

Your household's National Health Insurance premiums are overdue.

Payment must be made by the due date. If payment is not be made by this date, your assets may be audited and seized up to the unpaid amount.

【Important Notice】

- Please ignore this notification if you have already paid.
- If your household uses automatic bank transfer (direct debit) and a debit for the month covered by this demand notice is scheduled on the transfer date, please do NOT pay using this payment slip to avoid making a duplicate payment.
- If you have joined another health insurance program (e.g., through your employer), you are responsible for unenrolling from the National Health Insurance program yourself. (Neither Toshima City nor your employer will process the unenrollment automatically.)
- This demand notice is also sent to households enrolled in bank transfer, installment payment, and those receiving public assistance.
- If you are unable to pay due to a disaster or other special circumstances, please contact us as soon as possible. If premiums remain unpaid without valid reason, you may be subject to coverage under the special medical expense benefit.
- Late payment charges will be applied starting from the June installment of the Fiscal Year 2026 (Reiwa 8) levy. Late payment charges will be billed separately after the National Health Insurance premiums have been paid.

◎ Please check and verify against the demand notice you have on hand.

The head of your household is obligated to pay National Health Insurance premiums. Even in cases where the head of household is enrolled in a separate social insurance scheme, etc., the premiums for all insured persons are charged to the head of household.

If there is no barcode printed here, please make payment at the Toshima City Office Public Payment Counter or a designated financial institution for special wards. For details on payment methods, please refer to the back of this notice.

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| ① | National Health Insurance Premium — Payment Received Notice | ⑧ | Coverage Year |
| ② | Total Amount Payable | ⑨ | Reference/Symbol Number |
| ③ | Fiscal Year of levy | ⑩ | Insurance Premium |
| ④ | Installment Period | ⑪ | Late Payment Charge |
| ⑤ | Notification number | ⑫ | Payment Due Date |
| ⑥ | Payment Deadline | ⑬ | Reminder and Receipt |
| ⑦ | Individual Liable for Payment | | |

あなたの納付すべき国民健康保険料が、納期限までに納付されず、未納となっています。この督促状で指定した支払期限までに納付してください。支払期限までに納付しないときは、法令に基づき、財産調査のうえ滞納処分（差押等）を受ける場合があります。


① (審査請求及び取消訴訟)
 1. この処分不服があるときには、この処分があったことを知った日の翌日から起算して3か月以内に、東京都国民健康保険審査会（東京都庁内）に対して審査請求をすることができます。（なお、この処分があったことを知った日の翌日から3か月以内であっても、この処分があった日の翌日から起算して1年を経過すると審査請求をすることができなくなります。）
 2. 上記1の審査請求に対する裁決を経た場合に限り、当該審査請求に対する裁決があったことを知った日の翌日から起算して6か月以内に、豊島区を被告として（訴訟において豊島区を代表する者は豊島区長となります。）処分の取消しの訴えを提起することができます。（なお、当該裁決があったことを知った日の翌日から起算して6か月以内であっても、当該裁決の日の翌日から起算して1年を経過すると処分の取消しの訴えを提起することができなくなります。）ただし、次の①から③までのいずれかに該当するときは、審査請求に対する裁決を経ないで処分の取消しの訴えを提起することができます。
 ①審査請求があった日の翌日から起算して3か月を経過しても裁決がないとき。
 ②処分、処分の執行又は手続きの続行により生ずる著しい損害を避けるため緊急の必要があるとき。
 ③その他裁決を経ないことにつき正当な理由があるとき。

② (延滞金) (地方自治法第231条の3・豊島区国民健康保険条例第22条)
 延滞金の額は、各納期限の翌日から支払日までの期間の日数に依り、その基礎となる納付金額（1,000円未満の端数があるとき、またはその金額が2,000円未満であるときは、その端数金額または金額を切り捨てます。）に、年14.6%（納期限翌日から3か月を経過する日までの期間については年7.3%）の割合を乗じて計算し徴収します。
 ※ただし、各年の延滞金特別基準割合（平均貸付割合（租税特別措置法第93条第2項に規定する平均貸付割合をいう。）に年1%の割合を加算した割合をいう。）が年7.3%に満たない場合は、下記の取扱いとなります。
 ○納期限の翌日から3か月を経過するまでの期間「延滞金特別基準割合」に年1%の割合を加算した割合（ただし、当該加算した割合が年7.3%を超える場合は、年7.3%の割合とします。）
 ○その後の期間「延滞金特別基準割合」に年7.3%の割合を加算した割合
 ※令和8年度6月賦課分より延滞金が発生します。延滞金は国民健康保険料納付後に別途請求いたします。

③ 納付方法
 ①豊島区役所公金納付窓口
 ②特別区指定金融機関、特別区公金収納取扱店（銀行、信用金庫、信用組合等）
 ゆうちょ銀行・郵便局は、東京都、山梨県及び関東各県所在の店舗に限ります。
 ※ATMでのお取り扱いはできません。
 ③区民事務所
 ④取扱のコンビニエンスストア（右記参照）
 ⑤モバイルレジ 「モバイルレジ」アプリによるクレジット納付又はモバイルバンキングによる納付。
 ⑥取扱の電子マネー（右記参照）

③ 注意点
 ・⑤のクレジット納付の場合は、別途、決済手数料がかかります。また、⑤⑥のアプリをご利用の際は、別途、ポケット通信料がかかります。
 ・コンビニエンスストア等の店頭では、原則として「スマホアプリ」を利用したお支払いはできません。
 ・④⑤⑥による納付は、1枚あたり30万円以下の納付書に限ります。
 ・支払期限が経過している納付書は使用できない場合があります。
 ・収納票のコピー、及びバーコードの写真やスクリーンショットでのお支払いはできません。
 ・納付済の場合は行き違いですのでご了承ください。
 ・納付者控及びレシートは振込の証拠になるため、受領後、大切に保管してください。

③ 保険料の納付は原則口座振替です。口座振替ですと払い忘れがなく、大変便利です。ぜひご利用ください。納付方法や口座振替の申込方法について、詳しくは区ホームページをご覧ください。



④ 取扱コンビニエンスストア等及び電子マネー
 (令和8年4月1日現在)

【取扱コンビニエンスストア】
 ●くらしハウス ●スリーエイト
 ●生活彩家 ●セブン-イレブン
 ●デイリーヤマザキ
 ●ニューヤマザキデイリーストア
 ●ファミリーマート
 ●ポプラ
 ●ミニストップ
 ●ヤマザキスペシャルパートナーショップ
 ●ヤマザキデイリーストア
 ●ローソン
 ●MMK設置店
 (無人端末及び信用金庫内端末を除く)

【電子マネー】
 ●PayPay ●au PAY
 ●楽天Pay ●d払い
 ●J-Coin Pay

(ご注意)
 金額を訂正した場合・バーコードの印字がない場合・読めない場合は、コンビニエンスストア等及び電子マネーでは納付できません。

① [Review Request and Revocation Lawsuit]
 1. If you have a complaint regarding this administrative disposition, you can issue a request for examination to the Tokyo Metropolitan National Health Insurance Examination Committee (at the Tokyo Metropolitan Government Building), within three months from the day after you became aware of this administrative disposition. (However, even if it is still within three months from the day after you became aware of this disposition, if more than one year has passed from the day after the day on which this disposition was issued, it is no longer possible to issue a request for examination.)
 2. Only in the case in which there is a court ruling on the request for examination detailed in 1. above, within six months from the day after you became aware of this court ruling on the examination request concerned it is possible to petition the court for revocation of the original disposition with Toshima City as the defendant (in litigation the representative of Toshima City is the Toshima City Mayor). (However, even if it is still within six months from the day after you became aware of the relevant court ruling, if more than one year has passed from the day after the day on which the ruling was issued, it is no longer possible to petition for revocation of the original disposition.) However, if any of the following cases (1) to (3) apply, it is possible to petition for revocation of the original disposition, even without a court ruling on the request for examination.
 (1) There is no court ruling within three months of the day after the day on which a request for examination was made.
 (2) There is urgent necessity to avoid significant damage that would arise due to the disposition, the execution of the disposition, or the continuation of procedures.
 (3) Other just reason(s) for not receiving a court ruling.

② [Late Payment Charges] (Local Autonomy Act, Article 231-3; Toshima City National Health Insurance Ordinance, Article 22)
 The amount of the late payment charge is calculated by multiplying the base payment amount (if there is a fraction less than ¥1,000, or if the total amount is less than ¥2,000, that fraction or the full amount is rounded down) by an annual rate of 14.6% (7.3% per annum for the period up to three months after the payment due date), applied for the number of days from the day after each payment due date until the date of payment.
 * However, if the special late payment charge reference rate for each year (defined as the average lending rate stipulated in Article 93, Paragraph 2 of the Act on Special Measures Concerning Taxation, plus 1% per annum) is less than 7.3% per annum, the following treatment applies:
 ○ For the period up to three months after the payment due date: The "special late payment charge reference rate" plus 1% per annum (however, if the resulting rate exceeds 7.3% per annum, the rate shall be 7.3% per annum).
 ○ For the period thereafter: The "special late payment charge reference rate" plus 7.3% per annum.
 * Late payment charges will be applied starting from the June installment of the Fiscal Year 2026 (Reiwa 8) levy. Late payment charges will be billed separately after the National Health Insurance premiums have been paid.

③ Payment Methods
 ① Toshima City Office Public Payment Counter
 ② Designated financial institutions for special wards and authorized collection offices (banks, shinkin banks, credit unions, etc.)
 Japan Post Bank / Post Offices: Limited to branches in Tokyo, Yamanashi Prefecture, and prefectures in the Kanto region.
 * ATM payments are not accepted.
 ③ Ward Residents' Affairs Offices (Kumin Jimusho)
 ④ Participating convenience stores (see right column)
 ⑤ Mobile Regi: Pay by credit card via the "Mobile Regi" app, or by mobile banking.
 ⑥ Participating electronic money services (see right column)

Important Notes
 ・ A separate transaction fee applies for credit card payment via ⑤. Standard mobile data charges also apply when using the apps for ⑤ and ⑥.
 ・ In principle, payment via smartphone app is not available at convenience store counters.
 ・ Payments via ④⑤⑥ are limited to payment slips of ¥300,000 or less per slip.
 ・ Payment slips past the due date may not be accepted.
 ・ Payment using a photocopy of the collection slip, or a photo/screenshot of the barcode, is not accepted.
 ・ Please disregard this notice if payment has already been made.
 ・ Your payer's copy and receipt serve as proof of payment — please keep them in a safe place.
 ○ In principle, premium payments should be made by automatic bank transfer (direct debit).
 Automatic bank transfer is convenient and ensures you never miss a payment. We encourage you to sign up.
 For details on payment methods and how to apply for automatic bank transfer, please visit the ward's website.

④ Participating Convenience Stores, Etc. and Electronic Money (As of April 1, 2026 / Reiwa 8)

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| <p>[Participating Convenience Stores]</p> <ul style="list-style-type: none"> ● Kurashi House ● Seikatsu Saika ● Daily Yamazaki ● New Yamazaki Daily Store ● FamilyMart ● Poplar ● MINISTOP ● Yamazaki Special Partner Shops ● Yamazaki Daily Store ● LAWSON ● Three-Eight ● Seven-Eleven ● MMK-installed locations <p>(Excluding unmanned terminals and those in credit union branches)</p> | <p>[Electronic Money]</p> <ul style="list-style-type: none"> ● PayPay ● Rakuten Pay ● J-Coin Pay ● au PAY ● d-Barai <p>[Note] If the amount has been corrected, if no barcode is printed, or if the barcode cannot be read, payment cannot be made at convenience stores or via electronic money.</p> |
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Inquiries: National Health Insurance Division, Toshima City Office TEL: 03-3981-1111
 Reception Service Hours: Weekdays: 8:30-17:00 / 2nd Saturday of the month: 9:00-17:00
 * No service is available on weekends or national holidays besides the above mentioned dates. Reception service dates are subject to change.