

第1号様式(第4条関係)

## 式(第4種關係)

國民健康保險署 動 展

年 月 日 尾出

| 国保加入届記載例   |                                     |                     |                         |          |     |          |        |          |      | 年月日届出 |      |      |      |      |
|------------|-------------------------------------|---------------------|-------------------------|----------|-----|----------|--------|----------|------|-------|------|------|------|------|
| 事由         | 取得(適用開始)                            | 喪失(適用終了)            |                         |          | 取得日 | 取得事由     | 世帯主    | 旧国保      | 在留資格 | 在留期間  | 擬制普通 | 記号番号 |      |      |
| 全部・一部      | 全部・一部                               |                     |                         |          | 喪失日 | 喪失事由     | その他( ) |          |      |       |      |      |      |      |
| 住所         | 練馬区 豊玉北 6丁目 12番1号                   |                     |                         |          |     |          |        |          |      |       | 変更前  |      |      |      |
| (建物名と部屋番号) | (ベルデ練馬301号室) TEL自宅携帯 090-3993-〇〇〇〇  |                     |                         |          |     |          |        |          |      |       | 変更後  |      |      |      |
| 届出人        | 1 世帯主本人<br>2 世帯主以外<br>(右欄も記入してください) | 住所 ※世帯主以外の方はご記入ください |                         |          |     |          |        |          |      |       |      |      |      |      |
| 本通         | 注2) フリガナ<br>氏名                      | 世帯主との続柄             | 性別                      | 生年月日     |     | 職業・収入等   |        | TEL自宅・携帯 | 勤務先  | 新規登録  | 宛名   | 在留資格 | 在留期限 | 特記事項 |
| 1          | ネリマ タロウ                             | 主                   | 男 M 女 F                 | 昭和 年 月 日 | 西暦  | 失業保険受給予定 |        |          |      | 新     |      |      |      | 前    |
| 2          | ネリマ ハナコ                             | 妻                   | 男 M 女 F                 | 昭和 年 月 日 | 西暦  | 無職       |        |          |      | 新     |      |      |      | 前    |
| 3          | 練馬 太郎                               | 個人番号                | 9 8 7 6 5 4 3 2 1 0 9 8 | 昭和 年 月 日 | 西暦  |          |        |          |      | 新     |      |      |      | 前    |
| 4          | 練馬 花子                               | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 5          |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 6          |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 7          |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 8          |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 9          |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 10         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 11         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 12         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 13         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 14         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 15         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 16         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 17         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 18         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 19         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 20         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 21         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 22         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 23         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 24         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 25         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 26         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 27         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 28         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 29         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 30         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 31         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 32         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 33         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 34         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 35         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 36         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 37         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 38         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 39         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 40         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 41         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 42         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 43         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 44         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 45         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 46         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 47         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 48         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 49         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 50         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 51         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 52         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 53         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 54         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 55         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 56         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 57         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 58         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 59         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 60         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 61         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 62         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 63         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 64         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 65         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 66         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 67         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 68         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 69         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 70         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 71         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 72         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 73         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 74         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 75         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 76         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 77         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 78         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 79         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 80         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 81         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 82         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 83         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 84         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 85         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 86         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 87         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 88         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 89         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 90         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 91         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 92         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 93         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 94         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 95         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 96         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 97         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 98         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 99         |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 100        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 101        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 102        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 103        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 104        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 105        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 106        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 107        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 108        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 109        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 110        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 111        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 112        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 113        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 114        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 115        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 116        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 117        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 118        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 119        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 120        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 121        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 122        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 123        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 124        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 125        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 126        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 127        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 128        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 129        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 130        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 131        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 132        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 133        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 134        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 135        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 136        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 137        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |
| 138        |                                     | 個人番号                |                         |          |     |          |        |          |      | 新     |      |      |      | 前    |

# Nerima — 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 incurred during the gap are not covered.

## 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

## タイトル・届出日 — Header &amp; Dates (Part 1/2)

|                         |                   |      |   |              |                        |                         |             |     |    |
|-------------------------|-------------------|------|---|--------------|------------------------|-------------------------|-------------|-----|----|
| ① 第1号様式(第4条関係)<br>練馬区長殿 | 國 品 健 康 保 険 異 動 届 |      |   |              |                        |                         | ④ 年 月 日 届 出 |     |    |
| 事由<br>全部・一部             | 喪失(適用終了)<br>全部・一部 | ② 丁目 | 番 | ③ 取得日<br>喪失日 | 取得事由<br>喪失事由<br>その他( ) | 変更<br>世帯主 旧国保 在留資格 在留期間 | 擬制<br>普通    | 記号  | 番号 |
| 練馬区                     |                   |      |   |              |                        |                         |             | 組・室 |    |

## 1 第1号様式 ( 第4条関係 ) Form No. 1 (Related to Article 4)

This is a form header indicating 'Form No. 1 (Related to Article 4)' - you don't need to fill anything in this field as it's pre-printed administrative information identifying the specific government form type.

## 2 国 品 健 康 保 険 異 動 届 National Health Insurance Change Notification

Fill this out if you're enrolled in National Health Insurance and changing address, as your insurance coverage needs to be updated with your new municipality.

## 3 練馬区長殿 To the Mayor of Nerima Ward

N/A if it's just instructions/layout text

## 4 年 月 日 届出 Year Month Day Notification/Report

Fill in the date you are submitting this residence registration form (format: year/month/day)

## 5 取得(適用開始) Acquisition (Application Start)

Fill in the date when you first acquired or became eligible for a particular status or benefit (e.g., health insurance, resident status)

## 6 喪失(適用終了) Loss (End of Coverage)

Check this box if you're losing eligibility for services like national health insurance due to moving out of the municipality or other qualifying changes.

## 7 変更 Change

Check this box if you're making changes to existing registration information rather than moving in/out

## 8 記号 Symbol/Code

Leave blank unless specifically instructed by municipal office staff - this is typically for internal administrative use

## 9 番号 Number

Leave blank - this field is typically filled by municipal office staff for internal tracking purposes.

## 10 擬制 Deemed/Legal fiction

This field is for cases where legal status is assigned by law rather than actual circumstances - typically handled by city office staff, not filled by applicant

## 11 喪失日 喪失事由 その他 ( )

) Other

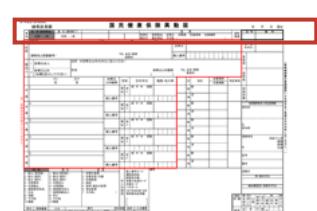
Use this section for any additional information not covered in other fields

## 12 練馬区 Nerima Ward

This indicates the municipal jurisdiction - if you live in Nerima Ward, this form is for you

## 13 丁目 Block/District Number

Enter the numbered district section of your address (e.g., if your address is "1-2-3 Shibuya", enter "1" for 1-chome)



## タイトル・届出日 — Header &amp; Dates (Part 2/2)

| 第1号様式(第4条関係) |           | 國 健 康 保 険 異 動 届 |    |    |   |     |       |         |       |       |         | 年 月 日 届 出 |           |     |     |
|--------------|-----------|-----------------|----|----|---|-----|-------|---------|-------|-------|---------|-----------|-----------|-----|-----|
| 練馬区長殿        |           | 国保加入届記載例        |    |    |   |     |       |         |       |       |         | 記 号       | 番 号       |     |     |
| 事 由          | 取 得(適用開始) | 喪 失(適用終了)       |    |    |   | 委 更 | 取 得 日 | 取 得 事 由 | 世 葵 主 | 旧 国 保 | 在 留 資 格 | 在 留 期 間   | 擬 制<br>普通 | 記 号 | 番 号 |
|              | 全部・一部     | 全部・一部           |    |    |   |     | 喪失日   | 喪失事由    | その他   |       |         |           |           |     |     |
| 練馬区          | 曲エル       | ○               | 丁目 | 10 | 番 | 1   | 注1    | 曲エル     | 上町    | 録     | 鹿       |           |           |     |     |

## 1 国保加入届記載例 Example of How to Fill Out National Health Insurance Enrollment Application

This is just a header indicating this is an example form showing how to properly fill out a National Health Insurance enrollment application - you don't need to write anything here.

## 2 注 1 ) Note 1)

This refers to a footnote or additional instruction that will be explained elsewhere on the form - look for the corresponding note below for specific guidance on how to fill out that particular section.



Form p.2

## 届出人情報 — Who Is Filing (Part 1/2)

|     |                               |       |  |       |           |                    |        |      |      |    |        |     |
|-----|-------------------------------|-------|--|-------|-----------|--------------------|--------|------|------|----|--------|-----|
| 事由  | 全部・一部                         | 全部・一部 |  | ① 取得日 | 取得事由      | 世帯主                | 旧国保    | 在留資格 | 在留期間 | 擬制 | 普通     |     |
| 住所  | ② 練馬区 ③ 丁目 番号                 |       |  |       | 喪失日       | 喪失事由               | その他( ) |      |      |    | ④ 帰年月日 |     |
| 届出人 | (建物名と部屋番号)                    |       |  |       | TEL       | 自宅・携帯<br>勤務先       | 世帯主    | 個人番号 |      |    | 変更前    | 変更後 |
|     | 1 世帯主本人 ⑤ 住所 ※世帯主以外の方はご記入ください |       |  |       | ⑥ 世帯主との関係 | ⑦ TEL 自宅・携帯<br>勤務先 |        |      |      |    |        |     |
|     | 2 世帯主以外 氏名                    |       |  |       |           |                    |        |      |      |    |        |     |

喪失日　喪失事由　その他 ( )

) Other

Use this section for any additional information not covered in other fields

練馬区 Nerima Ward

This indicates the municipal jurisdiction - if you live in Nerima Ward, this form is for you

丁目 Block/District Number

Enter the numbered district section of your address (e.g., if your address is "1-2-3 Shibuya", enter "1" for 1-chome)

得・喪 Acquisition/Loss

Check the appropriate box to indicate whether you're acquiring or losing residence status in this municipality.

5 This appears to be a phone number field with parentheses format. Enter your phone number with area code in the standard Japanese format (e.g., 03-1234-5678).

個人番号 My Number (Individual Number)

12-digit number. Leave blank on first registration — it will be mailed to you after.

勤務先 Place of employment / Employer

Company name and address. Some forms also ask for 勤務先電話番号 (employer phone number).

住所 ※世帯主以外の方はご記入ください Head of household / Address

The primary person in a household for registration purposes. If you live alone, you are the head of household. Write in kanji if possible. Ward office staff can help you look up the correct kanji for your address.

( 資 (Documents

This is for document types or supporting materials. List any required documents you're submitting with this form, such as residence card, passport, or other identification.

届1世帯主本人 Head of household

The primary person in a household for registration purposes. If you live alone, you are the head of household.

TEL自勤宅務・先携帶 Mobile phone

Enter your mobile/cell phone number including area code

世帯主との関係 Head of household

The primary person in a household for registration purposes. If you live alone, you are the head of household.

確認 Confirmation

This is a confirmation or verification field. Check this box or sign to confirm that all information provided is accurate and complete.



## 届出人情報 — Who Is Filing (Part 2/2)

|     |                       |       |    |   |     |            |               |      |                         |   |
|-----|-----------------------|-------|----|---|-----|------------|---------------|------|-------------------------|---|
| 出   | 王都・一部                 | 王都・一部 | 丁目 | 番 | 喪失日 | 喪失事由       | その他( )        | 音通   |                         |   |
| 練馬区 | 豊玉北                   | 6     | 12 | 1 |     | 注1)<br>世帯主 | 練馬 太郎         |      | 得・喪<br>年月日              |   |
| 住所  | (建物名と部屋番号) ベルデ練馬301号室 |       |    |   | TEL | 自宅 携帯      | 090-3993-〇〇〇〇 | 個人番号 | 1 2 3 4 5 6 7 8 9 0 1 2 | 恋 |

## 1) Note 1

This is a reference note field - you typically don't need to fill this in as it's just indicating 'Note 1' which refers to instructions elsewhere on the form.

## 2) 豊玉北 Toyotama-kita

This is a neighborhood/district name - write your actual district name here if different

## 3) 12 12

This appears to be a day field (showing '12') - enter the day portion of a date, likely your birthday or the date you're filing the form, as a two-digit number.

## 4) 練馬 太郎 Nerima Taro

This is a sample name showing the format (last name first, then first name) - replace with your actual name in this order.

## 5) TEL自宅・携帯090-3993-〇〇〇〇個人番号123456789012 My Number (Individual Number) / Mobile phone / Home address

12-digit number. Leave blank on first registration — it will be mailed to you after. Enter your mobile/cell phone number including area code

## 6) (建物名と部屋番号) ベルデ練馬 3 0 1号室 (Building name and room number) Verde Nerima Room 301

Enter your apartment/condo building name followed by your specific room/unit number



Form p.2

## 住所 — Addresses (Part 1/3)

|                    |                                     |                     |           |               |        |        |    |     |  |  |  |                  |              |      |   |
|--------------------|-------------------------------------|---------------------|-----------|---------------|--------|--------|----|-----|--|--|--|------------------|--------------|------|---|
| 届出人<br>1<br>2<br>本 | 1 世帯主本人<br>2 世帯主以外<br>(右欄も記入してください) | 住所 ※世帯主以外の方はご記入ください |           |               |        |        |    |     |  |  |  | TEL 自宅・携帯<br>勤務先 | 在留資格<br>在留期限 | 特記事項 | 前 |
|                    | フリ<br>氏<br>名                        | 世帯主<br>との続柄<br>男 女  | 性別<br>男 女 | 生年月日<br>昭平令西暦 | 職業・収入等 | 非<br>新 | 宛名 | 変更後 |  |  |  |                  |              |      |   |

資料確認欄  
の書道部屋

## 1 ( 資 (Documents

This section is for document verification - leave blank as it will be filled by the government office staff when they process your form.

## 2 届1世帯主本人 Head of household

The primary person in a household for registration purposes. If you live alone, you are the head of household.

## 3 人2世 (右欄主も以記外入してください) 氏名 Full name

Write in katakana for foreign names. Some forms accept romaji.

## 4 TEL自勤宅務・先携帶 Mobile phone

Enter your mobile/cell phone number including area code

## 5 世帯主との関係 Head of household

The primary person in a household for registration purposes. If you live alone, you are the head of household.

## 6 確認 Confirmation

This is a confirmation field that will be checked/stamped by the office staff after they verify your information - do not write anything here.

## 7 在留資格特記事項後 Residence status / Visa type / Qualification

e.g. 技術・人文知識・国際業務, 日本人の配偶者等, 留学, 永住者 Refers to your legal status or eligibility (e.g., resident status, insurance qualification)

## 8 フリ ガナ Furigana (phonetic reading)

Write the phonetic reading of your name in katakana characters above where you write your actual name

## 9 世帯主性別 Head of household / Gender

The primary person in a household for registration purposes. If you live alone, you are the head of household. 男 (otoko) = Male, 女 (onna) = Female. Circle the appropriate one.

## 10 生年月日 Date of birth

Format: 年(year) 月(month) 日(day). Use Japanese calendar (令和/平成) or Western year.

## 11 職業・収入等 Occupation

e.g. 会社員 (company employee), 自営業 (self-employed), 学生 (student)

## 12 宛名 Addressee/To

Write the full name of the person this form concerns or who should receive correspondence about this registration - typically your own name if filing for yourself.

## 13 新新 New New

This appears to be a formatting error or duplicate text - check if this should be "新住所" (new address) or contact the municipal office for clarification

## 14 男女昭平令 西暦 Western calendar

Use Gregorian calendar years (e.g., 2024) instead of Japanese era years

## 15 郵便 Postal code

Enter your 7-digit postal code (〒xxx-xxxx format)



## 住所 — Addresses (Part 2/3)

The form includes fields for personal information (name, gender, date of birth), address details (move-in/move-out dates), and insurance information (other insurance companies).

## 1 よる by/through

This is likely part of a longer phrase indicating the method or reason for registration change - check the full context around this word to determine what specific information is being requested.

## 2 注通 Notification

This likely refers to a notification section - follow instructions provided or check with municipal office staff if unsure what notifications are required.

## 3 個人番号 My Number (Individual Number)

12-digit number. Leave blank on first registration — it will be mailed to you after.

4

Write the date you moved to this address in the format MM.DD (month.day). Use numbers only, for example '04.15' for April 15th.

5

## 会社名他保険等加入脱退情報 Company name and other insurance enrollment/withdrawal information

Enter your employer's name and details about joining or leaving health insurance, employment insurance, or other workplace benefits

6

Write the date you moved out from a previous address in the format MM.DD (month.day). Leave blank if this is your first address registration in Japan or if you're moving from outside Japan.



## 住所 — Addresses (Part 3/3)

|              |              |             |        |                 |              |        |    |              |      |        |  |
|--------------|--------------|-------------|--------|-----------------|--------------|--------|----|--------------|------|--------|--|
| 注2) フリ<br>氏名 | ガナ<br>名      | 世帯主<br>との続柄 | 性別     | 生年月日            | 職業・収入等       | 非<br>新 | 宛名 | 在留資格<br>在留期限 | 特記事項 | 更<br>後 |  |
| 1 ネリマ<br>本通  | タロウ<br>練馬 太郎 | 主<br>M      | 男<br>女 | 昭平令 西暦<br>7.1.1 | 失業保険<br>受給予定 |        |    |              |      | 前      |  |
| 2 ネリマ<br>本赤線 | ハナコ<br>.. .. | 妻<br>M      | 男<br>女 | 昭平令 西暦<br>7.1.1 | 無職           |        |    |              |      |        |  |

ご記入にあたっての注意>

注1) 世帯主名欄には住民票上の世帯主のお名前を  
記入ください。

注2) 本1 本通

注3) 練馬 太郎

注4) ご記入にあたっての注意>

注5) 7.1.1

注6) 練馬 太郎 Nerima Taro

注7) <旧ご記入にあたっての注意> <Notes for filling out the old [address section]>

注8) 注3) 個人番号123456789012 My Number (Individual Number)

注9) 赤線本2 練ネリ馬マ 花ハナ子コ Red line book 2 Nerima Hanako

注10) 新注新1) 世帯主名欄にいは。住民票上の世帯主の名前を退情報

注11) 男M女F昭7 平令1 西1暦 Male M Female F Showa 7 Heisei 1 Western Calendar

注12) 付ごを Household members

## 注 2 ) Note 2)

This refers to a note or instruction elsewhere on the form - check the bottom or margins of the document for 'Note 2' which will contain specific guidance about filling out this section.

1 本1

ネリマ

タロウ

Main 1

NERIMA TAROU

This shows an example entry - "本1" indicates the main applicant (#1), followed by name in katakana (surname first: NERIMA TAROU)

## 3 失業保険 Unemployment Insurance

Check this box if you are currently receiving unemployment benefits or are eligible to receive them.

## 4 後記 Notes below

This section is for additional notes or remarks that will be referenced later in the form - leave blank unless you have special circumstances that require explanation.

5 7 . 1 . 1 7 . 1 . 1

This appears to be a date format template showing spaces for entering a date as year.month.day (likely using Japanese calendar year 7, which would be 2025 in the Reiwa era)

## 6 練馬 太郎 Nerima Taro

This is a sample name showing the format (last name first, then first name) - replace with your actual name in this order.

## 7 &lt;旧ご記入にあたっての注意&gt; &lt;Notes for filling out the old [address section]&gt;

This introduces instructions for completing the previous address section - read the following guidelines carefully before filling out your old address information.

## 8 注3) 個人番号123456789012 My Number (Individual Number)

12-digit number. Leave blank on first registration — it will be mailed to you after.

## 9 赤線本2 練ネリ馬マ 花ハナ子コ Red line book 2 Nerima Hanako

This appears to be an example entry showing the format: write your address district (練馬/Nerima) and name (花子/Hanako) following the same pattern with your actual information.

## 10 新注新1) 世帯主名欄にいは。住民票上の世帯主の名前を退情報

New Registration Note 1) Please enter the name of the head of household in the household head name field. Please enter the name of the head of household as registered on your resident certificate (住民票) - this is needed for insurance processing.

## 11 男M女F昭7 平令1 西1暦 Male M Female F Showa 7 Heisei 1 Western Calendar

Check M for male or F for female, then fill in your birth date using the appropriate era format (Showa/Heisei/Reiwa) or Western calendar year

## 12 付ごを Household members

List all family members who will be registered at this address, including their relationship to the head of household



## 住所 — Addresses (Part 3/3) (continued)

13 無職 Unemployed

Select this if you are currently not working or employed

## 異動者 — Person Table (Part 1/5)

- 1 会社名他保険等加入脱退情報 Company name and other insurance enrollment/withdrawal information

Enter your employer's name and details about joining or leaving health insurance, employment insurance, or other workplace benefits

- 2 Enter your birth date using the Japanese calendar format (Showa, Heisei, or Reiwa era). If unsure of the era conversion, you can ask at the municipal office or use online converters to change your Western calendar birth date.

- ### 希望 Preference/Request

- 4 中通 Naka-dori  
This is likely part of an address - write the district/area name as it appears on your residence card or lease agreement

- 5** Write your birth date again in the same Japanese era format for verification.  
Make sure this matches exactly with field 2 to avoid processing delays.

- 男M女F昭 平 令 西曆 Western calendar

- 記入本3 Entry Book 3**  
This indicates which registration book number this form belongs to - typically filled by office staff. Leave blank unless specifically instructed to fill it

- 方は** person/individual  
This is typically part of a larger phrase indicating which person the form section refers to (e.g., "the person who is moving" or "the household head")

- 9 Enter your birth date in Japanese era format once more. This appears to be for a different person or family member listed on the same form.

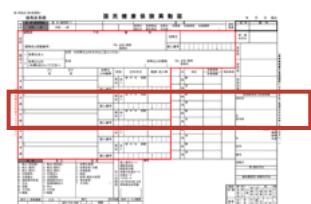
- 10 担当者** Person in charge / Staff member  
Sign your name or write the name of the person responsible for submitting this form. This is typically the applicant themselves or their legal representative.

- 11 て通 Via/Through**  
This indicates the method of submission or processing route - may need to specify how you're submitting the form (in person, by mail, etc.).

- 個人番号 My Number (Individual Number)

- 12-digit number. Leave blank on first registration — it will be mailed to you after.

- 13 Write the birth date in Japanese era format for the person listed in this section. Ensure consistency with the era year system used throughout the form.



## 異動者 — Person Table (Part 1/5) (continued)

14 昭 平 令 西暦 Western calendar

Use Gregorian calendar years (e.g., 2024) instead of Japanese era years

15 保険者名 Insurer Name

Write the name of your health insurance provider (e.g., your employer's name if you have employer-based insurance, or the municipality name for National Health Insurance)

## 異動者 — Person Table (Part 2/5)

|      |   |                |          |   |      |                         |                                    |
|------|---|----------------|----------|---|------|-------------------------|------------------------------------|
| 1 本通 | 4 | 1 男 M<br>2 女 F | 昭 平 令 西暦 | 新 | 保険者名 | 協会けんぽ<br>健保<br>国保<br>共済 | じ<br>出<br>く<br>だ<br>さ<br>い。<br>( ) |
| 個人番号 |   |                |          | 再 |      |                         |                                    |
| 5 本通 | 4 | 1 男 M<br>2 女 F | 昭 平 令 西暦 | 新 | 記号   |                         |                                    |
| 個人番号 |   |                |          | 再 | 番号   |                         |                                    |

## 1 男女 Male/Female

Check the appropriate box for your gender as it appears on your official identification documents.

## 2 協会けんぽく Health Insurance Association

Check this if you have health insurance through the Japan Health Insurance Association (協会けんぽ) - common for company employees at small to medium businesses

## 3 さ本 Previous

This refers to your previous address - write your old address before moving to the current municipality.

## 4 健保だ Health Insurance

Enter your health insurance information or check the appropriate box for your insurance type (National Health Insurance, employee insurance, etc.)

5 This appears to be a date field based on the dot pattern. Enter the relevant date in Japanese format (year/month/day), likely related to residence or registration dates.

## 6 。通 Mail/Correspondence

This is for correspondence/mailing preferences. Check the appropriate box to indicate how you want to receive official communications from the government office.

## 7 共済い Mutual aid/pension

Check this if you participate in a mutual aid society or certain pension schemes (共済組合)

## 8 個人番号 My Number (Individual Number)

12-digit number. Leave blank on first registration — it will be mailed to you after.

9 Another date field indicated by the dot pattern. Fill in the applicable date in Japanese format, which may relate to application submission or effective dates.

## 10 昭 平 令 西暦 Western calendar

Use Gregorian calendar years (e.g., 2024) instead of Japanese era years

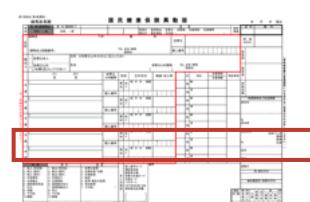
## 11 男女 Male/Female

Check the appropriate box for your gender as it appears on your official identification documents.

## 12 記号 Symbol/Code

This field is typically pre-filled or left blank - it's an administrative code used by the municipal office for internal processing.

13 This is a date entry field following Japanese format conventions. Enter the appropriate date (year/month/day) as specified in the form instructions, likely for official record-keeping purposes.



## 異動者 — Person Table (Part 2/5) (continued)

## 14 番号 Number

Enter your residence card number or other identifying number as specified in the form instructions.

## 15 個人番号 My Number (Individual Number)

12-digit number. Leave blank on first registration — it will be mailed to you after.



## 異動者 — Person Table (Part 3/5) (continued)

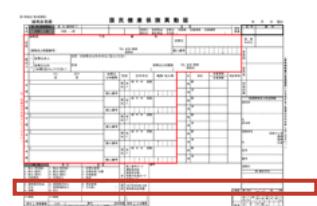
15 5 取得/喪失日変更 Change

Check this box if you are making changes to existing information

## 異動者 — Person Table (Part 4/5)

|          |          |            |                       |             |
|----------|----------|------------|-----------------------|-------------|
| ⑤ 生保廃止   | ⑤ 生保開始   | ⑤ 取得/喪失日変更 | ⑥ 仕留カード<br>の<br>パスポート | 被扶養認定・削除年月日 |
| ⑥ 国保組合退退 | ⑥ 国保組合加入 | ⑥ 事由変更     | ⑦ 年金手帳(通知書)・証書        |             |
| ⑦ 出生     | ⑦ 後期高齢加入 | ⑦ その他( )   | ⑧ 資格喪失証明書             |             |
| ⑨ その他    | ⑨ その他    |            |                       |             |
| ⑩ 瞑想     | ⑩ 瞑想     |            |                       |             |

- 1** 6 国保組合脱退 6 国保組合加入  
6. National Health Insurance Association Withdrawal 6. National Health Insurance Association Enrollment  
Check the appropriate box if you're leaving or joining a national health insurance association (different from regular municipal health insurance)
  - 2** 確 年金手帳(通知書)・証書 Pension  
Select your pension type (National Pension, Employee Pension, etc.)
  - 3** 7 後期高齢加入 7. Late-stage Elderly Insurance Enrollment  
Check this box if you (or anyone moving) are 75+ years old and enrolled in the late-stage elderly medical insurance system (後期高齢者医療制度)
  - 4** 7 その他 ( ) Other ( / Other  
Use this field for any information that doesn't fit in the standard categories above  
Use this section for any additional information not covered in other fields
  - 5** 9 その他 Other  
Use this section for any additional information not covered in other fields
  - 6** 9 その他 Other  
Use this section for any additional information not covered in other fields



## 異動者 — Person Table (Part 5/5)

赤線本2

練 ネリ馬マ

花ハナ子コ

Red line book 2 Nerima Hanako

This appears to be a pre-filled name field showing 'Nerima Hanako' as an example. If this is your section, verify the name is correct or fill in your full name in katakana/kanji as it appears on your residence card.

新注新1)世ご帶記主入名くだ欄さにいは。住民票上の世会社帶名他主保の陰お等加名入前脱を退情報

New Registration Note 1) Please enter the name of the head of household in the household head name field. Please enter the name of the head of household as registered on your resident certificate (住民票) - this is needed for insurance processing.

男M女F昭7 平令 1 西 1曆 Male M Female F Showa 7 Heisei . Reiwa 1 . Western Calendar

Check M for male or F for female, then fill in your birth date using the appropriate era format (Showa/Heisei/Reiwa) or Western calendar year.

付ごを Household members

List all family members who will be registered at this address, including their relationship to the head of household

無職 Unemployed

Select this if you are currently not working or employed

再注2) 今回国保に加入する方全員のお名前(世帯主の Head of household / Person who

The primary person in a household for registration purposes. If you live alone, you are the head of household. This appears to be part of a longer phrase - look for the complete text starting with the preceding characters

個人番号987654321098 My Number (Individual Number)

12-digit number. Leave blank on first registration — it will be mailed to you after.

方を含む ) をご記入ください。 Please fill in (including the method/way).

This appears to be a partial instruction - fill in the requested information including any specified details or methods mentioned in the preceding context.

新注新3) 個人番号がわからない場合にTELは記入を省略して My Number (Individual Number) / From

12-digit number. Leave blank on first registration — it will be mailed to you after. Used to indicate the starting point (previous address, etc.)

旧もかまいません。 Your old one is also acceptable.

If you have an expired or old version of a document (like passport or residence card), you can still use it for this form.



## 異動者 — Person Table (Part 5/5) (continued)

11 入しないでください得・喪年月日 Do not

This typically appears before other text to indicate something should not be done or does not apply

12 2 転出 (こ国内) こに 2 世帯合は併/分離何も 障害者記手帳 Moving out

This relates to household changes like moving out domestically or combining/separating households. Only fill this if you're reporting a change in household composition or moving within Japan.

13 社・健収帶口 Social Insurance/Health Insurance Coverage Status

Check the box that matches your current insurance situation (company health insurance, national health insurance, etc.)

## 本人確認書類 — ID &amp; Documents (Part 1/2)

|      |      |       |       |      |      |      |         |  |
|------|------|-------|-------|------|------|------|---------|--|
| ⑧ 回復 | ⑧ 死亡 | ⑨ その他 | ⑨ その他 | ⑩ 職種 | ⑩ 職種 | 認    | 資格喪失証明書 |  |
| 受付   | 資格審査 | 入力    | 発行    | 特別療養 | 回収   | 入力審査 |         |  |
|      |      |       |       | 期限   |      |      |         |  |
|      |      |       |       | ⑪ ×  |      |      |         |  |
|      |      |       |       |      |      |      |         |  |

|      |      |      |     |     |      |
|------|------|------|-----|-----|------|
| 電話   | 郵便番号 | 世帯内  | 保険料 | 送付先 | 税    |
| 社・個人 | 内    | モバイル | 料   | 馬場  | 関連コピ |
| 番号   | 旧    | 非自効  | 請求料 | 代理人 | 他申込  |
| 個人   | 被扶   | 自己扶  | 料   | 主   | しりとり |
| 本籍   | 本籍   | 申込   | 内   | 内   |      |

## 9 その他 Other

Use this section for any additional information not covered in other fields

## 9 その他 Other

Use this section for any additional information not covered in other fields

## 3 陰付練他簡 Insurance, benefits, training, other, simplified

This appears to be a header for administrative processing categories - you likely don't need to fill anything in this section as it's for municipal office use.

## 4 発行 Issue/Issuance

Enter the date when the document or permit was issued by the government office. Use the Japanese date format (year/month/day) and convert Western years to Japanese era years if required.

## 5 特別療養回収入力審査 Data entry

Staff use - data entry field. Do not fill in.

## 6 受付資格審査 Reception / Received / Qualification

Staff use - indicates form was received. Do not fill in. Refers to your legal status or eligibility (e.g., resident status, insurance qualification)

## 7 入力 Input

Input or enter the required information as specified in the form instructions. Double-check all entered data for accuracy before proceeding.

## 8 旧非不遡 Former non-retroactive

This relates to previous non-retroactive status - if you had a former status that doesn't apply retroactively, mark this section accordingly. Leave blank if not applicable to your situation.

## 9 番号被自当及代ギ任し Number, individual, subject, self, applicable, and representative responsibility

Fill in your personal identification number and indicate your individual responsibility status. Foreign residents should use their residence card number and confirm they understand their legal responsibilities.

## 10 期限 Deadline

This refers to the deadline by which you must submit the form (typically within 14 days of moving)

## 11 通常・外短・高齢 Regular/Foreign Short-term/Elderly

Check the box that matches your residence status - "Regular" for standard residents, "Foreign Short-term" for temporary foreign residents, or "Elderly" if applicable to your situation.

## 12 窓速 Window speed

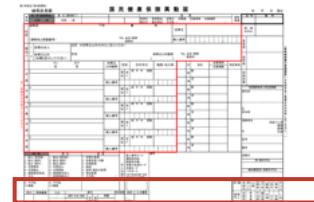
Indicate your preferred processing speed at the government window - standard or expedited service. Note that expedited service may require additional fees.

## 13 未回収 Not collected/Uncollected

Check this box only if you have documents that were not collected from previous applications. Most applicants should leave this unmarked.

## 14 本職養案申内内 Main occupation/business application details

Enter your primary job title or type of business if self-employed



## 本人確認書類 — ID &amp; Documents (Part 2/2)

|                        |                        |           |  |                  |                |                |                     |         |        |
|------------------------|------------------------|-----------|--|------------------|----------------|----------------|---------------------|---------|--------|
| 8 回復<br>9 その他<br>10 職種 | 8 死亡<br>9 その他<br>10 職種 | 認 真格喪失証明書 |  | 電話<br>社・健<br>案メニ | 整世<br>収帶<br>メテ | 口保<br>除料<br>先申 | 送付<br>綠他<br>馬厅<br>申 | 税<br>簡コ | 関<br>付 |
|------------------------|------------------------|-----------|--|------------------|----------------|----------------|---------------------|---------|--------|

## 1 社・健収帶口 Social Insurance/Health Insurance Coverage Status

Check the box that matches your current insurance situation (company health insurance, national health insurance, etc.)

## 2 案メニ Address/Location

Write your current residential address in Japan using the standard Japanese address format (prefecture, city, district, block, building, room number)



Form p.2

## 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, kokuhō ni kirikae tai desu

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