

## 9. Necessary Procedures for National Health Insurance

### Enrollment

- (1) Arriving in Japan                      Residence card or passport
- (2) Moving from other cities          Moving-In Notification, residence card or passport
- (3) Cancelling company health insurance  
    Proof of cancellation of company health insurance, residence card or passport

### Cancellation

- (1) Leaving Japan (or moving to other cities in Japan)  
    National Health Insurance card, residence card or passport
- (2) If enrolled in company health insurance  
    Company health insurance certificate, National Health Insurance card

※ Premiums for National Health Insurance must be paid until cancellation is complete.

Call here for more  
information

### Contact information for each ward office's Health Insurance and Pension Division

- |                   |                  |                               |
|-------------------|------------------|-------------------------------|
| ● Chuo Ward       | TEL 043-221-2131 | 3-10-7 Chuo, Chuo-ku          |
| ● Hanamigawa Ward | TEL 043-275-6255 | 1-1 Mizuho, Hanamigawa-ku     |
| ● Inage Ward      | TEL 043-284-6119 | 4-12-1 Anagawa, Inage-ku      |
| ● Wakaba Ward     | TEL 043-233-8131 | 2-1-1 Sakuragikita, Wakaba-ku |
| ● Midori Ward     | TEL 043-292-8119 | 3-15-3 Oyumino, Midori-ku     |
| ● Mihama Ward     | TEL 043-270-3131 | 5-15-1 Masago, Mihama-ku      |



Foreign Residents:  
Do you know about National Health Insurance?



## 1. About National Health Insurance

In Japan, everybody is enrolled in public health insurance, which allows those insured to receive medical treatment while only paying a portion (typically 30%) of the total fees.

National Health Insurance is central to this system. Excluding cases where one is covered by health insurance through their place of employment, one must be enrolled in National Health Insurance in the area of residence.

## 2. Mandatory Enrollment for Both Foreign and Japanese Nationals

The law concerning foreign nationals changed in July 2012, along with the conditions for enrolling in National Health Insurance.

Foreign nationals whose period of stay is longer than 3 months must be listed in the residence record before enrolling in National Health Insurance. (Exceptions are listed below.)

### People who cannot enroll in National Health Insurance

- (1) Those whose period of stay in Japan is less than 3 months
- (2) Those with short-term stay visas, those who came to Japan to receive medical treatment, or those who came to take care of somebody receiving medical treatment in Japan.
- (3) Those who are enrolled in company health insurance, etc.
- (4) Those who are receiving public assistance

※ There are some cases where enrollment in National Health Insurance is possible even with a period of stay of less than three months. Please inquire at the ward offices listed on the last page for more information.

※ People above 75 years old are not enrolled in National Health Insurance, but rather in the Elder Senior Citizen Medical Care System.

## 3. Insurance Premiums

Enrolling in National Health Insurance requires payment of insurance premiums, which enable those registered in National Health Insurance to pay only a portion of the fees for medical treatment in case of sickness or accidents. Always be sure to pay the premiums on time. Late fee will be added for delayed payments. Continued non-payment of insurance premiums may result in the loss of insurance (in which case 100% of medical fees must be paid).

The means of payment of the insurance premium is a fund transfer as a general rule.

## 4. Declaring Income

As insurance premiums are calculated based on the previous year's income, remember to declare your income. Depending on the previous year's income, a reduction in the insurance premiums may occur.

## 5. Health Insurance Cards

Each person enrolled in National Health Insurance receives a health insurance card. Always bring the card when having a medical examination at the hospital

## 6. Specified Health Examinations

Those enrolled in National Health Insurance in Chiba City aged 40 to 75 years old can undertake specified health examinations for only 500 yen. In order to prevent lifestyle diseases, please have a health examination once a year. Examination vouchers are sent to those who are eligible each year in mid-May.

If enrolling in National Health Insurance partway through the fiscal year, it is necessary to apply for examination vouchers. Please call the Health Insurance Division (TEL 043-245-5146)

## 7. Applying for Coverage of Medical Treatment Overseas

If you are applying for coverage of medical treatment overseas, be sure to fill in the address and the telephone number of the hospital where the treatment took place. There may be times when it is necessary to confirm travel history in passports and/or the contents of overseas hospital examinations.

However, please be aware that you will not be eligible for coverage of overseas medical expenses if you have lived outside of Japan for more than one year or if the purpose of the trip is medical treatment.

## 8. Unlawful Use of Another's Health Insurance

Insurance cards can only be used by the person listed on the card; using another person's health insurance card is a crime.

Using somebody else's insurance at the hospital with the intent of making your own medical fees cheaper can be charged as fraud. The maximum sentence is 10 years of imprisonment for both the one who used the insurance card as well the one who lent it to another person.

● Fraud refers to cheating people for purpose of profit, which is sentenced more heavily than theft in Japan.

● A prison sentence means to send people to prison and forced labor