

# How to join

## National Health Insurance

### Okayama City National Health Insurance

#### Which health insurance have you joined?

Health Insurance by Japan Health Insurance Association / Health Insurance by health insurance associations / Seaman's Insurance / National Health Insurance / Health Insurance by various mutual aid associations

In Japan, all the Japanese are required to join one of the public health insurances in order to consult a doctor in emergency without anxiety. This is called “universal health insurance coverage” .

\*1 Foreign residents who have been granted a visa valid for more than 3 months are also required to enroll in the National Health Insurance in spite of their visa status (except those who have a short-time and a diplomat visa). It is possible that those who stay with a visa as an entertainer, technical intern training, dependent, and designated activities can also join the insurance even if their visa status is less than 3 months.

Those who join Social Insurance (public insurances which they enroll in at workplace) cannot enroll in the National Health Insurance. Even though you join Social Insurance at present, if you have left corporate employment and lost your health insurance, you are required to join the National Health Insurance right away.

Even if people with mid- to long-term resident visa change their visa status due to the reissue of it, they can continue to join the National Health Insurance. However, a notification is required.

\*1: Those who enter into and live in Japan with the “Designated Activities” visa for the purpose of receiving medical treatment or taking care of the person who receives medical treatment, cannot enroll in the National Health Insurance, even their period of stay is more than 3 months.

Have you enrolled in health insurance?

If you have left your office and lost your health insurance:

You can choose any of the following methods. Please complete the procedures as quickly as possible.

1. Voluntary continuation (choose to continue to be enrolled in the health insurance system to which you previously belonged; you must complete the procedure within 20 days)
2. Become a dependent (when you become a dependent of someone covered by workplace health insurance, you enroll in their employer's health insurance system)
3. Enroll in health insurance at your new workplace (if you have reentered employment)
4. Join the National Health Insurance system

What is the Voluntary Continuous Insured Person System (*nin-i keizoku hihokensha seido*)?

This system means you may remain enrolled in your existing health insurance system after leaving a company or other employer, for up to two years after the date of application.

- Who can apply? Persons who have been continuously enrolled in workplace health insurance for **at least two months** (one year if continuing enrollment in a mutual aid association)
- Time limit for application: **20 days** after leaving work
- Benefits: As previously
- Procedures: Apply to Japan Health Insurance Association with jurisdiction over your place of residence (if you were enrolled in a health insurance association or mutual aid association, apply directly to the association concerned).
- Premiums: Premiums differ according to the types of health insurance. For details, inquire at Japan Health Insurance Association or at your health insurance or mutual aid association.

Please inquire of your former employer about the procedures for and details of voluntary continuation.

#### ■ Becoming a Dependent Family Member

When you become a dependent of a family member who is enrolled in workplace health insurance, you have to enroll in this workplace system even if you have already joined the National Health Insurance system.

The general conditions for recognition as a dependent are as follows.

- (1) Within three degrees of relation with the person enrolled in workplace health insurance, who is the main provider for the household.
- (2) Annual income is less than 1.3 million yen (1.8 million yen for persons aged 60 and over or disabled persons).
- (3) Annual income is less than half that of the person enrolled in workplace health insurance.

There will be no increase in premiums for the family member enrolled in workplace insurance. For details, please inquire at the Pension Office or at your health insurance or mutual aid association.

Both persons whose period of voluntary continuous health insurance has expired and persons who are no longer dependents under a family member's workplace insurance must enroll in some other type of health insurance. If you enroll in the National Health Insurance system, you should do so within 14 days of the expiry of your previous health insurance.

What happens if you delay joining?

- If you delay joining the National Health Insurance system even if you are obliged to do so, you will be liable to pay the full cost of medical care yourself during the intervening period as you will not have a health insurance card.
- Premiums are calculated from the month in which you become eligible to join the National Health Insurance system (not the month in which you apply). Even if you delay your application, you will still have to pay backdated premiums (up to a maximum of two years), so please submit your application quickly.

■ Certificate of Loss of Eligibility for Health Insurance (*shikaku soshitsu shomeisho*)

This certificate is required to confirm the date from which you are eligible to join the National Health Insurance system. It has no set format, so please request your employer or previous insurance office to make and issue a certificate by reference to the sample shown later. (You may use the sample itself.)

Who to Ask to Issue the Certificate

Please ask the company or office where you were previously employed, or the office handling the insurance in which you were enrolled (e.g., XXXX Pension Office, YYYY Health Insurance Association, ZZZZ Mutual Aid Association), to issue the certificate.

For reference: contact information in Okayama

- When you lost your eligibility for voluntary continuation of the health insurance:  
Japan Health Insurance Association Okayama Branch (8F Dai-ichi Central Bldg., 6-36 Honmachi, Kita-ku, Okayama City, tel: 086-803-5780[main])
- When you left your office:  
Okayama-Higashi Pension Office (228 Kunitomi, Naka-ku, Okayama City; tel: 270-7926)  
or Okayama-Nishi Pension Office (12-7 Showa-cho, Kita-ku, Okayama City;  
tel: 214-2164).

■ Annuity Certificate (*nenkin shosho*)

The Annuity Certificate is required to confirm whether or not you are eligible to join the Retiree Health Care System (*taishokusha iryo seido*).

- In case of enrolling in National Health Insurance after having retired from a company or other employers, old-age pensioners who are under 65 and their dependents will receive medical care under the Retiree Health Care System.

Persons Eligible for the Retiree Health Care System (who meet all of the following conditions)

- Enrolled in the National Health Insurance System
- Being under 65 years old
- Receiving an old-age employees pension (*rorei kosei nenkin*) or retirement mutual aid pension (*taishoku kyosai nenkin*) (excluding the National Pension [*kokumin nenkin*]).
- Period of enrollment in an employees pension plan has been at least 20 years, or at least 10 years since the age of 40.

Note: Persons whose period of enrollment in an employees pension plan is less than 20 years or whose period of enrollment is not stated on their Pension Certificate may be requested to order a certificate of the period of enrollment in the pension plan.

#### Procedures for Leaving the National Health Insurance System

If you join a different health insurance system, please notify your local municipal office that you are withdrawing from the National Health Insurance System. The procedures must be completed by the person concerned.

#### Items to bring

- Identifying document (e.g. valid driver's license, foreign registration card)
- National Health Insurance card
- Insurance card for new workplace health insurance

If you delay notifying your local municipal office of your withdrawal from National Health Insurance coverage and use mistakenly your National Health Insurance card for receiving medical treatment, you will later be asked to repay the medical payment to National Health Insurance.

# 1)健康保険等資格取得・喪失証明書

2) 被保険者	(氏名) 3)	4) (生年月日) 明・大・昭 年 月 日生		
5) 健康保険証等の記号番号	(記号)	(番号)		
6) 保険者番号				
7) 資格取得年月日	昭和 年 月 日 / 平成	資格喪失年月日 (退職年月日) 8)	平成 年 月 日 (平成)	13)
9) 被扶養者	10) 氏名	11) 生年月日	12) 認定年月日	13) 解除年月日
		明・大昭・平 年 月 日生	平成 年 月 日	平成 年 月 日
		明・大昭・平 年 月 日生	平成 年 月 日	平成 年 月 日
		明・大昭・平 年 月 日生	平成 年 月 日	平成 年 月 日
14) 上記のとおり相違ないことを証明します。 平成 年 月 日				
15) 保険者 (または事業者) 16) 所在地 名称 代表 (電話 )				印
17) 資格喪失年月日は退職日の翌日となります。				

18) (キリトリ線)

## 19) <記入例>

被保険者	(氏名) 国保太郎	(生年月日) 明・大(昭)40年10月1日生		
健康保険証等の記号番号	(記号) 1012345	(番号) 138		
保険者番号	01330018			
資格取得年月日	昭和 63年 4月 / 日 / 平成	資格喪失年月日 (退職年月日) 平成 20年 10月 25日 (平成 20年 10月 24日)		
被扶養者	氏名	生年月日	認定年月日	解除年月日
	国保花子	明・大(昭)42年8月4日生	平成 年 月 日	平成20年10月25日
	国保一郎	明・大(昭)7年2月10日生	平成 年 月 日	平成20年10月25日

20) 喪失 (取得) した被扶養者の方ももれなくご記入をお願いします

- 1) Certificate of Acquisition or Loss of Eligibility for Health Insurance, Etc.
- 2) Insured Person
- 3) Name:
- 4) Date of Birth:
- 5) Health Insurance or Other Certificate Number
- 6) Registration Number
- 7) Date of Acquisition of Eligibility
- 8) Date of Loss of Eligibility  
(Date of leaving work)
- 9) Dependent
- 10) Name
- 11) Date of Birth
- 12) Approval Date
- 13) Expiration Date
- 14) I certify that the above statement is true and correct.
- 15) Person insured (or business proprietor)
- 16) Address:  
Name:  
Representative:  
(Tel:     -     )  
Seal
- 17) Loss of eligibility dates from the day after leaving work.
- 18) Cut here
- 19) Example of completed certificate
- 20) Please be sure to fill in the names of dependents who have either lost or acquired eligibility for coverage.

# 健康保険等資格取得・喪失証明書

被保険者	(氏名) _____	(生年月日) 明・大・昭 年 月 日生		
健康保険証等の 記号番号	(記号) _____	(番号) _____		
保険者番号	_____			
資格取得年月日	昭和 _____ 年 月 日 平成 _____ 年 月 日	資格喪失年月日 (退職年月日) 平成 _____ 年 月 日 (平成 _____ 年 月 日)		
被 扶 養 者	氏 名	生 年 月 日	認 定 年 月 日	解 除 年 月 日
		明・大 昭・平 _____ 年 月 日生	平成 _____ 年 月 日	平成 _____ 年 月 日
		明・大 昭・平 _____ 年 月 日生	平成 _____ 年 月 日	平成 _____ 年 月 日
		明・大 昭・平 _____ 年 月 日生	平成 _____ 年 月 日	平成 _____ 年 月 日
上記のとおり相違ないことを証明します。 平成 _____ 年 月 日  保 險 者 所 在 地 (または事業者) 名 称 代 表 者 (電話 _____ )				

資格喪失年月日は退職日の翌日となります。

(キリトリ線)

<記入例>

被保険者	(氏名) 国保太郎	(生年月日) 明・大(昭)40年10月1日生			
健康保険証等の 記号番号	(記号) 1012345	(番号) 138			
保険者番号	01330018				
資格取得年月日	(昭和) _____ 年 月 日 (平成) 63年4月1日	資格喪失年月日 (退職年月日) 平成 20年10月25日 (平成 20年10月24日)			
被 扶 養 者	氏 名	生 年 月 日	認 定 年 月 日	解 除 年 月 日	
		国保花子	明・大 昭(平)42年8月4日生	平成 _____ 年 月 日	平成20年10月25日
		国保一郎	明・大 昭(平)7年2月10日生	平成 _____ 年 月 日	平成20年10月25日

◎喪失(取得)した被扶養者の方ももれなくご記入をお願いします



A Certificate of Acquisition or Loss of Eligibility for Health Insurance is printed on the reverse side of this page. Please detach when you use it.

#### Items Required for Enrollment Procedure

Procedures for enrollment must be completed within 14 days of losing eligibility for workplace or other health insurance.

- Identity verification document (e.g. valid driver's license, foreign resident registration certificate)
- Certificate of Loss of Eligibility for Health Insurance (see center pages)
- Annuity Certificate (for persons receiving a public annuity other than the National Annuity) (see center pages)

When the person with the "Designated Activities" visa applies for National Health Insurance, please present the counter with the Certificate of Designation (Appended Form 7-4) provided in Article 7 Paragraph 2 of the Ordinance for Enforcement of the Immigration Control and Refugee Recognition Act.

In other related circumstances:

If you are joining the National Health Insurance system after moving to Okayama City from another municipality:

- Identity verification document (e.g. valid driver's license), foreign resident registration certificate
- Certificate of Moving-out (issued by the municipal office in your previous place of residence)

When a child is born and is enrolled in the National Health Insurance system:

- Identity verification document (e.g. valid driver's license), foreign resident registration certificate
- Parent and Child Health Handbook

1) List of Offices for Enrolling in and Leaving the National Health Insurance System

2) Please refer to the nearest Office, Shisho, Chiiki Center, or Citizens Service Center.

Name	Address	Telephone
Kita Ward Citizens National Health Insurance and Pension Division	1-1-1 Daiku, Kita-ku	086-803-1130
Naka Ward Citizens National Health Insurance and Pension Division	3-7-15 Hama, Naka-ku	086-901-1617
Higashi Ward Citizens National Health Insurance and Pension Division	2-7-31 Saidaiji-kami, Higashi-ku	086-944-5022
Minami Ward Citizens National Health Insurance and Pension Division	495-5 Urayasu-minamimachi, Minami-ku	086-902-3517
Mitsu Shisho General Affairs and Public Welfare Division	1020 Mitsu-kanagawa, Kita-ku	0867-24-1112
Takebe Shisho General Affairs and Public Welfare Division	489 Fukuwatari, Takebe-cho, Kita-ku	0867-22-1111
Ichinomiya Chiiki Center	553-1 Ichinomiya, Kita-ku	086-284-0501
Tsudaka Chiiki Center	1682 Kaidani, Kita-ku	086-294-2411
Takamatsu Chiiki Center	141-1 Takamatsu, Kita-ku	086-287-3731
Kibi Chiiki Center	414 Niwase, Kita-ku	086-293-1111
Ashimori Chiiki Center	718 Ashimori, Kita-ku	086-295-1111
Tomiyama Chiiki Center	115-1 Maruyama, Naka-ku	086-277-7211
Seto Shisho General Affairs and Public Welfare Division	45 Seto, Seto-cho, Higashi-ku	086-952-1459
Joto Chiiki Center	466 Narabara, Higashi-ku	086-297-4211
Kozu Citizens Service Center	113-1 Kurogane, Higashi-ku	086-279-0016
Asahi Citizens Service Center	67 Nishikataoka, Higashi-ku	086-947-0010
Nadasaki Shisho General Affairs and Public Welfare Division	207 Kataoka, Minami-ku	086-363-5201
Senoo Chiiki Center	1024-8 Mishima, Minami-ku	086-282-3121
Fukuda Chiiki Center	1089 Koshinden, Minami-ku	086-282-1131
Kojo Chiiki Center	593 Nakaune, Minami-ku	086-298-3131
Fujita Chiiki Center	508 Fujita, Minami-ku	086-296-2221
Kojima Chiiki Center	716 Kitaura, Minami-ku	086-267-2231
Fukuhama Chiiki Center	1-16-22 Fukutomi-naka, Minami-ku (beside Fukuhama Community Hall)	086-265-4181

National Health Insurance will help you at need.

Inquiries

Kita Ward Office

Citizens National Health Insurance and Pension Division

1-1-1 Daiku, Kita-ku ☎700-8544

Tel: 086-803-1130 (direct line)

Higashi Ward Office

Citizens National Health Insurance and Pension Division

2-7-31 Saidaiji-kami, Higashi-ku ☎704-8555

Tel: 086-944-5022 (direct line)

Naka Ward Office

Citizens National Health Insurance and Pension Division

3-7-15 Hama, Naka-ku ☎703-8544

Tel: 086-901-1617 (direct line)

Minami Ward Office

Citizens National Health Insurance and Pension Division

495-5 Urayasu-minamimachi, Minami-ku ☎702-8544

Tel: 086-902-3517 (direct line)

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