



# Ginowan City Newsletter

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## FY2023 NATIONAL HEALTH INSURANCE & MEDICAL SYSTEM FOR THE ADVANCED ELDERLY PREMIUM PAYMENTS BEGIN IN JULY

**Fiscal year is from April 1 to March 31**

FY2023 National Health Insurance payments are broken into 8 payments to be paid between July and February. Payment for the Medical System for the Advanced Elderly is broken into 9 payments to be paid between July and March.

Payments can be made at any convenience store nationwide, selected financial institutions or electronically using the payment slips mailed to you. Please note that convenience stores and electronic payment systems can only process payment slips that are printed with a bar code. For more information about electronic payment, please visit the website (in Japanese only) accessible through the QR code below.

A processing fee and a late fee will be charged if payment is not made by the deadline. If you have difficulty making payment, please consult with us as soon as possible.

### FY2023 National Health Insurance/Medical System for the Advanced Elderly Payment Due Dates

	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
<b>NHI</b>	1st payment	2nd payment	3rd payment	4th payment	5th payment	6th payment	7th payment	8th payment	
<b>MSAE</b>	1st payment	2nd payment	3rd payment	4th payment	5th payment	6th payment	7th payment	8th payment	9th payment
<b>Due date/ PAD*</b>	7/31 (Mon)	8/31 (Thu)	10/2 (Mon)	10/31 (Tue)	11/30 (Thu)	Due date 12/27 (Wed) PAD 12/25 (Mon)	1/31 (Wed)	2/29 (Thu)	4/1 (Mon)

**\*REGISTER FOR PREAUTHORIZED DEBIT!**

You can register your bank account with the city office and have the premiums deducted automatically so you will never miss a payment. You only need to register once - your information will be carried over to the next fiscal year.

**IF YOU HAVE TROUBLE MAKING PAYMENT...**

If you have difficulty making payment due to unemployment, illness, or any other extenuating circumstance, please consult with us as soon as possible.

**HAVE YOU FILED FOR YOUR 2022 INCOME?**

Not filing your taxes may affect your eligibility to receive a reduction. It may also affect the calculation of your base amount (maximum amount of out-of-pocket fees) for hospitalization and high medical expenses.

## FY2023 CERVICAL CANCER AND BREAST CANCER SCREENING

### Screening vouchers are being sent out to eligible residents

Eligible residents that have received their vouchers can get screened any time between now and January 31, 2024.

Screening	Eligibility (age as of 31/03/2024)
Cervical cancer	Women over 20 year of age who did not get screened for cervical cancer in the last fiscal year
Breast cancer	Women over 40 years of age who did not get screened for breast cancer in the last fiscal year

For more information about how to make an appointment and the cost of screening, please see the pamphlet enclosed with your voucher or contact the Ginowan City Health Consultation Centre at 098-898-5598.

## GINOWAN POPULATION AS OF MAY 2023

Total population	99,960 (-2)
Foreign nationals	1,658 (+42)
Nationalities	50 (-1)
Total households	47,072 (+72)

### IMPORTANT NOTICE FROM THE FIRE DEPARTMENT

**HEATSTROKE WARNING:**  
Heatstroke can occur indoors. In case of an emergency, call 119.

**BOX JELLYFISH ALERT:**  
Sting cases spike MAY through OCT. Swim inside stinger nets. If stung, pour vinegar on the affected area and seek medical help immediately. Call 119 if you have trouble breathing.

## FY2023 NATIONAL PENSION APPLICATION FOR EXEMPTION BEGINS IN JULY

### The FY2023 monthly premium is 16,520 yen

If you, the head of household, or your spouse's income from last year is below a certain amount (670,000 yen threshold for single-person households) or if you are experiencing unemployment or suffering financial loss from a natural disaster that is making it difficult for you to make payment, you can apply for a full or partial (three quarters, half or one quarter) exemption at the Pension Unit on the main floor of the city office.

Exemption applications are assessed by the Japan Pension Service. An application can be made retroactively for the period dating back 2 years and 1 month from the date of application.

\*Students applying for the Special Exemption for Students must provide their student ID and a proof of enrollment.

#### ■ If you leave your premiums unpaid...

1. It may affect your eligibility to receive Old Age Pension in the future
2. It may affect your eligibility to receive Disability Pension or Pension for the Bereaved should you be affected by a death or disability

#### ■ When you are approved for an exemption

- The period of exemption counts towards your contribution period (10 years). However, the amount of pension you receive may be less than if you had made full amount of contributions for Old Age Pension.
- For Disability Pension and Pension for the Bereaved, the period of exemption is considered the period of contributions paid.

\*The period of deferment of payment and Special Exemption for Students will not be reflected in the amount of pension payments received.

\*If you are approved for partial exemption but fail to make payment, you will be considered to be in arrears.

#### ■ Recovery of past contribution-exempt periods

If you had exemptions in the past, you can recover the period of exemption by paying the exempted contributions retroactively for up to 10 years. Please note, however, that a charge will be added to contribution amount on the third year onward from the year following the period of exemption.