

For Those Without a Myna Health Insurance Card

A Health Insurance Eligibility Certificate Will Be Sent to You

From December 2, 2025, your current health insurance card will no longer be valid. Please use your Myna Health Insurance Card when visiting medical facilities. **If you do not have one, you must present the Health Insurance Eligibility Certificate.**

*Myna Health Insurance Card: A My Number Card (Individual Number Card) that has been registered for use as a health insurance card.

What is the Health Insurance Eligibility Certificate*?

* 資格確認書
(shikaku kakunin-sho)

If you do not have a Myna Health Insurance Card*, you can continue to receive insured medical care by presenting the Health Insurance Eligibility Certificate at medical facilities.

* Not having a Myna Health Insurance Card is due to the following reasons:

- You do not have a My Number Card or have not submitted your My Number (Individual Number) to the Japan Health Insurance Association.
- Your My Number Card cannot be used at medical facilities because it has not been registered as a health insurance card or for other reasons.
- The electronic certificate on your My Number Card has expired.

Eligible Individuals

Those who currently hold a health insurance card (enrolled by November 30, 2024) and who do not have a Myna Health Insurance Card as of April 30, 2025.

Q Why isn't there a Health Insurance Eligibility Certificate for every family member?

Health Insurance Eligibility Certificates are sent only to members without a Myna Health Insurance Card. If more than five certificates are issued, they will be sent in separate envelopes.

Q I received a new Health Insurance Eligibility Certificate but already have one. Which should I use?

Check the issue date in the upper right corner of the certificate and use the one with the most recent date. Please return the older certificate using the enclosed return envelope.



Q What should I do with my current health insurance card?

You may use your health insurance card until December 1, 2025. After December 2, 2025, it will no longer be valid, so please dispose of it yourself. If you lose eligibility for health insurance due to employment separation or other reasons before December 1, 2025, please return your card to your employer. (If you lose eligibility as a Voluntary Continued Insured Person due to employment, please return the card to the Japan Health Insurance Association along with the Application Form for Losing Optional and Continued Coverage Eligibility*.)

* 任意継続被保険者資格喪失申出書 (nin'i keizoku hihokensha shikaku sōshitsu mōshidesho)



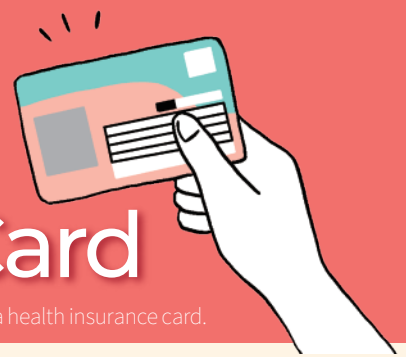
If you are no longer enrolled in the Association at the time you receive the Health Insurance Eligibility Certificate, please return it using the enclosed return envelope.

◇ Returned Health Insurance Eligibility Certificates cannot be used and will be **promptly disposed of**. Please use the enclosed return envelope **only for returning the Health Insurance Eligibility Certificate**.

Available in
other languages



When Visiting Medical Facilities Use Your Myna Health Insurance Card



*Myna Health Insurance Card: A My Number Card (Individual Number Card) that has been registered for use as a health insurance card.

Benefit
1

Better Care, Thanks to Shared Medical Information!

With your Myna Health Insurance Card, your specific health checkup results, prescriptions, and medical information can be shared with doctors—even at your first visit—enabling better care. (Only with your consent)

With the existing insurance card



With a Myna Health Insurance Card



Benefit
2

No Need to Pay Large Medical Expenses Up Front!

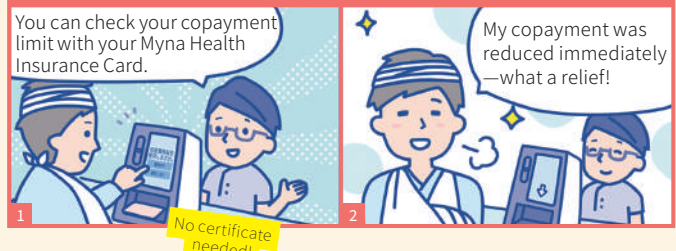
With your Myna Health Insurance Card, you won't need to pay expenses exceeding your copayment limit upfront, even without a certificate.

With the existing insurance card



* 限度額適用認定証
(gendogaku tekiyō nintei-shō)

With a Myna Health Insurance Card



Quick
and
easy!

How to enable your My Number Card for use as a health insurance card?

To use your My Number Card as a health insurance card, you must personally complete the “Registration for Health Insurance Card Use.” Even if you do not plan to use it immediately, please register as soon as possible.

Ways to Register your My Number Card as a health insurance card

Easy with a
smartphone!



Mynaportal

You can check your “Medical Expense Information” and “My Eligibility Information” on Mynaportal. It can also be useful for your tax returns.



Card reader at the reception
of medical facilities

Quick
and simple
at your
medical
visit!



Seven Bank ATM

Just place
your card and
enter your
4-digit PIN!

For details on applying to use your My Number Card as a health insurance card, please scan the 2D code.

Ministry of Health, Labour and Welfare Video ▶ “How to Apply? Quick and Easy!”



You can check your My Number Card's health insurance registration status on Mynaportal (2D code on the right).

Mynaportal

