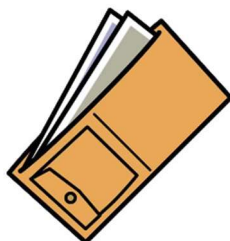


Applications for Exemption from National Pension Contributions



Applications to the National Health Insurance Contribution General Exemption System for July 2023 to June 2024 can be made from Mon 3 July. (You can also apply retroactively for the period up to 25 months before the date of application.) The National Pension contribution for this year is ¥16,520 per month.

What is the National Health Insurance Contribution General Exemption System?

This is a system in which those who face economic difficulties in making contribution payments (due factors such as low income), can receive exemption or postponement of their contribution payments. After application, The Japan Pension Service will examine the previous year's income of the applicant, their spouse, and the head of the household (just the applicant and their spouse in the case of postponement). If you just stop paying your pension contributions, you will lose access to various pension funds, so make sure to apply for exemption if you are struggling.

Regarding the pre-and-post-childbirth exemption system

This is a system in which type 1 enrollees in National Health Insurance who are giving birth can submit a notice in order to receive exemption from contribution payments during the period before and after childbirth. The system is available for those giving birth on or after 1 Feb 2019. The notice can be submitted up to 6 months prior to the due date.

Inquiries:

Shizuoka Pension Office ☎054-203-3707; Shimizu Pension Office ☎054-353-2233

Insurance & Pension Division of each Ward Office

Aoi ☎054-221-1065; Suruga ☎054-287-8624; Shimizu ☎054-354-2134



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