

Website for patients
who use Dupixent®



<https://www.support-allergy.com>

Explains the symptoms of bronchial asthma and provides product information on Dupixent® and other useful information.
*Japanese-language website

Website for patients with
allergic diseases in Japan



アレルギー-i

<https://www.allergy-i.jp>

Allergy information site for patients aiming to maintain their usual performance while dealing with allergies.
*Japanese-language website

For questions about how to operate Dupixent® injectors or the medical fee support system, please contact the Dupixent® Consultation Office.

Dupixent® Consultation Office

Toll-free number **0120-50-4970**

An expert staff member will take your call

- 1** Questions about how to operate injectors **24 hours a day, 365 days a year**
- 2** Questions about the medical fee support system **Weekdays 9:00 to 17:00**

* Service **2** offers a rough estimate of medical fees based on the medical fee support system; we cannot respond to queries about medical practices or the details of treatment. Furthermore, as the medical fee support system varies according to municipality, please contact the city, town, or village in which you live.

* Dupixent® Consultation Office records calls for the purpose of improving our customer service. Thank you in advance for your understanding.

For asthma patients starting treatment with **DUPIXENT®**

Compiled under the supervision of **Dr. Masami Taniguchi**,
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Your present condition

Have you experienced any of the following **in the past 2 to 4 weeks or past year**? If so, your asthma is not well controlled.

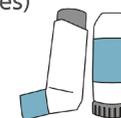
In the past 2 to 4 weeks

I have had symptoms of asthma (cough, difficulty breathing, whistling or wheezing sounds when breathing) during the day or at night at least once a week.



I have used medicine for asthma attacks at least once a week.

(Examples)



Rescue inhalants



Oral steroids

Asthma interfered with normal activities.



Sports



Housekeeping



Work



Going out

Over the past year

I had an unscheduled office visit, went to the ER, or was hospitalized because of a severe asthma attack.



Adapted from Japanese Society of Allergology: Japanese Guidelines for Preventing and Managing Asthma 2021, Kyowa Kikaku, Ltd., 2021, p. 107

Your present shapes your future

Your present condition is closely related to future risks such as attacks, reduced respiratory function, etc. Since it takes a long time to treat asthma, it is important to get rid of current symptoms keeping future risks in mind.

Your present condition

- I often use medicine for asthma attacks
- I have symptoms of asthma during the day and at night
- I have to go for unscheduled hospital visits or hospitalization

If poor control of asthma continues...

Future risks

- Drug side effects
- Future attacks
- Reduced respiratory function over time

Adapted from Japanese Society of Allergology: Japanese Guidelines for Preventing and Managing Asthma 2021, Kyowa Kikaku, Ltd., 2021. p.2-3
 Adapted from Japan Asthma Society: Practical Guidelines for Asthma Management 2023; Kyowa Kikaku, Ltd., 2023. p.23

Future management goals (present and future goals)

Be sure to consult your doctor about treatment that will allow you to reach your goals so that you do not have to give up on what you want to do right now or in the future because of asthma symptoms.

Present	Your goals	Future
		_____ years after (_____ yr-old)
		_____ years after (_____ yr-old)
		_____ years after (_____ yr-old)

For example...

Present

- I don't want to worry about asthma attacks, even if the weather is bad
- I want to sleep soundly at night
- I don't want to have to make unscheduled office visits

Future

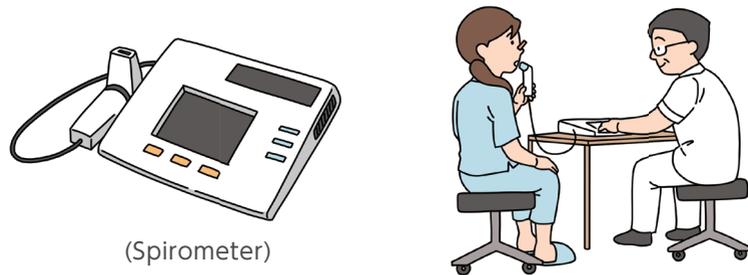
- I want to go shopping or do housework by myself even after retirement
- I want to study overseas for a long time without any fear by the time I'm about 30 years

Adapted from Japanese Society of Allergology: Japanese Guidelines for Preventing and Managing Asthma 2021, Kyowa Kikaku, Ltd., 2021. p.2-3

Asthma control status can be checked through tests

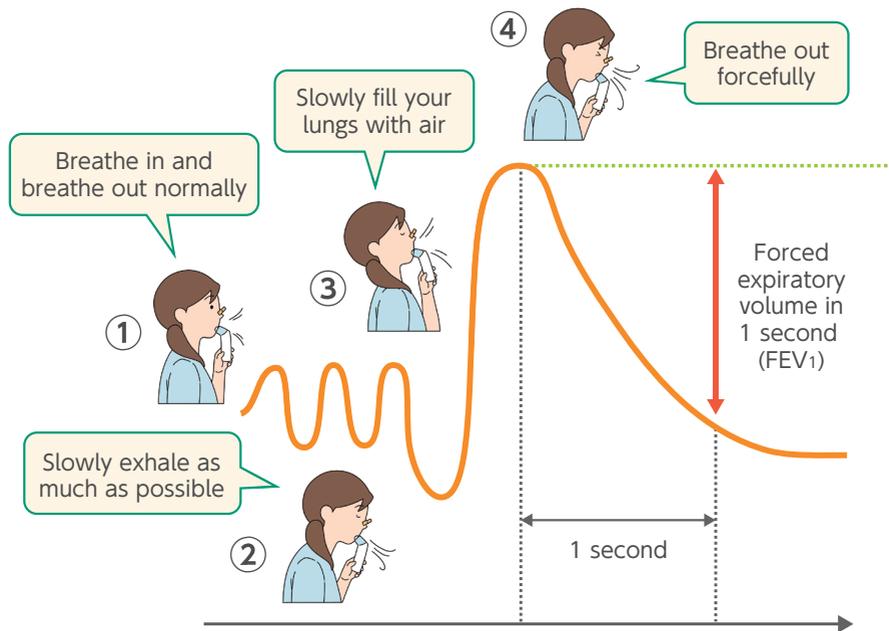
Respiratory function test (spirometry)

This test uses a machine called a spirometer to check your respiratory function. The amount of air that you can forcefully exhale in 1 second after taking a deep breath is called "forced expiratory volume in 1 second" (FEV₁). It is used to determine the severity of asthma. If your airways become narrowed, the "forced expiratory volume in 1 second" decreases.



(Spirometer)

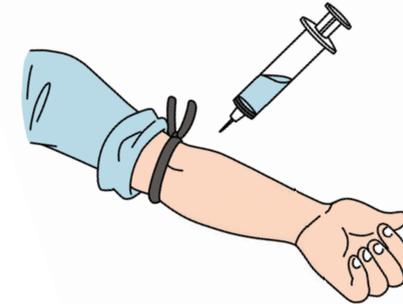
How to measure FEV₁



Blood tests

These tests measure blood eosinophil count, total IgE level, antigen-specific IgE antibodies, etc.

Eosinophil count	If the count is large, the airways are judged to be inflamed.
Total IgE level	Level increases if an allergy is present.
Antigen-specific IgE antibodies	These tell us what is causing the allergy (allergens such as dust mites, pets, and mold).



Fractional exhaled nitric oxide (FeNO) test

In this test, you breathe directly into the machine that evaluates inflammation in your airway.

The concentration of nitric oxide (NO) in your exhaled breath is measured. An elevated FeNO indicates that you have inflammation in your airway.

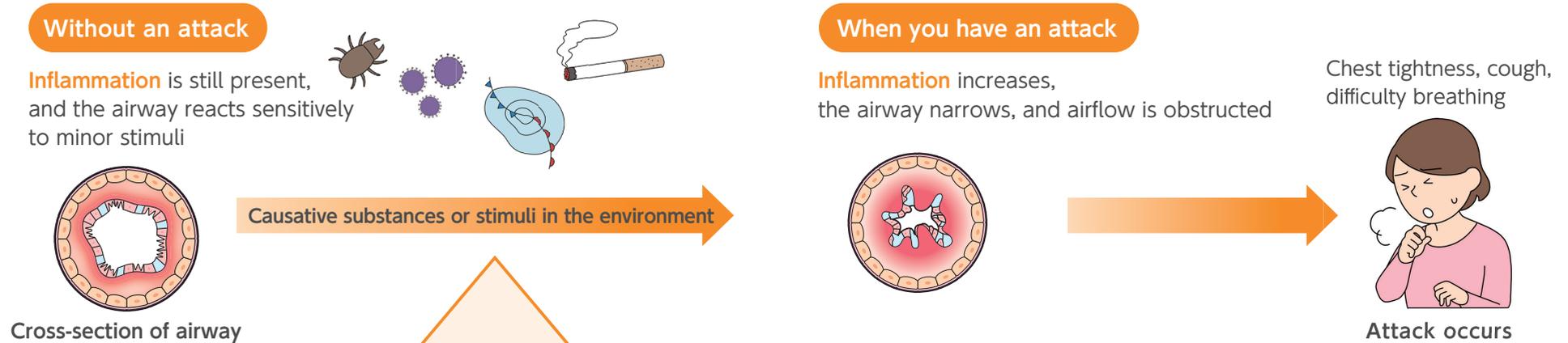


Watch the video for more information
(Only available in Japanese)

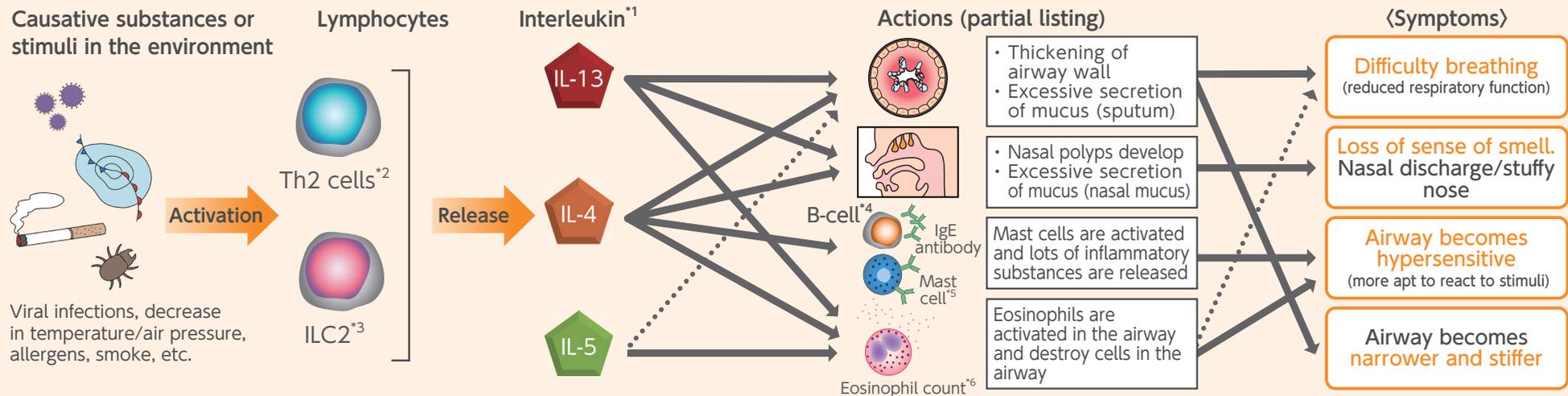


What is happening in your airways

When attacks occur, and even when they don't, patients with uncontrolled asthma have inflamed airways, so they are sensitive to stimuli.



What is happening in your airways



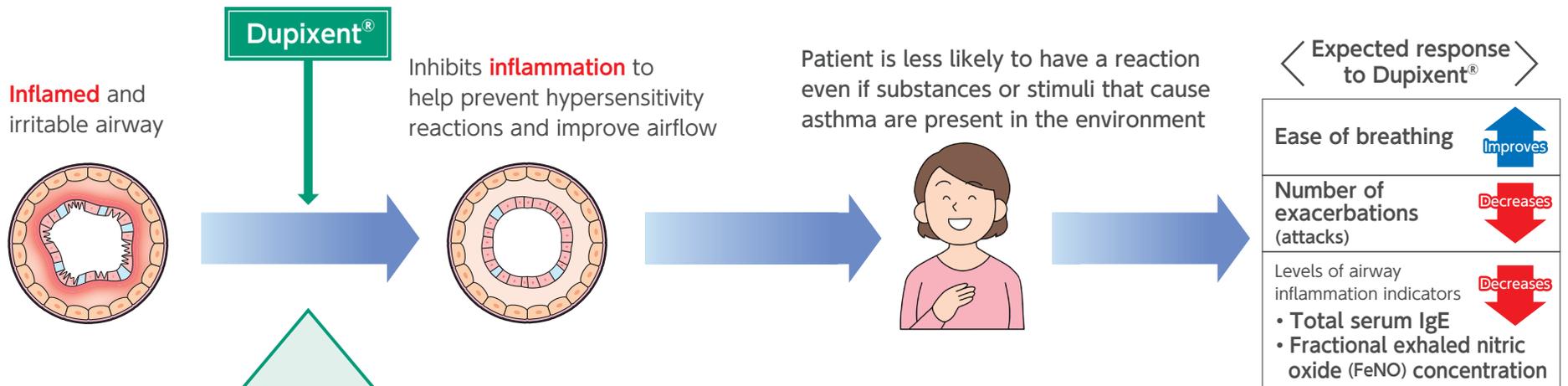
When the airways are stimulated by allergens or viral infections and Th2 cells and ILC2 cells are activated, key inflammatory substances such as IL-4, -5 and -13 are released. This not only harms the airways directly; it also stimulates other allergic cells to release even more inflammatory substances, further narrowing and irritating the airways.

*1 Interleukin (IL): A protein involved in cell-to-cell communication. Action differs depending on the IL number. *2 Th2 cells: lymphocytes that play a major role in allergic inflammation. *3 ILC2: Type 2 innate lymphoid cells. Have the same action as Th2 cells but respond less to steroids. *4 B cells: Cells that change into plasma cells and release IgE antibodies when stimulated by substances when allergens bind to those antibodies. *6 Eosinophils: Cells that release inflammatory substances when activated.

Lymphocytes that play a major role in allergic inflammation. *3 ILC2: Type 2 innate lymphoid cells. Have the same action as Th2 cells but respond less to steroids. *4 B cells: Cells that change into plasma cells and release IgE antibodies when stimulated by substances when allergens bind to those antibodies. *5 Mast cells: Cell that binds to IgE antibodies released by B-cells (plasma cells), causing release of more inflammatory

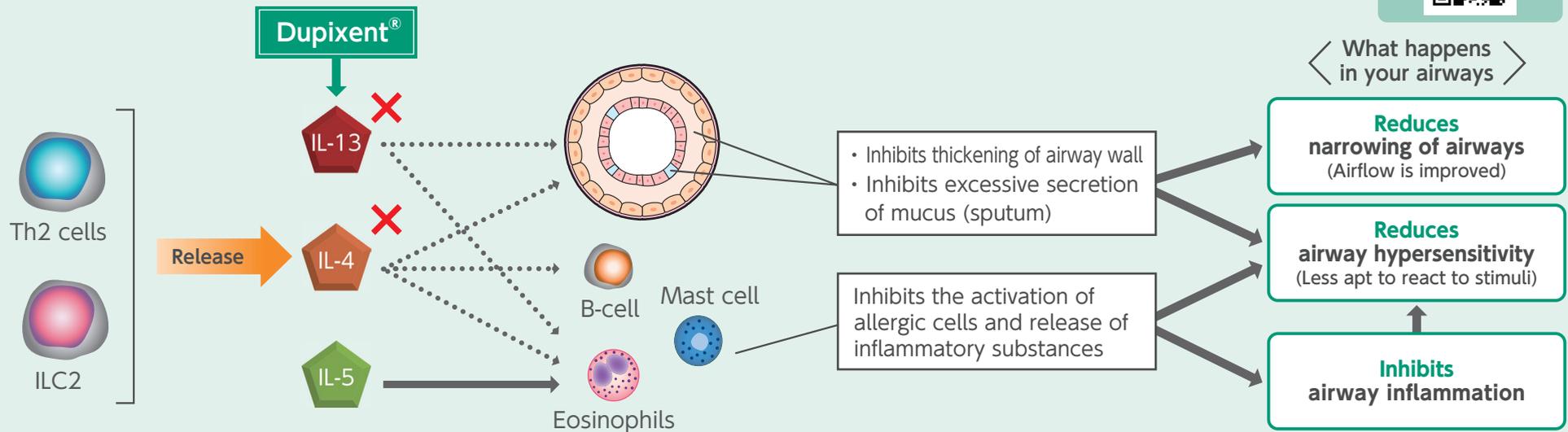
How Dupixent® works (in bronchial asthma)

Dupixent® improves airflow so stimuli are less likely to cause attacks and coughing.

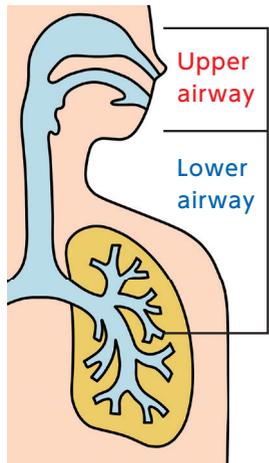


■ Dupixent® inhibits the function of substances called IL-4 and IL-13. This brings about a broad-range improvement in airway inflammatory narrowing and hypersensitivity and preventing the onset of inflammation.

Watch videos for details
*Only available in Japanese



Dupixent[®] works against nasal symptoms, too

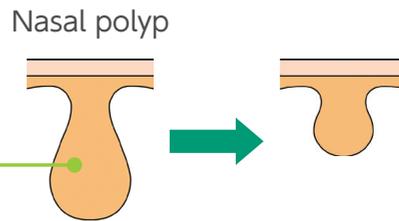


- The path of air is called the "airway" and is divided into the "upper airway" and the "lower airway" (left figure).
- Asthma that occurs in the "lower airway" and nasal symptoms that occur in the "upper airway" both occur due to **airway inflammation**. Nasal symptoms may worsen asthma.
- Because Dupixent[®] is effective in inhibiting **airway inflammation**, it is expected to be effective not only for asthma but also for nasal symptoms.

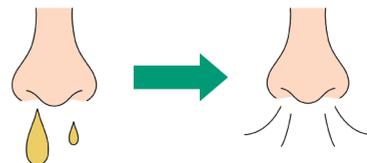
Expected effects of Dupixent[®] against nasal symptoms

- Makes nasal polyps smaller

A protruding growth that forms when the inner walls of the nasal cavity become swollen with inflammation and hang down. Can cause nasal congestion, etc.



- Improves nasal congestion
- Improves loss of smell
- Improves nasal discharge



Who can use Dupixent[®]?

Dupixent[®] may be right for you if the following apply.

Your daily treatment is:

Moderate- to high-dose inhaled corticosteroid



Other long-term control medications

(long-acting beta 2 stimulator, leukotriene receptor antagonist, etc.)



You still have problems even if you are following treatment correctly.

You cannot control your asthma

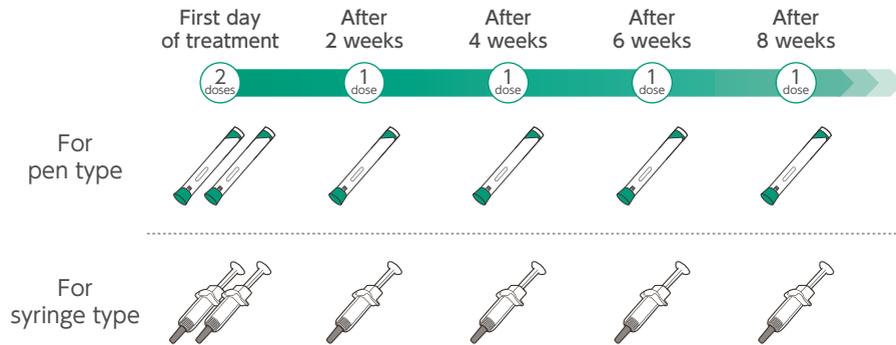


You often use oral steroids and cannot stop taking them



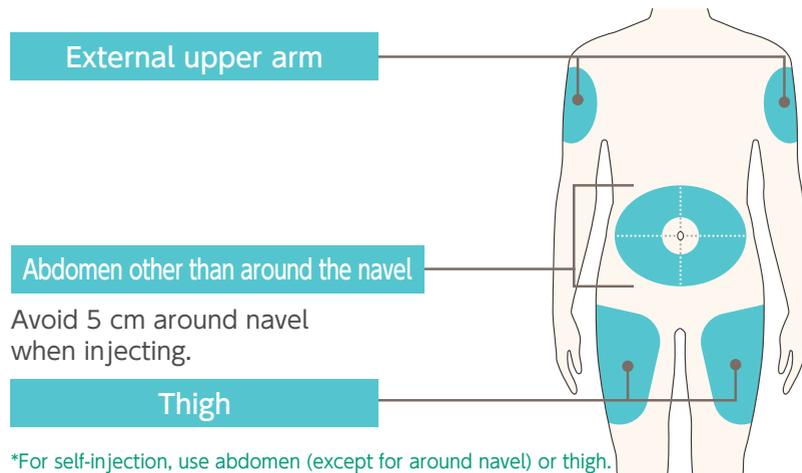
What happens in treatment with Dupixent®?

» The first time you use Dupixent®, you will need to inject 2 doses at once. After that, you will only have to inject one dose every 2 weeks.



Dupixent® is a "long-term control medication" that is used continuously to achieve good control of asthma. It can be administered without interruption even when you are feeling poorly, such as during an asthma attack.

» Inject into upper arm, abdomen, thigh, etc.



What should I do about the medicine I am already taking?



Continue the long-term control medication you have been taking thus far, and add treatment with Dupixent®.

Dupixent® is not a rescue medication (reliever). Follow your doctor's instructions when you have an asthma attack.



If you have been taking oral steroids for a long time, **do not suddenly stop taking them at your own discretion.** If you need to reduce the dose, consult your doctor.

Be sure to consult your doctor **if your asthma worsens or there is a change in your condition** after you start treatment with Dupixent®.



What do I need to watch out for during treatment?

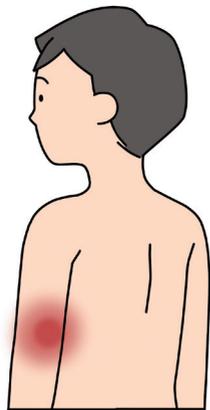
➤ The main side effect of Dupixent® is "injection-site reactions".

What is an "injection-site reaction"?



This is a reaction in which pain, redness, swelling, itching, or bleeding occurs in the part you injected (arm, abdomen, thigh).

◀ Injection-site reactions that tend to occur with Dupixent® are as follows ▶



- Reddening
- Swelling



Itching

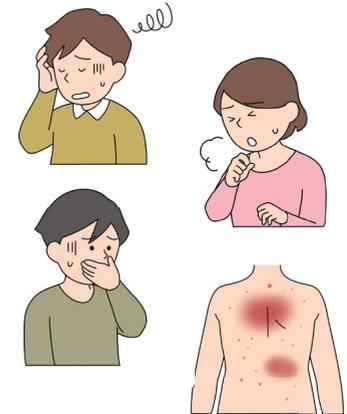
If symptoms like redness, swelling, or itching (injection-site reactions) occur in the part you injected with Dupixent®, **tell your doctor, nurse, or pharmacist immediately.**

In rare cases, the following symptoms may occur. If this happens, consult your regular doctor immediately.

Symptoms due to anaphylactic reaction

This is a hypersensitivity reaction that generally occurs immediately after administration of medication. It has the following symptoms.

- Dizziness, lightheadedness, dizziness on standing up, lassitude, decreased consciousness, etc.
- Respiratory distress, wheezing when you breathe, etc.
- Abdominal pain, nausea, vomiting, etc.
- Itching, redness, swelling of skin, systemic rash, etc.
- Swollen lips or tongue, etc.



Japanese Society of Allergology: Anaphylaxis Guidelines (1st Edition), Medical Review Co., Ltd., 2014, p. 11

Symptoms due to increase in eosinophil count

Dupixent® may cause a temporary increase in blood eosinophil count in some patients. A slight increase in eosinophil count alone is not usually associated with symptoms, but the following symptoms may occasionally occur:

- Rash, swelling, etc.
- Cough, fever, lassitude, shortness of breath, respiratory distress, wheezing when you breathe, bloody sputum (phlegm mixed with blood), etc.
- Palpitations, difficulty breathing, etc.
- Hand and foot numbness, paralysis (difficulty moving), etc.



“Self-injection” is possible with Dupixent®

Dupixent® gives you 2 options: you can choose to receive it at hospital every 2 weeks or take it home and inject it yourself (self-injection).

Self-injection can save you time and reduce your burden of hospital visits; the following patients will find it easier to continue treatment.



! If you have experienced any of these, consult your doctor

- ▶ You have to take a day off when you have to see a doctor
- ▶ You planned to go on a trip during a long holiday, but the schedule conflicted with a hospital visit
- ▶ Visiting a hospital is not easy because it is very far
- ▶ When there is an epidemic outbreak of an infectious disease, you want to stay home as far as possible etc.



*Hospital visit frequency depends on asthma control status. Consult with your doctor when making office visit appointments.

How to start self-injection

First, get instructions from the doctor or nurse about self-injection of Dupixent® and practice at the hospital. When the doctor or nurse has confirmed that you can inject yourself properly, they allow you to start self-injection.

Support tool for self-injection

Dupixent® is equipped with a support tool that helps you inject it with peace of mind. You can also get information on how to use it and the high-cost medical care benefit system on the website for patients or Dupixent® Consultation Office (▶ See the back cover).

Dupixent® starter kit

Self-injection Guidebook



How to use Dupixent®



Treatment Diary



Preparation Mat



Cooling bag for injection

Bag with cold retaining function to carry the medication

Disposal bag

Bag to dispose of used injectors

Email service to inform you of injection date

Informs you of injection date by email

▼ Cut along the dotted line.

Pocket card for patients with allergic diseases other than asthma

After starting treatment with Dupixent®, cut off the card on the right-side and fill out the necessary information. Then, show the card to your allergy doctor.

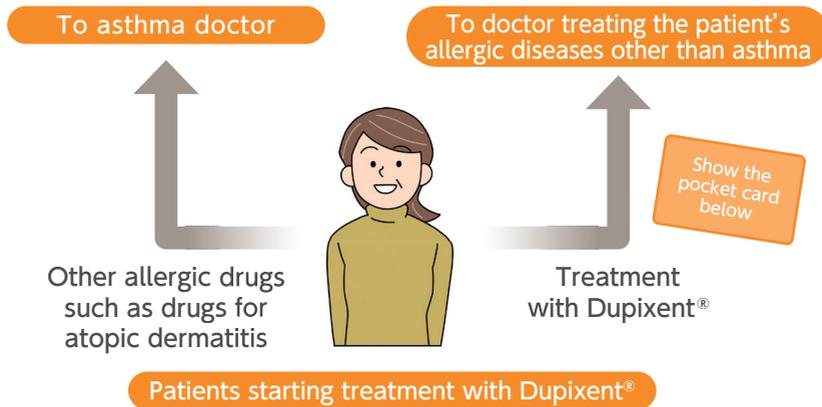
To doctor treating the patient's allergic condition other than asthma

This patient or his/her family member just started Dupixent® for treatment of asthma. Dupixent® is a monoclonal antibody agent that inhibits the binding of IL-4 and IL-13 to receptors. Treatment with Dupixent® may affect symptoms of allergic diseases other than asthma. Please advise your patient or his/her family member not to reduce or discontinue any medications, including those for allergic conditions, based on their own discretion.

Precautions for allergic conditions other than asthma

Dupixent® can cause changes in the symptoms of allergic conditions other than asthma. If you are seeing another doctor about some other allergic condition, you need to keep both doctors informed about your treatment from the time you start taking Dupixent® until after you stop. **Be sure to tell your asthma doctor if you have allergic diseases other than asthma (atopic dermatitis, chronic sinusitis, allergic rhinitis, urticaria, etc.). Also, tell the doctor treating you for the other allergic condition that you are using Dupixent®.**

Don't reduce or stop medication for atopic dermatitis, chronic sinusitis, allergic rhinitis, or urticaria at your own discretion. Be sure to follow your doctor's instructions.



▼ Cut along the dotted line.

To patient who has been treated for allergic diseases other than asthma and his/her family
Please show the back side of this card to your allergy doctor.

Start date of Dupixent® : / /
On Dupixent® treatment
Hospital :
Doctor-in-charge:
Hospital contact:

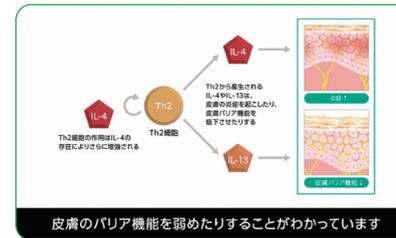
Pocket card for patients with allergic diseases other than asthma

After starting treatment with Dupixent®, cut off the card on the left side and fill out the necessary information. Then, show the card to your allergy doctor.

Learn about Dupixent® through the videos

Videos and websites shown here help you to use Dupixent® properly. Scan the QR codes below using your smartphone to watch videos or access websites.

1. How Dupixent® works



Check here for more information
(Only available in Japanese)

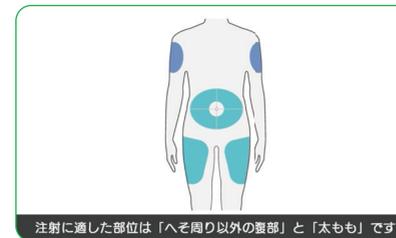
▶ Viewing time:
2 m 44 s



▶ Viewing time:
5 m 58 s



2. How to perform self-injection



▶ Viewing time:
1 m 49 s



3. What is the starter kit?



▶ Viewing time:
2 m 24 s
*Only available in Japanese



● For patients using syringe-type Dupixent®

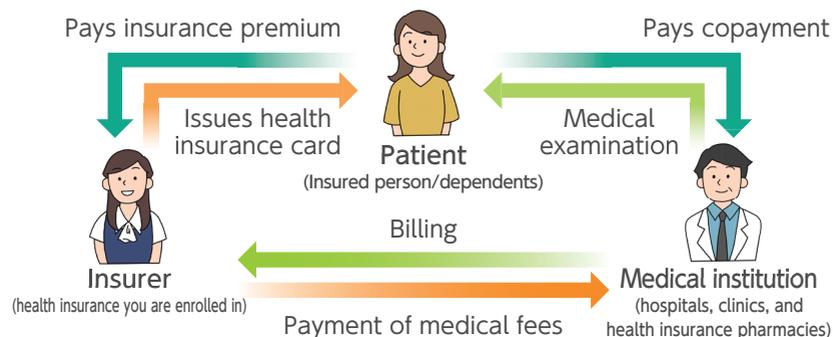
*Only available in Japanese



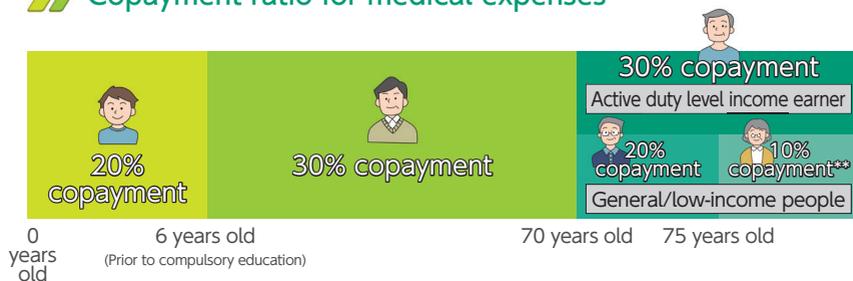
Medical expenses and health insurance

*The following pages contain information for persons who are enrolled in Japanese public health insurance. Please check with your local government to see what your own insurance covers.

Image of medical insurance system



Copayment ratio for medical expenses*



*Some municipalities have their own medical subsidy system.

**Some people aged 75 years or older are to pay 20%.

Approximate cost of Dupixent®

For the latest costs involved, please ask at your hospital. You can also check it on the following website (Only available in Japanese).

Approximate cost of Dupixent®



Medical insurance system

In Japan, everyone is required to enroll in public health insurance (universal health insurance system).

This system bears a part of the medical expenses when medical insurance subscribers and their family members (dependents) need medical care. The type of public medical insurance that you have to enroll in varies depending on your job type, age, etc.

Public medical insurance

- Union-Managed Health Insurance (Health Insurance Union)
- Japan Health Insurance Association (Kempo Association)
- Seamen's Insurance
- Mutual Aid Association
- National Health Insurance
- National Health Insurance Union
- Medical system for the elderly aged 75 or over

○ ○ 健康保険
被保険者証
○○ (被保険者)
交付日 0000年 00月 00日

被保険者 記号 000 番号 0000
氏名 ○ ○ ○ ○ 性別 ○
生年月日 0000年 00月 00日
資格取得年月日 0000年 00月 00日

保険者所在地 〒000-0000 ○ ○ ○ ○ ○ ○ ○ ○
保険者番号 00000000
保険者名称 ○ ○ ○ ○ ○ ○ ○ ○

Various procedures and contact information differ depending on the medical insurance.

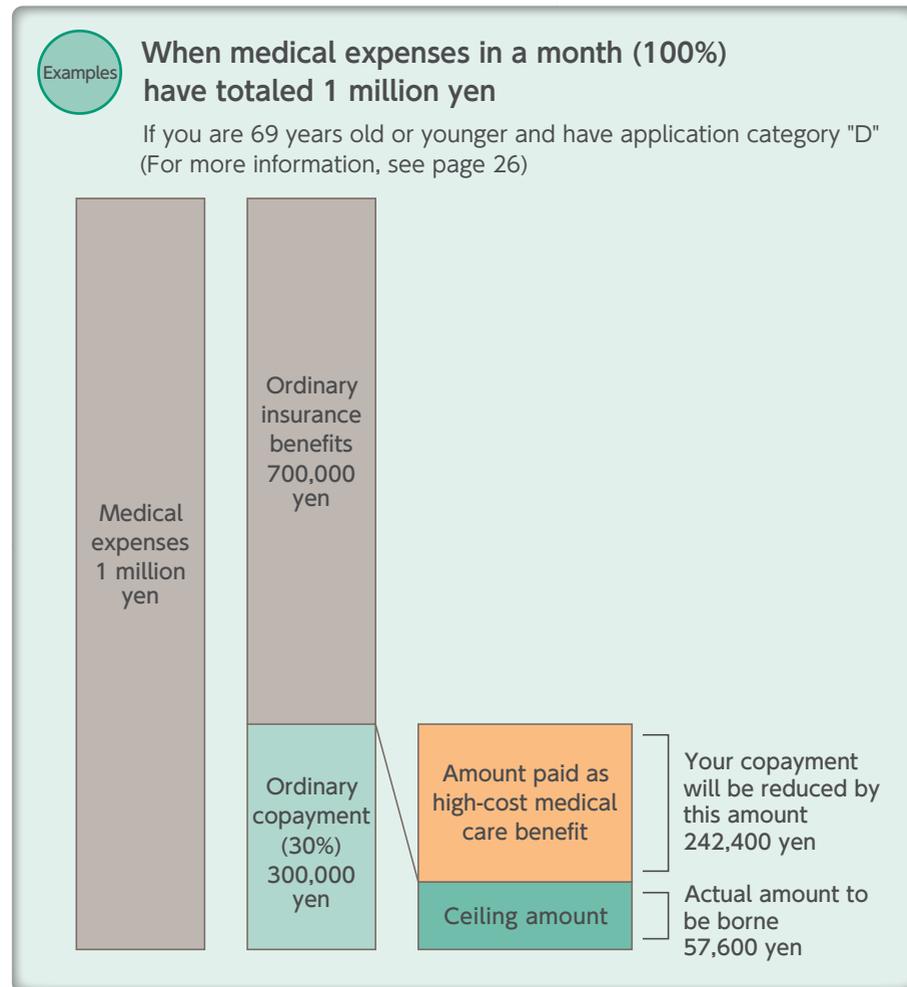
Please check with the insurer indicated on your health insurance card.

*In this brochure, "medical insurance" refers to public medical insurance.

High-cost medical care benefit system

System of high-cost medical care benefit system

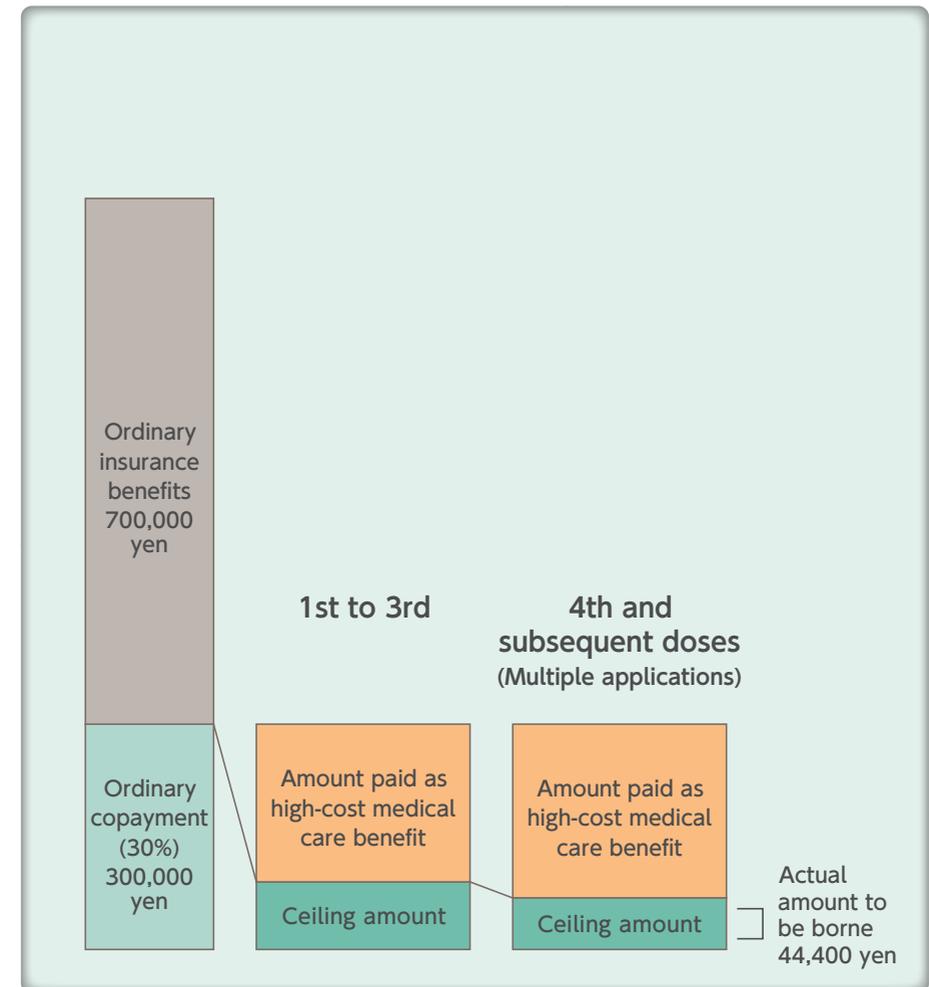
In this system, if the amount to be paid at the payment counter of a medical institution (copayment amount) exceeds a certain amount in a month (1st to last day of the month), the copayment can be reduced to a certain amount (ceiling amount).



System for "multiple applications"

If you need to continuously receive expensive medical care, there is a system by which the upper limit of your out-of-pocket expenses ("ceiling amount") can be further reduced.

If you have received 3 or more applications of the high-cost medical care benefit system within the past 12 months (referred to as "multiple applications"), the ceiling amount for the 4th and subsequent months will be further reduced.



High-cost medical care benefit system (ceiling amount)

» Ceiling amount (monthly)

The ceiling amount for your monthly out-of-pocket expenses depends on your age and household income.

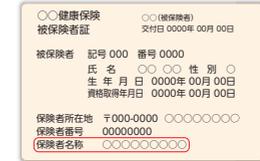
*Please contact your health insurance payer (health insurance union, etc.) to determine which coverage category you have.



Ceiling for people aged 69 years or under

Application category		Maximum amount per month (per household)	Multiple applications
Approximate income			
A	Annual income > 11.6 million yen Health insurance: Standard monthly remuneration 830,000 yen or more National Health Insurance: Former proviso income Over 9.01 million yen	252,600 yen + (Medical expenses - 842,000 yen) × 1%	140,100 yen
B	Annual income approximately 7.7 million to 11.6 million yen Health insurance: Standard monthly remuneration 530,000 to 790,000 yen National Health Insurance: Former proviso income 6 million to 9.01 million yen	167,400 yen + (Medical expenses - 558,000 yen) × 1%	93,000 yen
C	Annual income approximately 3.7 million to 7.7 million yen Health insurance: Standard monthly remuneration 280,000 to 500,000 yen National Health Insurance: Former proviso income 2.1 million to 6 million yen	80,100 yen + (Medical expenses - 267,000 yen) × 1%	44,400 yen
D	Annual income up to approximately 3.7 million yen Health insurance: Standard monthly remuneration 260,000 yen or less National Health Insurance: Former proviso income 2.1 million yen or less	57,600 yen	44,400 yen
E	Person exempted from residence tax	35,400 yen	24,600 yen

For details of the contents and procedures of the high-cost medical care benefit system, please check with the insurer indicated on your health insurance card (Health Insurance Union, Japan Health Insurance Association, etc. [If you are subscribed to the National Health Insurance, municipality]).



Upper limit for people aged 70 years or older

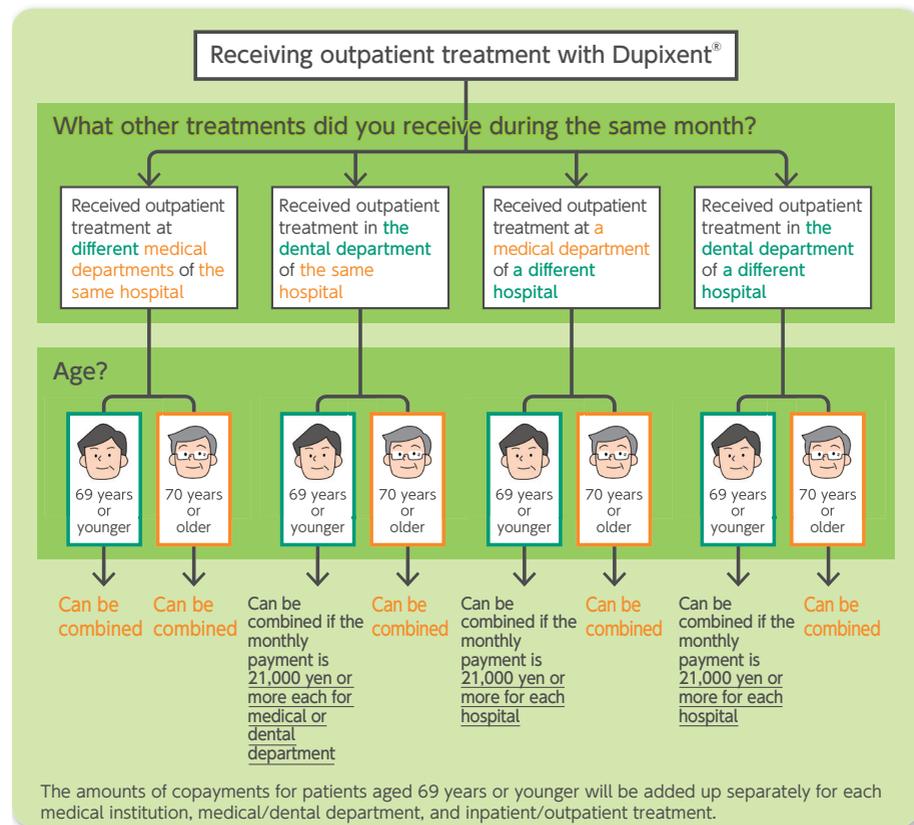
Application category	Approximate income	Maximum amount per month (per household)		Multiple applications
		In case of outpatient only (individual)		
Active income earner level	III Annual income > 11.6 million yen Standard monthly remuneration: 830,000 yen or more Taxable income of 6.9 million yen or more	252,600 yen + (Medical expenses - 842,000 yen) × 1%		140,100 yen
	II Annual income approximately 7.7 million to 11.6 million yen Standard monthly remuneration: 530,000 yen or more Taxable income of 3.8 million yen or more	167,400 yen + (Medical expenses - 558,000 yen) × 1%		93,000 yen
	I Annual income approximately 3.7 million to 7.7 million yen Standard monthly remuneration: 280,000 yen or more Taxable income of 1.45 million yen or more	80,100 yen + (Medical expenses - 267,000 yen) × 1%		44,400 yen
General	Annual income: 1.56 million to approximately 3.7 million yen Standard monthly remuneration: 260,000 yen or less Taxable income of less than 1.45 million yen	18,000 yen	57,600 yen (Annual cap) 144,000 yen)	44,400 yen
Exemption from residence tax, etc.	II Households exempted from residence tax	8,000 yen	24,600 yen	Not applicable
	I Households exempted from residence tax (Pension income ≤ 800,000 yen)		15,000 yen	

High-cost medical care benefit system (medical expenses covered)

Medical expenses covered by the high-cost medical care benefit system

Even if the ceiling amount is not exceeded by copayments (including out-of-hospital prescription fees) at one medical institution, etc., they can be combined with copayments made in the same month at another medical institution, etc. (If the patient is 69 years old or younger, they need to equal or exceed 21,000 yen). If the total amount exceeds the ceiling amount, the high-cost medical care benefit system will apply.

If combined



Please see here for details about the system.

Ministry of Health, Labour and Welfare

"For Patients Using the High-Cost Medical Care Benefit System"

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryou/iryohoken/juuyou/kougakuiryou/index.html

Total for household

You can apply by adding up the amounts of copayments for family members who have the same medical insurance (same household).

Examples Example of calculation of reimbursement If you are 69 years old or younger and have application category "D" (See page 26)

Father Amount of co-payment per month = 45,000 yen (Medical expenses + drug expenses = 150,000 yen)

Child Amount of copayment paid in same month as father's copayment = 24,000 yen (Medical expenses + drug expenses = 80,000 yen)

When copayments for father and child are added up = 45,000 yen + 24,000 yen = 69,000 yen

If the medical expenses of father and child (medical expenses + drug expenses) are combined = 150,000 yen + 80,000 yen = 230,000 yen

The ceiling amount for copayments for this household is **57,600 yen**

Amount of reimbursement = Amount of copayments made at payment counter - Ceiling amount
11,400 yen = 69,000 yen - 57,600 yen

For both the insured and family members, there is a limit to the combined medical expenses for patients aged 69 or younger.

(Can be combined only when the monthly amount of copayments (30%) for 1 medical institution is 21,000 yen or more. Medical expenses for medical institutions at which the amount of copayments totals less than 21,000 yen cannot be combined.)

*If you are 70 years old or older, you can combine your copayments regardless of the amount.

High-cost medical care benefit system (how to apply)

How to apply for the high-cost medical care benefit system

Ask your insurer to issue a "Eligibility Certificate for Ceiling-Amount Application" in advance and present it at the payment counter of the medical institution or pharmacy at the time of your visit.

- When the "Eligibility Certificate for Ceiling-Amount Application" is presented at the payment counter, the amount of copayment paid at the payment counter can be reduced to the ceiling amount (Refer to pages 26-27).
- You must apply to the insurer (health insurance union in which you are enrolled, etc.) in advance for the "Eligibility Certificate for Ceiling-Amount Application". Please contact the number printed on your health insurance card as soon as possible because the procedures and the period until delivery vary depending on the insurer.
- For people 70 years or older with an application category of "Active income earner level III" or "General" (See page 27), it is not necessary to present the "Eligibility Certificate for Ceiling-Amount Application". Therefore, you do not need to receive a "Eligibility Certificate for Ceiling-Amount Application" in advance.

If the "Eligibility Certificate for Ceiling-Amount Application" cannot be presented at the time of the medical examination, you will apply for the refund for the amount paid in excess of the ceiling amount after the usual medical expenses (10 to 30%) are paid.

- If the "Eligibility Certificate for Ceiling-Amount Application" cannot be presented at the payment counter, the usual medical expenses (10 to 30%) need to be paid once.
- At a later date, the you must follow the procedure for claiming reimbursement for the amount of money paid in excess of the ceiling amount to the health insurance union, etc. in which you are enrolled. At that time, you may be asked to attach receipts received at hospitals, etc., so keep them in a safe place.
- The application period for reimbursement of high-cost medical expenses will be 2 years from the month following the month in which you received medical care.



If you receive a drug at a dispensing pharmacy

If you receive a drug at a dispensing pharmacy, you need to follow the procedure for reimbursement at a later date even if you have an "Eligibility Certificate for Ceiling-Amount Application."

- If you receive your medicine at a dispensing pharmacy, you can apply for the high-cost medical care benefit system by adding up the amount paid at the hospital and the pharmacy. However, hospital and pharmacy payments are not automatically combined, and you will have to pay up to the maximum copayment amount at both the hospital and pharmacy.
- At a later date, the patient can receive reimbursement for amounts paid in excess of the upper limit by following the procedure of the health insurance union, etc. in which he is enrolled.

Examples

If you are 69 years old or younger, the application category is "D", and the ceiling amount for your copayments for the month is 57,600 yen

Amount of payment at the payment counter

Amount of payment at the hospital 5,000 yen

Amount of payment at the pharmacy 57,600 yen

Paid maximum amount of 57,600 yen because the ceiling amount was reached.

Total payment for the current month

62,600 yen

Amount of reimbursement

5,000 yen

Since the total amount for the same month exceeded 57,600 yen, you will be reimbursed for the difference of 5,000 yen.

Procedures for using the high-cost medical care benefit system

1 Before visit

Contact the insurer indicated on your health insurance card (See page 23) and tell them that you want to use the high-cost medical care benefit system, check the following points, and follow the procedure for receiving a "Eligibility Certificate for Ceiling-Amount Application".*

☑ Check with insurer	Example of entry
<input type="checkbox"/> Application category and monthly ceiling amount ➔ Pages 26-27	Ceiling amount: _____ yen/month [In the case of 4th and subsequent times (multiple applications): _____ yen/month]
<input type="checkbox"/> Presence or absence of "additional benefit" ➔ Page 34	(Yes/No) If yes: (maximum: _____ yen/month)
<input type="checkbox"/> Application method for "Eligibility Certificate for Ceiling-Amount Application" ➔ Page 30	Items to be attached and presented at the time of application (_____)
<input type="checkbox"/> Period until the "Eligibility Certificate for Ceiling-Amount Application" arrives	

2 At the time of visit

Present the "Eligibility Certificate for Ceiling-Amount Application" at the payment counter of the medical institution, etc. with your health insurance card.*

3 After visit

In the following cases, you might have paid medical expenses beyond the monthly ceiling amount at the hospital. By applying to your insurer, you can be reimbursed for any expenses you have paid that exceed the ceiling amount.



Patients aged 69 years or younger

- Copayments were 21,000 yen or more at each of several medical institutions during the same month. ➔ Page 28
- A family member enrolled in the same health insurance (same household) had copayments of at least 21,000 yen per month ➔ Page 29
- "Eligibility Certificate for Ceiling-Amount Application" was not presented at the payment counter ➔ Page 30
- You received a drug at a dispensing pharmacy ➔ Page 31



Patients aged 70 years or older

- Copayments were made at each of several medical institutions during the same month. ➔ Page 28
- A family member enrolled in the same health insurance (same household) had copayments ➔ Page 29
- "Eligibility Certificate for Ceiling-Amount Application" was not presented at the payment counter* ➔ Page 30
- You received a drug at a dispensing pharmacy ➔ Page 31

* For people 70 years or older with an application category of "Active income earner level III" or "General", it is not necessary to present the "Eligibility Certificate for Ceiling-Amount Application" at the payment counter.

Other systems to reduce your medical expense burden

Additional benefit system (unique system of health insurance union, etc.)

The high-cost medical care benefit system is a system established by the government, but depending on your medical insurance (insurer), you may receive a medical expense subsidy that is more than the amount specified by the government as a unique "additional benefit", and your ceiling amount may be set even lower.

Not all insurers use this system. For details, please contact the insurer you are enrolled in (health insurance union, etc.).

➡ Contact: Insurer listed on the health insurance card (health insurance union, etc.)

Medical expense subsidy system for students, etc.

Some schools, such as universities, operate a system to independently assist students in paying medical expenses. There may be a designated hospital, or procedures may be required. For details, please check with the Student Office, etc.

➡ Contact: University Student Office, etc.

Medical expense subsidy system for children

Each local government has established a medical subsidy system for children. The target age, contents of subsidy, and application method differ among municipalities. For details, please check with the municipality in which you reside.

➡ Contact: Municipality in which you reside

Medical expense subsidy system for single parents

Some local governments provide medical subsidies to family members of single-parent households (mother and child and father and child). The contents of subsidy and application method differ among municipalities. For details, please check with the municipality in which you reside.

➡ Contact: Municipality in which you reside

Medical expenses deduction

If the total amount of medical expenses paid by family members who are in the same household exceed 100,000 yen (5% of the total amount of income if the total amount of income is less than 2 million yen), you can receive a refund depending on income by receiving a medical expense deduction. To receive a medical expense deduction, you need to file a tax return.

Be sure to keep receipts issued by the medical institution.

Calculation formula for medical expenses deduction

$$\begin{array}{|c|} \hline \text{Amount of} \\ \text{medical expenses} \\ \text{deduction} \\ \text{(Up to 2 million yen)} \\ \hline \end{array} = \begin{array}{|c|} \hline \text{Total of medical} \\ \text{expenses} \\ \text{actually paid} \\ \hline \end{array} - \begin{array}{|c|} \hline \text{Amount covered} \\ \text{by insurance} \\ \text{money, etc.} \\ \hline \end{array} - \begin{array}{|c|} \hline \text{100,000 yen*} \\ \hline \end{array}$$

*5% of the total income if the total income is less than 2 million yen

Approximate refund

$$\begin{array}{|c|} \hline \text{Approximate tax refund} \\ \hline \end{array} = \begin{array}{|c|} \hline \text{Amount of} \\ \text{medical expenses} \\ \text{deduction} \\ \hline \end{array} \times \begin{array}{|c|} \hline \text{Income tax} \\ \text{rate} \\ \hline \end{array}$$

➡ Contact: Nearest tax office

Website information

- Learn about "the high-cost medical care benefit system" through the video



▶ Viewing time: 5 m 1 s



*Only available in Japanese

- High-cost medical care benefit simulation

Calculate high-cost medical care benefit



*Only available in Japanese