When using a long-term care insurance system, the individual in need of care should use services with a company that best suits him/her. If you cannot decide which services and which service provider you should utilize, consult with your municipal office or a Community Comprehensive Support Center.

If you have your own personal long-term care manager, choose necessary services under his/her supervision.

Under the “Long-term Care Information Publication System,” users are able to compare different providers and select one that appeals to them.

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**How to Choose a Long-term Care Service Provider**

1. **A. Service provider**
   - Comparing public information given by providers with actual service helps you to judge whether your chosen service is appropriate or not.

2. **B. Service provider**
   - This system provides you with information shared by a long-term care manager.

Using the Internet, anyone can access information concerning services provided by business offices as well as operations at any time.

**Long-term Care Information Publication System**

- Users
- User families
- Care manager
- Effect of the Information disclosure

- A. Service provider
  - Comparing publicized information and choose the best service provider for you

- B. Service provider
  - Publicized information enables you to choose appropriate long-term care services for your parents who live separately from you.

**Evaluation conducted by Assigned Evaluation Institution**

Evaluation institutions assigned by the Tokyo Metropolitan Government conduct a number of evaluations on different providers, and ask users to directly confirm the accuracy of reported information. You can check the Internet to see how each service provider works to improve their services.

Choosing appropriate providers that take steps to try to improve services—such as incorporating third party assessments—leads to improvement of said service.

Check “Tokyo Fukushi Navigation” [http://www.fukunavi.or.jp](http://www.fukunavi.or.jp) for Long-term Care Information Publication System and assigned evaluation institutions.