

We will send you an **Eligibility Notification.**  
Please confirm your **subscriber information**  
**(last 4 digits of your Individual Number).**

With the integration of the Individual Number Card and the health insurance card, starting December 2, 2024, the current health insurance card will be replaced with an Individual Number Card that is also registered for use as a health insurance card (referred to as the Individual Number Insurance Card).

The Japan Health Insurance Association has conducted a review of subscriber information linked to Individual Numbers to ensure all subscribers can use their Individual Number Insurance Cards with confidence. We kindly ask that you confirm your details for this purpose.

We will also be sending you an Eligibility Notification to allow you to easily check your health insurance eligibility information.

**Form example**

取得年月日 昭和60年10月1日

氏名 全国健康保険協会 北海道支部

スマートフォンをお持ちの方は、右の二次元コードからマイナポータルにログインすることで、ご自身の健康保険の資格情報を確認することができます。ぜひご活用ください。マイナポータルへのアクセス・ダウンロードはこちら

なお、現在、医療保険のデータに登録されているあなたの個人番号(マイナンバー)は次のとおりです。ご確認ください(12桁の数字で表示)。表示されている下4桁の数字が、ご自身の個人番号(マイナンバー)の下4桁と一致していることを確認し、保険者までご連絡ください。

**\*\*\* \* 1234**

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資格情報のお知らせ

記号	01010101	番号	0000001	枝番	00
氏名	わがや 知の 協会 太郎				
生年月日	昭和40年10月1日				
資格取得年月日	昭和60年10月1日				
保険者番号	01010016				
保険者名称	全国健康保険協会 北海道支部				

左側をミシン目で切り取ってマイナンバーカードと併せて大切に保管してください。資格情報のお知らせの詳細については、別紙をご覧ください。

## 1 Cut out and keep hold of your Eligibility Notification

You can easily find out if you are eligible for health insurance.

Additionally, from December 2, 2024, it may be needed when seeing a doctor at a medical institution. For details, please refer to the section "How to see a doctor on or after December 2, 2024" on the reverse side of this sheet.

Please cut out along the dotted line and keep safely together with your Individual Number Card.

\*If the cut-out Eligibility Notification is damaged or lost, please submit an "Eligibility Notification Issuance Application" to your Japan Health Insurance Association branch on or after December 2, 2024.

## 2 Confirm the last 4 digits of your Individual Number

The last 4 digits of your Individual Number registered with the Japan Health Insurance Association will be displayed. Please check them.

If the last 4 digits displayed do not match those of your own Individual Number, please contact us using the information provided below.

**Contact information: Japan Health Insurance Association, Individual Number Hotline**

**0570-015-369** (Navi Dial) \*Lines closed on weekends, public holidays and year-end/new-year holidays

\*Some IP phones, etc. may not be able to connect. In that case, please contact your Japan Health Insurance Association branch.

## 3 You can also check your health insurance eligibility information on the Individual Number Portal

You can also check your latest health insurance eligibility information on the Individual Number Portal. For details on how to log in, etc., please refer to the section "How to check eligibility information on the Individual Number Portal" on the reverse side of this sheet.

# How to see a doctor on or after December 2, 2024

## 1 Individual Number Insurance Card

Using an Individual Number Card registered for use as a health insurance card (Individual Number Insurance Card) means that your health and medical care data can be used to help you enjoy more appropriate medical care and other benefits.

Please refer to the separate sheet for details of the benefits and how to register for use.

**\*The Individual Number Insurance Card can only be used at medical institutions that have adopted the online eligibility confirmation system.**

For details of the medical institutions that have adopted this system, please visit the official Ministry of Health, Labour and Welfare website (accessible via the QR code on the right).



## 2 Individual Number Insurance Card & Individual Number Portal eligibility information screen (smartphone)

Even at medical institutions that have not adopted the online eligibility confirmation system, you can see a doctor by presenting the Individual Number Portal eligibility screen (on your smartphone) together with your Individual Number Insurance Card.

Please refer to the "How to check eligibility information on the Individual Number Portal" section below for details on how to display the eligibility information screen, etc.

## 3 Individual Number Insurance Card & Eligibility Notification

If a medical institution has not adopted the online eligibility confirmation system and you do not have a smartphone, you can still see a doctor by presenting the cut-out Eligibility Notification along with your Individual Number Insurance Card.

## 4 Health insurance card

Starting December 2, 2024, new health insurance cards will no longer be issued. However, you can continue to use your existing health insurance card until December 1, 2025.

Note that if you lose your health insurance eligibility due to retirement, etc., you will not be able to use the card from the day after your retirement date.

Other points

If you do not have an Individual Number Card or are otherwise unable to use an Individual Number Insurance Card, you can still see a doctor at a medical institution by using an "Eligibility Confirmation Document."

## How to check eligibility information on the Individual Number Portal

If you have a smartphone, you can not only check your health insurance eligibility on the Individual Number Portal's eligibility screen, but also visit a medical institution that hasn't adopted the online eligibility confirmation system and see a doctor by presenting the screen on your smartphone along with your Individual Number Insurance Card.

If you cannot log in to the Individual Number Portal, please use the cut-out Eligibility Notification.

\*Note that confirmation will not be possible if the Individual Number you submitted is currently under review by the Japan Health Insurance Association, or if you have not submitted your Individual Number to the Association.

### How to login, etc. (requires app download)



1 Press "Get started."



2 Press "Register/login" and log in to the Individual Number Portal.



3 After logging in, press "Health insurance card."



4 From "Eligibility information" you can confirm your registered health insurance card information.