

Important Systems and Subsidies

The National Health Insurance System

The National Health Insurance System is a mutually supporting system in which members share their premiums to cover their medical expenses for injuries or illnesses.

Please make sure to pay your insurance premiums by the due date because your premiums provide the necessary funds to support the National Health Insurance System.

Company employees or organization members can be members of employees' health insurance policies. Those who are not members of these insurance policies are required to apply for the National Health Insurance Policy.

Registered foreign nationals whose authorized period of stay is three months or more are required to apply for the National Health Insurance Policy.

Those whose period of stay is less than three months can also apply for the National Health Insurance Policy if their authorized period of stay can be extended to three months or more depending on their purpose of stay or their state of livelihood.

Applications can be accepted at the Health Insurance and Pension Desk of the city office, the Citizen's Affairs and Service Division of each district branch office, and the city's some other offices.

大切な制度や助成金

[国民健康保険制度]

国民健康保険制度は、加入している人たちが、けがや病気の時の費用を出し合う助け合いの保険制度です。

保険料は国民健康保険制度を支える大切な財源ですので、納期限までに必ず納めましょう。

会社などに勤めている人は職場の健康保険に加入します。

その他の人は国民健康保険に加入しなければなりません。

在留期間が3か月以上の人
は国民健康保険に加入しなければなりません。

また、在留期間が3か月未満でも入国目的や生活実態などから3か月以上滞在が認められる人は国民健康保険に加入することができます。

加入手続は市役所の健康保険・年金窓口、各支所の市民生活課などでできます。



Insurance Coverage for Overseas Medical Treatment

If you are a member of the National Health Insurance System and received medical treatment for sudden illnesses or injuries during an overseas stay, you can receive your medical insurance benefits after returning to Japan. However, please note that the insurance benefits may not necessarily cover the full expenses.

* Applicable Treatments:

Insurance benefits will be provided only for treatments that are covered by the medical insurance program in Japan. Insurance benefits will not be paid if an overseas stay is intentionally for medical treatment.

* Application Procedure:

1. Pay the full expenses at the medical institution where you received treatment.
2. Have the medical institution issue an official document that fully describes the details of the treatment and expenses. The fixed templates for a letter or certificate are obtainable at the National Health Insurance and Pension Division of the Nagaoka City Office. You are advised to obtain the necessary form prior to your trip.
3. After returning to Japan, apply for your insurance benefits at the National Health Insurance and Pension Division of the Nagaoka City Office.

* Necessary Documents/Items:

- Receipt(s)
- An official document that describes the details of the treatment and its full expenses with its translation in Japanese
- National Health Insurance Card
- Personal Seal
- Passbook or Cash Card
- Passport

For further information:
National Health Insurance and Pension Division
Phone: 0258-39-2006

(海外で治療を受けた時)

国民健康保険に加入している人が、海外渡航中に急な病気やケガで治療を受けた時は、日本にもどってから医療費を受け取ることができます。医療費の支払いは全額ではありません。

* 対象となる治療:

医療費の払い戻しが受けられるのは、日本国内で医療保険が適用される治療に限ります。

また、治療目的などで海外へ行き治療した場合は、支払いの対象とはなりません。

* 申し込みの仕方:

- 1 治療を受けた病院に医療費の全額を支払います。
- 2 病院で治療のくわしい内容と費用が書いてある公式の書類を発行してもらいます。
用紙は長岡市役所国保年金課にあります。事前にもらい、旅行にも持っていくとよいでしょう。
- 3 日本にもどってきたら、長岡市役所国保年金課で医療費を請求します。

* 必要な書類:

- 領収書
- 日本語の翻訳が付いた、治療のくわしい内容と費用が書いてある公式の書類
- 国民健康保険証
- 印鑑
- 銀行の通帳 またはキャッシュカード
- パスポート

問い合わせ:
国保年金課(0258-39-2006)

Public Nursing-Care Insurance System

The Public Nursing-Care Insurance System provides nursing-care and support for the elderly to live independently. All people aged 40 years and older must pay these public nursing-care insurance premiums.

For further information:
Public Nursing Insurance Division
Phone: 0258-39-2245

Niigata Prefecture Mutual Aid Traffic Casualty Insurance Plan

This plan is a mutual insurance system managed by all the municipalities in Niigata Prefecture. The membership fee is ¥500 a year.

A compensation payment is provided when a member is injured in a traffic accident and requires treatment for seven days or more.

The compensation payment can also be claimed when you are injured in a bicycle accident.

The application form is available at the Nagaoka City Office, most banks, or the Nagaoka International Affairs Center, *Chikyû Hiroba*,

For further information:
Citizens' Affairs Division
Phone: 0258-39-2206

【介護保険制度】

介護保険制度は、年をとって介護を必要とする状態になっても、自立した生活ができるよう、高齢者の介護を支える仕組みです。40歳以上の人は、介護保険料を納付しなければなりません。

問い合わせ：
介護保険課 (0258-39-2245)

【新潟県交通災害共済】

新潟県内の全市町村が協同でしている事業で、県民1人ひとりが助け合う制度です。年会費は、500円です。

会員が交通事故でけがをして、治療に7日以上かかった場合に見舞金が出されます。自転車の事故も対象です。

申込書は、長岡市役所やほとんどの銀行、長岡市国際交流センター「地球広場」にあります。

問い合わせ：
市民課
(0258-39-2206)



Pension Programs

Registered residents are required to be a part of either in the Corporate or National Pension Program.

The Corporate Pension Program is for people who are employed by corporations. Half of your insurance premium is covered by your employer and the rest is automatically deducted from your monthly salary.

The National Pension Program is for people between the ages of 20 and 60 who are not employed. The monthly insurance premium is ¥16,540 (in the 2020 fiscal year). Please be sure to meet the deadlines that appear on your bills.

If it is difficult for you to pay the insurance premium due to financial or other reasons, you can apply for counter-measures such as exemption or postponement of the payments.

If you leave your insurance premium unpaid, you may not be able to receive your pension when you reach the applicable age, when you sustain unpredictable injuries and become disabled, or when you are eligible for the Survivor's Basic Pension for a Bereaved Spouse.

If you have paid your insurance premium for six months or more and leave Japan permanently, you can apply for reimbursement of your accumulated payments. Application forms are available at the Nagaoka Pension Office.

For further information:
National Health Insurance and Pension Division
Phone: 0258-39-2250

Nagaoka Pension Office
Phone: 0258-88-0006

【国民年金・厚生年金】

日本で住民登録をしている人は
職場の年金制度か国民年金制度の
どちらかに入らなければなりません。

働いている人のための職場の
年金制度では年金保険料の半額
を雇い主が支払います。残りの半額
は毎月の給料から自動的に差し
引かれます。

20歳から60歳までの人で厚生
年金に入っていない人は国民年金
制度に入ります。年金保険料の毎
月の金額は16,540円(2020年度)で
す。決められた日までに払ってくだ
さい。

経済的な理由などで年金保険料の
支払いができない時は、支払い免除や支
払い猶予を申請してください。

年金保険料をずっと支払わない
でいると、年金を受け取れる年齢に
なった時や事故で障害が残った時
に年金を受け取ることができないか
もしれません。配偶者を失った時
に受け取る遺族年金も受け取るこ
とができないかもしれません。

年金保険料を6か月以上支払
った人が帰国する時は、それまで
支払った年金保険料の払いもどし
を請求することができます。手続き
に必要な書類は長岡年金事務所に
あります。

お問い合わせ:
国保年金課
(0258-39-2250)

長岡年金事務所
(0258-88-0006)

General Health Checkup Subsidies for Expecting Mothers

Expecting mothers are advised to receive general health checkups periodically by following their doctors' instructions during their term of pregnancy. The cost of a checkup usually varies, ranging from ¥5,000 to over ¥10,000 depending on individual maternal needs.

Financial assistance for up to 14 checkups will be provided by the city. The health checkup slips will be given out with the Mother and Child Health Handbook.

Subsidies for Dental Checkups for Expecting Mothers

Expecting mothers can receive a free dental checkup at a dental clinic during their term of pregnancy. The checkup slip will be given when the Mother and Child Health Handbook is issued.

For further information:
Child Affairs and Child-Rearing Division
Phone: 0258-39-2300

Subsidies for Childbirth

The city has a system to provide subsidies for childbirth fees. If you are a member of the city's health insurance policy, you are eligible to apply for the subsidy for each child. The amount to be subsidized is ¥420,000 per child.

After an application for this system is made at the medical institution where the child was born, the city will make the necessary payment directly to the institution out of the fixed subsidy. The rest of the amount will be given to the recipient.

If childbirth fees are over ¥420,000, the remaining amount should be paid directly to the medical institution.

For further information:
National Health Insurance and Pension Division
Phone: 0258-39-2006

Medical Subsidies for Children

The city provides medical subsidies for both in- and out-patient treatment for children until they graduate from junior high school.

For further information:
Social Welfare Division
Phone: 0258-39-2319

妊婦健康診査の助成制度

妊婦中は医師の指示に従って妊婦健康診査を受けてください。健康診査の費用は、妊婦さんの状態によってちがいますが、1回に5,000円から10,000円以上

かかります。

妊婦中には14回までの妊婦健康診査費用の一部を長岡市が助成します。母子健康手帳といっしょに受診票をお渡します。

妊婦歯科健診の助成

妊婦中に1回、歯科医院で妊婦歯科健診が無料で受けられます。母子健康手帳の発行の時に受診票をお渡します。

問い合わせ：

子ども・子育て課 (0258-39-2300)

出産育児一時金・赤ちゃんが生まれた時の助成金

国民健康保険に入っている人は、赤ちゃんが生まれた時に出産費用として1人につき420,000円が援助されます。

赤ちゃんが生まれた病院で申し込んでください。その後で長岡市が直接病院に支払います。

残った金額はもらえますが、出産費用が420,000円以上の時はたりない金額を病院に払ってください。

問い合わせ：

国保年金課 (0258-39-2006)

子どもの医療費助成

子どもに対して、入院治療、通院治療ともに中学校卒業まで医療費助成をしています。

問い合わせ：

福祉課 (0258-39-2319)

The Child Allowance System

Child allowances are offered to guardians of children with resident registrations in Japan. This system is available for residents regardless of nationality until their children graduate from junior high school.

Eligibility is limited to children who have not graduated from junior high school, up to and including 15 years of age.

Monthly allowances vary, ranging from ¥5,000 to ¥15,000, depending on guardian's income and the child's age.

Application forms are available at the Social Welfare Desk on the first floor of City Hall Plaza- Aôre Nagaoka and the Citizen's Affairs and Service Division of each district branch office.

Guardians who are receiving child allowances are required to submit a document (*genkyô todoke* げんきょうとどけ・現況届) once a year to prove that they are still eligible to receive the allowances.

For further information:
Child Affairs and Child-Rearing Division
Phone: 0258-39-2300

The School Attendance Support System for Compulsory Education

This system provides subsidies for elementary and junior high school students from households whose total income for the previous year is lower than the standardized amount.

The subsidies are offered for school supplies, things used for commuting to school, materials for physical education, school trips, lunch, and other necessary things.

For further information:
School Affairs Division
Phone: 0258-39-2239

児童手当

日本に住所があり、中学校卒業前の子どもを持つ保護者は、どの国籍の人も児童手当をもらうことができます。

もらえる金額は、5,000円から15,000円です。金額は、あなたの収入や子どもの年齢で変わります。

申請書はアオーレ長岡1階の福祉窓口または各支所の市民生活課にあります。

児童手当を受けている人は年に1度「現況届」の提出が必要です。

問い合わせ：
子ども・子育て課
(0258-39-2300)

義務教育就学援助制度

1年前の収入が決められた額より少ない家庭の小学生や中学生を援助する制度です。

学用品、通学用品、体育用品、修学旅行、給食などの費用を援助してもらうことができます。

問い合わせ：
学務課
(0258-39-2239)

