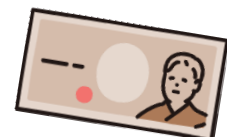


All people must be covered by health insurance in case of illness or injury requiring the hospital. All employees of a company are covered by the company's health insurance. Individuals who work alone or do not have a job are covered by National Health Insurance. For those with dependents, you must complete the process to get those dependents added to your health insurance. Those who are 75 years old or older are covered by the “Late-Stage Health Care System for the Elderly” (= insurance for the elderly).

When enrolling in or withdrawing from National Health Insurance, please contact the National Health Insurance and Medical Care for the Elderly Division in City Hall, or a branch office for assistance. When enrolling, please bring your residence card and passport. If you have quit your company's health insurance, you will also need to submit a health insurance withdrawal certificate to prove that you have quit.

When a person covered by the National Health Insurance plan enrolls in a company's health insurance plan, becomes a dependent of a family member covered by the company's health insurance plan, moves out of Nagano City, or returns to their home country, he/she will be required to carry out the necessary procedures to withdraw from National Health Insurance. When you come to withdraw, please bring your residence card and a certificate of eligibility (or insurance card) for both National Health Insurance and the company insurance.

When you go to a hospital for illness or injury, please show a certificate of eligibility. Those who are insured will pay 30% of the amount spent for treatment of illness or injury, and those between the ages of 70 and 74 will pay 20% or 30% of the amount. If you do not have health insurance, you will have to pay all of the costs incurred. To be able to go to the hospital with peace of mind, you must have health insurance.



If you are covered by the National Health Insurance, you must pay insurance fees. When moving out of the city or returning to your country, you must pay the remaining insurance fees if you have not already done so.

