

Ibaraki Osaka — 国民健康保険異動届出書 — National Health Insurance Application

Deadline: Must be submitted within 14 days of the qualifying event (losing employer insurance, moving in, birth, etc.) | Cost: Free | Penalty: Late enrollment means you still owe premiums from the eligibility date, and medical costs in

WHAT TO BRING

>> Enrolling after leaving employer insurance

- | | |
|---|-------------|
| * Certificate of Health Insurance Loss (from former employer) | 健康保険資格喪失証明書 |
| * Residence Card | 在留カード |
| * My Number Card (or My Number notification) | マイナンバーカード |
| Bank passbook & registered seal (for auto-debit setup) | 通帳・届出印 |

>> Enrolling after moving to a new ward

- | | |
|--|-----------|
| * Residence Card | 在留カード |
| * My Number Card | マイナンバーカード |
| Moving-Out Certificate (from previous ward) (If also doing residence registration) | 転出証明書 |

>> Leaving NHI (got employer insurance)

- | | |
|---|-------------|
| * New health insurance card (from employer) | 新しい健康保険証 |
| * NHI qualification confirmation document | 国民健康保険資格確認書 |
| * My Number Card | マイナンバーカード |

COMMON MISTAKES

- X Not enrolling within 14 days
- > You owe premiums retroactively from the eligibility date, but medical expenses during the gap are not covered.
- X Forgetting to disenroll from NHI after getting employer insurance
- > You will be double-billed for premiums. NHI does not automatically cancel.
- X Not bringing the Certificate of Health Insurance Loss
- > The ward office cannot process your enrollment. Ask your former employer to issue this document.

AFTER YOU SUBMIT

1. You receive a qualification confirmation document (資格確認書) — keep this as proof of insurance
2. Monthly premium notices arrive by mail. Pay at convenience stores, banks, or set up auto-debit
3. Dependents can be enrolled on the same form — list all household members
4. Premiums are calculated based on your previous year's income

セクション 1 — Section 1 (Part 2/2)

住所	茨城県	市	丁目	番地	電話	自宅	072-	-
	(かたがき)	例: ○○アパート・○○寮・○○荘・○○マンション			番号	世帯主	-	-

- 1住所 Address
- Write your complete residential address including postal code, prefecture, city, and building details
- 2(かたがき) 例: ○○アパート・○○寮・○○荘・○○マンション [(かたがき) 例: ○○アパート・○○寮・○○荘・○○マンション]
- 3世帯主 Head of household
- The primary person in a household for registration purposes. If you live alone, you are the head of household.
- 4- [-]



セクション 2 — Section 2 (Part 1/2)

住所	茨不市	丁目	番地	電話	自宅	072—	—							
	(かたがき)	例：〇〇アパート・〇〇寮・〇〇荘・〇〇マンション		番号	世帯主	—	—							
	氏	名	生	年	月	日	性別	続柄	個人番号	〈市使用欄〉				
	フリガナ		昭和				男			市受領日	令和	年	月	日
			平成											

- 1住所 Address
- Write your complete residential address including postal code, prefecture, city, and building details
- 2(かたがき) 例：〇〇アパート・ 〇〇寮・ 〇〇荘・ 〇〇マンション [(かたがき) 例：〇〇アパート・ 〇〇寮・ 〇〇荘・ 〇〇マンション]
- 3世帯主 Head of household
- The primary person in a household for registration purposes. If you live alone, you are the head of household.
- 4— — [— —]
- 5号携帯 Mobile phone
- Enter your mobile/cell phone number including area code
- 6氏 名 [氏 名]
- 7生 年 月 日 Date of Birth
- Enter your birth date in the Japanese format: year/month/day (often using the Japanese imperial calendar system)
- 8性別続柄 Gender / Relationship to head of household
- 男 (otoko) = Male, 女 (onna) = Female. Circle the appropriate one. See relationship terms table.
- 9個人番号 My Number (Individual Number)
- 12-digit number. Leave blank on first registration — it will be mailed to you after.
- 10〈市使用欄〉 [〈市使用欄〉]
- 11フリガナ [フリガナ]
- 12昭和 Showa
- If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)
- 13令和 年 月 日 [令和 年 月 日]
- 14市受領日 [市受領日]
- 15・ ・ [・ ・]



	①	平成 令和	女					全喪	一喪		
国	フリガナ	昭和	男					社保取得	他国保取得	死亡	生保開始

- 1 一喪 [一喪]
- 2 全喪 [全喪]
- 3 令和 Reiwa (era name)
This refers to the current Japanese era period that began in 2019 - you'll need to convert Western calendar years when filling dates on the form
- 4 𐤀𐤊𐤁𐤏 [𐤀𐤊𐤁𐤏]
- 5 昭和 Showa
If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)
- 6 社保取得 [社保取得]
- 7 他国保取得 [他国保取得]
- 8 死亡 [死亡]
- 9 生保開始 [生保開始]

Figure 1 shows a sample of a Japanese National Health Insurance Card. The card is for a male resident of Tokyo, insured under the Tokyo Metropolitan Health Insurance Plan. It includes fields for personal information (name, date of birth, sex, address), insurance details (plan name, contribution amount, premium amount), and a list of medical institutions where the card can be used. The card is issued by the Tokyo Metropolitan Government.

セクション 3 — Section 3 (Part 1/2)

国保を脱退	①	フリガナ	昭和	・	・	男						①	社保取得	②	他国保取得	③	死亡	④	生保開始
	②		平成	・	・	女						⑤	国保喪失年月日	⑥	令和	年	月	日	
	③	フリガナ	昭和	・	・	男						⑦	国保番号						
			令和	・	・	女													

- 1フリガナ [フリガナ]
- 2昭和 Showa
If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)
- 3社保取得 [社保取得]
- 4他国保取得 [他国保取得]
- 5死亡 [死亡]
- 6生保開始 [生保開始]
- 7・ ・ [・ ・]
- 8国保喪失 [国保喪失]
- 9令和 Reiwa (era name)
This refers to the current Japanese era period that began in 2019 - you'll need to convert Western calendar years when filling dates on the form
- 10令和 年 月 日 [令和 年 月 日]
- 11脱フリガナ [脱フリガナ]
- 12昭和 Showa
If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)
- 13・ ・ [・ ・]
- 14国保番号 [国保番号]
- 15退③ [退③]



退③	平成令和	女		国保番号
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1

This refers to the current Japanese era period that began in 2019 - you'll need to convert Western calendar years when filling dates on the form

[illegible]

- 1 . . . [. . .]
- 2 国保番号 [国保番号]
- 3 退③ [退③]
- 4 令和 Reiwa (era name)
This refers to the current Japanese era period that began in 2019 - you'll need to convert Western calendar years when filling dates on the form
- 5 さリガナ [さリガナ]
- 6 一 般 [一 般]
- 7 回収 [回収]
- 8 昭和 Showa
If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)
- 9 . . . [. . .]
- 10 高齢受給者証 [高齢受給者証]
- 11 回収 [回収]
- 12 令和 Reiwa (era name)
This refers to the current Japanese era period that began in 2019 - you'll need to convert Western calendar years when filling dates on the form
- 13 回 収 日 [回 収 日]
- 14 令和 年 月 日 [令和 年 月 日]
- 15 リガナ [リガナ]

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セクション 5 — Section 5

氏名 フリガナ	昭和	男								証	回収日	令和	年	月	日
	平成	女								処理	納付書発行・還付	精算	済・未		
	令和	男								(備考)		葬祭費	支給・未支給		
フリガナ	昭和														

- 1 回収日 [回収日]
- 2 令和 年 月 日 [令和 年 月 日]
- 3 フリガナ [フリガナ]
- 4 昭和 Showa
If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)
- 5 . . [. .]
- 6 処理 Processing
Staff use - processing status. Do not fill in.
- 7 納付書発行・還付 [納付書発行・還付]
- 8 精算 [精算]
- 9 済・未 [済・未]
- 10 令和 Reiwa (era name)
This refers to the current Japanese era period that began in 2019 - you'll need to convert Western calendar years when filling dates on the form
- 11 (備考) Remarks / Notes
Space for additional information or special circumstances. Usually optional.
- 12 葬祭費 [葬祭費]
- 13 フリガナ [フリガナ]
- 14 支給・未支給 [支給・未支給]
- 15 昭和 Showa
If your birth year was during the Showa era (1926-1989), select this option and write the corresponding Showa year (e.g., Showa 50 for 1975)



COUNTER PHRASES

Point and show these to ward office staff

FINDING THE COUNTER

すみません、国民健康保険の窓口はどこですか？

Sumimasen, kokumin kenkō hoken no madoguchi wa doko desu ka?

Excuse me, where is the National Health Insurance counter?

ENROLLING

国民健康保険に加入したいのですが

Kokumin kenkō hoken ni kanyū shitai no desu ga

I would like to enroll in National Health Insurance

CANCELLING

国民健康保険をやめたいのですが

Kokumin kenkō hoken wo yametai no desu ga

I would like to cancel my National Health Insurance

SHOWING PROOF

資格喪失証明書を持っています

Shikaku sōshitsu shōmeisho wo motteimasu

I have my Certificate of Health Insurance Loss

ASKING ABOUT PREMIUMS

保険料はいくらですか

Hokenryō wa ikura desu ka?

How much is the insurance premium?

LEFT PREVIOUS JOB

会社を辞めたので、国保に切り替えたいです

Kaisha wo yameta node, kokuho ni kirikae tai desu

I left my company and want to switch to National Health Insurance