

Moriya City Newsletter

(June 2026 Edition)

This month's topics:

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The page number of the original “Koho Moriya” article is written below each title for further information.

Further information and inquiries:

Moriya City Hall, Division for Citizen Cooperation
Tel. 0297-45-1111 (ext. 133)

Get up to 9,500 Morin Points!

(Original “Koho Moriya”, p. 8-9)

We are currently running a campaign on the city’s official “Morinfo” app in order to support residents facing rising living costs. Morin Points can be exchanged for gift cards or vouchers.

Deadline: Friday, July 31st

Eligibility:

- residents registered in Moriya City as of the application date
- holders of a My Number Card with a valid digital certificate

Application Method: You can apply via our city app “Morinfo”.

Phase 1	Phase 2
1,500 Morin (for those who have not received it in the past) *conditions may apply	8,000 Morin

Residents without smartphones can complete the process at our support desk. They can choose between a **JCB Gift Card (7,000 yen)** or **QUO Gift Card (7,000 yen)**.

*Gift cards will be delivered by registered mail. Delivery may take up to three months.

Call Center: 0120-029-870

Hours: available until July 31st (Fri), 8:30 AM - 8:00 PM
(including Saturdays, Sundays, and holidays)

Download the Morinfo App here!	
 Google Play Store	 App Store

Support Desk for Residents without Smartphones

At our support desk, staff will help you with your registration. No reservation is required. We recommend you allow plenty of time for your visit as you may have to wait depending on how busy the counter is.

Location: City Hall, 1st floor, Citizen Hall, Special Support Desk

Dates:

- weekdays from July 1st (Wed) to July 31st (Fri)
- Saturday, July 18th
- Saturday, July 25th

9:00 AM - 5:00 PM (last admission at 4:30 PM)

*Please note the desk might have to close early depending on the number of people waiting.

What to bring:

- My Number Card
- My Number Card PIN

For ages 15 and older, the PIN consists of 6-16 alphanumeric characters.

For children under 15 years of age, the PIN consists of a 4-digit number.

Support Desk for Smartphone Users

At our support desk, staff will help you with your registration. No reservation is required. We recommend you allow plenty of time for your visit as you may have to wait depending on how busy the counter is.

Location: City Hall, 1st floor, Citizen Hall, Special Support Desk

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*Please note the desk might have to close early depending on the number of people waiting.

What to bring:

- smartphone
- My Number Card
- My Number Card PIN

For ages 15 and older, the PIN consists of 6-16 alphanumeric characters.

For children under 15 years of age, the PIN consists of a 4-digit number.

Health Checkups for Holders of National Health Insurance and Advanced Elderly Medical Care Insurance

(Original “Koho Moriya”, p.10)

Holders of National Health Insurance and Advanced Elderly Medical Care Insurance are eligible to health checkups for a reduced fee by using an examination voucher. You can make an appointment directly with a medical institution and undergo a health checkup at your own convenience. You will only have to pay a reduced fee of 1,000 yen instead of the full cost (14,000 yen).

Eligibility:

- holders of National Health Insurance aged 40 or older who have a health checkup voucher issued by Moriya City
- holders of Advanced Elderly Medical Care Insurance who have a health checkup voucher issued by Moriya City

Cost: 1,000 yen

Examination Period: July 1st (Wed) - January 31st (Sun), 2027

Application:

1. Make your reservation directly with a participating medical institution
2. Bring your examination voucher, My Number Card or insurance certificate and 1,000 yen with you for your examination
3. Pick up your results at the medical institution approximately one month after your examination

Participating Institutions (Moriya)

Name	Telephone No.	Remarks
Kaizuka Mizukino Clinic	0297-21-1221	
Kario Clinic	0297-48-8448	
Kusama Clinic	0297-45-3800	
Kobayashi Clinic	0297-48-0076	
Sato Internal Medicine & Neurosurgery Clinic	0297-21-1710	
Shimomura Hospital	0297-48-0078	
Nagase Internal Medicine	0297-48-2000	
Hara Internal Medicine Clinic	0297-21-5111	

Minami-Moriya Clinic	0297-48-0111	funduscopy available at same time
Moriya Eki-mae Clinic	0297-47-0003	
Moriya Family Clinic	0297-38-8210	
Yurigaoka Clinic	0297-47-1144	
Yoshimi Internal Medicine and Gastroenterology Clinic	0297-48-4891	
Yoshida Gastroenterology Clinic	0297-48-0007	

Institutions that Offer Funduscopy (eye exams):

Name	Telephone no.
Ohara Eye Clinic	0297-20-0101
Takahashi Eye Clinic	0297-44-7734
Moriya Eye and Dermatology Clinic	0297-45-6686

* A list of participating medical institutions in Toride and Tone can be found on the internet:

https://www.city.moriya.ibaraki.jp/kenkou_fukushi/kenshin/1009989/1009991.html

* Examination vouchers were mailed in mid-May. If you have not received yours, please contact the Division for Health Promotion.

* Only one of the following screenings can be chosen per fiscal year:

- Comprehensive Health Checkup (*Ningen Dokku*)
- Brain Checkup (*Nō Dokku*)
- Group Health Screening
- Medical Institution Health Screening
- JA Member Health Screening

* If you receive more than one screening or your eligibility expires, you will be responsible for the full cost.

* If your eligibility expires on the day of the screening, the voucher cannot be used.

Contact

Health Promotion Division, Health Promotion Group (within Moriya Health Center)

Tel. 0297-48-6000 (press 1 for audio guidance)

Flexible Childcare System for Everyone

(Original “Koho Moriya”, p. 11)

Starting from April, childcare facilities can be used on an hourly basis with flexibility regardless of the reasons. For more details, please visit the city’s website:

<https://www.city.moriya.ibaraki.jp/kosodate/service/1011814.html>

Eligibility:

Children aged 6 months to under 3 years who are not currently enrolled in a daycare center, certified kindergarten, community-based childcare facility, or company-sponsored childcare facility

Hours of Use: up to 10 hours per month per child

Fee: approx. 300 yen per hour per child

*Costs for meals and snacks are the responsibility of the guardian.

How to use:

- ① **Registration:** Register an account on the Tsūen Portal (<https://www.daretsu.cfa.go.jp/>). Your information will be reviewed and you will receive an email notification that your account has been created.
- ② **Initial Consultation:** Once your account has been created, schedule an initial consultation with the facility you wish to use.
- ③ **Reservation:** You can make a reservation once the facility has set your status to “Confirmed (受入可能).”
- ④ **Service Use:** Register your arrival and departure times and scan the QR code at the facility when you drop off and pick up your child.

Contact

Moriya City Hall, Childcare Division

Tel. 0297-45-1111 (ext. 156)

Information Regarding the Health Insurance Eligibility Certificate, Notice of Eligibility and Tax Notice

(Original “Koho Moriya”, p. 12)

The above documents will be sent to the head of each household. Starting from August 1st (Sat), please use your My Number Card or the Health Insurance Eligibility Certificate when going to a medical facility or the pharmacy.

Health Insurance Eligibility Certificates and Notices of Eligibility

The new Health Insurance Eligibility Certificates or Notices of Eligibility will arrive by July 31st (Fri) via certified mail and delivered to your mailbox. Please use them from August 1st (Sat).

* Please continue to use your current document until July 31st.

Tax Notice

The Tax Notice will arrive by July 17th (Fri).

Due date for the first installment: July 31st (Fri).

Information about the Electronic Certificate on your My Number Card

The electronic certificate stored on your My Number Card is valid until your fifth birthday following the date the card was issued. Two to three month before expiry, you will receive an “Expiration Notice”, so please make sure to have it renewed in time.

Even after the certificate expires, you can continue to use your My Number Card as Health Insurance Card for up to three months. Medical records and prescriptions will not be provided if you only have the health insurance eligibility.

Contact

(Questions about the National Health Insurance) National Health and Pension Division

Tel. 0297-45-1111 (ext. 100, 102~104)

(Questions about renewing the electronic certificate) Residential Affairs and Information Desk

Tel. 0297-45-1111 (ext. 115)

Exemption and Deferral System for National Pension Premiums

(Original “Koho Moriya”, p. 12)

If you are having difficulty paying your National Pension premium, you can look into the exemption and deferral system. Applications for FY2026 will be accepted starting July 1st (Wed). If you fail to apply for an exemption or deferral and simply leave your premiums unpaid, you may not be eligible to receive your retirement pension or disability pension later in life, so please make sure to apply as soon as possible.

* Students should use the “Special Payment Exemption System for Students”.

Exemption System

Individuals may be exempted from payment if their income as well as their spouse’s and household’s income last year is below a certain threshold.

Deferral System

Individuals under the age of 50 (excluding students) may be allowed to defer payment and pay later if their and their spouse's income last year is below a certain threshold.

* The deferral period will be included in the time of pension eligibility but not in the calculation of the pension amount.

Special Exemption Due to Unemployment, etc.

By treating their income as zero when calculating their income threshold, individuals who are unemployed or in similar circumstances may be exempted or allowed to defer their payments.

* Eligibility may be denied depending on the income of their spouse and household.

Retroactive Payment System

Your future pension will be reduced if your pension premiums were waived, deferred or you used the student exemption in the past. However, you can make retroactive payments to bring your pension amount closer to the full amount if not more than ten years have passed. Payments made retroactively are eligible for the social insurance deduction, resulting in a lower income tax and resident tax.

How to apply:

- online via the My Number portal
- in person or by mail by submitting the application form and required documents

Contact

Japan Pension Service, Tsuchiura Branch Office

Hatori Building (1st & 2nd floor), Komatsu 1-3-33, Tsuchiura 300-0812

Tel. 029-825-1170

Moriya City Hall, National Health and Pension Division

Tel. 0297-45-1111 (ext. 105)