

1. "Eligibility Confirmation Forms" and "Notices of Eligibility Information" for NHI to Be Updated



Starting from Friday 1 August, the **Eligibility Confirmation Form** (資格確認書, *shikaku kakunin sho*) and the **Notice of Eligibility Information** (資格情報のお知らせ, *shikaku joho no oshirase*) for the National Health Insurance system will be updated. The new **Eligibility Confirmation Form** or **Notice of Eligibility Information** will be sent to the household head in mid-July. The document will be addressed to household heads even if they are not personally enrolled in National Health Insurance.

Those Without a My Number Health Insurance Card

You will be sent an "**Eligibility Confirmation Form**." The document color will change from light purple to olive green. The expiration date is 31 July 2026. However, those who turn 70 by 1 July next year or those who turn 75 before 31 July next year will have different expiration dates.

Those With a My Number Health Insurance Card

You will be sent a "**Notice of Eligibility Information**." Using the My Number Health Insurance Card is preferred. Carry the "**Notice of Eligibility Information**" alongside the My Number Card in case of system malfunctions. The "**Notice of Eligibility Information**" alone cannot be used for medical consultations. For those under 69, there is no expiration date for the "**Notice of Eligibility Information**." For individuals aged 70 and above, the expiration date is 31 July 2026, but for those turning 75 before 31 July next year, the expiration date will differ.

Expiration Dates

For Individuals Turning 70 by 1 July Next Year

The expiration date of the "**Eligibility Confirmation Form**" sent this time will be the month of their 70th birthday (or the previous month for those born on the first of the month). Before their expiration date, a new "**Eligibility Confirmation Form**" with the co-payment percentage will be sent to the household head. For those with a "**Notice of Eligibility Information**," a revised notification indicating the co-payment percentage and expiration date will be sent to the household head.

For Individuals Turning 75 Before 31 July Next Year

For those transitioning to the "Medical Care System for the Elderly Aged 75 or Over," the expiration date of the "**Eligibility Confirmation Form**" or "**Notice of Eligibility Information**" sent this time will be their birthday.

From their 75th birthday, they will need to use the "**Medical Care System for the Elderly Aged 75 or Over Eligibility Confirmation Form**," which will be sent to the insured individual the month before their birthday.

Registered Mail Delivery

If absent during registered mail delivery, a "Notice of Mail Item Holding" will be placed in your mailbox. Please request redelivery from the post office within one week. Starting from 2026, "**Eligibility Confirmation Forms**" will generally be sent via specific recorded mail. "Notices of Eligibility Information" will be sent via ordinary mail.

Inquiries

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Translated by:

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