



## National Health Insurance protects you and your family

Foreigners who stay in Japan for more than three months should enter National Health Insurance and it is one of the points to judge to permit immigration control procedure.

There are “health insurance” and “national health insurance” in public medical insurance. Mainly, person who is working for a company takes out the “health insurance” and other people takes out the “national health insurance”. Here we explain about “national health insurance”.

**Residence card or special permanent resident certificate is necessary for the entry procedure.**

Procedure is performed at national health insurance section.

Certificate of participation of health insurance is issued (photo shown above) for the participant of national health insurance. The certificate of participation is sent to your house later.

When the contents are changed such as when moved in, moved, or when entered (or left) a health insurance of a company, you should notice to a government office within 14 days. When you have to quit the national health insurance due to returning home or others, or when a child is born, you should notice it.

**Be sure to take your insurance card when you go to see a doctor at a hospital**

You can have a medical examination with a fee of 30% for medical treatment if you show the insurance card. You have to pay whole expense of the fee for medical treatment if you don't have the insurance card.

People aged 40 to 74 may take specific medical checkup with 1000 yen once a year. Lump sum birth allowance when the participant has a baby and expenses for funerals in case of death is also supplied.

**You should pay municipal health insurance tax according to the income in the previous calendar year or number of persons in the family covered by the insurance**

National health insurance system is established to support each other so that anyone can have a medical examination when you get disease. Municipal health insurance tax is an important money resources to support this system. Notification for payment is sent to the householder. Be sure to pay it.

Insurance tax is calculated from the date when you moved in. Even if you are late to notify to admit insurance, payment duty of insurance tax is traced back to the date when you moved in. Nursing care on sickness insurance is added for persons 40 years or more to 65 years or less.

“The patient got ill and had a medical examination. As he did not enter national health insurance, medical expenses were expensive and he gave up medical treatment on the way. As the disease got worse, he went back to his home country but he was dead.” We heard such story. Japan leads the world in the field of medical technology. You should enter national health insurance so that not to lost your life to save a little money.

## Good manners in the hospital

Please check your manner, to make sure

- While you are waiting for the medical check
  - Do not talk loudly in the waiting room
  - Set your smartphone in manner mode.
  - Do not talk with your smartphone other than a designated place.
  - If you are with your children, be careful to keep them quiet
  - Put on a mask if you cough or sneeze
- When going to the medical check
  - Do not eat or drink before the medical check
  - Wear clothes which is easy to take the medical check
  - Check what to tell or ask the doctor, beforehand

- When you take internal medicines
  - Keep the correct "time, amount, and method" when you take medicine
- When going to go visit in the hospital
  - Keep the visiting hours
  - Check if you can go visit in the hospital to the person staying in the hospital or the family
  - Do not visit the hospital in large numbers
  - Do not take children with you as far as possible



FICEC exchange meeting

## Café FICEC



Exchange meeting is held every month in FICEC  
Theme of the exchange meeting in November is "Philippine day"

Let's talk and dance eating cookies and drinking tea together.

- ◆ Place: Fujimino International Cultural Exchange Center
- ◆ Date & Time: November 24 (Sunday) 14:00-
- ◆ Participation fee: Free (take potluck if you like)
- ◆ Contact to Ms. An for participation application  
Tel. 049-256-4290

## Application for trash separating in Fujimi-shi for smartphone started distribution

Application to check household garbage separation and date of collection for smartphone for foreigners living in Fujimi-shi started distribution. English, Chinese and Korean languages are available.

Useful function such as calendar date of garbage collection, alertfunction and how to take out the garbage is available.



Android



iPhone iOS



Contact: Resource Recycling  
Department, Environmental  
Division Tel. 049-252-7100



## Japanese food cooking class was held

Japanese food cooking class was held on September 17, mainly for the Japanese language class students. They made very good Japanese foods of maki-zushi (sushi roll) and atsuyakitamago (a thick omelet). Japanese lesson class is held every Thursday from 10:00 and season events are held sometimes. In November "autumn leaves tour" will be held and in December cooking class of "Toshikoshi-soba" is held.