

# Hiroshima NOW

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## No longer employed? Be sure to join National Pension and Health Insurance

会社などを退職した人へ 国民年金の届け出や医療保険への加入などをお忘れなく  
ひろしま市民と市政 3月1日号 (P4)

### ■ National Pension (*Kokumin Nenkin*)

If you are 20 to 59 and have withdrawn from Employee Pension Insurance (*Kōsei Nenkin Hoken*), you must enroll in National Pension (*Kokumin Nenkin*). If your spouse is 20 to 59 and they are your dependent, they must also be enrolled in National Pension. In order to receive pension, including Pension for the Elderly (*Rōrei Nenkin*) in the future, you must be enrolled.

**Inquiries:** National Insurance and Pension Division (*Hoken Nenkin Ka*) of your ward office

Ward	Tel	Ward	Tel
Naka	082-504-2556	Asaminami	082-831-4931
Higashi	082-568-7712	Asakita	082-819-3910
Minami	082-250-8944	Aki	082-821-4910
Nishi	082-532-0935	Saeki	082-943-9713



### ■ Medical Insurance

As a general rule, all Japanese citizens must have medical insurance: National Health Insurance (*Kokumin Kenkō Hoken*), Late-Stage Elderly Medical Care (*Kōki Kōreisha Iryō-seido*), or Health Insurance (*Kenkō Hoken*). International residents who will be in Japan for more than three months should also enroll into one of the three insurance systems.

If you no longer have medical insurance because you have left your job, it is necessary to enroll in a new plan. In general, you have three options:

- ① Keep your previous insurance
- ② Join a family member's medical insurance as a dependent family member (note that this cannot be done with National Health Insurance (*Kokumin Kenkō Hoken*))
- ③ Enroll in National Health Insurance

How to apply depends on what type of insurance you want to apply for. If you choose ① or ②, talk to your employer before you leave your job. If you choose ③, talk to the National Insurance and Pension Division (*Hoken Nenkin Ka*) at your local ward office (below).

**Inquiries:** National Insurance and Pension Division (*Hoken Nenkin Ka*) of your ward office

Ward	Tel	Ward	Tel
Naka	082-504-2555	Asaminami	082-831-4929
Higashi	082-568-7711	Asakita	082-819-3909
Minami	082-250-8941	Aki	082-821-4910
Nishi	082-532-0933	Saeki	082-943-9712

