

Information Regarding Payment of Premiums for the National Health Insurance Policy for International Residents Living in Nagaoka

- Please be sure to pay the premium for your national health insurance policy for each term by the due date.
- If you do not complete your payment by the due date, you may receive a letter of reminder or a demand notice.

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.

If you are living in Nagaoka and are a member of the National Health Insurance Policy, you are requested to pay your insurance premium by the due date. There is no exception for international residents.

A national health insurance cardholder usually has to pay only 30% of the treatment costs. The members' insurance premiums are an important source to cover the rest (70%) of the costs.

If you do not pay your premium by the due date, you must pay 100% of the treatment costs.

If you continually fail to pay your insurance premiums, you may be subjected to property seizure or other dispositions.

If it is difficult for you to pay your premium, contact the consultation desk of *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division at your earliest convenience.

Payment Consultation Desks

- *Kenkō Hoken/Nenkin Madoguchi* (Health Insurance and Pension Desk)
Desk No. 5, City Hall Plaza – *Aôre* Nagaoka (East Wing) 1st Floor
Hours: 8:30 a.m. – 4:00 p.m. Monday - Friday
- Please bring your ID.

For further information:

Kokuho Nenkin Ka

National Health Insurance and Pension Division, Social Welfare and Health Care Department

1-4-10 Otedori, Nagaoka City, 940-8501 Phone: 0258-39-2220

Hours: 8:30 a.m. – 5:15 p.m. Monday – Friday

～致居住在长冈市的外籍市民～

请及时缴纳国民健康保险费！！
未在缴纳期限内缴纳的人士，将会收到"催款函"和"催告书"。

国民健康保险是为了应对您在生病或受伤时所必须支付的医疗费，由大家共同出资的一种互助医疗制度。

居住在长冈市内并加入国民健康保险的人士，即使是外籍市民也有缴纳国民健康保险费的义务。

国民健康保险加入者，一般只需承担 30%的医疗费。大家缴纳的保险费是其余 70%费用的重要财政来源。

如果不缴纳保险费，将负担全额医疗费用。

如果持续不按时缴纳保险费，将可能受到扣押财产等处分。因此，如果支付有困难，请提前前往缴纳咨询窗口咨询。

缴纳咨询窗口的办公时间:

地点: 市政厅 阿偶蓄长冈(东栋)1楼 健康保险·养老金窗口(5号)

时间:【平日】8:30~16:00

★请携带可以确认您身份的相关资料。

《咨询处》

长冈市福祉保健部国保年金课

电话: 0258-39-2220 邮编: 940-8501 地址: 长冈市大手通1丁目4番地10

办公时间:【平日】8:30~17:15