

## *For incoming International Students to Hitotsubashi University*

### 1. Medical Information from University Health Center

#### At the university health center

Doctor's consultation, psychological counseling and first aid are available.

For more information, please visit our website;

<https://www.hit-u.ac.jp/eng/campuslife/health/center.html>

\* You need a reservation for psychiatric consultation and counseling, please contact us.

Email: [hokesen@ad.hit-u.ac.jp](mailto:hokesen@ad.hit-u.ac.jp)

- If you are on treatment, we strongly advise you to bring a referral letter from your physician written in English (or Japanese) to the doctor in Japan. Without an adequate letter, it is extremely difficult to see a doctor.
- We can only prescribe first aid medicine. If you need prescription drugs, please visit a clinic or hospital off-campus. We can provide you information of appropriate medical institutions.
- In Japan, you may have to wait several weeks for an appointment, in particular at a psychiatry department that can offer treatment in a foreign language.

### 2. Immunization Record

Hitotsubashi University has strict immunization requirements.

Please make sure to be vaccinated **twice** against **measles and rubella** or check blood titers for them. The vaccination fee is very expensive in Japan, we recommend that you get vaccinated in your country.

#### **COVID-19 vaccination**

**We strongly recommend that you complete COVID-19 vaccination at least 2 weeks before departure.**

### 3. Health Checkup <Students enrolled for over 3months>

In accordance with Japan's School Health and Safety Act, after you enter the University you must undergo an annual medical checkup. The checkup will be scheduled in the orientation period. If you live in Japan, a chest x-ray is required once a year at the checkup. Please note the fact that 30% of tuberculosis in Tokyo has been found in health checkups, even if you have no symptoms at all.

#### 4. National Health Insurance<Students stay more than 3 months in Japan>

You must enroll in the Japanese National Health Insurance System to stay more than three months in Japan.

National Health Insurance **does not cover**:

- 1) Medical checkups which are not organized by Hitotsubashi University.
- 2) Vaccinations (It may cost about 10, 000 yen for one vaccination in Japan).
- 3) Normal pregnancy and delivery
- 4) Cosmetic surgery, orthodontics, corrective eye surgery such as LASIK
- 5) Emergency contraception (morning after pill. OTC is also not available in Japan)

#### 5. Bringing Your Medication

If you have been taking medication in your home country and need to continue taking medication while in Japan, please bring an adequate supply with you.

You may be able to bring it with you to Japan if you follow certain procedures prior to your departure.

- Certain medicine CANNOT be brought into Japan. Please check prior to departure. If you are unable to bring your regular medication, please consult your physician AS SOON AS POSSIBLE and consider changing to another drug which can be brought into Japan.

#### Procedures to Bring Your Medication

- **Information for those who are bringing medicines for personal use into Japan**

Ministry of Health, Labor, and Welfare

<http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

- Procedure of Bringing Medication into Japan;

Kanto-Shinetsu Regional Bureau of Health and Welfare

<https://kouseikyoku.mhlw.go.jp/kantoshinetsu/jji/bana-warifuri.html>

- If you have further questions, please contact the bureau directly at [yakkan@mhlw.go.jp](mailto:yakkan@mhlw.go.jp)

Please feel free to contact us if you have any questions about health checkups, immunization records, or the medical system in Japan.

**Email : [hokesen@ad.hit-u.ac.jp](mailto:hokesen@ad.hit-u.ac.jp)**



Hitotsubashi University Health Center

Open Hours: Monday through Friday, 8:30 am – 5:00 pm

Closed on weekends, national and university holiday