### Use your Individual Number Card as a health insurance card.

Inquiry National Health Insurance Qualification Section: Phone: 03-5662-0560

From December 2, 2024, the health insurance card will be integrated into the Individual Number Card. Paper insurance cards will no longer be issued.

### There are many benefits to using your Individual Number Card as a health insurance card.

You will receive data-driven, optimal medical care.

Compared with using the existing health insurance card, the medical fee paid by the patient at the counter for the first medical examination etc. will be lower.

Payments in excess of the high medical expense limit will be waived without any further action on the part of the patient.

If you have an Edogawa City health insurance card and eligibility has not changed, your current card is valid until the expiration date. If you do not have an Individual Number Card, the City will issue a Certificate of Eligibility that can be used in place of the health insurance card. (No additional process is required.)

◆ If you are a victim of domestic violence, abuse, etc., you are at risk of having your information viewed by the perpetrator at hospitals or on the Myna Portal. You are advised to notify the issuer of your health insurance card (health insurance association, municipality, etc.) to prevent your information from being viewed by others. If you make this notification, you will not be able to use your Individual Number Card as a health insurance card, and your information will be protected from being viewed on the Myna Portal. If these restrictions are no longer necessary, notify the issuer of your health insurance card of it.

### Use account transfer when you pay your insurance premiums.

Inquiry Cashier: Phone: 03-5662-0795

Citizens who pay by account transfer will receive, at the end of each year, a Notice of the Amount of National Health Insurance Premiums Paid.

For more information, see page 18 of the National Health Insurance Guide.

### How to apply for a payment by account transfer

By mail

Fill out and send an Account Transfer Request Form (postcard).

Scan the code on the right to request the necessary forms.









You can complete the procedure with your cash card at the counter of the Insurance and Pension Section of the Residents Division or each office.

What is required for the procedure

Cash card and health insurance card

### Applicable financial institutions

- Mizuho Bank - MUFG Bank - Sumitomo Mitsui Banking Corporation - Resona Bank - The Chiba Bank - Kiraboshi Bank - The Higashi-Nippon Bank -Japan Post Bank - Asahi Shinkin Bank - The Tokyo Higashi Shinkin Bank - Kosan Shinkin Bank - Toei Shinkin Bank - The Komatsugawa Shinkin Bank

### Payment using smartphone app is also available.

You can install an applicable app on your smartphone and use the app's camera function to scan the barcode on the Payment Form to pay your premiums. Applicable apps may be changed or added.



For more information, visit the City's website.

### Reduction of insurance premiums for those who have left employment due to bankruptcy, dismissal, etc. (involuntarily unemployed persons) Inquiry National Health Insurance Qualification Section: Phone: 03-5662-0560

If you are covered by unemployment insurance and leave your employment due to bankruptcy, dismissal, termination of temporary employment, etc. (involuntarily unemployed), you may be eligible for a reduction in the amount of premiums you pay. The eligible person's premiums are calculated after reducing the previous year's salary income to 30%. (An application is required to have your premiums reduced.)

Post it.



For more information, see page 15 of the National Health Insurance Guide.

Scan the code to visit the City's website for information about the reduction of the premiums for the involuntarily unemployed.

If you join another health insurance scheme, you must follow the procedure for withdrawing from the National Health Insurance yourself. \*Failure to do so may mean having to pay double premiums.

### To begin each procedure, contact the Insurance and Pension Section in your area.

Residents Division at the City Office: Phone: 03-5662-6823, Address: 1-4-1, Chuo 132-8501 Komatsugawa Office: Phone: 03-3683-5185, Address: 4-1-1, Hirai 132-0035 Kasai Office: Phone: 03-3688-0438, Address: 3-10-1, Naka-Kasai 134-0083

Koiwa Office: Phone: 03-3657-7876, Address: 6-9-14, Higashi-Koiwa 133-0052 Eastern Office: Phone: 03-3679-1128, Address: 1-17-1, Higashi-Mizue 132-0014 Shishibone Office: Phone: 03-3678-6116, Address: 1-54-2, Shishibone 133-0073



# Notice of National Health Insurance Premiums for Fiscal Year 2024

### National Health Insurance Premiums for fiscal year 2024 have been determined.

Inquiry National Health Insurance Qualification Section: Phone: 03-5662-0560 Cashier: Phone: 03-5662-0795

The Notice of Determination of National Health Insurance Premiums and a set of Payment Forms are enclosed. The set consists of 11 sheets: 10 for monthly payments from June to March of the following year and one lump-sum payment sheet. (No Payment Form is enclosed for those paying by bank transfer.)

### To prevent diseases and to control medical costs

Inquiry Health Checkup Subsection: Phone: 03-5662-0623 General Affairs Section: Phone: 03-5662-0540

Because of the aging population and advancement in medical care, medical costs per person are rising every year. Since insurance premiums are determined based on the total annual medical costs required, it is important to control these costs.

### Take the National Health Insurance (NHI) health checkup!

Comparing medical costs (inpatient and outpatient) per person on the health insurance claims of those who received the NHI health checkup and those who did not, the costs of the latter were about 22,000 yen higher than those of the former. A health checkup enables early detection and early treatment of diseases to prevent worsening of the diseases and to reduce medical costs as well as the physical burden.

An NHI health checkup is free of charge. Upon reaching the age of 40, have an NHI health checkup every year!



Scan the code to visit the City's website for information about the NHI health checkup.



Comparison of medical costs between those who received the NHI health checkup and those who did not (Edogawa City) Those who received the NHI health checkup Those who did not receive the NHI health checkup A difference of about 22,000 ven 70,000 60,000 50,000 40,000 64.177 30,000 41.889 20,000 10,000 Annual medical costs per person (inpatient and outpatient)

Source: Analysis of Cumulative Medical Costs in Fiscal 2022 (with/without health checkup) on the KDB Forms

### Screen for cancer as well!

All cancer screenings in Edogawa City are provided free of charge. Screen for cancer and get the NHI health checkup to protect your health. More than 90% of cancers can be cured if detected early. Early detection is crucial. Screen for cancer when you are in good health.



Scan the code to visit the City's website for information about cancer screening.

Add flossing to

your daily self-care

### Receive a dental checkup once a year. Have a family dentist!

To enjoy eating throughout life and to live a happy and healthy life, have a family dentist and visit regularly.

### Check with your local dentist for details.

\*Registered residents of Edogawa City are entitled to free adult dental checkups (every five years from age 20 to 70) and oral function checkups (once a year for age 65 and older). If you are eligible, be sure to participate.



Dental and oral health

To maintain good dental and oral health, it is important to have a family dentist and perform daily self-care.



and how to use floss.

Tips for brushing teeth Ripper, the character supporting the 8020 campaign (This is a campaign to maintain more than 20 teeth even at the age of 80.) of Edogawa City

### Use generic drugs.

Using generic drugs not only reduces the costs of your medications but also helps reduce the ever-increasing overall medical costs. If you wish to use generic drugs, consult with your doctor or pharmacist.





## **How to Read the Notice of Determination**

Inquiry:

About the calculation of the premiums: to National Health Insurance Qualification

Section: Phone: 03-5662-0560

About the payment of the premiums: to Cashier: Phone: 03-5662-0795

The Notice is prepared based on the information as of May 31, 2024.

Provide us with the Insurance Number or the Inquiry Number first when you make an inquiry.

You can also view the "How to Read the Notice of Determination" on the City's website. Scan the code. (English and plain Japanese versions are

### There are three methods of payment.

### 1. Account transfer

Premiums are normally deducted from the account specified in the Regular Collection Account Information on the last day of the month in 10 installments per year. If the last day of the month falls on a nonbusiness day for the bank, it will be deducted on the next business day.

### 2. Payment from a pension

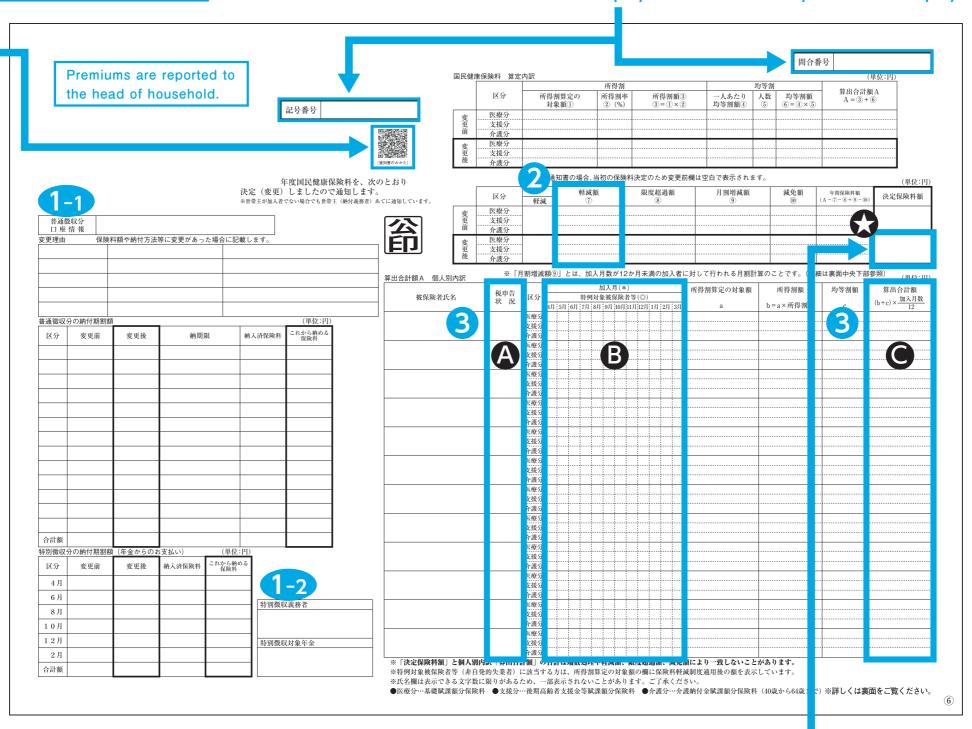
Premiums are deducted from the pension specified in the Organization with the Obligation of Special Collection and the Pension Subject to Special Collection.

3. Payment using a Payment Form Use the Payment Forms enclosed with the Notice of Determination.

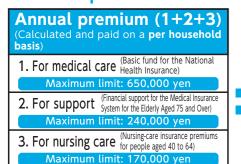
### **Amount reduced**

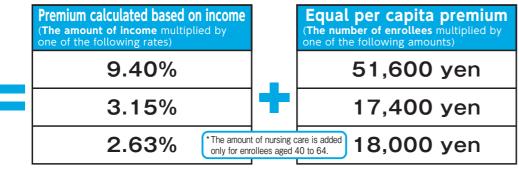
This is the sum of the reduced amount of the equal per capita premium and the amount of the premium exemption before and after childbirth.

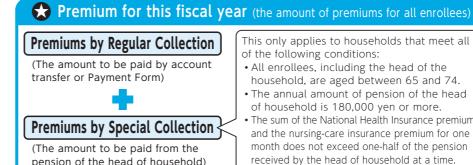
- The equal per capita premium may be reduced by a predetermined percentage depending on the number of household members and their total income. In order to receive a premium reduction, it is necessary to declare, for the resident tax, the income of all family members aged 16 or over who are covered by the National Health Insurance. Even if some of your family members have no income, all must declare it.
- · All preschool children (children born on or after April 2, 2018, and before entering elementary school) are eligible for a 50% reduction of an equal per capita premium.



### **Insurance premium calculation formula** Insurance premiums are calculated based on the income in 2023 as follows:







This only applies to households that meet all of the following conditions:

- All enrollees, including the head of the
- household, are aged between 65 and 74. • The annual amount of pension of the head of household is 180,000 yen or more.
- The sum of the National Health Insurance premium and the nursing-care insurance premium for one month does not exceed one-half of the pension received by the head of household at a time.

Breakdown of the National Health Insurance premiums by individual enrollee

Premiums cannot be split and paid individually.

### A Tax declaration status

If you moved in the City on or after January 2, 2024, or if you were late in declaring your income for tax purposes, a statement of "Income unknown" has been entered in this field. Until you receive the Notice of Change, pay the amount shown on this notice. If you have not yet declared your income, file it at the municipal office of your address as of January 1.

### **B** Months of coverage

Months in which premiums are charged are marked as follows:

- \*: Month in which premiums are charged
- Month in which premiums are reduced for the enrollee eligible for special exceptions (those who have left employment due to bankruptcy, dismissal, etc.)

### Calculated total

The breakdowns of the determined premium amount and the individual total may not be the same.

### Premiums for those turning 40, 65, or 75 in this fiscal year

For more information, see page 12 to 13 of the National Health Insurance Guide.

### For those turning 40

From the month of the 40th birthday (or from the month before if the birthday is on the first), the nursing-care insurance premiums are added to the National Health Insurance premiums.

- Those who were born between April 2 and July 1 The nursing-care insurance premiums are included in the payment amount from June (first term).
- · Those who were born between July 2 and April 1 of the following year

In the month of the birthday (or from the month before if the birthday is on the first), the amount of premiums to which the nursing-care insurance premiums have been added will be reported in the Notice of Change.

### For those turning 65

The nursing-care insurance premiums are added to the National Health Insurance premiums up to the month before your birthday (or up to two months before if your birthday is on the first) in the fiscal year in which you turn 65. The nursing-care insurance premiums applicable

from your month of birth will be reported separately by the Nursing Care Insurance Division.

### For those turning 75

The National Health Insurance is applicable until the month before your birthday in 2024 in which you turn 75, and the premiums are calculated accordingly. From the month of birth, the Medical Insurance System for the Elderly Aged 75 and Over applies. The premiums are reported by the Medical Care for the Elderly Section in July for those whose birthday falls between April 1 and June 30, and in the month following the month of birth for those whose birthday falls on or after July 1.

