

For incoming international students

Medical Information from Hitotsubashi University Health Center

Available services of the Health Center

The Hitotsubashi University Health Center is located on the Kunitachi West Campus.

We provide initial consultation and first-aid treatment.

- We can only give you first aid medicine. If you need prescription drugs, please visit a clinic or hospital off-campus. We will refer you to the appropriate medical institutions.

- You need a reservation for psychiatric consultation, please contact us.

Email : hokesen@ad.hit-u.ac.jp

- Hitotsubashi University does **not** provide counseling services in any language other than Japanese. If you need counseling in a foreign language, you will need to go to an off-campus facility.

Counseling is not covered by the National Health Insurance, so you may need to pay approximately 8,000-10,000 yen per hour out-of-pocket.

If you are on treatment

If you are undergoing treatment, we strongly recommend that you bring a sufficient amount of medication for the duration of your stay. Please note that you may have to wait several weeks for an appointment, in particular at a psychiatry department that can offer treatment in a foreign language.

- some of the medications you are currently taking may not be available in Japan.
→see “Bringing your Medication”

We also strongly recommend that you bring a letter of referral from your physician written in English or Japanese.

Without an adequate letter, it is extremely difficult to see a doctor.

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

All international students who have been granted permission to stay for more than three months are required to sign up in the National Health Insurance. You must register as a resident at the municipal office of the city where you live and then complete the procedures. More details will be explained during orientation period.

Please always carry your Health Insurance Card in case of sudden illness or injury.

Bringing Your Medication

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

Some 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.

- 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

Health Checkup <Students enrolled for over 3 months>

In accordance with Japan's School Health and Safety Act, after you enter the university you must undergo an annual medical checkup.

Please feel free to contact us if you have any questions



Hitotsubashi University Health Center

Mon-Fri 8:30-17:00(except national holidays)

Email : hokesen@ad.hit-u.ac.jp