

Have you ever lived in Japan? Do you have 10 years coverage period under the Japanese pension system?

The Japanese pension law was changed:

From August 2017, you may be eligible for Japanese old age pension if you have 10 years or more of valid coverage periods, instead of 25 years.

What are "valid coverage periods"?

- The valid / applicable coverage periods include:
 - the periods you paid contribution to the Japanese public pension systems
 - the periods you were a member of mutual aid systems
 - the periods you lived outside of Japan (if you have Japanese nationality)
- Even if your Japanese coverage period is less than 10 years, you still may be entitled to benefits if you have coverage periods of a country with which Japan has Social Security Agreement.

You can find records and apply for benefits from overseas

For application of your pension benefit

You may download application forms and send your completed application form together with all supporting documents, to the Japan Pension Service Branch Office in charge of your last address in Japan.

You can find your pension records in "NENKIN NET"




- "NENKIN NET" is the personal online account service. You can find your pension coverage records on your computer or smartphone 24 hours a day.
- You can apply / receive your user ID from overseas as well. Information about your last address in Japan is necessary.

For inquiry, please call "NENKIN DIAL"

- From Japan  0570-05-1165
03-6700-1165
- From outside of Japan +81-3-6700-1165

Service is available in Japanese only.
Please have your Basic Pension Number ready.

Monday 8:30 - 19:00
Tuesday - Friday 8:30 - 17:15
Second Saturday 9:30 - 16:00 (Japan Time)
of the month 

Important Notes

- If you satisfy qualifying condition under this new pension law, you become eligible for benefits in August 2017. You can apply for benefits from August 2017.
- There is no change in pensionable age for old age pension.
- There is no change in qualifying condition for survivors' pension and disability pension.
- If you are currently eligible for survivors' pension or disability pension and you become eligible for old age pension this time, you may receive one of the benefits, or your benefits amount may be the same, even if you apply for old age pension.

Social Security Agreement

- Japan has concluded Social Security Agreements with other countries. Under the Agreement, it is possible to totalize contracting country's coverage period with Japanese coverage period in order to fill the gap for eligibility requirements. Please note that there are some Agreements without such totalization provisions.
- The amount of a Japanese benefit under the Agreement is calculated based on valid Japanese coverage periods including contribution-paid periods.
- You may file application for Japanese pension benefits at competent institution in a contracting country, using designated application forms.
- For details of the Agreements, please visit website of the Ministry of Health, Labour and Welfare or the Japan Pension Service.

For more information
please visit our website

Japan Pension Service

Go

<http://www.nenkin.go.jp/>