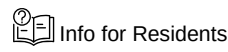
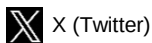


Wakayama City International Affairs Div.



Pick Up



Wakayama City Premium Gift Certificates for Sale

As a support measure for individuals and businesses that have been affected by rising prices, we are selling premium gift certificates that have a 33% bonus in value (application required prior to purchase).

Premium Gift Certificates: ¥4,000 in value for ¥3,000!

Type	What's Included	Number of Sets Issued
Paper	4 Tickets (¥1,000 each)	181,500 sets (estimated)

How to Apply

Online Application via the Gift Certificate website
(If you cannot apply online, you can apply via mail)

Where to Purchase

- Super Evergreen, Super Evergreen PLUS
(Miyamae, Shikago, Fukushima, Koya, Wakayama Kita Interchange)
- Evergreen, Evergreen PLUS
(Miyakaido, Kimiidera, Wasa, Shioya, Hirose)
- Super Delicious Hiro Takamatsu, Nippon Travel Agency TiS
Wakayama, etc.

※Please check the Gift Cert. website for more purchase locations.

Special Support Desk for Applications

- Date and Time: 9/12 (Sat.), 9/13 (Sun.), 10:00 – 17:00
- Location: Super Evergreen Miyamae, Nippon Travel Agency TiS
Wakayama, etc. ※For information on additional locations, please
check the Gift Cert. website.

How to Purchase

Take your purchase notification card to the location specified
when you applied and exchange/purchase with cash.

Gift Cert.
Website

Wakayama City Premium Gift Certificate Executive
Committee Call Center ☎ 0120-138-520 (9:00 – 17:30)

- Application Period: 9/7 (Mon.) – 9/16 (Wed.)
- Purchase Notification: Early-mid October by postcard
- Purchase Period: 10/20 (Tue.) – 10/29 (Thu.) (estimated)
- Purchase Limit: Up to 4 sets per person

※If the number of applications exceeds our budget, we will
divide the certificates evenly between applicants and decide
who receives the remaining extras via lottery.

(For example: 4 sets per person -> 2 sets per person)

- Usage Period: 10/20 (Tue.) – 12/31 (Thu.)
- Eligibility: Those living in Wakayama City when they apply.

Applying by Postcard: **Postmarked by 9/16 (Wed.)**

Fill in the necessary items listed below directly on the postcard, or
cut out the application form from the Gift Cert. information form
and attach it to said postcard before mailing.

Postcard Example:

Front	Back
85 〒640-8331 和歌山市美園町5丁目61番 和歌山MIO 4階 事業事務局 行	Required Info ① Postal Code, Address ② Phone Number ③ Name (Japanese Kana) ④ Date of Birth (Western calendar format for year) ⑤ Requested Amount ⑥ Gift Certificate Purchase Location (Select one location to purchase your Gift Certificates)

If the postcard is
lacking certain
information, it will
not be accepted.

Register to be a Participating Store

Form for registering to be a participating store →



Deadline for Tax and Insurance Payments

9/30 (Wed.)

Senior's Health Insurance (3rd Period)

Insurance General Affairs Division ☎ 435-1062

National Health Insurance (4th Period)

Excluding special collections arising from
advanced deductions, we generally request that
taxes are paid via bank transfer. We do not,
however, specifically require this- for those that
have difficulty paying via bank transfer, please
pay by payment slips or via another method.

National Health Insurance and Pension Division
☎ 435-1214

Nursing Care Insurance (4th Period)

Nursing Care Insurance Division ☎ 435-1334

Payment of Municipal Taxes

2026:**Fixed Asset Tax (Periods 1 & 2)****Municipal and Prefectural Taxes (Period 1)****Light Motor Vehicle Tax (Full Period)**

The deadline to pay the above taxes has
already passed. Late fees may be applied, so
if you have not paid these taxes, please do so
immediately.

Tax Revenue Division ☎ 435-1038

Date	Check-in Time	Location	Exam Type				Application Deadline
			A	B	C	D	
①10/1 (Thu.)	13:30-15:30	Okuwa Head Office Nakajima			○	○	9/10 (Thu.)
②10/7 (Wed.)	14:00-15:30	Kita Health Center		○	○		9/16 (Wed.)
③10/8 (Thu.)	13:30-15:30	Wakayama Big Ai			○	○	9/17 (Thu.)
④10/13 (Tue.)	13:30-15:30	Minami Health Center			○	○	9/17 (Thu.)
⑤10/15 (Thu.)	9:00-11:00	Kanan Community Center	○		○		9/24 (Thu.)
⑥10/16 (Fri.)	14:00-15:30	The Lows Ogura Branch		○	○		9/24 (Thu.)
⑦10/19 (Mon.)	9:00-11:00	Nishi Health Center	○		○		9/28 (Mon.)
⑧10/21 (Thu.)	13:30-15:30	Okuwa Central City Wakayama Branch			○	○	9/30 (Wed.)
⑨10/25 (Sun.)	9:30-11:30	Nishinomaru, Wakayama Castle				○	10/1 (Thu.)
⑩10/27 (Tue.)	14:00-15:30	KSK Wakayama Branch		○	○		10/6 (Tue.)
⑪10/28 (Wed.)	17:30-19:30	Wakayama Big Ai		○	○	○	10/7 (Wed.)

Group Cancer Screenings (Stomach, Lung, Large Intestine, Breast)

A. Stomach Cancer (Barium X-Ray)

Eligibility: 50+ year old's that did not get examined last fiscal year

Number of Participants: 20 people (lottery)

Cost: 1,000 yen for 50-69 year-olds, 500 yen for 70+ year-olds

B. Lung Cancer (Chest X-Ray)

Eligibility: Those over 40 years old

Number of Participants: 50 people (lottery)

Cost: Free

C. Large Intestine Cancer (Fecal Occult Blood Test)

Eligibility: Those over 40 years old

Number of Participants: Unlimited

Cost: Free

D. Breast Cancer (Mammography Imaging)

Eligibility: 40+ year old women that did not get examined last fiscal year

Number of Participants: 20 people (lottery)

Cost: 1,500 yen for 40-69 year-olds, 700 yen for 70+ year-olds

※ Imaging will be performed by a male technician. For those undergoing treatment or observation, please get examined early by your medical institution.

Inquires and Applications:

Application: By QR code, phone, or postcard.

※ Please include your address, name, date of birth, phone number, requested date of examination, and requested exam(s).

Regional Health Division ☎488-5121



①③④⑧⑨



②⑥⑩



⑤⑦



⑪

School Enrollment Procedures for the 2027 Fiscal Year

Elementary School Enrollment Procedures for Children of Foreign Nationalities

Applicable to: Children born between 4/2/2020 – 4/1/2021

Inquiries: Education Support Division ☎435-1139

Consultations on Schooling for Children with a Potential Disability

For Consultations and Inquiries: Contact each individual school or the Education Support Division ☎435-1139

Safe Driving Campaign for Fall

Accidents become more common in fall due to it being darker when during the drive home. Let's practice safe driving and prevent children and the elderly from being involved in accidents.

9/30 (Wed.) is Aiming for Zero Traffic Deaths Day.

Period: 9/21 (Mon.) – 9/30 (Wed.)

Inquiries: Regional Safety Division ☎435-1005



47th Citizens' Culture Festival ~The Splendor of Culture~

Event	Start
Wakayama Citizens Opera Let's Sing Fall Songs Together	9/19 (Sat.) 14:00
WAKAYAMA Ballad Festival	9/20 (Sun.) 10:00

- **Location:** Wakayama-jo Hall
- **Inquiries:** Culture Promotion Division ☎435-1194

Lunch Fee Support for Daycare Children, etc.

For those who have already applied, the bank transfer will occur on 7/21.

For those who have not already applied, we are currently still accepting applications, so please apply as soon as possible.

Eligibility: Children registered as citizens of Wakayama City that were born between 4/2/2020 – 4/1/2023.

Applicant: Guardian of the eligible child

Amount: ¥36,000 per eligible child

Method of Receiving the Support: Bank transfer of the money into the guardian's bank account based on information filled out on the application form.

Application: Via QR Code

Inquiries: Daycare Division ☎435-1064



High Blood Pressure to Zero Project

Hear from an Advisor on High Blood Pressure

Learn
from an
Expert

Learning about High Blood Pressure is the First Step Towards Prevention

Wakayama Medical University Emeritus
Professor, Director of the Sumiya
Rehabilitation Clinic

Dr. Arita Mikio

High blood pressure is preventable, but having the correct knowledge and lifestyle is a must. Let's hear from a specialist and aim for a healthy lifestyle to prevent elevated blood pressure.

What is High Blood Pressure?

120/80mm Hg or under is considered normal, and 140/90mm Hg or over is considered high blood pressure. Blood pressure can change based on a variety of factors, including the weather, time of day, and your nervous system. It is important to check your blood pressure not just during health check-ups, but throughout your daily life.

What Causes High Blood Pressure?

The largest contributing factor is a large intake of salt, but stress, being overweight, and not sleeping enough can also be causes. Your environment and nervousness when you take the measurement can also lead to a temporary increase in blood pressure, so please rest for around five minutes before checking.

What Risks does High Blood Pressure Carry?

The hardening of arteries in the brain, heart, and kidneys leads to a 3-5 times increase in the risk for stroke, and a 2-3 times increase in the risk for a heart attack, heart failure, and kidney failure. Risk of dementia also increases—around 30% of dementia cases are considered to be related to the hardening of arteries.

Treatments for High Blood Pressure

The first step is to improve your lifestyle, particularly when it comes to salt intake. Aim for 6 grams or less per day. Also get plenty of potassium through fruits and vegetables, refrain from smoking, and keep drinking to a minimum. I also recommend cardio exercises and light resistance training (strength training) to develop muscles. If blood pressure still does not decrease after these changes, you can receive medicine and treatment.

A Message to our Readers

High blood pressure does not have any visible symptoms, but the damage to arteries accumulates over the years and will suddenly result in a stroke or heart attack. Instead of thinking, "I'm young so I'm fine." "I don't have any symptoms so I'm fine.", it is important to make a habit of checking your blood pressure and going to a medical institution if your pressure is high, even if you are young or have no symptoms. If everyone in Wakayama City remembers these points, we can get closer to a city without high blood pressure.

Check here for Dr. Arita's
talk on high blood pressure



Thank you very much Dr. Arita!

September is Health Promotion Month

National Health Insurance and Pension Division ☎ 435-1215

Have You Done Your Special Health Check-Up?

Special health check-ups are a check-up to help prevent lifestyle-related diseases such as diabetes. There are medical institutions that hold both special health check-ups and cancer screenings at the same time.

●**Eligibility:** Those between the ages of 40 – 74 and have been enrolled in Wakayama City's national health insurance as of 4/1/2026.

※Being enrolled in Wakayama City's national health insurance at the time of the check-up is required.

●**Period of Time:** Until 1/31/2027

●**Fee:** None

●**Examination Details:** medical examination, EKG, urine analysis, height measurement, blood pressure measurement, blood test (lipids, blood sugar, liver function, kidney function, anemia, gout)

★We will provide a ¥1,000 QUO card and disaster prevention goods to 100 people selected by lottery.

Check-Up Steps

- ① Make an appointment with a medical institution.
- ② On the day of your check-up, take your 2026 Special Health Check-Up Examination Form (Pink), and your Insurance Card or My Number Card with registered insurance information to the examination. It will take around 1 hour (this may differ based on your medical institution). ※The 2026 Special Health Check-Up Examination Form is mailed to Special Health Check-Up Examination recipients in May. If you lose this form, it can be reissued at the National Health Insurance and Pension Division.
- ③ Check the examination result when it is available.