Everyone must be registered in the national health insurance system so you can easily go to the hospital when you are ill or injured. Individuals who have jobs will usually be registered through their company's health insurance. Anyone registered as a citizen of Nagano City who is independently employed, or those who are unemployed, should register on their own with the National Health Insurance system. Individuals who have dependents must also register them for health insurance as well.

Individuals from the ages of 0 to 74 must register into the national health insurance system. Those 75 and older must register with the "Late-Term Elderly Medical System" to receive health insurance for the elderly.

When you enter into or cancel your health insurance plan, you must carry out the proper procedures at the National Health Insurance and Elderly Healthcare Section at Nagano City Hall, or at a branch office. When you register, you must bring: ① Your Residence Card or Special Permanent Resident Certificate, and ② Your "My Number Card", or a document that shows your My Number ID. Individuals who have cancelled their health insurance through their employer must bring a document that verifies they have cancelled their employee health insurance.

Individuals registered with National Health Insurance who enter into their company's health insurance, become a dependent that is registered with a company's health insurance, move from Nagano City, or return to their home country must complete the proper cancellation procedures to end their National Health Insurance plan. When you do this, you must bring ① Your Residence Card or Special Permanent Resident Certificate, ② your My Number Card or a document that shows your My Number ID, ③ Your National Health

Insurance Card, and ④ your company's health insurance card with you to complete the procedure.

When you visit the hospital to receive treatment for an illness or injury, please show the hospital your health insurance card. Those registered with health insurance must pay only 30% of the fees contracted for their treatment at the hospital. Individuals aged 70-74 will pay either 20% or 30%. If you do not have health insurance, you will have to pay the total amount charged for your treatment. Everyone should register for national health insurance so that you can have peace of mind when you visit the hospital.

National Health Insurance is a system that works to help individuals who are registered for health insurance. For that purpose, those who have health insurance must pay an insurance fee. If you move out of Nagano City, or return to your home country, please pay any remaining health insurance fees you may have.

For more details, please call the Nagano City Hall National Health Insurance and Elderly Healthcare Section at 026-224-5025. For questions regarding the Late-Term Elderly Medical System, please call 026-224-8767. To register your certificate of residence, please call the Public Service Counter Section at 026-224-7949.

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