

Attention to foreign residents with a visa status for more than three months but less than one year.

○The following information is for foreign residents who should enroll in National Health Insurance or Latter-Stage Elderly People's Medical System.

Foreign residents listed below, who will have the residence record (“juminhyo”), will be required to enroll into the National Health Insurance or Insurance System for Latter-Stage Elderly People.

- Duly resident for medium to long period
- Special Permanent Residents
- Person granted landing permission for temporary refuge
- Person granted permission for provisional stay
- Person who stays in Japan through birth
- Person who has renounced Japanese nationality

(Essentially, foreign residents who are duly staying in Japan more than 3 months are eligible, except short term stays, for example: persons visiting Japan on holiday.)

It is mandatory for those under the age of 75 years to be enrolled in National Health Insurance, and for those over 75 years of age and over to be enrolled in Insurance System for Latter-Stage Elderly People, except residents who receive welfare or health insurance from their employer.

Foreign residents who aren't enlisted in the Basic Resident Registration may join National Health Insurance or Insurance System for Latter-Stage Elderly People, if they meet following criteria “residence status” and have confirmed their residency for over 3 months' stay.(★)

- Entertainer
- Technical Intern Training
- Dependent
- Designated activity
- Official business

○Procedure to join

Joining National Health Insurance will not be activated automatically. Please go to the Insurance counter at your local city office to take a procedure.

在留期間が3か月超～1年未満の方はご注意ください！(英語)

When you shift to Insurance System for Latter-Stage Elderly People after your 75th birthday, no further procedure will be required. However, in case you join the Insurance System for Latter-Stage Elderly People because of a certain handicap in the age from 65 to 74, or you fall into any of the conditions mentioned in ★ above, it will be the resident's responsibility to enroll in the system.

For those who have already joined National Health Insurance or Insurance System for Latter-Stage Elderly People, any further procedure is not required. However, please notify us if any item such as address or residence status is changed.

Please contact your city office for procedures or details.

○Receive medical services with your My Number Card or Health Insurance Eligibility Certificate

Once covered by National Health Insurance (or KOKUMIN KENKO-HOKEN) or Advanced Elderly Medical Service System (or KOKI KOREISYA IRYO SEIDO), you can receive medical services at medical institutions by using your My Number Card as your health insurance certificate or by presenting your “Health Insurance Eligibility Certificate (or SHIKAKU KAKUNIN-SYO)” issued to you.

If you do not have a My Number Card, or if you have your card but have not registered it for use as a health insurance certificate, your local municipal office (city, ward, town, or village) will issue you a “Health Insurance Eligibility Certificate”.

Your “My Number Card registered for use as a health insurance certificate (or MAINA HOKEN-SYO)” or “Health Insurance Eligibility Certificate (or SHIKAKU KAKUNIN-SYO)” serve as proof that you are covered by national health insurance, so please treat them with care and be sure to always present them at the counter when you visit a medical institution. Also, please carry them with you at all times when traveling within Japan.

You cannot lend, borrow, buy, or sell your My Number Card (registered for use as a certificate) or Health Insurance Eligibility Certificate (unauthorized use may result in imprisonment for fraud under the criminal code).

For details on procedures, etc., please contact your local municipal office.

○How to apply for a My Number Card and register it for use as a health insurance certificate

Anyone with a Japanese residence certificate can apply for a My Number Card.

For information on how to apply for a My Number Card or register it for use as a certificate,

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please visit the following URL and read the material titled “My Number Card (Individual Number Card) as your Health Insurance Certificate” provided by the Ministry of Health, Labor and Welfare, or contact the call center.