



Insurance, Health Maintenance and Welfare

For a Healthy Life

Pension System



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Pension System

 **Shinjuku Pension Office, or Pension Section,
Medical Insurance and Pension Division,
Shinjuku City Office**

● National Pension Plan

This is a pension plan managed by the national government to support the lives of the aged, disabled, and bereaved. All registered residents of Japan between 20 and 59 years of age is obliged by law to enroll in National Pension.

● Pension Plan Holders

Registered residents of Japan who are between 20 and 59 years of age

● National Pension Enrollment Procedure

If you are a registered resident under 20 years of age, you do not need to file an enrollment notification. The Japan Pension Service will send you information about enrolling in the National Pension plan within about two weeks after your twentieth birthday. The enrollment date for the National Pension is the day before your twentieth birthday.

If you become a registered resident after reaching 20 years of age, you will have to complete enrollment procedures at the service counter of the municipal office administering your address. Your enrollment date is the date you become a registered resident, etc. The Japan Pension Service will send you information about enrolling in the National Pension plan after you complete enrollment procedures.

● How to Pay Your National Pension Premiums

Within about two weeks after you reach 20 years of age, or after completing enrollment procedures, you will be sent invoices that you can use to pay your premiums. Please use these invoices to pay your premiums at a convenience store, etc. You can also choose to pay your premiums by account debit or by credit card.

● If You're Having Difficulty Paying Your National Pension Premiums

If you are having difficulty paying your premiums due to a low income or other reason, you can apply for a premium exemption/payment postponement or a student payment exception program. If your application is approved after screening your income from the previous year and other items, part or all of your premiums can be exempted or postponed.

● If You Work for a Japanese Company

If you work in a Japanese company, you are obliged to enroll in employees' pension insurance. The employer completes the enrollment procedures, so please submit your pension notebook or basic pension number notification issued to you after enrolling in the National Pension to your employer.

● Basic Pension for the Elderly

You are entitled to receive this pension from the age of 65 if the combination of the period you paid the premium for the National Pension Plan and the period you were exempted from paying it totals ten years or more.

● Basic Pension for the Disabled

You are entitled to receive the basic pension for the disabled if you become disabled through illness or injury and undergo your first examination before your twentieth birthday, or while you are enrolled in the National Pension Plan. Complete payment of pension premiums is a requirement.

● Basic Pension for the Bereaved

If a National Pension Plan member passes away, the spouse with a child or child of the deceased person who maintained the household's livelihood is entitled to receive the basic pension for the bereaved if the member had been paying the premium.

● If You Leave Japan

If you are not living in Japan when you become entitled to receive the pension, it will be sent to you.

● Lump Sum Withdrawal Payment System

To receive a Basic Elderly Pension, Basic Disability Pension or Basic Bereaved Family Pension, you must pay pension premiums for a designated period. There is a Lump-Sum Withdrawal Benefit program for short-term foreign residents who return to their home country without fulfilling the recipient eligibility period. A lump-sum benefit is paid upon request within two years of leaving Japan if you have paid pension premiums for more than six months.

● Social Security Agreement

Japan has closed the Social Security Agreement with several countries to prevent people from joining several pension systems simultaneously and to help them receive the pension they have paid for.

As of April 2026, Japan has signed agreements with Germany, Britain, South Korea, the United States, Belgium, France, Canada, Australia, the Netherlands, the Czech Republic, Spain, Ireland, Brazil, Switzerland, Hungary, India, Luxembourg, Philippines, Slovakia, China, Finland, Sweden, Italy



and Austria.

Please see the website of the Japan Pension Service for other details of the present situation.

 www.nenkin.go.jp/

Enrollment in National Health Insurance

Health Insurance—A Program That Everyone Is Required to Join

National Health Insurance Eligibility Section, Medical Insurance and Pension Division

● What Is Health Insurance?

Foreign residents who live in Japan must also be enrolled in some form of health insurance operated by a public institution so that everyone can receive medical treatment with peace of mind in case of illness or injury.

● Insurance Members

Registered residents in Shinjuku City must become members. However, the following people are exempt:

● National Health Insurance Does Not Apply to the Following

1. Those who are to enroll in the health insurance plan at their place of employment
2. Those who can enroll as a dependent of an insurance member through the latter's place of employment
3. Those who are receiving public financial assistance for everyday living
4. Those who are in Japan for the purpose of receiving medical treatment under the visa status of designated activities, etc.
5. Those who engage in tourism, vacation or other similar activities under the visa status of designated activities, etc.
6. Those with a diplomatic visa
7. Those who stay in Japan beyond the designated period of stay
8. Those whose visa is good for only three months or less. (This excludes those with a visa status of entertainer, technical intern/trainee, dependent, or designated activity who have some form of documentation that verifies their actual period of stay

will be longer than three months.)

9. Those who are eligible for the Medical Care System for the Older Senior Citizen

● Enrolling, Withdrawing and Other Procedures

If any of these conditions for enrolling and withdrawing apply, please be sure to complete the designated procedures within 14 days. The head of the household is responsible for filing the notification form. Please call for more information.

○ Procedures for Enrollment

Eligibility for health insurance does not begin from the day you file the form, but from the day you should have enrolled in health insurance.

1. If you have moved into Shinjuku City from another city or country
2. If you have withdrawn from the health insurance plan of your place of employment
3. If you are no longer eligible for public financial assistance for everyday living
4. If a child is born in your family

○ Procedures for Withdrawal

1. If you have moved out of Shinjuku City
2. If you plan to leave Japan (return to your home country)
3. If you have enrolled in the health insurance plan at your place of employment
4. If you become eligible for public financial assistance for everyday living
5. If a member dies

● National Health Insurance Premiums

Annual National Health Insurance premiums include a medical care portion, a support portion for the Medical Care System for Older Senior Citizen, a nursing care portion (for those aged 40 to 64), and a child and childcare support portion. Each portion is determined by adding together an income-based amount from the previous year and per-capita amount. The latter is calculated based on the number of all enrollees of the National Health Insurance (NHI). To ensure that NHI premiums are calculated correctly, an income tax report for the entire household is necessary. Your cooperation in this matter would be appreciated.


Also, please note that insurance premiums are calculated for the household as a unit, and the head of a household of insured members is responsible for paying insurance premiums. Therefore, please be careful and do not forget to pay your insurance premiums.



● How to Pay the National Health Insurance Premium

You pay the annual insurance premium (from April through March of the following year) using the invoices enclosed with the insurance premium notification the Shinjuku City Office sends out (around mid-June) to the home of the person responsible. The total amount for the year is broken down into ten installments from June through March of the following year. The payment deadlines are at the end of each month. (If the financial institution is closed on the last day of the month, the deadline is the following business day.) You can pay your insurance premiums at the City Office or Branch Offices, at financial institutions such as banks and post offices, or any designated convenience store. You can also pay by direct debit (automatic payment), bank mobile payment apps, pay-easy or code-based electronic payment.

Note: For more information, please check the Shinjuku City website or ask the National Health Insurance Eligibility Section.


 https://www.city.shinjuku.lg.jp/hoken/hoken01_002031_00002.html

● Health Insurance Premium Payment Consultation

 **Collection Section, Delinquency Prevention Division**

As a rule, you must pay any overdue National Health Insurance premiums in one lump sum. Please take advantage of our consultation services if payment is difficult.

■ If You Are Enrolled in Kokuho (National Health Insurance)

 **National Health Insurance Benefits Section, Medical Insurance and Pension Division**

National Health Insurance is a medical treatment health insurance plan that charges insurance premiums according to your income and covers medical expenses when you are ill or injured. If you show documents that proves your insurance eligibility—such as your Myna health insurance card (individual number [My Number] card registered for use as a health insurance card) or certificate of eligibility—at the hospital reception counter when receiving treatment for an illness or injury, then you only need to pay a portion of the medical expense. National Health Insurance will cover the remaining portion.

There are also benefits for childbirth and funeral expenses. You must file an application to receive these benefits. Please call for more information.

● Personally Borne Expense of Members

These are subject to change due to revisions in the law.

Insurance Member	Insurance Member's Personally Borne Percentage	Percentage Borne by National Health Insurance
Under compulsory-education age	20%	80%
Above compulsory-education age to 69 years of age	30%	70%
70 to 74 years of age	20%	80%
	30%*	70%

* Those with a designated level of income or higher. Please call for more details.

● High Medical Expense

If you have paid high medical fees in a one-month period and fulfill designated conditions, the portion of the personally borne expense that exceeds the designated amount can be reimbursed. The personally borne expense ceiling is determined by age, household income and total medical expenses.


■ Public Health Programs

 **General Affairs Section, Medical Insurance and Pension Division**

● Kokuho (National Health Insurance) Recreation Programs

There are recreation programs that Kokuho members can use for maintaining and improving their health and for recreation. Please inquire for details.

● Special Health Checkups and Guidance

 **Health Checkup Section, Health Promotion Division**

Special health checkups that focus on metabolic syndrome are given to Shinjuku City National Health Insurance members between 40 and 74 years of age at medical institutions designated by Shinjuku City. This checkup is given together with the health checkup described on page 43. Those who are eligible will be sent a checkup slip in the mail.

Special health guidance is given to those whose special health checkup results show that they have a high risk of lifestyle-related diseases. This includes support to improve their lifestyle habits, such as through proper meals and exercise.

Special health checkups and guidance for those who are enrolled in a Health Insurance Union, Mutual Benefit Society, Japan Health Insurance Association

or National Health Insurance Union (including dependents) are conducted by the respective health insurance agency. For more information, please call your health insurance agency.

Enrollment in the Medical Care System for the Older Senior Citizen

■ A Health Insurance System for Those 75 Years of Age or Older

👤 Elderly Health Section, Elderly Health Division

Those who are currently enrolled in National Health Insurance or employee's health insurance will automatically be withdrawn from that insurance and enroll in the Medical Care System for the Older Senior Citizen when they turn 75 years of age.

● Those Who Are Eligible

Everyone 75 years of age or older who is registered as a resident in Shinjuku City must enroll in the Medical Care System for the Older Senior Citizen. In addition, those who are between 65 and 74 years of age with a designated level of disability can enroll in the Medical Care System for the Older Senior Citizen on a voluntary basis through an accelerated program. However, enrollment is not permitted for some individuals, such as those listed below:

1. If your status of residence is "Diplomat" or for medical purposes or tourism/vacation within "Designated Activities."
2. Those who stay in Japan beyond the designated period of stay or those whose period of stay stated on the visa (e.g., short-term visa) is three months or less (The latter exclude those who have some form of documentation that verifies their actual period of stay will be longer than three months.)
3. Those who are receiving public financial assistance for everyday living

Please call for more information on enrollment requirements.

● Notification about Medical Care System for the Older Senior Citizen

○ Enrollment Procedure

Eligibility for insurance does not start from the

date of application, but instead dates back to the date by which enrollment should have been completed.

1. If you are 75 years of age or older and move into Tokyo (enter Japan) from another area
 2. If you are 65 years of age or older and are confirmed by the Tokyo Metropolitan Association of Medical Care Services for Older Senior Citizens as having a designated level of disability
 3. If other conditions, such as the termination of public financial assistance for everyday living, apply
- Note: Individuals who turn 75 are automatically enrolled in the Medical Care System for the Older Senior Citizen, so you don't need to go through any enrollment procedures.

○ Withdrawal Procedure

1. If you move out of Tokyo (leave Japan) or return to your home country
2. If a member dies
3. If you are between 65 and 74 years of age and no longer have a designated level of disability or if you request to withdraw your application to have your disability confirmed.
4. If other conditions, such as you start receiving public financial assistance for everyday living, apply

● How Health Insurance Premiums Are Determined

Health insurance premiums are charged for each insured person.

Annual insurance premiums include a medical portion and a child and childcare support portion. Each portion is the sum of a per-capita amount that all insured persons pay and an amount based on your income.

Insurance premium rates (uniform in Tokyo as a rule) and insurance premium ceilings are established by the Tokyo Metropolitan Association of Medical Care Services for Older Senior Citizens and considered for adjustment every two years.

Note: For those with a low income, there are reduction programs using designated standards.

● How to Pay the Insurance Premium

Because insurance premiums are an indispensable resource for the smooth operation of the Medical Care System for the Older Senior Citizen, please do not forget to pay your premiums.

1. Pension deduction: If you receive a designated amount or more in public pension and if the total sum of your premiums for Long-Term Care Insurance and Medical Care Insurance for Older Senior Citizens is within 1/2 of that pension amount, premiums are deducted directly from your pension.



However, if you submit an application form for a change in payment method and a request form for the direct debit (automatic payment) service, then premiums are paid by direct debit from your financial account.

2. Other than pension deduction: If the requirements for pension deduction do not apply to you, please pay your premiums by the designated deadline at the service counters of financial institutions, convenience stores, the Shinjuku City Office or Branch Offices using the invoice sent by the city. You can also pay using a barcode-based mobile payment service. Paying by bank account debit (direct debit method) is convenient and recommended. Ordinarily, premiums are automatically deducted from your financial account at the end of each month. If you would like to take advantage of this service, please complete the request form for the direct debit (automatic payment) service enclosed with your premium invoice.

■ Membership Benefits of the Medical Care System for the Older Senior Citizen

👤 Elderly Health Section, Elderly Health Division

The Medical Care System for the Older Senior Citizen is a medical health insurance system in which members who are 75 years of age or older pay insurance premiums according to their income to cover medical expenses. If you receive treatment for an illness or injury and show one of the following at the hospital reception counter, then you only need to pay a portion of the medical expense. The Medical Care System for the Older Senior Citizen will cover the remaining portion.

1. Individual number (My Number) card registered for use as a health insurance card
2. Health insurance eligibility certificate

● Personally Borne Expense Paid at the Counter

The personally borne expense paid at hospitals and other medical institutions is from 10 to 30% of the total medical expense covered by health insurance. (Your income and other factors determine the percentage of medical expenses you pay.) Please call for more information.

● High Medical Expenses

If the medical fees you paid between the first and last days of the month exceed the designated ceiling for personally borne medical expenses, the excess

amount can be reimbursed.

Because a notification from the Tokyo Metropolitan Association of Medical Care Services for Older Senior Citizens is mailed to those who can receive this benefit after a designated period, please complete the form after you receive the notification and apply for it.

● Financial Assistance for Hospitalization Expenses

If a member of the Medical Care System for the Older Senior Citizen is hospitalized for a total of seven days or longer during the fiscal year, a benefit of ¥10,000 to ¥30,000 is provided according to the length of hospitalization.

To receive this benefit, you must complete designated application procedures. Please call for more information concerning the required documents to complete this process.

● Funeral Expense Benefit

If a member of the Medical Care System for the Older Senior Citizen dies, a benefit of ¥70,000 is paid to the person who arranged the funeral.

To receive this benefit, an application form must be filed. Please call for more information concerning the required documents.

● Recreation Programs

Various recreation programs are provided to help members of the Medical Care System for the Older Senior Citizen maintain their health. Please inquire for details.

● Health Checkups

Health checkups are conducted for members of the Medical Care System for the Older Senior Citizen at medical institutions designated by Shinjuku City. To apply for a health checkup, please read the section for health checkups on page 43.

Note: Please note that some people in eldercare facilities may not be eligible.

● Health Services

If you are a member of the Medical Care System for the Older Senior Citizen and are diagnosed as a result of your health checkup as having a high risk of being frail, you are eligible for individual support programs to improve your nutrition and maintain your health. Information of these programs will be mailed to those eligible. Please inquire for more information.



Long-Term Care Insurance System

Promotion Section, Long Term Care Insurance Division

Long-Term Care Insurance is an insurance program in which those 40 years of age and older are members and bear insurance premiums. When nursing care is authorized as necessary, members can use nursing care services by paying part of the costs incurred (10–30%).

● Members

Those who are 65 years of age or older and those between 40 and 64 years of age who are members of health insurance are members of Long-Term Care Insurance. As a rule, registered foreign residents of Shinjuku City are also eligible for Long-Term Care Insurance.

● Insurance Premiums

The annual premiums for those 65 years of age or older vary depending on their income and other factors and are revised every three years.

Those who are between 40 and 64 years of age pay by adding the Long-Term Care Insurance to the premiums for the medical health insurance they are enrolled in. The premium amount varies according to each person's medical health insurance plan.


● Using Long-Term Care Insurance Services

Those who are 65 years of age or older may use nursing care services if nursing care is necessary regardless of the reason. Those who are between 40 and 64 years of age may use nursing care services if nursing care is necessary due to illnesses associated with aging, such as cerebral blood vessel problems and presenile dementia.


You have to apply for and acquire a certification of long-term care or support to use the services. An inspector visits the home or hospital of the applicant to assess his/her physical and mental condition, as well as to check on the everyday lifestyle of the applicant. In addition, the family doctor must write an evaluation letter concerning the physical and mental condition of the applicant.

Please consult the General Consultation Center for the Elderly for advice on general nursing care and applying for certification.

Shinjuku City Office General Consultation Center for the Elderly

 03-5273-4593, 03-5273-4254 (There are General Consultation Centers for the Elderly in ten other locations in the city.)

● For General Inquiries concerning the Long-Term Care Insurance System

 Long Term Care Insurance Division
 Shinjuku City Office Main Bldg. 2F

Written information is also available in English, Chinese, and Korean.



Public Health Centers

- ☞ **Shinjuku City Public Health Center (Health Department)**
 Health Policy Division (Shinjuku City Office New Wing of Annex 2, 1F)
 Health Promotion Division (Shinjuku City Office Branch of New Wing of Annex 2, 4F and 5F)
 Sanitation Division (Shinjuku City Office Annex 2, 3F)
 Public Health Promotion and Disease Prevention Division (Shinjuku City Office New Wing of Annex 2, 1F)
- ☞ **Ushigome Public Health Center**
 🏠 50 Benten-cho, Shinjuku-ku
 ☎ 03-3260-6231
- ☞ **Yotsuya Public Health Center**
 🏠 10-16 Yotsuya San-ei-cho, Shinjuku-ku
 ☎ 03-3351-5161
- ☞ **Higashi-Shinjuku Public Health Center**
 🏠 7-26-4 Shinjuku, Shinjuku-ku
 ☎ 03-3200-1026
- ☞ **Ochiai Public Health Center**
 🏠 4-6-7 Shimo-Ochiai, Shinjuku-ku
 ☎ 03-3952-7161

These are facilities that serve to protect the health of city residents. They are central institutions for community health and sanitation. Public Health Centers conduct specialized programs, such as food sanitation, environment sanitation, emotional health, and tuberculosis/contagious disease countermeasures.

In addition, to provide accessible health services to everyone in the community, the city's Public Health Centers conduct various health consultation services and other health-related programs and promote health maintenance, health advancement, and spreading and teaching health awareness for city residents.

Since the dates and times for consultations and other services vary, please call in advance for more information.

● Health Support Center for Women (inside Yotsuya Public Health Center)

This is a center for helping women maintain good health.

The center offers consultation services and health seminars to help women stay healthy throughout their lifetime.

In addition, there is a hands-on corner where you can touch a model of a breast cancer tumor and con-

duct simple health checks using measuring machines, such as for checking body composition and vascular (blood vessel) age. You can also search for health information using the library and magazines.

Home Care Consultation Service Counter

- ☞ **Regional Medical Service Section, Health Policy Division**
 ☎ 03-5273-3839

It is now possible for even those with an acute need for medical treatment to receive medical services at home.

Nurses and public health nurses can provide specialized advice concerning the required home care—such as medical care, nursing, and physical therapy—so that all city residents can receive medical services at home with peace of mind.

- Hours: Monday through Friday (except on national holidays and during the year-end/New Year's holidays), 8:30 a.m. to 5 p.m.

Health Checkups and Cancer Checkups

Health Checkups and Various Cancer Checkups

- ☞ **Health Checkup Section, Health Promotion Division**
 ☎ 03-5273-4207

The medical institutions designated by Shinjuku City provide health checkups and various cancer checkups to Shinjuku City residents.

Note: The Health Promotion Division's Health Checkup Section accepts applications for checkup slips. Once you receive your checkup slips, please contact a medical institution directly.

List of Designated Medical Institutions in Shinjuku (Available in English, Chinese and Korean)



Note: Shinjuku City residents are eligible for the following health checkups and cancer checkups.

Type of Checkup	Eligibility	Location/Application	Fees, Etc.
Health checkup	16 years of age or older ¹	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Free of charge As soon as you receive your checkup slip in the mail, please inquire about details of the checkup at a designated medical institution.
Stomach cancer checkup	50 years of age or older ² Once every two years	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Fees charged As soon as you receive your checkup slip in the mail, please inquire about details of the checkup at a designated medical institution.
Colon cancer checkup	40 years of age or older	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Fees charged As soon as you receive your checkup slip in the mail, please inquire about details of the checkup at a designated medical institution.
Lung cancer checkup	40 years of age or older	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Fees charged As soon as you receive your checkup slip in the mail, please inquire about details of the checkup at a designated medical institution.
Uterine cancer check-up	Women 20 years of age or older (even-numbered years) ³	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Fees charged As soon as you receive your checkup slip in the mail, please inquire about details of the checkup at a designated medical institution.
Breast cancer check-up	Women 40 years of age or older (even-numbered years) ³	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Fees charged As soon as you receive your checkup slip in the mail, please inquire about details of the checkup at a designated medical institution.
Prostate cancer checkup	Men 50 years of age or older	Medical institutions (apply for a checkup slip at the Health Promotion Division)	Fees charged Given together with the health checkup (conducted individually for those who are not eligible for the health checkup.)
Osteoporosis prevention checkup	20 years of age or older	Public Health Centers	Fees charged Announced in city publications
Dental health check-up	16 years of age or older	Medical institutions (apply for a health checkup slip at the Health Promotion Division)	Fees charged As soon as you receive your health checkup slip in the mail, please inquire about details of the checkup at a designated medical institution (a list of these institutions is mailed with the health checkup slip).

1. Health checkup eligibility: (1) Shinjuku City residents between 16 and 39 years of age (those who cannot undergo health checkups at their school or place of employment); (2) Those between 40 and 74 years of age who are Shinjuku City National Health Insurance members or receive public financial assistance for everyday living, etc.; (3) Those 75 years of age or older who are members of the Tokyo Metropolitan Medical Care System for the Older Senior Citizen (including members 65 years of age or older) or receive public financial assistance for everyday living, etc.

2. Stomach cancer checkup

(1) Select either a stomach endoscopy or a stomach X-ray examination.

(2) You can undergo a stomach X-ray examination every year.

(3) Those between 40 and 49 years of age can only undergo the stomach X-ray examination.

3. Uterine cancer/breast cancer checkup eligibility: Women of odd-numbered years of age who did not undergo an examination the previous fiscal year may also receive this checkup.



Immunizations

Disease Prevention Section, Public Health Promotion and Disease Prevention Division

A preliminary checkup sheet will be mailed to all eligible residents.

● **Influenza and Novel Coronavirus Immunizations for the Elderly**

Eligibility: Shinjuku City residents (1) 65 years of age or older; or (2) between 60 and 64 years of age with a serious disability affecting the heart, kidneys, or respiratory or immune system assessed as level 1 in the *Handbook for the Disabled*.

You have to pay part of the total cost. (The personally borne expense will be exempted for those 75 years of age or older and those who receive public financial assistance for everyday living, etc.)

● **Streptococcus Pneumococcal Vaccine for the Elderly**

Eligibility: Shinjuku City residents (1) who are 65 years of age as of the immunization date; (2) who are between 60 and 64 years of age with a serious disability affecting the heart, kidneys, or respiratory or immune system assessed as level 1 in the *Handbook for the Disabled*.

Note: Those who have received the streptococcus pneumococcal vaccine (type 23) in the past are not eligible.

You have to pay part of the total cost. (The personally borne expense will be exempted for households that receive public financial assistance for everyday living, etc.)

● **Rubella/Measles Antibody Test/Immunization**

You can obtain subsidies for the rubella/measles antibody test and immunization to protect your unborn baby from congenital rubella syndrome and prevent premature birth or miscarriage due to measles. Please ask the Public Health Promotion and Disease Prevention Division for more information.

○ Eligibility

Rubella/measles antibody test:

1. Women 19 years of age or older who wish to become pregnant
2. The spouse, partner or cohabitant of 1. mentioned above
3. The spouse, partner or cohabitant of an expectant mother

Notes:

1. "Cohabitant" refers to a person whose address on resident registration is the same as the

woman who wishes to become pregnant or is an expectant mother.

2. Individuals are not eligible for part of this program if they have undergone this test before, have received the rubella-only or measles-only vaccine (including the MR [measles-rubella combination] vaccine), or have been diagnosed as having had rubella or measles.

Immunization: If one of the three conditions mentioned above applies to you, and your rubella/measles antibody level is shown to be low during the rubella/measles antibody test (includes checkups for expectant mothers and past health checkups you have paid for).

The antibody test is free of charge.

You have to pay part of the total immunization cost. (The cost is subsidized for those who belong to a household receiving public financial assistance for everyday living, etc.)

● **Shingles**

○ Routine immunizations

Eligibility: Shinjuku City residents (1) who will become 65, 70, 75, 80, 85, 90, 95 or 100 years of age; (2) who are between 60 and 64 years of age with a serious disability affecting the immune system assessed as level 1 in the *Handbook for the Disabled*. (3) Residents 100 years of age or older are eligible only in FY2025.

No. of times: Varies depending on the type of vaccine.

You have to pay part of the total immunization cost. (The cost is subsidized for those who belong to a household receiving public financial assistance for everyday living, etc.)

For more information, please inquire.

○ Optional immunizations

For more information on immunization programs, please scan here.



● **Rubella Immunization Phase 5**

Rubella immunization is designated as a routine immunization for men who have not had the opportunity to receive the vaccine under the regular schedule yet. This vaccination is administered to men with low rubella antibody levels, based on the results of a prior antibody test.

Due to the supply shortage of the measles-rubella (MR) combination vaccine during FY2024, if you meet the following criteria, you are eligible to receive the rubella vaccination as a routine immunization until March 31, 2027. If you wish to be vaccinated, please contact the Public Health Promotion and Disease Prevention Division.

Eligibility: Men born between April 2, 1962 and

April 1, 1979, who took the rubella antibody test by March 31, 2025 and were found to have low antibody levels.

No. of times: One time

Fee: Free

Vaccine type: Measles-rubella (MR) combination vaccine or rubella-only vaccine

Notes

1. Individuals who did not take the antibody test by March 31, 2025 are not eligible.
2. For information on immunizations mainly for children, please read the section, "Childbirth, Child-Raising, and Education."

Hospitals and Dentists with Staff Who Speak Foreign Languages

● Information on Medical Institutions in Foreign Languages

📍 **Himawari (Tokyo Metropolitan Health and Medical Information Center)**

☎ 03-5285-8181

🌐 www.himawari.metro.tokyo.jp/



Insurance, Health Maintenance and Welfare

Public Health Centers

Ushigome Public Health Center

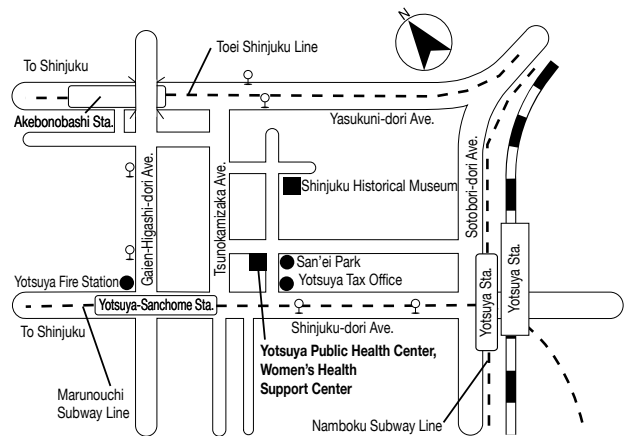
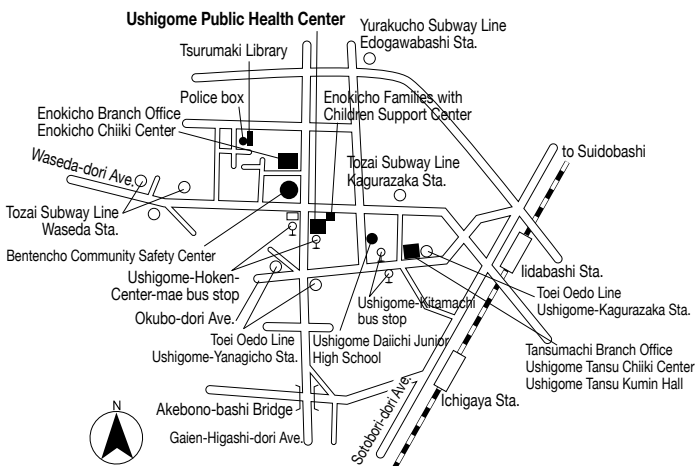
🏠 50 Benten-cho, Shinjuku-ku

☎ 03-3260-6231

Yotsuya Public Health Center

🏠 10-16 Yotsuya-San-ei-cho, Shinjuku-ku

☎ 03-3351-5161



Higashi-Shinjuku Public Health Center

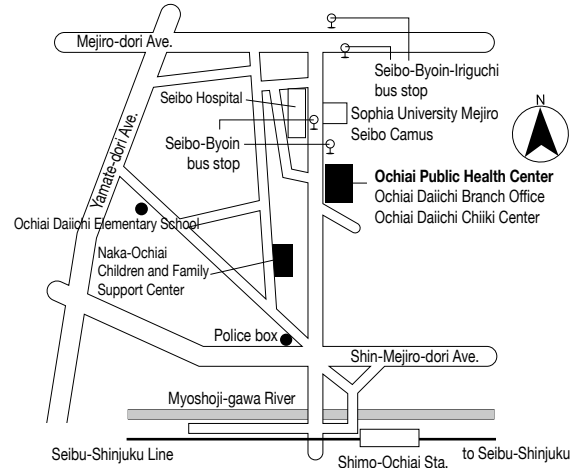
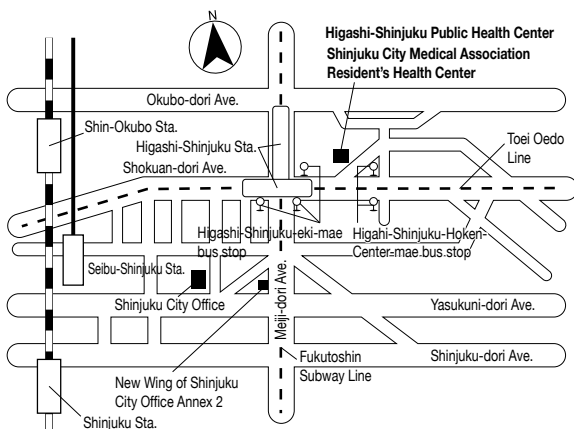
🏠 7-26-4 Shinjuku, Shinjuku-ku

☎ 03-3200-1026

Ochiai Public Health Center

🏠 4-6-7 Shimo-Ochiai, Shinjuku-ku

☎ 03-3952-7161



The service is offered in English, Chinese, Korean, Thai, and Spanish.

○ Hours: Daily (includes Saturdays, Sundays, and national holidays), 9 a.m. to 8 p.m.

HIV and Sexually Transmitted Infection Testing

 **Disease Prevention Section, Public Health Promotion and Disease Prevention Division**

You can receive anonymous and free testing for HIV and other sexually transmitted infections such as syphilis, chlamydia and the hepatitis B virus.

Appointment required. For details, please scan the two-dimensional code.



Welfare Services for Single Parents

■ Consultations for Single Parents

 **Development Support Section, Child Development Division**

Consultations on problems of single-parent families, employment, and general everyday living are available.

■ Single-Parent Family Employment Consultation

 **Development Support Section, Child Development Division**

Consultation services are available concerning employment, such as job-hunting, changing jobs, and benefits for classes to prepare for acquiring qualifications.

■ Tokyo Metropolitan Single Parent Welfare Fund

 **Development Support Section, Child Development Division**

Loans are available if a member of a single-parent household raising a child under 20 years of age needs funds to start school or employment.

■ Single Parent Family Rest Home

 **Development Support Section, Child Development Division**

Single parents and their children (under 20 years of age) can use facilities designated by Shinjuku City at low rates up to three times per fiscal year. This program is not for single parent use or use of the child only.

■ Subsidies for Hiring Housekeeping Assistants (Housekeeping and Child-Rearing Support Program for Single-Parent Families)

 **Development Support Section, Child Development Division**

Subsidies for hiring housekeeping assistants are available for single parents raising children who have not yet completed compulsory education.

■ Medical Subsidies for Single-Parent Families

 **Development Support Section, Child Development Division**

A Maru-Oya Medical Certificate is issued upon application to a single parent raising a child until the first March 31 after the child's 18th birthday (under 20 years of age for those with a designated level of disability). The applicant and child must be enrolled in the required forms of Japanese health insurance and fall below a designated income level.

If you submit your Maru-Oya Medical Certificate along with your Myna health insurance card (or health insurance eligibility certificate) when receiving treatment at a medical institution, part or all of the personally borne expense will be subsidized.

Welfare Services for Women

■ Consultations for Women

👤 Consultation Support Section, Welfare Division

Proper support addressing the concerns of women and other various consultation topics is offered to women to enable them to lead financially and socially independent lives.

Consultations are available if you are threatened by or suffer violence from your husband or some other person, if you are worried about pregnancy/childbirth, or if you have left home with no place to go and need shelter.

Consultations are open to all women regardless of legal status, but those without a status of residency may not benefit from other services.

■ Emergency Temporary Shelters for Women and Mothers with Children

👤 Consultation Support Section, Welfare Division

If you need shelter because you are the victim of violence by your husband or some other person, and have no place to go, this shelter program offers lodging and food.

This program is for women and mothers with children; it is also available for foreign residents as well.

Welfare Services for the Elderly

■ General Consultation Center for the Elderly

👤 Senior Citizens' Consultation Section No. 1 and No. 2, Senior Citizens' Support Division

General Consultation Centers for the Elderly (Community General Support Centers) help senior citizens live comfortably in their hometown. It offers comprehensive support in the areas of nursing care, welfare, health and medicine.

The center offers consultation services about Long-Term Care Insurance, as well as help on how to apply for services other than those covered by Long-Term Care Insurance. The senior citizen himself/herself, family members and neighbors should feel free to ask for advice if you have any problems or questions about any aspect of everyday life.

■ Services Other than Those Covered by Long-Term Care Insurance

👤 Senior Citizen's Support Section, Senior Citizen's Support Division

There are services as listed below not covered by Long-Term Care Insurance that are designed to help the elderly keep living independently and safely in a town they are familiar with. Please call for details, such as concerning the programs and eligibility requirements.

Meal delivery service, barber/haircut service, bed-drying/disinfecting service, diaper expense subsidy, hearing aid supply, emergency alarm systems, and others.

■ Chiiki Sasaeai Hall, Senior Activity Halls, and Community Exchange Halls

👤 Senior Citizens' Active Life Section, Regional Comprehensive Services Promotion Division

Those using these facilities for the first time should bring documentation to confirm their name, address, and age (such as their individual number card), and obtain a user's card.

- Yakuo-ji Chiiki Sasaeai Hall: Those who wish to support the elderly as well as those 60 years of age or older living in Shinjuku can use this facility for community mutual support activities, health promotion and preventive care activities as well as programs for pursuing an active life.
- Senior Activity Halls: Shinjuku City residents 50 years of age or older can use these facilities for activities that make a social contribution, such as volunteer activities, health promotion and preventive care activities as well as programs for pursuing an active life.
- Community Exchange Halls: Shinjuku City residents 60 years of age or older can use these fa-



ilities for health promotion and preventive care activities, and programs for pursuing active life.

Welfare Services for the Disabled

Handbooks for the Disabled

☞ Consultation Section, Welfare Division for Disabled Persons

☎ 03-5273-4518

Those who have been issued the *Handbook for the Physically Disabled*, *Handbook for the Mentally Disabled (Ai-no Techo)*, or *Health and Welfare Handbook for the Mentally Disabled* may take advantage of programs for the disabled.

Because eligibility (age, income, which handbook one has for which level, etc.) varies depending on the program, please call for more information.

The *Handbook for the Physically Disabled* is issued to those with physical disabilities affecting the eyes, hearing, sense of balance, ability to process sound/language, chewing ability, hands and feet, heart, kidneys, respiratory organs, bladder, rectum, small intestine, immunity functions, and liver. It is issued based on the examination certificate of designated doctors and with the authorization of the Tokyo Metropolitan Rehabilitation Center for the Physically and Mentally Disabled.

The *Handbook for the Mentally Disabled (Ai-no Techo)* is issued to those with intellectual disabilities. It is issued with the authorization of the Tokyo Metropolitan Rehabilitation Center for the Physically and Mentally Disabled (or the Children's Consultation Center in the case of children).

The *Health and Welfare Handbook for the Mentally Disabled* is issued to those with a designated level of mental disability. It is issued based on the examination certificate of a doctor, etc. and with the authorization of the Tokyo Metropolitan Chubu Comprehensive Center for Mental Health and Welfare.

Note: Please call a Public Health Center listed on page 42 concerning the *Health and Welfare Handbook for the Mentally Disabled*.

Welfare Services for the Disabled

☞ Consultation Section, Welfare Division for Disabled Persons

Services are available for those who have one of the three types of handbooks for the disabled mentioned above. All these services have certain requirements depending on the type of handbook/disability, age, income, etc. Please call for more information.

Main services:

- Welfare allowance for the physically or mentally disabled
- Medical subsidies for the physically or mentally disabled
- Barber shop/beauty salon service
- Bedding drying and disinfecting service
- Diaper expense subsidy

Services Based on the Comprehensive Support Act for Persons with Disabilities/Child Welfare Act

☞ Support Section, Welfare Division for Disabled Persons

☎ 03-5273-4583

Welfare services such as nursing care and training are available for those with physical and/or mental disabilities (children) and severe illnesses, etc. To use these services, you must write a usage plan first. Depending on the service, authorization is required to verify the level of disability. Please call for more information.



Welfare Services for Those Who Have Financial Difficulty in Everyday Living

■ Consultation concerning Work and Your Household Budget

☞ Life Support Consultation Service Counter, Life Welfare Division

🏠 Shinjuku City Office Annex 2, 1F
☎ 03-5273-3853
FAX 03-3209-0278

☞ Daily Life Consultation Service Counter, Shinjuku Social Welfare Conference

🏠 1-17-20 Takadanobaba, Shinjuku-ku
☎ 03-5273-3546
FAX 03-5273-3082

When you need to handle major situations such as changing your lifestyle, need advice on work and your household budget or are having financial problems and don't know where to go for help, social workers or other qualified counselors are ready to help.

Hours: Monday through Friday (excluding national holidays, etc.), 8:30 a.m. to 5 p.m.

■ Consultations for Reclusive People

☞ Reclusive People Comprehensive Consulta- tion Service Counter (Life Support Consulta- tion Service Counter), Life Welfare Division

🏠 Shinjuku City Office Annex 2, 1F
☎ 03-5273-3184
FAX 03-3209-0278

Consultants are available to listen to reclusive people and/or their family members, and we can work together with relevant institutions as well if necessary.

Hours: Monday through Friday (excluding national holidays, etc.), 8:30 a.m. to 5 p.m.

■ Public Financial Assistance for Everyday Living Provided in Special Cases for Foreign Residents

☞ Consultation Support Section, Welfare Division

Public financial assistance for everyday living is organized with the goal of helping people in Japan who are having financial difficulties in everyday life secure a stable source of income and make a living on their own based on the Public Assistance Act.

This law may be applied to foreign residents with specially designated visa status in some cases.

You will be asked questions on the following topics during the consultation process:

- Visa status
- Family situation (parents, children, and siblings)
- Past living situation (income, occupation, etc.)
- Housing situation (own home, public housing, private rental housing, and others)
- Property (real estate, savings, life insurance, old-age insurance, etc.)
- Other conditions, such as illnesses, etc.

Please call for more information.




Other Medical and Welfare Services

Family Consultations

Development Support Section, Child Development Division


Consultations are available concerning general interpersonal relationships in family life (such as marriage, divorce, and legal recognition of children).

Hours: Monday through Friday (excluding national holidays, etc.), 1 to 5 p.m.


 03-5273-4558

Consulting Room

Gender Equality Division

 03-3341-0801 (for interview reservations)

 03-3353-2000 (consultant)

 03-3341-0905 (male consultant)


Note: Saturday afternoons only.

 03-5273-3646 (Shinjuku City Office Annex 1 consultant)

Note: Mondays only.

Consultation staff is available to listen to various problems and work with you toward a solution. Consultation services are offered from Monday through Saturday at the Gender Equality Promotion Center. Consultation hours are 10 a.m. to 4 p.m. (closed from noon to 1 p.m.). Telephone consultation services are available until 3:30 p.m. On Saturday from 1 to 4 p.m., both male and female staff provide consultation. The services are also offered at Shinjuku City Office Annex 1 on Mondays. The services are free of charge. Reservations are required for consultations in person. For a telephone consultation, please call the consultant line directly.


In addition, the Gender Equality Promotion Center has a Reference Corner that collects and provides information in Japanese related to gender equality. The center also has classes for raising awareness.


 16 Araki-cho, Shinjuku-ku

Closed: National holidays and during the year-end/New Year holidays

DV Consultation Hotline

Shinjuku City Spouse Violence Consultation and Support Center

 03-5273-2670

 03-5273-2722

Violence caused by an intimate partner, such as a spouse or lover, is called domestic violence (DV). DV is a major infringement of human rights.

Specialized consultants are available for phone consultations if you are involved in a DV situation. These consultations are free of charge, and all information will be kept strictly confidential. You can receive advice anonymously.

Hours: Monday through Friday (excluding national holidays and during the year-end/New Year's holidays), 9 a.m. to 5 p.m.



Service Counters Where Counseling in Foreign Languages Is Available

★ Shinjuku Foreign Resident Advisory Corner	General everyday living	English		☎ 03-5272-5060
		Chinese	(Mon. through Fri.)	☎ 03-5272-5070
		Korean		☎ 03-5272-5080
● Shinjuku Multicultural Plaza	General everyday living	Thai, Nepalese, and Myanmar (Burmese)	Please contact us directly for information on the days when each language is available.	☎ 03-5291-5171
● Consultation Support Center for Foreign Residents	Consultations concerning immigration, visa procedures, and everyday living	English and Chinese		☎ 03-3202-5535
		Spanish and Portuguese		☎ 03-5125-4039
		Filipino, Vietnamese, and Indonesian		
● Foreign Residents Support Center (FRESC)	General everyday living	English, Chinese, etc.	(Mon. through Fri.)	☎ 0570-011000
● Immigration Information Center	Visa consultations	English, Spanish, Chinese, Korean, etc.	(Mon. through Fri.)	☎ 0570-013904
				☎ 03-5796-7112
● Tokyo Metropolitan Consultations for Foreign Residents	General everyday living	English	(Mon. through Fri.)	☎ 03-5320-7744
		Chinese	(Tue. and Fri.)	☎ 03-5320-7766
		Korean	(Wed.)	☎ 03-5320-7700
● Tokyo Multilingual Consultation Navi	General everyday living	English, Chinese, etc.	(Mon. through Fri.)	☎ 03-6258-1227
● Police Department Comprehensive Consultation Center	Consultations for victims of crimes	English, Chinese, Korean	(Mon. through Fri.)	☎ 03-3501-0110
			Touch-dial	☎ #9110
● Police Department Consultation for Foreign Residents	Consultations for victims of crimes	English, Chinese, etc.	(Mon. through Fri.)	☎ 03-3503-8484
● Tokyo Metropolitan Foundation "TSUNAGARI" Free Multilingual Legal Consultation	Legal consultation	English, Chinese, etc.	(Mon. through Fri.)	☎ 03-6258-1227
● Tokyo Legal Affairs Bureau Information on Human Rights Counseling in Foreign Languages	Human rights consultations	English, Chinese, Korean, Filipino, Portuguese, Vietnamese, etc.	(Mon. through Fri.)	☎ 0570-090911
● Shinjuku Employment Assistance and Instruction Center for Foreigners	Labor consultations Introduction of employment/part-time jobs	English and Chinese	(Mon. through Fri.)	☎ 03-3204-8609
● Tokyo Labor Bureau Consultation and Support Office for Foreigners	Labor consultations	English	(Mon. through Fri.)	
		Chinese	(Mon. through Fri.)	
		Tagalog	(Mon., Tue., Wed. and Fri.)	☎ 03-5361-8728
		Vietnamese	(Tue., Thu. and Fri.)	
		Nepalese	(Mon. through Thu.)	
		Cambodian	(Wed.)	
		Mongolian	(Fri.)	
● Tokyo Metropolitan Labor Consultation Center	Labor consultations	English	(Mon. through Fri.)	☎ 03-3265-6110
		Chinese	(Tue. through Thu.)	
● Himawari (Tokyo Metropolitan Health and Medical Information Center)	Medical institutions and medical system	English and Chinese	(Daily)	☎ 03-5285-8181
		Korean, Thai, and Spanish	9 a.m. to 8 p.m.	
● Japan Anti-Tuberculosis Association	Telephone consultations for foreign residents concerning tuberculosis	English, Chinese, Korean (reservation only), Vietnamese, Myanmar (Burmese; morning only), and Nepalese (second and fourth weeks; morning only)	(Tue.) 10 a.m. to 12 noon, 1 to 3 p.m.	☎ 03-3292-1218/9
● Tokyo English Lifeline	Consultations on everyday living	English	(Daily)	☎ 03-5774-0992
● Japan Post Customer Service Center	Postal services	English	(Daily)	☎ 0570-046-111
● NTT East Information	Telephone services, etc.	English, Chinese, Portuguese, and Spanish	(Daily)	☎ 0120-005-250
● JR East Infoline	Information on JR East Japan	English, Chinese, and Korean	(Daily)	☎ 050-2016-1603

English Edition

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