

Suita Multilingual One Stop Consultation Center

Applications for Exemption and Postponement of National Pension

Premium Payments Begin in July

7月から受け付け開始 国民年金保険料の免除・納付猶予申請について

If you have difficulty paying your national pension premiums for financial reasons, there is a system for exemption and postponement of premium payments.

Applications for the period from July 2026 through June 2027 will be accepted from Wednesday, July 1 (subject to an income review of the applicant, spouse, and head of the household).

In addition, people who were granted a full exemption or a postponement of payments in FY2025 will be automatically screened by the Japan Pension Service, so no application is required.

However, people who were approved for a partial exemption or for a special application (job loss, disaster) must apply again.

■ Application period

From Wednesday, July 1, 2026

■ Required Documents

- My Number Card, pension handbook
- Identity verification documents (driver's license, My Number Card, etc.)
- For those who retired in or after 2025: Employment Insurance Separation Notice, Employment Insurance Benefit Eligibility Certificate, etc.

*If the application is submitted by a representative, please bring the following documents.

- Letter of authorization from the insured person
- Item that shows the insured person's My Number or basic pension number (such as a My Number Card, pension handbook, or Basic Pension Number Notice)
- Representative's identity verification documents

One official certificate with a photo (My Number Card, driver's license, passport, etc.)

or

Two official certificates without a photo ID (health insurance card, pension handbook, etc.)

■ How to Apply

(1) Service Counter

- Citizens Affairs Section (Shimin-shitsu), National Pension Counter (Kokumin Nenkin Tantou)
(1-3-40 Izumicho, Suita City, 564-8550)

9:00 a.m. to 5:30 p.m. (excluding Saturdays, Sundays, and national holidays)

- Suita Pension Office (2-1-18 Katayamacho, Suita City, 564-8564)

Monday to Friday: 8:30 a.m. to 5:15 p.m.

First opening day of the week: 8:30 a.m. to 7:00 p.m.

Second Saturday: 9:30 a.m. to 4:00 p.m.

(2) By mail

Please mail it to one of the following.

- Citizens Affairs Section (Shimin-shitsu), National Pension Counter (Kokumin Nenkin Tantou)
(1-3-40 Izumicho, Suita City, 564-8550)

or

- Suita Pension Office (2-1-18 Katayamacho, Suita City, 564-8564)

(3) Online application

[Please apply through the online application system.](#)

■ (Japan Pension Service) Instructional video on how to complete the application form for national pension premium exemption and payment postponement, and the application form

[Link to the instructional video on how to complete the form](#)

[Application Form for National Pension Premium Exemption and Payment Postponement \(available in multiple languages\)](#)

■ Contact Information

Suita Pension Office

Phone: 06-6821-2401

Citizens Affairs Section (Shimin-shitsu), National Pension Counter (Kokumin Nenkin Tantou)

Phone: 050-1807-2219

Please contact the [Suita Multilingual One Stop Consultation Center](#) for further inquiries.