

Use of My Number Card as your Health Insurance Card



New health insurance cards will no longer be issued as of December 2, 2024.

*As a transitional measure, valid health insurance cards as of December 2 will remain valid for up to one year. (If a valid health insurance card expires during the transitional period or the insurer changes in employment or address affecting the insurer, the card will become invalid.)

Starting December 3, 2024, individuals who do not have a My Number Health Insurance Card will receive a “Qualification Confirmation Card” (*Shikaku Kakunin-sho in Japanese*), allowing them to continue receiving medical care as usual.

Benefits of using My Number Card as your health insurance card

(1) Better medical care is available.

If you consent to share your medical information, including medications and results from your annual physical checkup provided by your municipality, when you visit medical institutions or pharmacies, your doctors and pharmacists can use this information to give you a comprehensive diagnosis and a prescription without duplication. By sharing your information with multiple medical institutions, you can ensure that you receive safe prescriptions even during natural disasters.

(2) Even without going through the necessary procedure, you will be exempt from payments exceeding the ceiling amount under the High-Cost Medical Expense Benefit.

You will be exempted from the payment exceeding your ceiling amount even without the “Eligibility Certificate for Ceiling-Amount Application.”

(3) Using Mynportal makes the application for medical expense deductions easier.

By linking Mynportal with e-Tax, the process of applying for medical expense deductions when filing your tax return becomes simpler. This integration allows for automatic data entry.

(4) When you move or change jobs, you don't need to report the changes. Your health insurance card remains valid and can be used as is.

(No need to apply for a new card.) *Please note that if you join a new insurer, you will need to go through the necessary procedures.

Please visit the URL below for an introductory video about using your MY Number Card as a health insurance card (in Japanese).

<https://www.youtube.com/playlist?list=PLMG33RKISnWqjWGZWI4Nnofx673sPOMI>

Source: Ministry of Health, Labor and Welfare website

Inquiry(Multi-lingual): 0120-0178-26 (Toll-free) 9:30-20:00 Weekdays 9:30-17:30 Weekends

Re: My Number system, Mynportal, Account registration system to receive various allowances

0120-0178-27(フリーダイヤル) 9:00-18:00

Re: My Number Card, Electronic Certificates, Individual Number notice, notification card, and temporary suspension of My Number Card due to lost or theft