

Supplemental Material 1. Overview of the national healthcare and long-term care insurance systems

| National Health Insurance Programs under Japan's Universal Healthcare System | | | | | Health and Welfare Services for the Elderly |
|---|-------------------------------|---|--------------------------------|---|--|
| Health insurance system | Long Life Medical Care System | National Health Insurance provided by local governments | Employees' Health Insurance | Other insurance programs (e.g., Seaman's Insurance) | Long-Term Care Insurance System |
| Target population | People aged ≥ 75 years | Unemployed, self-employed, and retired people | Employees and their dependents | Others (e.g., Mariners) | Eligible people who require long-term care or support |
| | | People aged < 75 years | People aged < 75 years | | |
| Copayment rate | 10% | 20–30%* | 30% | 30% | 10–30%* |

* Copayment rates depend on the enrollees' income levels.