

National Pension Premiums Exemption Program • Grace of Payment Program

If you are unable to pay National Pension premiums for financial reasons, you are advised to make use of the “Exemption Program” which exempts you from paying the national pension premiums, or the “Grace of Payment Program” which grants you a respite from paying premiums. If you are approved for either program, you can do the following things.

- 1) The approval period will then be included in the minimum period which is required to receive the old-age basic pension.
- 2) You also remain eligible for receiving disability and/or survivors’ basic pension benefits during these periods.
- 3) The approval period will be partially reflected on the amount of pension.

To apply for one of these programs, please bring your My Number Card (or your My Number notice card and ID), your National Pension Book and seal, and required documents to Hoken-nenkin-ka (1F of City Hall) or its branch office.

→ Hoken-nenkin-ka (National Health Insurance and Pension Section)

Tel. 048-775-5137 / Fax 048-775-9827

こくみんねんきんほけんりょうめんじよせいど のうふゆうよせいど 国民年金保険料免除制度・納付猶予制度

けいざいてき りゆう などで こくみんねんきんほけんりょう おさ むづか ばあい ほけんりょう めんじよ めんじよ
経済的な理由などで国民年金保険料を納めることが難しい場合は、保険料が免除される「免除
せいど ほけんりょう のうふ ゆうよ 「のうふゆうよせいど」 りゆう
制度」、保険料の納付が猶予になる「納付猶予制度」を利用して下さい。承認されると、次のことが
できます。

① しょうにんきかん ろうれいき そねんきん う と ひつよう きかん ふく
承認期間は老齢基礎年金を受け取るのに必要な期間に含まれる

② しょうがい いぞくき そねんきん う と たいしょうきかん
障害・遺族基礎年金の受け取る対象期間になる

③ ねんきんがく いちぶはんえい
年金額に一部反映される

もう こ つうち ほんにんかくにん もの ねんきんてちょう いんかん
申し込みは、マイナンバーカード(または通知カードと本人確認ができる物)、年金手帳、印鑑(は
んこ)、その他に必要な書類を持って、ほけんねんきんか しやくしよ かい かくししよ しゅつちようじよ
→ 保険年金課

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● **Hello Corner** (Counseling Service for Non-Japanese Residents)

Please feel free to visit or call Hello Corner for assistance in daily life matters. Counselling services are offered on Mondays and Saturdays.

< **Mondays** >

When: 1st, 2nd, 3rd and 5th Mondays (except national holidays)

Where: 1F of City Hall Annex #3

< **Saturdays** >

When: 4th Saturdays (except Saturdays when City Hall is not open and also national holidays)

Where: Meeting Room #501 on 5F of City Hall

Hours	9:00 a.m. ~ noon	Languages	English Spanish
	1:00 p.m. ~ 4:00 p.m.		Spanish Portuguese Chinese

⇒ Tel. 048-775-5111

Please tell the switchboard operator, “Hello Corner *onagai-shimasu*”

At City Hall counters, interpretation services are available in 11 languages via telephone. For your information, Hello Corner offers counselling services in English, Spanish, Chinese and Portuguese.

Available languages: English, Chinese, Korean, Portuguese, Spanish, Thai, Vietnamese, Indonesian, Tagalog, Nepalese and Hindu.