

Please use the My Number Health Insurance Card



-The issuance of the current health insurance cards will end from December 2, 2024.-

Benefits of using the My Number Health Insurance Card

1 Save 20 yen on medical expenses

Compared to your paper health insurance card, it will **save you 20 yen** in medical expenses covered by your health insurance premiums, and your out-of-pocket expenses will also be lower.

Out-of-pocket expenses are lower with the My Number Health Insurance Card



2 Receive better medical care

Your past medication information and health checkup results will be visible, helping to **predict your physical condition and other illnesses**, which is helpful for treatment. You can also have your **mixed medication intake and dosages adjusted**.

I don't remember all the details so this is helpful



3 Exemption from paying high-cost medical care fees without going through any procedures

You will be exempt from paying more than **the limit** under the high-cost medical care system even if you don't have a Certificate of Eligibility for Ceiling-Amount Application.

I don't have to pay a large amount all at once



- Current health insurance cards valid as of December 1, 2024 can be used from December 2 onwards for **up to one year (until December 1st of next year)**.
- * If the validity period expires before December 1, 2025, the card can be used until the validity period ends. However, if you change your insurer due to a job change or move, the card will no longer be valid.
- From December 2, 2024, people who do not have a My Number Health Insurance Card will be automatically issued with a **“Qualification Confirmation Letter”** before their current insurance card becomes invalid, and will be able to continue receiving medical care (if you lose your My Number Health Insurance Card, you can apply to your insurer to be issued a Qualification Confirmation Letter).



If you have not yet registered to use your My Number card as a health insurance card, please follow the two steps below.

STEP1.

Apply for a My Number Card

You can choose the application method

- ① Online application (from a computer or smartphone)
- ② Application by mail
- ③ Application using a photo booth in the city



STEP2.

Register your My Number Card as your health insurance card

How to register

- ① At the reception desk of a medical facility or pharmacy (card reader)
- ② Through My Number Portal
- ③ Through a Seven Bank ATM



Frequently Asked Questions

Is the My Number Card safe?

The My Number Card IC chip does not contain any insurance card information or medical information. If the card is lost or stolen, it can be temporarily suspended at any time, and if the PIN is entered incorrectly a certain number of times, the card will be locked. There is also a mechanism that destroys the chip if an attempt is made to illegally read the information.



How do I use the My Number Card as a health insurance card?

To use a My Number Card as a health insurance card, you need to register. Even if it is your first time visiting a medical facility, you can register using the screen of a card reader with face recognition.



How do I use the card?

My Number Cards are used via a card reader with face recognition. Place your My Number Card on the reader and it will be scanned. Follow the instructions on the screen to complete the process.



For more information, please visit the Ministry of Health, Labor and Welfare website.

マイナンバーカード 保険証利用
(Use my number card as health insurance card)

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