

## An Individual Number Card can be used as a health insurance card.

**Inquiry** National Health Insurance Qualification Assessment Subsection: Phone: 5662-0560

An Individual Number Card can be used as a health insurance card at hospitals and pharmacies. By doing so, it is no longer necessary to present an Elderly Beneficiary Certificate or an Eligibility Certificate for Ceiling-Amount Application of the High-Cost Medical Expense Benefit. Even after registering the use of an Individual Number Card as a health insurance card, the health insurance card issued by the City can still be used as before.

- 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 convenient account transfer when you pay your insurance premiums.

**Inquiry** Premium Collection Subsection: Phone: 5662-0795

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

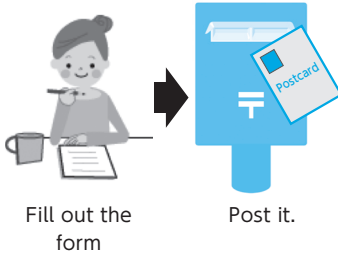
For more information, see page 18 of the National Health Insurance Guidebook.

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

#### ● By mail

Fill out and send an Account Transfer Request Form (postcard). The blank form will be mailed to you upon request.

#### Procedures



#### ● At the counter

You can complete the procedure with your cash card at the counter of the Insurance and Pension Subsection of the Resident Section or each office

#### What is required for the procedure

Cash card and health insurance card  
\*A magnetic stripe cash card is required for registration.



#### Applicable financial institutions

- Mizuho Bank - MUFG Bank - Sumitomo Mitsui Banking Corporation - Risona 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 Assessment Subsection: Phone: 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.)



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

For more information, see page 14 of the National Health Insurance Guidebook.

### If you join another health insurance scheme, you must follow the procedure for withdrawing from the National Health Insurance yourself.

\*If you fail to do so, you will be enrolled in two health insurance schemes and will have to pay double premiums.

#### ● To begin the process, contact the Insurance and Pension Subsection in your area.

Resident Section: 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



Inclusive City  
IFU

## Notice of National Health Insurance Premiums for Fiscal Year 2023

The Notice of Determination of National Health Insurance Premiums for Fiscal Year 2023 will be sent to the head of household.

### The styles of the Notice of Determination and the Payment Form have changed.

**Inquiry** National Health Insurance Qualification Assessment Subsection: Phone: 5662-0560 Premium Collection Subsection: Phone: 5662-0795

The styles of the Notice of Determination of National Health Insurance Premiums and the Payment Form have changed. Please note that the number of Payment Forms enclosed with the Notice of Determination will also change as follows. (Payment Forms will not be sent to citizens who pay by account transfer.)

#### After Change

A total of 11 forms, ten Payment Forms for each month from June to March of the following year and one lump-sum Payment Form for the year, will be sent at once.

#### Before Change

The Payment Forms for the fiscal year were sent on the following three occasions.  
In June: Five forms (one for each month from June to September, for a total of four forms, and one lump-sum Payment Form for the year)  
In October and January: Three forms each (for three months each)

### To prevent diseases and to control medical costs

**Inquiry** Medical checkup Subsection: Phone: 5662-0623 General Affairs Subsection: Phone: 5662-0540

Because of an 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.

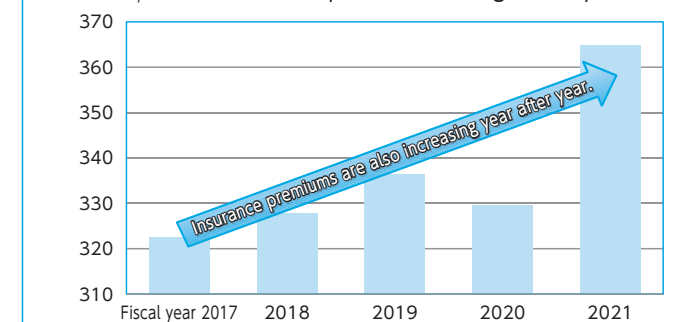
#### Becoming diabetic without knowing it?

The medical costs per person in Edogawa City in fiscal year 2021 were about 365,000 yen. The costs for diabetic patients were about 480,000 yen, which was about 20,000 yen higher than the average of Tokyo.

The percentage of those who were found to have diabetes or to be at risk of diabetes at the City's medical checkups was 52%, which was much higher than the 37% of Tokyo. Early detection and early cure will not only help people live healthy lives but will also be effective in curbing medical costs.

When you reach the age of 40, it is recommended that you make it a habit to have **a medical checkup provided by the National Health Insurance every year** and know your health condition.

Unit: thousand yen Medical Costs per Person (Edogawa City)



#### In addition to physical care, oral care is also important.

There is a causal relationship between periodontal disease and diabetes.

Diabetes has a significant impact on periodontal disease and makes it worse. However, if the two diseases are treated at the same time, both can be improved.



Prevent periodontal disease with daily self-care and regular professional care from your family dentist!



For more information on periodontal disease, watch this video.



Add flossing to your daily self-care routine. Ripper the character supporting the 8020 campaign (to keep 20 teeth until the age of 80) of Edogawa City

#### Also get a cancer screening

Cancer is the leading cause of death of Japanese people, and the costs of its treatment are high. This disease is highly curable if it is detected at an early stage and treated appropriately. For early detection, it is important to have regular checkups when you feel that you are in good health. The City offers free cancer screenings throughout the year.



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

#### 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 Assessment Subsection: Phone: 5662-0560

About the payment of the premiums: to Premium Collection Subsection: Phone: 5662-0795

The Notice is prepared based on the information as of June 2, 2023.

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 QR code. (English and plain Japanese versions are available.)

## 1 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.

\*From this fiscal year, all Payment Forms for the year will be sent at one time.

## 2 Amount reduced

This is a reduction of an equal per capita premium (amount per enrollee)

- An equal per capita premium (amount per enrollee) 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, 2017, and before entering elementary school) are eligible for the reduction of an equal per capita premium.

Premiums are reported to the head of household.

記号番号

問合番号

1-1

1-2

2

3

A

B

C

国民健康保険料 算定内訳 (単位:円)

区分	所得割			均等割		算出合計額A A = ③ + ⑥
	所得割算定の対象額①	所得割率② (%)	所得割額③ ③ = ① × ②	一人あたり均等割額④	人数⑤	
変更前	医療分 支援分 介護分					
変更後	医療分 支援分 介護分					

通知書の場合、当初の保険料決定のため変更前欄は空白で表示されます。

2 (単位:円)

区分	軽減額		限度超過額⑧	月割増減額⑨	減免額⑩	年間保険料額 (A - ⑦ - ⑧ + ⑨ - ⑩)	決定保険料額
	軽減額⑦	軽減率					
変更前	医療分 支援分 介護分						
変更後	医療分 支援分 介護分						

算出合計額A 個人別内訳 (単位:円)

※「月割増減額⑨」とは、加入月数が12か月未満の加入者に対して行われる月割計算のことです。(※細は裏面中央下部参照)

3 (単位:円)

被保険者氏名	加入月(*)	所得割算定の対象額 a	所得割額 b = a × 所得割率	均等割額 c	算出合計額 (b + c) × 加入月数 12
	4月:5月:6月:7月:8月:9月:10月:11月:12月:1月:2月:3月				

3

A

B

C

1-1

1-2

特別徴収義務者

特別徴収対象者年金

※「決定保険料額」と個人別内訳「算出合計額」の合計は、基礎課税課税額に一致しないことがあります。  
 ※特別対象被保険者等(非自発的失業者)に該当する方は、所得割算定の対象額の欄に保険料軽減制度適用後の額を表示しています。  
 ※氏名欄は表示できる文字数に限りがあるため、一部表示されないことがあります。ご了承ください。  
 ●医療分…基礎課税課税額分保険料 ●支援分…後期高齢者支援金等賦課額分保険料 ●介護分…介護納付金賦課額分保険料 (40歳から64歳まで) ※詳しくは裏面をご覧ください。

## 3 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, 2023, 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.  
 \* : 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.)

### C 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 Guidebook.

### 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 the fiscal year 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.

## Insurance premium calculation formula Insurance premiums are calculated based on the income in 2022 as follows:

Annual premium (1+2+3) (Calculated and paid on a per household basis)	Premium calculated based on income (The amount of income multiplied by one of the following rates)	Equal per capita premium (The number of enrollees multiplied by one of the following amounts)
1. For medical care (Basic fund for the National Health Insurance) Maximum limit: 650,000 yen	8.00%	47,100 yen
2. For support (Financial support for the Medical Insurance System for the Elderly Aged 75 and Over) Maximum limit: 220,000 yen	2.76%	16,200 yen
3. For nursing care (Nursing-care insurance premiums for people aged 40 to 64) Maximum limit: 170,000 yen	2.58%	17,700 yen

\*The amount of nursing care is added only for enrollees aged 40 to 64.

## ★ Premium for this fiscal year (the amount of premiums for all enrollees)

**Premiums by Regular Collection**  
(The amount to be paid by account transfer or Payment Form)

**Premiums by Special Collection**  
(The amount to be paid from the pension of the head of household)

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

- All enrollees, including the head of 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.