

Points of Contact

① Points of contact of your municipality or comprehensive community support center

② Tokyo Metropolitan Federation of National Health Insurers' Associations

Points of contact [complains about long-term care services, etc.] ☎ 03-6238-0177

③ Tokyo Metropolitan Government's points of contact

Point of contact for the Tokyo Metropolitan [long-term care insurance system] ☎ 03-5320-4597

Secretariat of the Tokyo Metropolitan Long-term Care Insurance

Examination Committee [for complaints about care need certification, etc.] ☎ 03-5320-4293

Tokyo Metropolitan Consumers' Center [for consultation about contracts, etc.] ☎ 03-3235-1155

Tokyo Metropolitan Health and Medical Information Center

[provides information about medical institutions, etc.] ☎ 03-5272-0303

④ National Government Consultation Desk

Japan Legal Support Center [consultations for legal problems or issues] ☎ 0570-078377

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