

6 Healthcare and welfare



Medical Handbook

The Medical Handbook covers useful conversations at the hospital and the names of illnesses and injuries in Japanese and foreign languages. There are nine foreign languages included: English, Chinese, Korean, Portuguese, Spanish, Tagalog, Thai, Indonesian, and Vietnamese. For more information, refer to the [city's website \(Non-Japanese\)](#).



6.1 Medical expenses and Public Medical Insurance

Japan has a Public Medical Insurance system through which enrollees can receive medical care by paying just a portion of the actual costs of care. Public Medical Insurance includes health insurance for company employees and similar, National Health Insurance, and Senior's Health Insurance. Foreign nationals are also required to enroll in one of these programs. If you do not enroll in the Public Medical Insurance system, you will have to pay for the entire cost of any treatments and surgeries. Always bring your health insurance card when going to the hospital.



| | Health insurance for company employees and similar | National Health Insurance | Senior's Health Insurance |
|---|---|--|---|
| Requirements for enrollment | <ul style="list-style-type: none"> • Company employees • Sailors • Public-sector employees • Teacher or other staff of a private school <p>※For more information, contact your workplace.</p> | <ul style="list-style-type: none"> • Individuals not enrolled in health insurance for company employees, etc. (e.g. self-employed) • Foreign nationals who satisfy the above conditions and are confirmed to have lived in Japan for over three months | <ul style="list-style-type: none"> • Individuals 75 years of age or older (mandatory enrollment) • Individuals 65 years of age or older who have a disability (optional enrollment) • Foreign nationals who satisfy the above conditions and are confirmed to have lived in Japan for over three months |
| Documentation required | Contact your workplace. | <ul style="list-style-type: none"> • Document proving your "My Number" (Individual Number) (head of households and all individuals who will be covered) • Personal identification of the applicant • Residence card, passport, etc. | <p>Procedures are required only for individuals 65 years old or older who have a disability and are interested in enrolling.</p> <ul style="list-style-type: none"> • Personal identification of the applicant • Residence card and passport • Document proving the enrollee's "My Number" (Individual Number) • Physical disability certificate • Personal seal |
| Contact | Contact your workplace. | Nakaminato Branch Office or the National Health Insurance and National Pension Section at the main city office | Nakaminato Branch Office or the National Health Insurance and National Pension Section at the main city office |
| Insurance premiums, Insurance tax | Determined on an individual basis based on age, income, etc. | Determined on a household basis based on the number of enrollees, age, previous year's income, etc. | Determined on an individual basis based on previous year's income, etc. |
| How to pay insurance premiums and insurance tax | Deducted from salary | <ul style="list-style-type: none"> • Pay at the bank or convenience store • Pay by account transfer • Pay by smartphone app (PayB, PayPay, LINE Pay) • Pay at the Nakaminato Branch Office or the Tax Collection Section at the main city office | <ul style="list-style-type: none"> • Pay at the bank or convenience store • Pay by account transfer • Pay by smartphone app (PayB, PayPay, LINE Pay) • Pay at the Nakaminato Branch Office or the National Health Insurance and National Pension Section at the main city office |

※Consult with your company if you are injured or become ill at work. You may be able to receive treatment not through medical insurance but workmen's accident compensation insurance.

※If you are moving to another municipality or returning to your home country, you must return your National Health Insurance card and Senior's Health Insurance card to the National Health Insurance and National Pension Section or the Nakaminato Branch Office. You must also pay any unpaid insurance premiums or insurance tax.

(1) National Health Insurance

National Health Insurance and
National Pension Section,
National Health Insurance Desk

029-273-0111 (ext.) 1181、1182

You can receive the following kinds of benefits payments.

[Medical treatment benefits]

If you are enrolled in National Health Insurance, you will only pay 20 ~ 30% of your total bill at the hospital. Your bill will vary depending on your age and other factors.

[High-cost medical expense benefits]

If your medical expense payments exceed a set amount for the month, you can apply to have the excess amount returned to you.

[Other benefits]

If someone who was enrolled in National Health Insurance passes away, there is a payment of 50,000 yen for person(s) who conduct the funeral for the deceased. For more information, refer to the [city's website \(Benefit payments under National Health Insurance\)](#).

(2) Health insurance for company employees and similar

Health insurance for company employees and similar covers the medical expenses of working people and their families. Individuals in your family whose income is too high will be required to get separate health insurance.

(3) Senior's Health Insurance

National Health Insurance and
National Pension Section,
Healthcare Desk

029-273-0111 (ext.) 1183、1184

Once you turn 75 years old, you can withdraw from National Health Insurance or your health insurance for company employees or similar, and enroll in Senior's Health Insurance instead. Individuals 65 years of age or older who have a disability can also enroll by applying.

You can receive the following kinds of benefits payments.

[Medical treatment benefits]

If you are enrolled in Senior's Health Insurance, you will only pay 10 or 30% of your total bill at the hospital. Your bill will vary depending on your income and other factors.

[High-cost medical expense benefits]

If your medical expense payments exceed a set amount for the month, you can apply to have the excess amount returned to you.

[Other benefits]

If someone who was enrolled in Senior's Health Insurance passes away, there is a payment of 50,000 yen for person(s) who conduct the funeral for the deceased. For more information, refer to the [city's website \(Benefit payments under Senior's Health Insurance\)](#).

6.2 Vaccination

Health Promotion Section

Health Care Center 029-276-5222



Vaccination is the use of a vaccine shot or other method to provide a patient with immunity against a disease.

Different types of vaccination have different costs and are available to different age groups.

For more information, refer to the [city's website \(Vaccination\)](#).

(1) For adults

Influenza, pneumococcal vaccinations for the elderly, measles antibody testing and vaccinations, etc.

(2) For children

Routine vaccinations for infants (rotavirus, Hib, pneumococcal vaccinations for children, hepatitis B, DPT-IPV, BCG, mixed measles and rubella, chickenpox, Japanese encephalitis), routine vaccinations for post-school children (Japanese encephalitis, mixed DT (diphtheria, tetanus), cervical cancer vaccine), etc.

6.3 Adult health checkups

Health Promotion Section

Health Care Center 029-276-5222

If you register at the Health Care Center or Nakaminato Healthcare Consultation Center for necessary cancer screenings, you will be mailed tickets to receive those screenings every month. Your registration will be valid for five years. Different types of health checkups and cancer screenings are held on different days and different locations, and they cost different amounts. For more information, refer to the [city's website \(Medical and health checkups\)](#).

(1) Individuals under 40 years old

Young Checkup Men and women between the ages of 18 and 39
(Physical measurements, blood pressure,)
(urine tests, blood tests)

Uterine cancer screening Women 20 years of age or older

Breast cancer screening Women 30 years of age or older
(Mammograms begin at 40 years of age)

(2) Individuals 40 years of age or older

Tuberculosis and lung cancer screening, gastric cancer screening, colorectal cancer screening, hepatitis virus screening (§), prostate cancer screening (§), osteoporosis screening (§)

※§ This screening does not require registration.

6.4 Support for those in need

Livelihood Support Section 029-273-0111 (ext.) 7206

Counseling services are available to help those in need lead independent, self-sufficient lives. Counselors will think together with you about your needs based on your circumstances and provide assistance in helping you achieve self-sufficient independence. For more information, refer to the [city's website \(Counseling support to help those in need achieve independence\)](#).

6.5 Welfare for persons with disabilities

Welfare Section for Persons with Disabilities 029-273-0111 (ext.) 7211, 7212, 7213, 7214

Physical disability certificates are issued to people with physical disabilities to make it easier for them to receive medical and welfare attention and support.

「Physical disability certificate」… For people with a physical disability

「Rehabilitation certificate」… For people with an intellectual disability

「Health and welfare certificate for the mentally disabled」… For people with a mental disability

For more information, refer to the [city's website \(Support for the disabled\)](#).

There is also “Jiritsu shien iryo,” grants of medical expenses for services and support for persons with disabilities.

For more information, refer to the [city's website \(Medical benefits payments\)](#).

6.6 Public pension system

National Health Insurance and National Pension Section, Pension Desk

029-273-0111 (ext.) 1185、1186



Japan has a public pension system that makes payments to people who are unable to work due to advanced age, illness, or injury. Foreign nationals are also required to enroll in the system.

There are two types of public pensions: the National Pension (also known as the Basic Old-Age Pension) and Employees' Pension Insurance.

| System | Explanation | |
|---|------------------------|--|
| National Pension (Basic Old-Age Pension) | Eligible population | All residents of Japan aged 20 to 59 |
| | Contact | Nakaminato Branch Office or the National Health Insurance and National Pension Section at the main city office ※Individuals already enrolled in health insurance for company employees and similar do not need to undertake enrollment procedures for the pension system. |
| | Documentation required | <ul style="list-style-type: none"> • Personal seal • Personal identification (driver's license, residence card, passport, "My Number" card [Individual Number Card], etc.) • Pension handbook |
| | How to pay | <ul style="list-style-type: none"> • Pay at the bank or convenience store • By bank account or credit card |
| Employees' Pension Insurance | How to pay | People who work at a company, etc. |
| | Procedures | Contact your workplace. |
| | How to pay | <ul style="list-style-type: none"> • The employer and the worker each pay half • These payments are deducted from the worker's salary and bonuses |

There are three categories of people covered by the National Pension: Category I insured persons, Category II insured persons, and Category III insured persons. Each of these categories of covered people makes pension contributions in a different way.

- ①Category I insured persons : Self-employed, farmers, fishery workers, students, unemployed people
- ②Category II insured persons : People who work at a company, public-sector employees, etc. (Those enrolled in Employees' Pension Insurance)
- ③Category III insured persons : Dependent spouses of those enrolled in Employees' Pension Insurance

※If you are enrolled in the public pension system and return to your home country without receiving your pension, you can apply to have that money returned to you. This is called a lump-sum withdrawal payment.

6.7 Nursing care insurance

Nursing Care
Insurance Section

029-273-0111 (ext.) 7241, 7242, 7243, 7244, 7245, 7246

In the nursing care insurance system, not just families but all of society is responsible for helping out with nursing care for the elderly. All people aged 40 years old or older are required to enroll in this system. Foreign nationals (excluding short-term visitors) are also required to enroll and pay nursing-care insurance premiums.

If you require nursing care due to being bed-ridden or cognitive impairment, or if you require support in order to carry out your everyday life, you can receive the nursing care you need by paying a portion of the costs.

However, in order to receive such nursing care, you must submit an application for necessary nursing care or an application for necessary support.

For more information, refer to the [city's website \(Nursing care insurance\)](#).