

9 Ensure that you complete all necessary National Health Insurance Procedures

When it is necessary to enroll in the National Health Insurance System and what documents are required

- (1) When you first arrive in Japan① Residence card or passport
- (2) When you move address① Moving Out Notice and ② Residence card or passport
- (3) When you leave your company’s health insurance system
 - ① A certificate showing that you have left your company’s health insurance system
 - ② Residence card or passport

When it is necessary to leave the National Health Insurance System and what documents are required※ 1

- (1) When you leave Japan permanently
 - ① Insurance Eligibility Verification Certificate※ 2 and
 - ② Residence card or passport
- (2) When you move address
 - ① Insurance Eligibility Verification Certificate※ 2 and
 - ② Residence card or passport
- (3) When you join your company’s health insurance system
 - ① Insurance Eligibility Verification Certificate for your company’s insurance or the My Number Card Insurance Eligibility Information Notice
 - ② Insurance Eligibility Verification Certificate for the National Health Insurance (those using the My Number Card as their insurance card will need documents to prove their identity)

※1 There will still be fees incurred until you withdraw from the National health Insurance system, so ensure that the fees are paid

※2 These procedures are not necessary for those who are already using their My Number Card as a health insurance card

If you are unsure about anything, please enquire at the Citizens’ General Inquiries Division at your ward office.

Enquiries	Tel	Address
Citizens’ General Inquiries Division Chuo Ward	☎ 043-221-2131	4-5-1 Chuo, Chuo Ward
Citizens’ General Inquiries Division Hanamigawa Ward	☎ 043-275-6255	1-1 Mizuho, Hanamigawa Ward
Citizens’ General Inquiries Division Inage Ward	☎ 043-284-6119	4-12-1 Anagawa, Inage Ward
Citizens’ General Inquiries Division Wakaba Ward	☎ 043-233-8131	2-1-1 Sakuragi-Kita, Wakaba Ward
Citizens’ General Inquiries Division Midori Ward	☎ 043-292-8119	3-15-3 Oyumino, Midori Ward
Citizens’ General Inquiries Division Mihama Ward	☎ 043-270-3131	5-15-1 Masago, Mihama Ward

To All Foreign Residents!
Let’s Learn About National Health Insurance!

~This is Japan’s Health Insurance System for Illnesses and Injuries ~



1 What is “National Health Insurance”?

In Japan, everyone must have health insurance (including foreign residents). Those who have health insurance pay less money when going to a medical facility for check-ups and more. National Health Insurance is very important, so if you are not enrolled in your company’s insurance, you will need to register for National Health Insurance.

2 Foreign Residents are also required to register for National Health Insurance

Foreign residents living in Japan for more than three months will have to register for a “Residence Certificate”. Foreign Residents who are registered residents and have a Residence Certificate can avail of National Health Insurance. The following list of people are not eligible for National Health Insurance.

People who cannot register for National Health Insurance

- (1) Those residing in Japan for less than three months※1
- (2) Those with a “short-term stay” visa (those who will reside in Japan for less than three months) or those who came to Japan to receive medical treatment or to take care of someone who travelled to Japan to receive treatment
- (3) Those enrolled in their company’s health insurance system
- (4) Those in receipt of social welfare
- (5) Those enrolled in the Medical Care System for the Elderly

※1: It is possible to register if you are staying in Japan for less than three months. For more information, please refer to the contact details written at the end of the back page.

※2: Those aged 75 years and older are to be enrolled in the “Medical Care System for the Elderly”, not the National Health Insurance System.

3 Please pay the National Health Insurance Premium if you are enrolled in the National Health Insurance System

Those who enroll in the National Health Insurance System will have to play insurance premiums (fees). Health insurance premiums cover part of the medical fees (money used to pay for medical treatment) paid by those enrolled in the National Health Insurance System. The total fees paid at the hospital will become lower. Ensure that the health insurance premiums are paid by the deadline. If you are late with the payment, a late payment fee will be incurred (the premium will become more expensive)※1. You may be unable to access your wage, deposits or savings. Money may also be withdrawn from your account to pay the premium. Please pay the premium using by account transfer※2 to ensure that the premium is paid on time.

- ※1 A late payment fee will be charged.
- ※2 Account Transfer: The transfer of monetary funds to your bank account. The procedure of setting up the premium payment only needs to be completed once.

4 Don’t Forget to Declare Your Income!

Your National Health Insurance premium is calculated based on the previous year’s earnings (your income). Do not forget to declare your income. If your income for the previous year decreases, then your National Health Insurance premium will also become cheaper.

5 When getting a Medical Treatment at a Hospital or Medical Institution

Ensure that you present your My Number Card or Insurance Eligibility Verification Certificate at a hospital or medical facility when you go there to receive treatment for illness or injury. Your My Number Card can be used as your health insurance card if you have registered your health insurance card (※1) with the My Number Card system (also known as the “Maina Health Insurance Card. This is not a separate health insurance card, but one the new functions of the My Number Card). One of the merits of using your My Number Card as your health insurance card is that when medical fees become high and exceed the limit (within a specific period), it is not necessary to complete any additional procedures or pay additional fees to offset this. Those who have not yet applied to use their My Number Card as their health insurance card will be issued with an Insurance Eligibility Verification Certificate. (※1)



6 Get special health check-ups!

Those who are enrolled in Chiba City’s National Health Insurance System and are aged between 40 and 74 years will be entitled to received special health check-ups for 500 yen. To prevent yourself from developing lifestyle-related diseases, please get a check-up once a year. Check-up vouchers (vouchers required to get a special check-up) will be send to your house during May. Furthermore, those who joined the National Health Insurance System during the year must apply to receive a voucher. Please contact the Health Support Division to apply (Tel: 043-238-9926).

※1 Special Health Check-Up: A check-up to check that you have not developed lifestyle-related diseases (diabetes/hypertension/dyslipidemia)

7 Be careful when applying for overseas medical expenses!

Overseas medical insurance is used by those enrolled in the National Health Insurance System to reimburse a part of the medical fees incurred when visiting a medical facility for illness or injury in a foreign country. When applying for the reimbursement of overseas medical expenses, ensure that you provide the address and telephone number of the medical facility you visited. When checking, you will have to provide your passport so that the travel dates can be confirmed. Furthermore, the medical facility you visited will also be contacted to confirm that you received treatment there. When searching for international medical fees, you will be required to show your passport and travel dates recorded, as well as the name of the medical facility where you received treatment. Please note that those who have lived in Japan for less than a year or have travelled abroad to seek treatment for illness or injury will not be eligible for cover by the National Health Insurance System.

8 It is a crime to use other people’s personal information!

Only the owner (person recorded on the document) of the My Number Insurance Card and Insurance Eligibility Verification Certificate are permitted to use these documents! Using someone else’s information in order to decrease the cost of your medical fees (the money you pay for medical services) at a medical facility is fraud. Fraud can lead to imprisonment※2 of up to ten years. Lending your My Number Card or Insurance Eligibility Verification Certificate to someone else to use is also classed as fraud.

※1Fraud: To get something by deceiving someone. In Japan, this is classed as theft and is a serious crime/※2 Imprisonment: You will be sent to prison and made to work