

Reductions in National Health Insurance (NHI) Premiums during the Pre-and-Post Birth Period

A system has launched in January 2024 to reduce both the income portion and per-capita portion of NHI enrollees' insurance premiums during the period before and after giving birth.

Applicable persons: NHI enrollees who gave or are scheduled to give birth from Nov 2023 onwards.

*Pregnancies of 85 days (4 months) or longer are applicable (includes still births, miscarriages, premature births, and abortions)

Applicable period: A period of 4 months starting from the month before the scheduled/actual birth month.

In the case of a multiple pregnancy, it is a period of 6 months starting from 3 months before the scheduled/actual birth month.



Single pregnancy

3 months before	2 months before	1 month before	Scheduled birth month	1 month after	2 months after	3 months after

Multiple pregnancy

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💡 Within this pre-and-post birth period, only the premiums for Jan 2024 and onwards will be reduced for this financial year. For example, if you gave birth in November, your premium for Jan 2024 will be reduced. Premiums for December and earlier will not be reduced. In the event that your premiums are reduced, any overpaid premiums will be refunded to you.

Aug 2023	Sep	Oct	Nov	Dec	Jan 2024	Feb
			Birth month			

Required documents

- ① Notification Form;
- ② Documents showing due date or date of birth, such as Maternal and Child Health Handbook
- ③ National Health Insurance Card
- ④ My Number Card, or My Number Notification Card and an identification document bearing a picture of your face.

*Notification can be made from 6 months before due date.

◆ If enrolled in NHI during the applicable period, notification is still required by those who gave birth before enrolling in the City of Shizuoka's NHI and those who received the Lump-Sum Allowance for Childbirth and Childcare (出産育児一時金, *shusan ikuji ichijikin*) from a different insurer.

*See the city website or pamphlets available at each Ward Office's Insurance & Pension Division for more information.

Inquiries:

🌐 https://www.city.shizuoka.lg.jp/000_003435_00003.html

Each Ward Office's Insurance & Pension Division (Aoi ☎054-221-1070; Suruga ☎054-287-8621; Shimizu ☎054-354-2141)

Insurance & Pension Management Division ☎054-221-1005



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