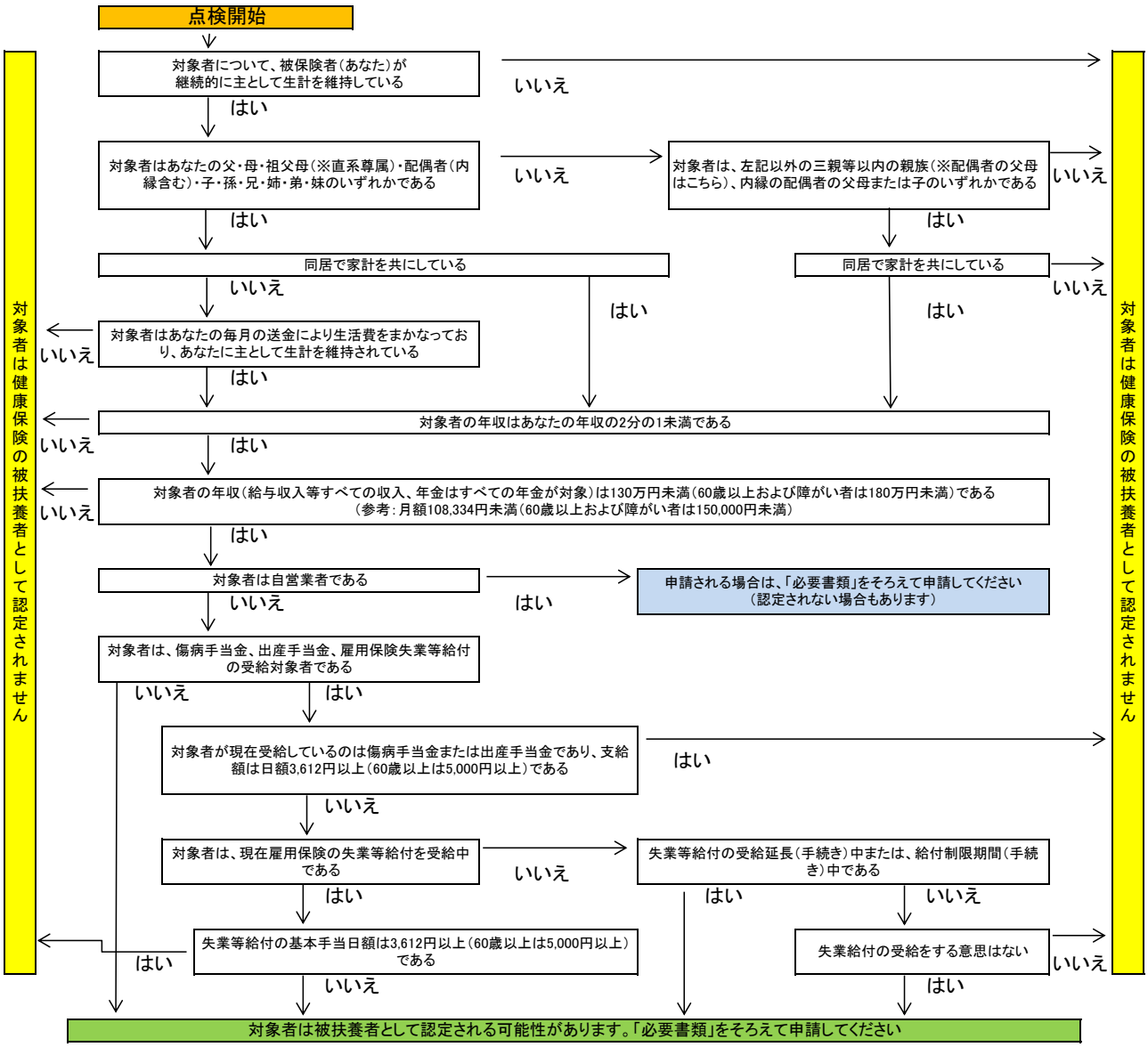被扶養者資格認定の自己点検チャート