

For those enrolled in **National Health Insurance**,  
the **validity** period of your health insurance certificate will  
**expire on July 31, 2025\***.

After your health insurance certificate expires, please  
use either your **Individual Number Card**  
**Health Insurance Certificate** or **Eligibility**  
**Certificate** at medical institutions and pharmacies.

\*For those who turn 70 during June of 2025 (excluding June 1), the validity period will expire on June 30.  
For those who turn 75 by July 31, 2025, the validity period will expire on the day before their birthday.

Existing health insurance certificates will no longer be reissued, as  
the system is transitioning to one based on the Individual Number  
Card Health Insurance Certificate.



What should people who are using the Individual  
Number Card Health Insurance Certificate do?

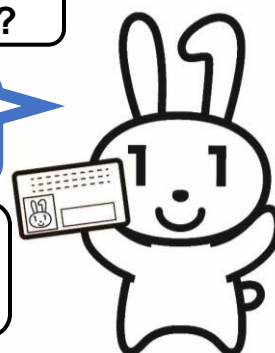
**Please continue using it as is!**



Do I have to use the Individual Number Card  
Health Insurance Certificate in order to  
receive medical treatment and other services?

For those who do not have an Individual Number Card  
Health Insurance Certificate, an Eligibility Certificate will  
be issued automatically without application. In addition,  
those who have an Individual Number Card Health  
Insurance Certificate but find it difficult to use **may also**  
**obtain an Eligibility Certificate by applying** to their  
medical insurer. **Proxy application** by legal representative,  
such as a relative, or by a caregiver is also possible.

First, please check whether you have an  
**Individual Number Card!**



Is your Individual Number Card Health  
Insurance Certificate ready to use?  
Let's check it now!

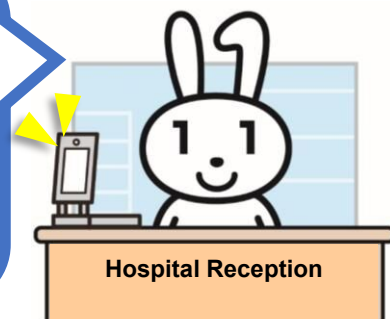
See  
reverse  
side



Be sure to complete the **usage registration** so you can use your Individual Number Card as a health insurance certificate!

## Unsure about your registration status?

If you place your Individual Number Card on the facial recognition card reader installed at the reception desk of a medical institution or pharmacy, **guidance for usage registration will be provided on the spot** if you have not yet completed the registration.

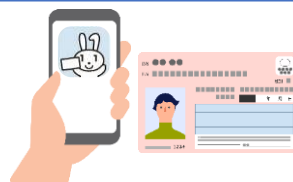


If you have any questions about how to use the facial recognition card reader, please feel free to ask the reception staff.

## Want to check using another method?



- 1 • Prepare your smartphone  
• Prepare your Individual Number Card



- 2 Log in to "Myna Portal (mobile app)".

- 3 Press "Health Insurance Certificate"

- 4 It will display either "Not Registered" or "Registered," allowing you to check your registration status.



Individual  
Number  
Toll-Free  
Hotline

0120-95-0178

Select option 5 and follow the voice guidance.

Hours (Excl. New  
Year period)

Weekdays: 9:30am - 8:00pm

Sat/Sun/Hols: 9:30am - 5:30pm

More information  
about using the  
Individual Number  
Card as a health  
insurance certificate



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厚生労働省  
Ministry of Health, Labour and Welfare