

For incoming international students

Request from Hitotsubashi University Health Center

～Things to do as soon as you decide to study abroad～

If You Are on Treatment

If you are currently 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, in particular at a psychiatry department that can offer treatment in a foreign language, and even if the medicine has the same ingredients, it may not be possible to get the same dosage in Japan.

We also **strongly recommend** that you bring a letter of referral (summary of current medical history) from your physician written in English or Japanese. Without an adequate letter, it is extremely difficult to see a doctor in Japan. It is also difficult for Hitotsubashi University health center to refer a hospital.

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/iji/yakkanhp-kaishu-2016-3.html>
- If you have further questions, please contact the bureau directly at yakkan@mhlw.go.jp

Information

Health Checkup <Students enrolled for over 3 months>

In accordance with Japan's School Health and Safe Act, the University conducts health checkup every year. We encourage students to undergo annual checkup, after you enter the university. More information about the checkup will be provided after enrollment.

※Students who receive a physical examination at your company are not required to undergo a university 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)

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