May  
through December.

Stomach Cancer / X-ray Barium Screening

For: People aged 40 or over

(Excluding those who are going to have  
individual gastroscopic examinations)

Cost: 500 yen

Screenings for Lung Cancer & Tuberculosis

For: People aged 40 or over (Excluding those  
who are going to have individual screenings  
for Lung Cancer & Tuberculosis)

Cost: 200 yen for chest X-ray

300 yen for examination of phlegm (This  
exam is for those who are going to have a  
lung X-ray, are aged 50 or over, and also  
whose smoking index is 600 or higher)

Breast Cancer

For: Women aged 40 or over (once every 2 years)

Cost: Free

Applications will be accepted from April 1 (Tue).  
Please apply at Kenko Hoken Center, Kodomo  
Hoken Center, Hoken-nenkin-ka (1F of City Hall,  
Counter #11), or its branch offices. Or you can use  
the application form included in the "Ageo-City Health  
Calendar." Please fill it out and send or fax it to Kenko  
Hoken Center. you can apply for some examinations  
online as well. As for the schedule and individual  
health examinations, refer to the "Ageo-City Health  
Calendar" or visit the city website. The applications  
will be closed as soon as the number of applicants  
reaches the capacity for each examination day.

→ Kenko Hoken Center (Public Health Center)

Tel. 048-774-1411 / Fax 048-776-7355

Child Allowance

Eligibility: Residents who are raising children who  
have not yet graduated from senior high  
school (Childcare allowance ends on the first  
March 31 after child turns 18 years old)

Allowance amount:

Children under age of 3 / 15,000 yen per month

Children aged 3 or older / 10,000 yen per month

3rd & subsequent children / 30,000 yen per month

申し込み：子どもが生まれた日、前住所地に届出した  
転出予定日などの翌日から15日以内に、  
直接、こども支援課または各支所・出張所へ  
例 ⇒ 上尾市に転入した日が4月7日でも、  
前住所地に届出した転出予定日が4月3日の  
場合、4月4日から数えて15日以内、すなわち  
18日までに申し込みをしてください。

\* この制度の詳しい内容については、ハローコーナー  
ニュース 2024年8月号をご覧ください。

→ こども支援課

Tel. 048-775-5120

Fax 048-774-5342



## 多文化共生推進委員

国籍、民族、言語の違いに関わらず、市民が地域の構  
成員として活躍し住みやすいまちづくりを実現するた  
めの多文化共生推進計画を策定するにあたり、市民  
委員を募集します。

任期：2025年6月1日から2027年3月31日まで

対象：市内に住み18歳以上で、多文化共生を推進  
した経験またはそれに関する知識があり、か  
つ、会議に出席し日本語で意見を述べるこ  
とができる人

謝礼：会議出席1回あたり6,000円

\* 会議は任期中8回（今年度は  
6月と来年2月に開催予定）

定員：2名（選考あり）

\* その内1名は外国人市民とします

申し込み：4月25日（金・必着）までに、応募用紙（市民  
協働推進課にある。市ホームページからダウ  
ンロードも可）に住所、氏名、電話番号、生年  
月日、作文（題名「多文化共生社会づくりの  
重要性と私たちの役割」日本語で600字  
以内）を書いて、直接、郵送またはメールで  
市民協働推進課（〒362-8501 本町3-1-1）へ

→ 市民協働推進課

Tel. 048-775-4597 / Fax 048-775-0007

[s53000@city.ageo.lg.jp](mailto:s53000@city.ageo.lg.jp)

## AGA にほんご教室（1学期）

日本語ボランティアがマンツーマンまたはグループ  
で指導します。

Application: Please visit Kodomoshien-ka or a City's  
branch office within 15 days from the day  
following the child's birth or your scheduled  
move-out date, as indicated in the paperwork  
submitted to the municipality of your previous  
residence.

Example ⇒ If you moved into Ageo on April 7, but  
the scheduled move-out date indicated on the  
document submitted to the municipality of your  
previous residence is April 3, you must apply  
for the Child Allowance within 15 days of April  
4; in other words, no later than April 18.

\* For details, please refer to the August,  
2024, issue of Hello Corner News.

→ Kodomoshien-Ka

(Child Support Section)

Tel. 048-775-5120 / Fax 048-774-5342



## Recruiting Members for

## Multiculturalism Promotion Committee

Ageo City will recruit citizen members for the  
Multiculturalism Promotion Committee. This  
committee aims to formulate the multiculturalism  
promotion plan in order to make Ageo City a place  
where all citizens, regardless nationality, ethnicity  
and/or first language, can be active community  
members and live comfortably.

Duration: June 1, 2025 ~ March 31, 2027

Eligibility: Those who live in Ageo, are aged 18 or  
older, have experience in promoting  
multiculturalism or have knowledge about  
multiculturalism, who can attend the meetings  
and are able to express their views in  
Japanese.

Gratuity: 6,000 yen per meeting that you attend

There will be 8 meetings during the period.  
(For the current fiscal year, meetings will be  
held in June and in February, 2026)

Number: 2 members (to be screened), one of  
whom shall be an international resident

Application: Application form is available at Shimin-  
kyodo-suishin-ka and also downloadable  
from the city website. Application includes:  
address, name, phone number, date of birth  
and an essay titled "The Significance of  
Creating a Multicultural Society and our  
Roles", written in Japanese (about 600  
letters). Application form must be submitted  
to Shimin-kyodo-suishin-ka (〒362-8501  
Honcho 3-1-1) directly, by postal mail, or by  
email with arrival no later than April 25 (Fri).

→ Shimin-kyodo-suishin-ka

(Community Collaboration Support Section)

Tel. 048-775-4597 / Fax 048-775-0007

[s53000@city.ageo.lg.jp](mailto:s53000@city.ageo.lg.jp)



## 火曜教室

とき：4月8日～7月1日 午前10時～11時30分  
(4月29日と5月6日を除く)

ところ：三井金属あげおコミュニティセンター  
水曜教室

とき：4月9日～7月16日 午後7時～8時30分  
(4月30日と5月21日を除く)

ところ：上尾公民館

市内に住む小学生以上の外国人市民が対象です。  
費用は個人年会費として2,000円。各教室10人  
(先着順)。申込みは、希望する教室、出身国、住所、  
氏名、電話番号、メールアドレスを書いて、ファクス  
またはメールで市国際交流協会(AGA)事務局へ。

→ AGA事務局

Tel. 048-780-2468 / Fax 048-775-0007

(不在の時には市民協働推進課

Tel. 048-775-4597)

[office@aga-world.jp](mailto:office@aga-world.jp)



のうぎょうたいけんきょうしつ

## 農業体験教室(サツマイモ)

とき：5月10日(土) 午前9時～

ところ：市民農園(平塚1516)

内容：親子でサツマイモの苗を植え秋に収穫する

対象：市内に在住の小学生と家族

(日常会話程度の日本語ができる方)

定員：20家族(応募者多数の場合は抽選)

参加費：1人 20円

申込み：4月14日(月)までに上尾市公式LINEアカウントを友だち登録し、「農業体験」とメッセージを送信。その後に出てくる人カフォームで応募してください。

→ 農政課

Tel. 048-775-7384 / Fax 048-775-9872

[s255000@city.ageo.lg.jp](mailto:s255000@city.ageo.lg.jp)

## AGA Japanese Classes (1st Term)

Japanese language volunteers will teach on a one-on-one basis or in groups.

### Tuesday Class

When: Apr. 8 ~ Jul. 1 (excluding Apr. 29 & May 6)  
10:00 ~ 11:30 a.m.

Where: Mitsui Kinzoku Ageo Community Center

### Wednesday Class

When: Apr. 9 ~ Jul. 16 (excluding Apr. 30 & May 21)  
7:00 ~ 8:30 p.m.

Where: Ageo Kominkan

These lessons are intended for international residents, elementary school children or older, living in Ageo. The cost is 2,000 yen as an annual fee for individual members. Ten people per class (first-come basis). To sign up, please provide AGA Secretariat with the following information by fax or email: Class that you wish to attend, home country, name, address, phone number and email address.

→ AGA (Ageo Global Association) Secretariat

Tel. 048-780-2468 / Fax 048-775-0007

(When the staff member is not available, call Shimin-kyodo-suishin-ka at Tel. 048-775-4597)

[office@aga-world.jp](mailto:office@aga-world.jp)

## Agriculture Experience Class (Sweet Potatoes)

When: May 10 (Sat) from 9:00 a.m.

Where: Citizens' Farm (Hiratsuka 1516)

Program: Parents / Guardians and their children will plant seedlings in spring and harvest sweet potatoes in autumn.

For: Elementary school children and their families living in Ageo who can use Japanese in daily conversation

Number: 20 families (Drawing will be held in case of too many applicants)

Cost: 20 yen / person

Application: Please add the Ageo City's official Line account as a friend and send a message with the name of this class (Nogyo-taiken). Once you have done that, you will receive the application form. Complete the form to apply. Application must be received by April 14 (Mon).

→ Nousei-ka (Agricultural Policy Section)

Tel. 048-775-7384 / Fax 048-775-9872

[s255000@city.ageo.lg.jp](mailto:s255000@city.ageo.lg.jp)

**Hello Corner** offers counseling service to non-Japanese residents in Ageo.

Hours and Languages: Mondays (Excluding national holidays and year-end holidays)

9:00 a.m. ~ noon English / Spanish 1:00 ~ 4:00 p.m. Spanish / Chinese / Portuguese

Where: 1F of the City Hall Annex #3 (Building across from City Hall)

\* Counseling service in Vietnamese is offered only via email. <https://www.city.ageo.lg.jp/page/hcnv.html>

Telephone counselling: 048-775-5111 Tell the switchboard operator, "Hello Corner onegai-shimasu."

**Hello Corner News** is posted on Ageo City website (<http://www.city.ageo.lg.jp/>). It will be sent to you by mail if you live in Ageo and wish to have it delivered to your house. For details, contact Shimin-Kyodo-Suishin-Ka (Community Collaboration Support Section).

Tel. 048-775-4597 / Fax 048-775-0007 / [s53000@city.ageo.lg.jp](mailto:s53000@city.ageo.lg.jp)