


4

When you first move to Fukushima

Please complete procedures within 14 days of moving to Fukushima City.

4-1 Residence Registration

Those who will live in Fukushima City for over 3 months must complete a residence registration (住民登録 jumin toroku) and create a residence registration certificate (住民票 jumin hyo).

Where	What	What to bring
<p>General Counter</p>  <p>City Hall 1F</p> <p>024-525-3732</p>	<p>Submit a notification of moving in</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Residence Card <input type="checkbox"/> Passport <input type="checkbox"/> Documents that certify family relations (marriage/birth). (for those whose family have also come to Japan) <p>* Original documents (something published by an official facility of the country in question) and a Japanese translation.</p>

'My Number' (personal number)

A number given to all those who have registered their residency in Japan, including foreign nationals.

This is a very important piece of personal information used for taxation and social welfare etc.

Your 'My Number' will remain the same for your whole life.

① 'My Number' Notification

Documents notifying you of your 'My Number' will be sent to your registered address.

② 'My Number' Card.

An IC card on which your 'My Number' is written. Once the documents mentioned in ① have arrived, you can apply for the card at the City Hall or online.



If you have a 'My Number' card, you can print certifying documents (pg.9) at the convenience store.

For more information... the 'My Number' Card General Website



<https://www.kojinbango-card.go.jp/mynumber/>



4-2 Medical Insurance.

Those who have a status of residence, the period for which is over three months, must enter into one of the following kinds (① - ③) of health insurance, and receive a 'Health Insurance Card' (保険証 hoken-sho).

If you show the 'Health Insurance Card' when paying at a hospital, the out-of-pocket cost will be 10 – 30% of the original price.

*excludes cases where the individual's status of residence is 'Special Activities' for the purpose of receiving medical treatment, or in other related cases.



① Social Welfare

Those who work for a company and their families are able to join the company health insurance.

Please enquire with the person responsible at your place of work.

② National Health Insurance

Those who are not entered into ① should enter into the National Health Insurance.

Please complete the procedures at Fukushima City Hall.

If you are entered into National Health Insurance you must pay the 'National Health Insurance Tax'. A

'Tax Payment Notification Form' (納税通知書 nozei tsuchi-sho) will be delivered to your address. Please pay within the deadline.

National Insurance & Pension Division National Health Insurance Qualification Section

024-525-3735



③ Elderly Health Care System

Joined by those 75 years of age and over. If you complete the procedures, you will be sent an 'Elderly Health Care Health Insurance Card' (後期高齢者医療被保険者証 koki koireisha iryohi hokensha-sho).

Those who are entered into ① or ② are not required to complete any procedures. Please pay insurance premiums within the deadline written on the 'Entrance Payment Notification' (納入通知書 nonyu tsuchisho) which will be delivered to your address.

National Health Insurance & Pension Division Elderly Medical Care Section

024-525-3724

Procedures to join ② and ③.

Where	What to bring
General Counter OR the National Health & Pension Division City Hall 1F	<input type="checkbox"/> Residency Card
	<input type="checkbox"/> Passport
	<input type="checkbox"/> Forfeit of Qualification Certificate (資格喪失証明書 shikaku soshitsu shomeisho) (received from your company if you leave ① and join ②)

4-3 Nursing Insurance

Those who are 40 years and over also join 'Nursing Insurance' (介護保険 kaigo hoken) and pay insurance premiums.

When nursing is required, this service can be made use of to cover part of the cost. There are no procedures required to join, however, in order to make use of the service, an application to the City is required to determine the need for care.

For more information... Fukushima City Home Page > Health & Welfare > Welfare & Nursing > Nursing Insurance

Senior Citizens Welfare Division

Fukushima City Hall 2F

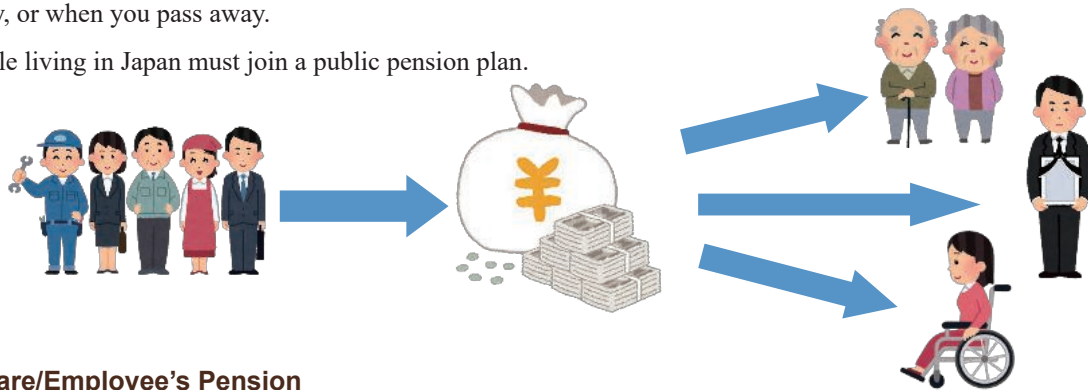
024-525-6551



4-4 Pension

Insurance premiums are paid from the ages of 20-60yrs. Money can then be received when you grow old, if you have disability, or when you pass away.

All people living in Japan must join a public pension plan.



① Welfare/Employee's Pension

For those working at a company, you will join the company's welfare/employee's pension.

② National Pension

If you are not entered into ①, you will join the national pension. Those who have difficulty in paying insurance premiums due to low income etc., can apply for exemption.

Where	What	What to bring
National Health Insurance & Pension Division	Join the National Pension Apply for exemption (if required)	<input type="checkbox"/> Residency Card or Passport <input type="checkbox"/> Something that shows your 'My Number' (if you have one)

*If you have paid over 6 months of insurance premiums and leave Japan without receiving your pension, you can make a lump-sum withdrawal. (p23)

Pension Booklet... will be delivered to your address if you enter into the pension.
Required for pension procedures.

Pension Booklet

For more information ...

National Health Insurance & Pension Division



City Hall 1F



024-525-3738



Fukushima City Home Page > Lifestyle & Procedures > National Health Insurance / Pension / Old-Age Health Care > Pension

Tohoku Fukushima Pension Office



Kita Gorouchi-machi 3-30



024-535-0141



Weekdays: 8:30 – 17:15

* Mon: 8:30 – 19:00



Japan Pension Service Home Page

Publishes detailed information regarding the pension system.



Multilingual page: <https://www.nenkin.go.jp/international/index.html>



Eng

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한

Por

Esp

Tag

ไทย

Việt

မြန်မာ

नेपाली

3 other additional languages