



国保だより

Health News

Reiwa 7, July

Edition **93**



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National Health Insurance Information

Benefits Desk

055-934-4725

Insurance cards have expired on July 31st, 2025.

As of December 2, 2024, the issuance of new paper health insurance cards is discontinued, and the system will be shifted so that your My Number Health Insurance Card, will double as your health insurance card. Until now, new National Health Insurance cards have been sent out every July, but from this year onwards, health insurance cards will no longer be renewed. In late July, a Qualification Confirmation Certificate was sent in place of your Health Insurance Card. Please destroy your current health insurance card (valid until July 31, 2025) with scissors and discard it, or return it to the National Health Insurance Division or your local citizen service office.

○ Those who do not have a My Number Health Insurance Card

We will send you a "Qualification Confirmation Certificate" which will serve as your insurance card.

- The expiration date is July 31, 2026 .

The expiration date will be different for those who will turn 70 or 75 years old by July 31, 2026.

-The color is light green.

| | | | |
|------------------------|----------|------|---------|
| 静岡県 国民健康保険 資格確認書 | | 有効期限 | 〇〇年〇月〇日 |
| 記号・番号 | 〇〇〇〇〇〇〇〇 | (校番) | 〇〇 |
| 氏名 | 沼津 太郎 | | |
| 生年月日 | 〇〇年〇月〇日 | | |
| 世帯主氏名 | 沼津 花子 | | |
| 適用開始年月日 | 〇〇年〇月〇日 | | |
| 交付年月日 | 〇〇年〇月〇日 | | |
| 保険者番号 | 220038 | 交付者名 | 沼津市 |

Qualification Confirmation Certificate

○ Those who have a My Number health insurance card

We will send you a "Notice of Eligibility Information" informing you of your insured status.

- *If you are under 70 years old and have made changes such as joining the National Health Insurance or moving after December 2, 2024, we have already issued you a "Notice of Eligibility Information." Please continue to use the notice you have.

- *Those aged 70 to 74 will receive a "Notice of Eligibility Information" every year to inform them of their contribution rate from August 1st.

Notice of Eligibility Information

| | | |
|---|---------|-------------------------|
| 〇〇〇-〇〇〇〇 沼津市御幸町16番1号 沼津 花子 様 | | 交付先：沼津市 保険者番号：220038 |
| 資格情報のお知らせ | | |
| あなたの加入する国民健康保険の資格情報を下記のとおりお知らせします。 なお、このお知らせのみでは受診できません。 | | |
| 記号 | 番号 | 〇〇〇〇〇〇〇 (校番)〇〇 |
| 氏名 | 沼津 花子 | |
| フリガナ | ヌマヅ ハナコ | |
| 負担割合 | 2割 | ※70歳以上のみ |
| 発行期日 | 〇〇年〇月〇日 | ※70歳以上のみ |
| 適用開始年月日 | 〇〇年〇月〇日 | |
| 交付年月日 | 〇〇年〇月〇日 | |
| 資格情報のお知らせ 〇〇年〇月〇日発行 交付先：沼津市 保険者番号：220038 記号 番号〇〇〇〇〇〇〇 (校番)〇〇 氏名 沼津 花子 ※交付の際にはマイナンバーカードを提示する必要があります。 | | |

For those who have “My-Nu” Insurance Cards but have difficulty using them

Benefits Desk

055-934-4725

If you fall under any of the following categories (persons requiring special consideration), we will issue you with a qualification confirmation letter upon application.

Once you have applied to be designated as a special needs person, you will be automatically sent a confirmation of eligibility while enrolled in Numazu City National Health Insurance.

○ People who require special consideration

This refers to people who have difficulty receiving medical treatment using their My Number health insurance card, such as elderly people who require care or people with disabilities.

Examples of people requiring special consideration: People who have difficulty managing and using their My Number card, people who live in facilities, etc.

○ How to apply

Required documents: Photo ID issued by the visitor's government agency *Proxies can be accepted. A letter of attorney is not required.

Reception location: City Hall National Health Insurance Division or each citizen's office

*If the visitor is the person in question or a member of the same household and their identity has been confirmed, the eligibility confirmation certificate will be handed to them in person. Otherwise, it will be sent by post.

Renewal of the “Limit Application Certificate”

Benefits Desk
055-934-4725

The validity of the application certificate is until July 31st.

If you wish to continue using your certificate after August, you will need to go through the renewal procedure, so please come to the National Health Insurance Division on the first floor of City Hall to complete the procedure.

[Items required for the procedure]

○The person's health insurance card (Note 1) or a government-issued photo ID

Your current “Limit Application Certificate”

*Documents that can verify the My Number of the head of household and the person in question



If you have a My Number health insurance card (a My Number card that has been registered for use as an insurance card), you can check your limit category on your My Number health insurance card, so there is no need to go through the renewal procedure.

(Note 1) Those who received their insurance card before December 1, 2024 are required to have one. Those who joined the National Health Insurance after December 2, 2024, please bring your National Health Insurance "Qualification Confirmation Letter" or "Notice of Qualification Information."

*If you have unpaid national health insurance premiums, you will not be able to receive a certificate (excluding those aged 70 or older). Please contact us first to discuss your insurance premium payments.

*If there is a head of household or a member of the National Health Insurance who has not declared their income (excluding dependents of salaried workers and those with only pension income), the correct income category cannot be determined, so please declare your municipal tax regardless of whether you have an income or not.

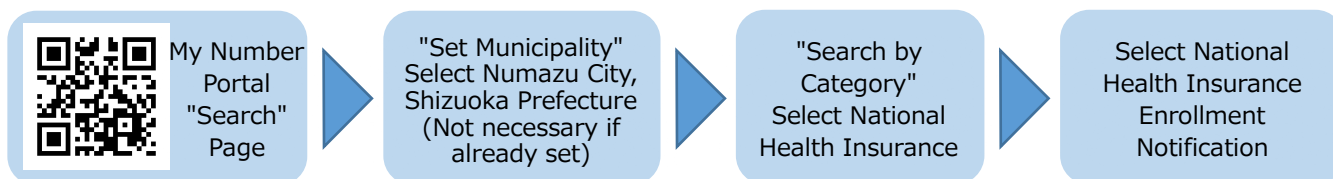
Enrollment and withdrawal procedures can be completed electronically.

Benefits Desk
055-934-4725

When you join or withdraw from health insurance at work or elsewhere, you will need to bring documents proving this (eligibility confirmation/notice of eligibility information, withdrawal certificate, etc.) and apply for national health insurance at your city hall or citizen service center.

If you have a smartphone or computer that can read your My Number card, you can apply electronically through the Pittari Service (My Number Portal), so please feel free to use it.

To apply electronically, you will need your My Number card, a four-digit password (for user authentication), and a password of 6 to 16 alphanumeric characters (for signature).



Other procedures that can be submitted electronically

| procedure | Person in charge | Contact |
|--|--------------------|--------------|
| Measures to reduce national health insurance premiums during the prenatal and postnatal period | Assessment Section | 055-934-4726 |
| Application for reduction of national health insurance premiums for involuntarily unemployed persons | Assessment Section | 055-934-4726 |
| Issuance of confirmation slip of insurance premium payment amount | Assessment Section | 055-934-4726 |
| Advance application for brain checkup fee subsidy | Benefits Officer | 055-934-4725 |

The insurance premium is determined based on the following calculation: (A) + (B) + (C) = annual premium.

(A) Basic assessment amount ① + ② + ③ (maximum limit 650,000 yen)

This is the amount of medical benefit costs that is levied on all people enrolled in national health insurance.

| | | | | |
|--|---|---|---|---|
| ① Income Tax ② Total income after the basic deduction (430,000 yen) for the previous year × 7.00% | + | ② Flat rate Per insured person × 25,600 yen | + | ③ Equal share: 16,800 yen per household |
|--|---|---|---|---|

(B) Late-stage elderly support grant levy amount ④ + ⑤ (maximum limit 240,000 yen)

In order to support the "Late-stage Elderly Medical Care System" across generations, this fee is levied on all people who enroll in national health insurance.

| | | |
|---|---|--|
| ④ Income Tax: Total income after the basic deduction (¥430,000) for the previous year × 2.68% | + | ⑤ Flat rate Per insured person × 12,700 yen |
|---|---|--|

(C) Nursing care payment levy amount ⑥ + ⑦ (maximum limit 170,000 yen)

nursing care as a society, this tax is levied on people aged 40 to 64 (※) who are enrolled in national health insurance.

| | | |
|---|---|---|
| ⑥ Income Tax: Total income after the basic deduction (¥430,000) for the previous year × 2.27% | + | ⑦ Flat-rate insurance Per insured person × 14,200 yen |
|---|---|---|

*From the month you turn 40 (or the month before if your birthday falls on the 1st) to the month before you turn 65 (or the month before if your birthday falls on the 1st)

Changes to the criteria for determining insurance premium reductions

Levy Desk
055-934-4726

Households whose annual income is below a certain amount will have their flat-rate and equal-rate national health insurance premiums reduced.

| Total income of the head of household, subscriber, and members of the specified same household (※1) in 2024 | Equal share/equal share |
|---|-------------------------|
| 430,000 yen + (number of salaried employees, etc. (※2) - 1) × 100,000 yen or less | 70% reduction |
| 430,000 yen + (number of salaried employees, etc. (※2) - 1) × 100,000 yen + 305,000 yen × Number of insured persons*3 or less | 50% reduction |
| 430,000 yen + (number of salaried employees, etc. (※2) - 1) × 100,000 yen + 560,000 yen × Number of insured persons ※3 or less | 20% reduction |

Please contact us for details on how to calculate the reduced income.

*1 People who have been transferred from the National Health Insurance to the Medical Care System for the Elderly and who continue to belong to the same household after the transfer.

*2 Those who earn a certain amount of salary and receive public pensions, etc.

*3 Includes members of a specific household.

A notice of the National Health Insurance premium determination will be sent.

Levy Desk
055-934-4726

Notices of this year's National Health Insurance premium determination will be mailed in mid-July.

Premiums are calculated for each National Health Insurance member based on their income for the previous year, and a notice of the total amount for that household will be sent to the head of the household. Even if the head of the household is enrolled in workplace health insurance and only family members are enrolled in National Health Insurance, the notice will be sent to the head of the household, who is responsible for paying the premiums (National Health Insurance Act, Article 76).

How to apply for direct debit of national health insurance premiums

Levy Desk
055-934-4726

To ensure you don't forget to pay, set up direct debit (bank transfer). You can apply for direct debit using the following methods. Please contact us for information on available financial institutions.

① Apply in person at City Hall

You can register for direct debit by scanning your cash card and entering your PIN on a dedicated terminal.

What to bring: A cash card from a financial institution in your name

Your government-issued photo ID

Location: National Health Insurance Division, 1st floor, City Hall (Citizens' Reception Office cannot accept applications)

② Apply online

Apply online from a computer or smartphone.



← to apply online

③ Apply at a financial institution's counter

What to bring: Eligibility confirmation or eligibility information notice, bankbook, and registered seal

④ Submit (by mail) a direct debit application form (postcard)

Fill out the direct debit application form enclosed with your National Health Insurance Premium Determination (Change) Notice, affix a cover sticker, and mail it.

*If you apply using methods ① and ②, you will be informed of the start month of direct debit during the procedure.

In case of ③ or ④ you will receive a postcard with the start month after your account registration is complete.

Please pay using payment slips until direct debit begins.

Payments Desk
055-934-4726

Please pay your insurance premiums by the due date

- ① If you miss the deadline, you may be charged a reminder fee or late fees. ② If you wish to make a late payment in installments, please consult with the collection clerk about payment and submit a payment pledge. ③ Even if you are making an installment payment, we may conduct an asset investigation to confirm that you will not be able to make the payment by the deadline. ④ If the asset investigation reveals collectible assets, we may seize or take other measures to dispose of the delinquent payments without notice. ⑤ If you do not pay by the deadline, you will be issued a "Qualification Confirmation Letter (Special Medical Care)" or a "Notice of Qualification Information (Special Medical Care)." You will be responsible for the full amount of payments to medical institutions, etc., and can later claim the insurance benefit portion as special medical care expenses, although overdue insurance premiums, etc. may be deducted.

Insurance premium payment deadline (The bank transfer date is the same as the insurance premium payment deadline.)

| | | | | | | | |
|------------|--------------|------------|---------------|------------|--------------|------------|------------|
| 1st period | July 31st | 2nd term | September 1st | 3rd period | September 30 | 4th period | October 31 |
| 5th period | December 1st | 6th period | January 5th | 7th period | February 2nd | 8th period | March 2nd |

Information on the Medical Care System for the Elderly

For people aged 75 and over and people aged 65 and over who have been certified as having certain disabilities

The Elderly Medical Care Eligibility Confirmation Card (old insurance card) will change from August 1st

New eligibility confirmation forms will be mailed to insured persons by the end of July.

Elderly Medical Care Desk

055-934-4728

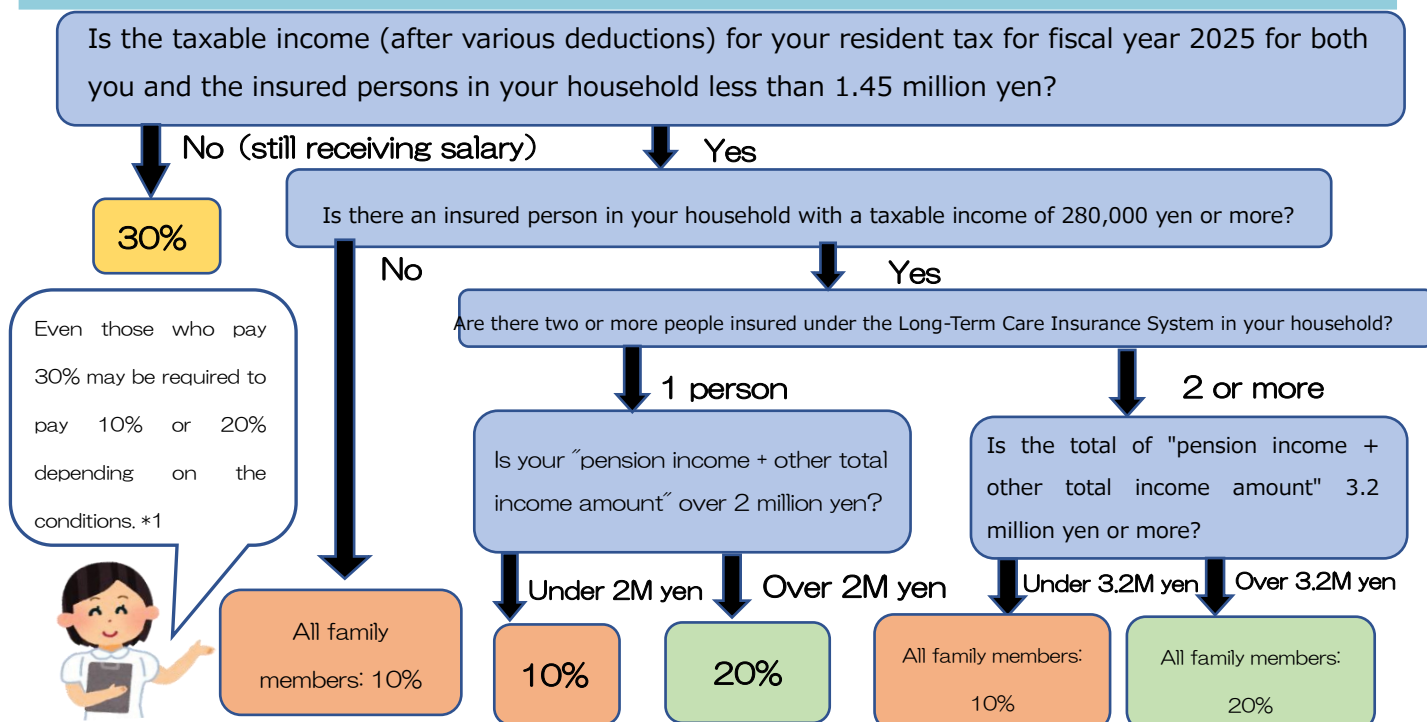
- The new eligibility confirmation form will be orange in color.
- Current insurance cards or eligibility confirmation forms (green) will no longer be valid after August 1st.
- When you receive your new eligibility confirmation form, please check your address, name, date of birth, gender, and co-payment rate (self-pay when visiting a medical institution) (10%, 20%, or 30%).
- The co-payment rate will be determined based on your income for the entire year of 2024 (January to December), so it may be different from the previous rate.

Provisional operation of the certificate of eligibility for the elderly

As of December 2, 2024, in principle, you will be required to use your My Number Health Insurance Card when visiting a medical institution, etc. However, for those covered by the Medical Care System for the Long-Term Care Elderly, based on a notification from the national government, the following provisional operation will apply.

- Regardless of whether you have a My Number Health Insurance Card or not, you will be sent an Eligibility Confirmation Certificate that can be used from August 1, 2025 to July 31, 2026, without the need for application. Even if you have difficulty using your My Number Health Insurance Card, you can continue to receive medical care as before, at your own co-payment rate, with the Eligibility Confirmation Certificate. Please present either your My Number Health Insurance Card or the Eligibility Confirmation Certificate to medical institutions, etc.

How to determine the burden ratio (self-pay amount for medical expenses...10%, 20%, 30%)



※ 1 If you are a 30% payer and fall under any of the categories in the table below, your share will be changed to 10% or 20%.

| Number of insured persons under the medical care system for the elderly | Criteria for excluding those with 30% (working-age income level) |
|---|---|
| One | Annual income under ¥3.83M |
| One | If this household also has one person aged 70-74 and the combined income is less than ¥5.2M |
| Two or more | Combined income is less than ¥5.2M |



Those who pay their insurance premiums through pension deduction or direct debit



For those paying their premiums via payment slips, etc. The premium amount for fiscal year 2025 will be determined based on your income from January to December 2024, and a notification of the amount will be mailed in mid-August. For those who have already paid their premiums provisionally through pension deductions, you will need to deduct the amount you have already paid (April, June, and August deductions) from the total premium amount for fiscal year 2025 and pay it via pension deduction in October, December, and February.

How insurance premiums are determined

Elderly Medical Care Desk

055-934-4728

Insurance premiums are calculated on an individual basis, combining a flat-rate contribution paid by all insured persons and an income-based contribution paid by each individual based on their income. The premium rates for fiscal year 2025 (uniform within Shizuoka Prefecture) are as follows:

| | |
|-------------------|---------|
| income percentage | 9.49% |
| Per capita amount | 47,000円 |

[Calculation method] Income-based amount + flat-rate amount = annual insurance premium (maximum levy amount: 800,000 yen)

☆ "Income tax amount" = (Total income amount for 2024 minus 430,000 yen) x 9.49%

◇The reduction in flat-rate tax will change

| Total income of the head of household and all insured persons | Reduction rate (Reference flat rate) |
|--|---|
| ① When the amount is 430,000 yen + (number of salaried employees, etc. - 1) x 100,000 yen or less | 70% (¥14,100) |
| ② When the amount is 430,000 yen + (number of salaried employees, etc. - 1) x 100,000 yen + (305,000 yen x number of insured persons in the household) or less | 50% (¥23,500) |
| ③ When the amount is 430,000 yen + (number of salaried employees, etc. - 1) x 100,000 yen + (560,000 yen x number of insured persons in the household) or less | 20% (¥37,600) |
| other than ①・②・③ | no reduction (47,000円) |

The elderly can receive health checks for no charge

Health Promotion Desk

055-951-3480

The health checkups for the elderly cover the same content as the specific health checkups under the National Health Insurance. The checkup period runs until October 31st. Please see page 8 for details.

In addition, if you undergo a health checkup and find that your blood sugar or blood pressure levels indicate that you need to see a medical institution sooner, a public health nurse, nurse, or other professional will make a home visit to provide you with the results.

Undertaking specialist check ups

Health Promotion Desk
055-951-3480

Specialist health checkups are basic health checkups for the prevention and early detection of lifestyle-related diseases (diabetes, high blood pressure, dyslipidemia, etc.) and are an important barometer for knowing your own health. Take this opportunity to get checked.

Who qualifies: Numazu City National Health Insurance subscribers aged 40 to 74

*If not covered by Numazu City National Health Insurance, please contact the health insurance association you are enrolled in.

| Health checkup details | Medical examination fee | What to bring |
|--|-------------------------|---|
| Medical interview, physical measurements, blood pressure and waist circumference measurements, Urine tests (sugar, protein, occult blood), blood tests (sugar, lipids, liver function, kidney function, etc.), electrocardiogram, fundus examination, etc. | 800 yen | <ul style="list-style-type: none"> • 2025 Numazu City Health Checkup Ticket • My Number health insurance card or eligibility confirmation certificate, etc. <p>*Consultation tickets were sent out in early June. If you have not received yours, please contact the Health Promotion Division.</p> |

Health check period: Monday, June 9th to Friday, October 31st, 2025

Health checkup venue: Medical institution or group health checkup venue

*For details, please see the June 1st issue of Numazu Public Relations, which will be distributed at the same time.

"Guide to specific health checkups and cancer screenings" or

Please visit the city's website.

Checkup info here▼



Group checkup info here▼



Get a health checkup and get health benefits!

① For those enrolled in National Health Insurance:

"Limited to 600 people who undergo specialist health checkups. First come, first served."

If you bring the results of this year's specific health checkup and your examination ticket to the health center, you will receive a discount coupon for Joyland Group's "Zabun Natural Hot Spring Bath."

② For people aged 20 and over (regardless of health insurance plan enrollment)

If you bring the results of this year's health checkup (specific health checkup, cancer screening, etc.) and your medical examination ticket to any Yudai Group store,

You will receive a "meal voucher" (worth 500 yen) that can be used at Yudai Group restaurants.

Subsidizing the cost of medical checkups

Benefits Desk
055-934-4725

The following conditions must be met to receive the grant, and eligible recipients will receive an information postcard in late July.

- You must be eligible for Numazu City's National Health Insurance from April 1, 2024, until the date of your medical examination.
- National health insurance premiums must be paid in full up to fiscal year 2024.

Subsidy of ¥30,000

Those who are 30 years of age or older as of April 1, 2025, and who have not visited a hospital at least once in fiscal year 2024

Subsidy of ¥25,000

Those who turn 40, 45, 50, 55, 60, or 65 years old between April 2, 2025 and April 1, 2026

*The testing fee after subsidy will vary depending on the medical institution conducting the test.

If the test fee is less than the subsidy amount, the subsidy will be limited to the test fee.

Consultation period : Friday, August 1, 2020 to Tuesday, March 31, 2020

Participating medical institutions: Listed on the information postcard

Numazu City
Brain Health
Checkup

We also provide subsidies for the cost of brain checkups (application required). Please check the city's website for details.