

# 産前産後期間相当分(4ヶ月分)の 国民健康保険料が免除されます！

## 対象となる方・受付期間

- 出産予定または出産した国民健康保険の被保険者（出産被保険者）で妊娠85日（4ヶ月）以上の方が対象です。  
※ 死産、流産、早産及び人工妊娠中絶の場合も含みます。
- 出産予定日の6ヶ月前から届出ができます。出産後の場合は、速やかに届け出てください。  
※ 保険料賦課権の時効が到来すると保険料を変更できません。

## 国民健康保険料の免除期間

- 出産被保険者の出産予定月（又は出産月）の前月から出産予定月（又は出産月）の翌々月（以下「産前産後期間」といいます。）相当の保険料を免除します。  
※ 保険料が最高限度額の世帯については、軽減を適用しても免除とならない場合があります。

### 〈免除期間〉

	3ヶ月前	2ヶ月前	1ヶ月前	出産予定月	1ヶ月後	2ヶ月後	3ヶ月後
単胎の方				出産予定月			
多胎の方				出産予定月			

※ 多胎妊娠の場合は出産予定月（又は出産月）の3ヶ月前から6ヶ月相当分が免除されます。

※ 産前産後期間が年度をまたぐ場合、保険料は各月が属する年度からそれぞれ免除されます。

…免除期間

- 保険料が免除された場合、払いすぎになった保険料は還付されます。

## 届出に必要な書類

- ・ 資格確認書または資格情報通知書
- ・ マイナンバー確認書類（世帯主及び被保険者のマイナンバー関係書類）
- ・ 本人確認書類（マイナンバーカード、運転免許証など）
- ・ 母子健康手帳またはその他出産の事実がわかるもの  
※ 多胎妊娠の場合は人数分必要です
- ※ 出産後の届出の場合は、出産日及び親子関係がわかる書類が必要です  
例：出生届出済証明が記載された母子健康手帳、戸籍謄（抄）本

## 届出先

各地区総合支所区民課窓口サービス係（芝地区総合支所は相談担当へ）

## 問合せ先

港区国保年金課資格保険料係 収納業務担当 ☎03-3578-2574～2578

# Exempt of National Health Insurance premiums for the period before and after childbirth (four months)!

## Eligibility/Application period

- Those covered by National Health Insurance and who are due to give birth or already gave birth, and who have exceeded 85 days of pregnancy (four months of pregnancy) are eligible  
\*Including stillbirths, miscarriages, premature deliveries, and artificial termination of pregnancy
- Applications can be submitted from six months before the due date of delivery. Please hand in applications as soon as you can after delivery. \*With the advent of expiry of right to do premium assessment, change of premium can not be done.

## Period of exemption from National Health Insurance premiums

- The amount of premiums from the month before the expected month of delivery (or month of delivery) to two months after the expected month of delivery (or month of delivery) (hereafter, "prenatal and postnatal period").  
\*For households with the maximum premium, it may not be possible to get an exemption even if they apply for a reduction.

⟨ Exempt period ⟩

	3 months before	2 months before	1 month before	Expected month of delivery	1 month after	2 months after	3 months after
Single pregnancy							
Multiple pregnancy				Expected month of delivery			

\*For those with a multiple pregnancy, an amount equivalent to six months of premiums, starting from three months before the expected month of birth (or birth month) will be deducted.

\*If the prenatal and postnatal period spans two different fiscal years, insurance premium deductions will be applied to each fiscal year.

 ... Exempt period

- Those who are eligible for insurance premium deductions and have overpaid on their premiums will be refunded.

## Documents to be submitted

- Eligibility Certificate or Eligibility Information Notification · My Number verification documents (My Number-related documents for the head of household and insured persons)
- Personal identification document (My Number Card of the insured person, driving license, etc.)
- Proof of birth (Maternal and Child Health Handbook, etc.)

\*In the case of multiple pregnancies, copies are required for each individual.

\*If submitting an application after birth, it is necessary to produce a document that confirms the date of birth and the parent-child relationship

e.g. maternal and child health handbook with the completed birth registration certificate, a copy (extract) of the family register, etc.

## Where to submit the application

Counter Services Subsection, Residents Support Section of each Regional City Office (Consultation Subsection for Shiba Regional City Office)

## Inquiries

Eligibility and Premium Subsection, National Health Insurance and Pension Section, Minato City

Tel: 03-3578-2574~2578

# Minato — 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

## セクション 1 — Section 1

**対象となる方・受付期間**

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- \*保険料扶養枠の時給が割り当てると保険料を変更できません。

**国民健康保険料の免除期間**

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※ 保険料が最高限度額の世帯については、軽減を適用しても免除とならない場合があります。

**（免除期間）**

3ヶ月前	2ヶ月前	1ヶ月前	1ヶ月後	2ヶ月後	3ヶ月後
開始の方					
終了の方					

※ 多胎妊娠の場合は出産予定月（又は出産月）の3ヶ月前から6ヶ月相当分が免除されます。  
※ 産前産後期間が年度をまたぐ場合、保険料は各月が属する年度からそれぞれ免除されます。  
※ 免除期間 …

**保険料が免除された場合、払いすぎになった保険料は返付されます。**

**届出に必要な書類**

- 貢税確認書または資格情報通知書
- マイナンバーカード（被保険者及び被保険者のマイナンバー関係書類）
- 本人確認書類（マイナンバーカード、運転免許証など）
- 育児扶養手帳またはその他出産の事実がわかるもの  
※ 多胎妊娠の場合は人數分必要です
- 育児扶養手帳の場合は、出産日及び帽子領取がわかる書類が必要です  
例：出生届出済証明が記載された母子健康手帳、戸籍謄本（令本）

**届出先**

● 各地区総合支所区民課窓口サービス係（芝地区総合支所は相談担当へ）

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### 1 対象となる方 Person who

This appears to be part of a longer phrase - look for the complete text starting with the preceding characters

### 2 受付期間 Reception / Received

Staff use - indicates form was received. Do not fill in.

### 3 国民健康保険料の免除期間 National Health Insurance

Japan's public health insurance for self-employed, unemployed, and those not covered by employer insurance. Enrollment is mandatory.

### 4 免除期間 Exemption Period

Leave blank unless you have a specific period when you were exempt from residence registration requirements (rare for most foreign residents)

### 5 届出に必要な書類 Documents required for notification

This is a section header - gather all required documents (passport, residence card, etc.) before submitting your residence registration form

### 6 届出先 Submission destination

This indicates where to submit the form - typically filled in by the municipal office staff, not by you.

### 7 問合せ先 Contact information

Leave blank - this section is for office use to record which department to contact about your application



Form p.1

## 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