

# 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 Becoming a Dependent Family Member
- ③ Enroll in health insurance at your new workplace (if you have reentered employment)
- ④ Join the National Health Insurance system

### ① 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,
- 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.

### ② 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.

### ③ Enroll in health insurance at your new workplace (if you have reentered employment)

For procedures, please ask to the new workplace

### ④ Join the National Health Insurance system

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

#### ◎Items Required for Enrollment Procedure

- Identity verification document (e.g. valid driver's license, foreign resident registration certificate)
- Certificate of Loss of Eligibility for Health Insurance (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.

◎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).

○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) 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.

Please be sure to fill in the names of dependents who have either lost or acquired eligibility for coverage.

18) Cut here

19) Example of completed certificate

# 1) 健康保険等資格取得・喪失証明書

2)	被保険者	(氏名) <b>3)</b>	<b>4)</b> (生年月日) 昭・平 年 月 日		
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 平成 年 月 日	資格喪失年月日 <b>8)</b> (退職年月日) 平成 (平成 年 月 日)		
9)	被 扶 養 者	氏名 <b>10)</b>	生年月日 <b>11)</b>	認定年月日 <b>12)</b>	解除年月日 <b>13)</b>
			昭・平 年 月 日	平成 年 月 日	平成 年 月 日
			昭・平 年 月 日	平成 年 月 日	平成 年 月 日
			昭・平 年 月 日	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。					
<b>14)</b> 平成 年 月 日 <b>16)</b>					
保険者所在地 (または事業者) 名称 代表者 (電話 - - )					
印					
17)	資格喪失年月日は退職日の翌日となります。喪失(取得)した被扶養者の方ももれなくご記入ください。				
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**18)** (キリトリ線)

## 19) [記入例]

被保険者	(氏名) <b>国保 太郎</b>	(生年月日) <b>昭・平40年10月1日</b>		
健康保険証等の 記号番号	(記号) <b>1012345</b>	(番号) <b>138</b>		
保険者番号	<b>01330018</b>			
資格取得年月日	<b>昭和 平成 63年4月1日</b>	資格喪失年月日 (退職年月日) 平成 <b>26年11月25日</b> (平成 <b>26年11月24日</b> )		
被 扶	氏名	生年月日	認定年月日	解除年月日
	<b>国保 花子</b>	<b>昭平42年8月14日</b>	平成 年 月 日	平成 <b>26年11月25日</b>
	<b>国保 一郎</b>	<b>昭平7年2月10日</b>	平成 年 月 日	平成 <b>26年11月25日</b>

# 健康保険等資格取得・喪失証明書

被保険者	(氏名)		(生年月日)			
			昭・平 年 月 日			
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 平成	年 月 日	資格喪失年月日 (退職年月日)	平成 (平成	年 月 日	日)
被 扶 養 者	氏 名	生 年 月 日	認 定 年 月 日	解 除 年 月 日		
		昭・平 年 月 日	平成 年 月 日	平成 年 月 日	平成 年 月 日	平成 年 月 日
		昭・平 年 月 日	平成 年 月 日	平成 年 月 日	平成 年 月 日	平成 年 月 日
		昭・平 年 月 日	平成 年 月 日	平成 年 月 日	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 険 者 所在地 (または事業者) 名 称 代表者 (電話 - - ) <span style="float: right;">印</span>						

資格喪失年月日は退職日の翌日となります。  
 喪失(取得)した被扶養者の方ももれなくご記入ください。

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( キリトリ線 )

## 【記入例】

被保険者	(氏名) <b>国保 太郎</b>		(生年月日)			
			昭・平 <b>40</b> 年 <b>10</b> 月 <b>1</b> 日			
健康保険証等の 記号番号	(記号) <b>1012345</b>	(番号) <b>138</b>				
保険者番号	<b>01330018</b>					
資格取得年月日	昭和 平成	<b>63</b> 年 <b>4</b> 月 <b>1</b> 日	資格喪失年月日 (退職年月日)	平成 (平成	<b>26</b> 年 <b>11</b> 月 <b>25</b> 日	平成 <b>26</b> 年 <b>11</b> 月 <b>24</b> 日)
被 扶	氏 名	生 年 月 日	認 定 年 月 日	解 除 年 月 日		
	<b>国保 花子</b>	昭・平 <b>42</b> 年 <b>8</b> 月 <b>14</b> 日	平成 年 月 日	平成 <b>26</b> 年 <b>11</b> 月 <b>25</b> 日		
	<b>国保 一郎</b>	昭・平 <b>7</b> 年 <b>2</b> 月 <b>10</b> 日	平成 年 月 日	平成 <b>26</b> 年 <b>11</b> 月 <b>25</b> 日		

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.

Kita Ward Citizens National Health Insurance and Pension Division ☎ 086-803-1130	Naka Ward Citizens National Health Insurance and Pension Division ☎ 086-901-1617
Higashi Ward Citizens National Health Insurance and Pension Division ☎ 086-944-5022	Minami Ward Citizens National Health Insurance and Pension Division ☎ 086-902-3517
Mitsu Shisho General Affairs and Public Welfare ☎ 086-724-1111	Takebe Shisho General Affairs and Public Welfare ☎ 086-722-1112
Seto Shisho General Affairs and Public Welfare ☎ 086-952-1112	Nadasaki Shisho General Affairs and Public Welfare ☎ 086-363-5201
Ichinomiya Chiiki Center ☎ 086-284-0501	Tsudaka Chiiki Center ☎ 086-294-2411
Takamatsu Chiiki Center ☎ 086-287-3731	Kibi Chiiki Center ☎ 086-293-1111
Ashimori Chiiki Center ☎ 086-295-1111	Tomiyama Chiiki Center ☎ 086-277-7211
Joto Chiiki Center ☎ 086-297-4211	Senoo Chiiki Center ☎ 086-282-3121
Fukuda Chiiki Center ☎ 086-282-1131	Kojo Chiiki Center ☎ 086-298-3131
Fujita Chiiki Center ☎ 086-296-2221	Kojima Chiiki Center ☎ 086-267-2231
Fukuhama Chiiki Center ☎ 086-265-4181	Kozu Citizens Service Center ☎ 086-279-0016
Asahi Citizens Service Center ☎ 086-947-0010	