Waseda University
Student Health Promotion
Mutual Aid Association

CONTENTS

Healthcare Benefit Coverage ........................................P.3〜4
How to Apply for Consultation and Healthcare Benefits ..........................P.5〜7
Registration, confirmation, and updates of bank account .......................P.8
Health Checkup Coverage
Exemption and partial refund of membership fees ................................P.9

List of Contracted Hospitals/
Clinics and Pharmacies ..................................................P.10〜11
Map of Contracted Hospitals/
Clinics and Pharmacies ..................................................P.12〜13

What's SOKENKAI ? ..........................................................P.14〜15

Healthy Campus Event by Waseda Student Health Association Committee ........................................P.16
What is the Waseda University Student Health Promotion Mutual Aid Association?

The Waseda University Mutual Aid Association for Promotion of Student Health (Waseda Student Health Association for short) was founded in 1964 and is Waseda University’s first mutual-aid association that organizes to help students maintain and improve their health. We provide aid or medical expenses, health examinations, and other costs incurred based on membership fees paid for by its members: the students.

Those Eligible for Membership of the Waseda Student Health Association

The following are those eligible for membership of the Association:

1. Regular undergraduate students including double-degree students with the exception of those in the Distance Education Program (E-school) of the Human Sciences.
2. Regular graduate students including double-degree students
3. Graduate research students

- Sponsored-students, non-degree students, foreign exchange students, and Special Research students are not eligible.
- Medical costs incurred at any institutions outside of Japan are not covered by the health care benefits provided by the Waseda Student Health Association. (see pages 4)

As of April 2016, the program will be updated as follows:

[Modified] Members will be required to pay a fixed fee of 1,000 yen per hospital each month which will be deducted from benefits received.

* Any out-of-pocket expenses (amount paid at the medical institution) of 1,000 yen or less at a single medical institution are not reimbursed, even though the total amount of medical expenses a month paid at the hospitals counted up over 1,000 yen. Expenses, document fees, and any other payments not covered by health insurance are not reimbursed.

Waseda Student Health Association website:
URL: http://www.waseda.jp/student/hoken/gojyokai/

Waseda Student Health Association office: Student Center (1F Student Union Building (Building 30)) (Counter 2, Student Affairs Section office)

The Association office staff carries out the clerical work to provide aid for medical expenses, health examinations, and other payments.

For inquiries about the benefits for medical expenses, examinations, etc., please contact the following.

E-Mail: gakusei-kenko@list.waseda.jp
TEL 03-3203-4349 (Monday through Saturday, 9:00 – 17:00)

* The office is closed from 12:30 to 13:30 on Saturdays. The office hours vary during the summer, winter, and spring holidays.

Privacy Policy

The Waseda University Mutual Aid Association for Promotion of Student Health uses members’ personal information and medical records provided by the members themselves and/or contracted hospitals and pharmacies. They are to be maintained by the Association for the sole purpose of operating programs such as aid of healthcare benefits. They will not be used for any other purposes.

The Association takes necessary precautionary measures to prevent leakage, loss, or damage and otherwise safeguards such personal information.
Healthcare Benefit Coverage

The Waseda Student Health Association reimburses a part of the out-of-pocket medical expenses (30% of total expenses covered by healthcare insurance) paid by the members at hospitals in Japan, up to 60,000 yen per academic year based on the claims. Only the Association members, not including their family members, are covered by the plan. Healthcare benefits provided by the Association are limited to the range covered by health insurance. Any expense not covered by health insurance that has been paid by the members will be excluded from the Association’s healthcare benefits. Some expenses may also be excluded from the benefits even if they are covered by insurance. Please refer to Page 4 for details.

Medical Expenses and Healthcare Benefits

Medical expenses and healthcare benefits generally comprise the following. Note that the amount claimed and the amount provided may be different.

1. Out-of-pocket expenses (30%) paid at the medical institution
2. Coverage provided by health insurance (legal benefit 70%)
3. Treatment not covered by health insurance

Maximum annual allowance is 60,000 yen.

Benefits provided by the Waseda Student Health Association (Amount paid after application if all conditions are met).

1,000 yen per hospital each month paid out of pocket.

Not covered by Waseda Student Health Association.

Amount Deducted from Out-of-pocket Expenses

1) Expenses not covered by health insurance
   See “Medical Care not Covered by the Healthcare Benefits” on Page 4.

2) Amount excluded from the benefits
   The members are required to pay fixed fee of 1,000 yen per hospital each month, which will be deducted from the benefits, received.

3) Maximum annual allowance
   The Association limits the amount of benefits paid in each school year based on the dates of medical care received. Any amount exceeding the maximum allowance for the year will not be reimbursed.
   **Maximum annual allowance: 60,000 yen**

Any out-of-pocket expense (amount paid at the medical institution) of 1,000 yen each month.

- **Note 1:** The members pay 1,000 yen at each hospital each month as an out-of-pocket expense.
- **Note 2:** Expenses, document fees, and other payments not covered by health insurance will not be reimbursed.
- **Note 3:** The percentages of insurance coverage may vary depending on the applicant’s age, affiliated insurance association, etc.

Medical Expenses Covered by the Healthcare Benefits

The Waseda Student Health Association provides healthcare benefits for the following cases.

1. **Medicine:** Expenses for medical services covered by health insurance, which are received at contracted medical clinics and other insurance medical institutions (general and specialist hospitals, clinics, etc.) in Japan.
2. **Dentistry:** Expenses for dental services covered by health insurance, which are received at contracted dental clinics and other insurance medical institutions (general and specialist hospitals, dental clinics, etc.) in Japan.
3. **Dispensing:** Expenses for dispensing covered by health insurance, which is received at the contracted pharmacy and other dispensing pharmacies in Japan.
4. Other

1) Emergency treatment for bone fractures, dislocations, traumatic sprains, blows, or contusions covered by insurance, which is received at osteopathic and bone-setting clinics.
   (A physician’s written consent must be submitted for the treatment of bone fractures and dislocations. See Page 6 for how to apply for the benefits.)

2) Expenses for acupuncture, moxibustion, and massage performed to treat the following diseases as instructed by a physician (physician’s written consent or medical certificate), which is not cured despite medical care provided by a hospital or clinic.
   < Acupuncture and Moxibustion >
   (1) Chronic diseases such as neuralgia and rheumatism, chronic pain disorders including cervicobrachial syndrome, frozen shoulder, lumbago, or the aftereffects of cervical spine sprain
   (2) SMON accompanied by pain from peripheral nerve disorders, lumbar disc herniation, paralysis, hypertension, or throbbing pain any (abnormal sensations)
   < Massage >
   (1) Treatment of symptoms of articular contracture, muscular paralysis, etc.

3) Treatment equipment deemed necessary by a physician (a physician’s certificate is required. See Page 5 for how to apply for the benefits.)
   Corsets, plaster cast, and medical supporters (used as instructed by a physician) or crutches, artificial eyes, artificial arms, artificial legs, etc.
   * Generally, all expenses for treatment equipment (with a physician’s certificate) are paid out of pocket, but the Association pays the amount after subtracting 1,000 yen from 30% of the total expenses.
     Example: If the price of crutches is 12,000 yen: 12,000 yen x 30% = 3,600 yen
               3,600 yen – 1,000 yen = 2,600 yen; the amount paid by the Association is 2,600 yen.
   The remaining 70% may be paid by an insurance association contracted by the applicant. Please individually contact insurance associations.

4) If you receive medical care without using your health insurance card due to an emergency or avoidable reason
   50% of the amount normally covered by the healthcare benefits will be provided based on special after-the-fact application.
   * For details, see “If you receive medical care without presenting your health insurance card” on Page 5.

4. Medical Expenses Not Covered by the Healthcare Benefits

The following are excluded from healthcare benefits of the Waseda Student Health Association.

- Medical care not covered by insurance
  Expenses for vaccination, laser vision treatment, documents such as filling out an application form, hospital meals, bed incurring an extra charge, etc. are not covered by the healthcare benefits.

- Expenses for eye examinations before using contact lens

- Expenses for treatment medical institutions and dispensing pharmacies outside Japan

- Expenses for normal pregnancy, childbirth or abortion

* Treatment after a traffic accident is covered by compulsory automobile liability insurance and is not part the healthcare benefits provided by the Waseda Student Health Association.
* Treatment for injury and illness sustained at work or during commuting is covered by workers’ accident compensation insurance and is not part of the healthcare benefits of the Waseda Student Health Association.
* Treatment after an accident admitted to have been caused by Waseda University is not covered by the healthcare benefits of the Waseda Student Health Association.

For details, contact the Waseda Student Health Association counter (in the Student Affairs Division)
How to Apply for Consultation and Healthcare Benefits

Bring your health insurance card (a photocopy will not be accepted) to any hospital you visit.

* An insurance card for a separately living dependent will be issued by submitting the certificate of student registration or certificate of residence to the institution issuing the health insurance card of the dependent’s supporter.

Waseda University student ID cards also serve as membership cards of the Waseda Student Health Association. Present your student ID when you visit a contracted hospital (The Association’s healthcare benefits may not be granted without your student ID that proves your Waseda University student status).

**1 When visiting contracted hospitals or purchase drugs at the contracted pharmacy**

Contracted hospitals and pharmacies refer to hospitals and pharmacies that have been selected based on criteria established by the Waseda Student Health Association. The Association has signed contracts with 8 medical clinics, 16 dental clinics, and a pharmacy located near the University campuses. (See Pages 10 to 13 for the list and maps of contracted hospitals and a pharmacy).

**1) What to bring**

Bring your student ID and health insurance card every time you visit one of the contracted hospitals or pharmacies (you do not need to bring the application form). Pay the medical charges first at the hospital or pharmacy. Be sure to bring adequate cash. On a later day, the amount (after subtracting 1,000 yen each month) will be paid to the bank account under the patient’s name.

2) What to do at the hospital/pharmacy counter

(1) Present your student ID and health insurance card.

Present your student ID and health insurance card at the reception counter and tell the receptionist that you are a Waseda University student and that you are applying for the healthcare benefits provided by the Waseda Student Health Association (the healthcare benefits may not be granted without your student ID that proves your Waseda University student status to the hospital).

(2) Report any changes to student status

Be sure that you report any of the following changes.

Transfer to another school or department or advance from undergraduate to graduate programs in Waseda University or a change in student ID number

* If such changes of are not reported, the healthcare benefits may not be granted for the reason that the student status has changed.

3) Application procedure for healthcare benefits is not necessary.

If you have visited a contracted hospital or pharmacy, your medical care and dispensing data are sent directly to the Association and processed. You do not need to go through the application procedure for healthcare benefits.

* If you are treated at a contracted hospital but purchase any drug at a non-contracted pharmacy, submit the application only for the pharmacy at the University’s office. Fill out the Application for Healthcare Benefits yourself and submit it to the office of the Waseda Student Health Association together with any receipts (original or photocopy) issued by the pharmacy (see below).

**2 When visiting a non-contracted hospital and purchase a drug at a non-contracted pharmacy**

If you are treated at a non-contracted medical or dental clinic or purchase a drug at a non-contracted pharmacy in Japan, fill out "Entry Field (1)” and "Entry Field (2)” of the Application for Healthcare Benefits yourself and submit it to the office of the Waseda Student Health Association together with the receipt (original or photocopy). The application deadline is the 10th of the third month after medical service was provided (see page 7). Be sure to take note of the deadline (no application is accepted after the deadline without exception).

◆ The application forms include the following types.

See the table on Page 6 for the locations where access to application forms are available.

(1) Application for Healthcare Benefit

(2) Itemized Receipt for Medical Payment (front side is for osteopathic/bone-setting clinic and back side is for acupuncture & moxibustion/massage clinic)

◆ If you receive medical care without presenting your health insurance card

If you receive medical care without presenting your health insurance card, insurance cannot be used and you must pay all of the medical expenses at the hospital. Generally, your expenses in this case will not be covered by the healthcare benefits from the Waseda Student Health Association. If the hospital notifies that you will receive insurance benefits if you bring your health insurance card on a later day, be sure to take it by the specified day and receive the insurance coverage. After that, apply for healthcare benefits from the Waseda Student Health Association.

* Note that the application deadline is the 10th of the third month following the month in which medical service was provided. Be sure to take note of the deadline (no application is accepted after the deadline without exception).

◆ If you purchase treatment equipment considered necessary for treatment by the physician

Submit a receipt (original or photocopy) and a physician’s certificate (original or photocopy) along with your Application for Healthcare Benefits.
◆ In the case you receive medical care without using your health insurance card due to an emergency or unavoidable reason

50% of the amount normally covered by the healthcare benefits will be provided if you receive medical care without using your health insurance card due to an emergency or unavoidable reason.

* The above benefit is not provided for expenses of medical care not covered by insurance, which are notified by contracted hospitals.

◆ How to fill out the application from

1. Contracted surgical, medical, or dentist clinics or pharmacies

   Fill out "Entry Field (1)" and "Entry Field (2)" of the Application for Healthcare Benefit yourself and submit it to the office of the Waseda Student Health Association along with the receipt (original or photocopy) that indicates the following necessary information.

   < How to organize information in the Application for Healthcare Benefit >

   Enter the total expense for the month (from the 1st to the end of the month). The application deadline is the 10th of the third month following the month in which medical services were provided. Be aware that no applications will be accepted after the deadline, no exceptions (see Page 7).

   < Information required in the receipt >

   The receipt must indicate all information including the patient’s name, date of medical service provided, name of the medical institution, the institution’s receipt stamp, medical fee points, and total money amount.

2. Osteopathic/bone-setting, acupuncture and moxibustion, or massage clinic

   The Application for Healthcare Benefits cannot be used for application. Be sure to have the clinic fill out an Itemized Receipt for Medical Payment (front side is for osteopathic/bone-setting clinic and back side is for acupuncture & moxibustion/massage clinic).

   * Before requesting, find out whether a document fee will be charged.

   (Document fees are not covered by the healthcare benefits.)

   * If the clinic staff fill out the form for free of charge, it is out of kindness. Please be polite when receiving the form upon request.

1) Application procedure

You (the student) must apply in person by taking your student ID and the following documents to the Association’s office.

<table>
<thead>
<tr>
<th>Institution that Provided Medical Service</th>
<th>Institution that Provided a Drug</th>
<th>Documents Submitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contracted Hospital (medicine / dentistry)</td>
<td>Contracted Hospital</td>
<td>(None)</td>
</tr>
<tr>
<td></td>
<td>Contracted Pharmacy</td>
<td>Application for Healthcare Benefit</td>
</tr>
<tr>
<td></td>
<td>Non-contracted Pharmacy</td>
<td>Application for Healthcare Benefit</td>
</tr>
<tr>
<td>Non-contracted Hospital (medicine / dentistry)</td>
<td>Non-contracted Hospital</td>
<td>Application for Healthcare Benefit</td>
</tr>
<tr>
<td></td>
<td>Contracted Pharmacy</td>
<td>Application for Healthcare Benefit</td>
</tr>
<tr>
<td></td>
<td>Non-contracted Pharmacy</td>
<td>Application for Healthcare Benefit</td>
</tr>
<tr>
<td>Osteopathic/Bone-setting, Acupuncture and Moxibustion, or Massage Clinic</td>
<td></td>
<td>Itemized Receipt for Medical Payment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Have the clinic fill out the form in all cases.</td>
</tr>
</tbody>
</table>

◆ Locations where application forms are available and applications are accepted

<table>
<thead>
<tr>
<th>Campuses</th>
<th>Offices accepting applications</th>
<th>Hours to submit applications</th>
<th>Locations where the application forms are available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waseda</td>
<td>Waseda Student Health Association office (1F Student Center, Student Affairs Section)</td>
<td>9:00 – 17:00</td>
<td>Offices of School of Political Science and Economics, School of Law, School of Education, School of Commerce, School of Social Sciences, and School of International Liberal Studies</td>
</tr>
<tr>
<td>Toyama</td>
<td>Center for Science and Engineering</td>
<td>9:00 – 17:00 * Closed 12:30 – 13:30 on Saturdays</td>
<td>Office of Faculty of Letters, Arts and Sciences</td>
</tr>
<tr>
<td>Nishi-Waseda</td>
<td>Office of Center for Advanced Biomedical Sciences</td>
<td>9:00 – 17:00</td>
<td>Waseda Student Health Association office</td>
</tr>
<tr>
<td>TWins</td>
<td>Office of Tokorozawa General Business Center</td>
<td>9:00 – 17:00</td>
<td>Center for Science and Engineering</td>
</tr>
<tr>
<td>Tokorozawa</td>
<td>Office of Tokorozawa General Business Center</td>
<td>9:00 – 17:00</td>
<td>Office of Center for Advanced Biomedical Sciences</td>
</tr>
<tr>
<td>Higashi-Fushimi</td>
<td>Office of Higashi-Fushimi General Business Center</td>
<td>9:00 – 17:00</td>
<td>Office of Tokorozawa General Business Center</td>
</tr>
<tr>
<td>Honjo</td>
<td>Office of Honjo General Business Center</td>
<td>9:00 – 17:00</td>
<td>Office of Higashi-Fushimi General Business Center</td>
</tr>
<tr>
<td>Kitakyushu</td>
<td>Office of Graduate School of Information, Production and Systems</td>
<td>9:00 – 17:00</td>
<td>Office of Honjo General Business Center</td>
</tr>
</tbody>
</table>

Note: The office hours vary during the summer, winter, and spring holidays.
2) Submission deadline

Be sure to submit your application in person (the form can be printed from the Waseda Student Health Association website) by the 10th of the third month following the month in which medical service was provided to you. No application will be accepted after the deadline; no exceptions. See the University website (www.waseda.jp/student/hoken/gojyokai/) for details.

* If the 10th of the third month following the month in which medical service was provided falls on Saturday, Sunday, or public holiday, is during the summer or winter holidays of Waseda University, or any other day when the Student Affairs Division is closed, the deadline will be the following business day.
* For special cases, an application may be submitted by mail if you are unable to visit any of the offices accepting applications by the deadline (for reasons such as being hospitalized in a remote area and undergoing medical treatment from your parent’s home). In such cases, be sure to send the application as registered mail. No application will be accepted after the deadline. Note that the deadline is not for the postmark date. If you send your application by mail, be sure to enclose a statement of reasons for submitting by mail and a photocopy of your student ID card together with your application and other required documents (your application will not be accepted without the statement of reasons).
* If you are unable to visit one of the offices in person by the deadline (for reasons such as hospitalization), a representative may submit your application for you. In this case, be sure to submit a power of attorney. Also attach a photocopy of your student ID card to your application and other required documents. When submitting these documents, include identification of the representative.

◆ Table of application deadlines (example)

1. Submit your application by the 10th of the third month following the month in which medical service was provided.
2. If the final day to submit your application (10th of the third month) falls on Saturday, Sunday, or public holiday, is during the summer or winter holidays of Waseda University, or any other day when the Student Affairs Division is closed, the deadline will be the following business day.
3. Any changes made to the application deadline including application deadlines for a reason related to the University calendar will be posted on the Association’s website (www.waseda.jp/student/hoken/gojyokai/).
4. Please acknowledge that no application is accepted after the deadline.

<table>
<thead>
<tr>
<th>Period for Accepting Applications</th>
<th>Application Deadline (example)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical service in Jan. – Mar.</td>
<td>Apr. 10</td>
</tr>
<tr>
<td>Medical service in Feb. – Apr.</td>
<td>May 10</td>
</tr>
<tr>
<td>Medical service in Mar. – May</td>
<td>Jun. 10</td>
</tr>
<tr>
<td>Medical service in Apr. – Jun.</td>
<td>Jul. 10</td>
</tr>
<tr>
<td>Medical service in May – Jul.</td>
<td>Aug. 10</td>
</tr>
<tr>
<td>Medical service in Jun. – Aug.</td>
<td>Sep. 10</td>
</tr>
<tr>
<td>Medical service in Jul. – Sep.</td>
<td>Oct. 10</td>
</tr>
<tr>
<td>Medical service in Aug. – Oct.</td>
<td>Nov. 10</td>
</tr>
<tr>
<td>Medical service in Sep. – Nov.</td>
<td>Dec. 10</td>
</tr>
<tr>
<td>Medical service in Oct. – Dec.</td>
<td>Jan. 10</td>
</tr>
<tr>
<td>Medical service in Nov. – Jan.</td>
<td>Feb. 10</td>
</tr>
<tr>
<td>Medical service in Dec. – Feb.</td>
<td>Mar. 10</td>
</tr>
<tr>
<td>Medical service in Jan. – Mar.</td>
<td>Apr. 10</td>
</tr>
</tbody>
</table>

3) Transfer date of healthcare benefits

Contracted hospitals and pharmacies submit the applications for the next month following the date in which medical service is provided. Funds will be transferred to your bank account in the middle (10th – 20th day) of the second month after medical service is provided. (e.g., medical service provided in April → transfer procedure in May → transfer in mid-June) Application for reimbursement of expenses of services provided at non-contracted hospitals and extramural dispensing varies depending on the month of submission. For example, payment for an application submitted before the 10th of the month following the month in which medical service is provided will be transferred in the middle of the second month from which medical service was provided (e.g., medical service provided in April → submit application by May 10 → transfer in mid-June) The fixed fee of 1,000 yen will be deducted from the out-of-pocket expenses paid at a medical institution, and the remnants of amount will be refunded to your bank account.

* Confirm the transfer date in the receipt for the application for medical coverage which will be issued to you at the office upon submission.
* Note that if you fail to register a bank account under your name, or forget to update your information within three months after submission of the application for healthcare benefits, you are deemed to have relinquished the right and will not receive healthcare benefits.
Registration, confirmation, and updates of bank account

1) Register your account

To receive healthcare benefits from the Association, first register a savings account held in your name at a megabank or regional bank under "bank account under the member’s name," for healthcare benefits will be transferred to.

**New students** do not need to register their bank accounts on the website. The designated office processes their registration based on the admission procedure form (students’ personal records) submitted when they enter Waseda University. However, new students whose bank count under their name is not indicated in the form must register their account on the website themselves. Students in their sophomore year or above, (whose bank account has not been registered) are required to register their account on the website.

International students must register a bank account under their name written in kana which matches their name written in kana on their student ID.

* Once an account is registered, the registration will be effective until graduation unless a change is made. If your student ID number has changed due to internal advancement (from Waseda High School to University) or other reasons, you must log in with your new student ID number and register your bank account again.

* Note that if you fail to register your bank account or update your information within three months of submission for the application for healthcare benefits, you are deemed to have relinquished the right and will not receive any healthcare benefits.

2) Check your bank account registration!

Log MyWaseda once and check your bank account registration has been confirmed.

The accounts registered at the University include two types. One is the account under the your name, to which the Association’s healthcare benefits and scholarships from the University are transferred, and the other is used for tuition payments. Note that some students only register their tuition account and misunderstand that their account registration is complete.

3) Update your account registration

Bank codes, branch codes, or account numbers may change due to merger, closure, etc. of banks or branches after your registration is complete. Please update your account information promptly if any change has been made to it.

4) Deadline to register and update account information

Register or update your account information in advance whenever possible. Be sure to complete the registration or updates before submitting the application for the healthcare benefits. If registration or updates inevitably cannot be completed before submitting the application, please register or update the information as soon as possible after the application.

* Note that if your bank account is not registered or updated properly by the specified deadline, your application for healthcare benefits will be invalid (your application will be invalid if your account is not registered or updated within three months from the application).

5) How to register or update account information on the website

* Contact IT Help Desk in MyWaseda if your account is not successfully registered or updated.
Health Checkup Coverage
Exemption and partial refund of membership fees

Overview of Health Checkup Coverage

In addition to the yearly required periodical health examinations provided by the University for students, the Waseda Student Health Association administers the following benefits for health checkups taken at contracted hospitals (Okazaki Clinic, Daido Hospital, Seihoku Internal & Surgical Clinic, and Honjo Internal Clinic) based on application.

1) Health checkup coverage
   An annual amount up to 3,000 yen is provided as health checkup coverage if you receive health examinations at a contracted clinic within the following period.

2) Period of checkup coverage
   Between April 1 and March 31

3) Types of health checkups covered
   Health examinations includes received at the clinics contracted by the Waseda Student Health Association (see Page 10 for details).
   * Be sure to make an appointment before the examinations.

4) Application procedure
   Fill out the form with one of the contracted clinics (Okazaki Clinic, Daido Hospital, Seihoku Internal & Surgical Clinic, and Honjo Internal Clinic). Fill in the section “to be filled by the applicant in the application for health checkup coverage”, and submit it at an office accepting applications. Do so by presenting your student ID by the 10th of the third month following the month in which medical service is provided (or the following business day if the 10th falls on Saturday, Sunday, or a public holiday) (see Page 7 for details of deadlines).
   * Application forms are also available at the contracted clinics.

5) Payment of health checkup benefits
   Similar to the case of healthcare benefits, health checkup benefits are also paid only through transfer funds through a bank account under the applicant’s name. Transfer dates vary depending on when the application is submitted. If you submit an application by the 10th one month after a checkup, funds will be transferred to your bank account in the middle of the consecutive month (10th – 20th day) upon application submission (see Page 7).

Exemption of membership

Students designated by the University for being a disaster victims are exempt from all membership fee payments during the reduction or exemption period (no application for exemption to the Waseda Student Health Association is necessary)

Partial refund of membership fees

1) Early cancellation of registration
   Membership fees of students who have lost their student status before the end of their original academic years by transferring to another school, leaving the University, graduating or completing studies early, graduating in September, etc. are refunded for the remaining period (in units of months) based on their application.
   (1) How to apply for refund: Fill out the application for membership fee refund (a form is available at the office of Waseda Student Health Association) and submit it, along with a document (original or photocopy) proving the reason for application to the Waseda Student Health Association office.
   (2) Application deadline: 10th of the third month since the reason for application.
   (3) Amount of refund: Refund for the remaining period is calculated in units of months based on the membership fees (1,500 yen per six months). The calculation includes only full months that are remaining.
   Example: If you leave the University on October 20 (membership fees for October to March 31 of the following year have already been paid)
   ~ A total of 1,250 yen for five months from November to March will be refunded.

2) If you study abroad (excluding any overseas study not officially approved by the University)
   Japanese health insurance does not apply to period of overseas study, therefore healthcare benefits and other coverage of the Waseda Student Health Association will not be provided. Membership fees already paid for (in units of months), will be refunded based on application.
   (1) How to apply for refund: Fill out the application for membership fee refund (a specified form is available at the office of Waseda Student Health Association) and submit it, together with a document (original or photocopy) proving the reason, to the Waseda Student Health Association office.
   (2) Application deadline: 10th of the third month since the period of overseas study ends. Application before the overseas study is not accepted.
   (3) Amount of refund: Refund for the period of overseas study is calculated in units of months based on the membership fees (1,500 yen per six months). The calculation includes only full months during the overseas study.
   Example: If the period of overseas study is between April 15 and September 15,
   ~ A total of 1,000 yen for four months from May to August will be refunded.
### List of Contracted Hospitals/Clinics and Pharmacies

**School Year:** 2023-2024 (13th year)

*See the Waseda Student Health Association website (http://www.waseda.jp/student/hokori/gyogai/) for the business hours and closed days.

#### Hospitals/Clinics

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Phone</th>
<th>Department</th>
<th>Health checks, etc.</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waseda University Health Support Center</td>
<td>538-21 Waseda Tsunumakicho, Shinjuku-ku 162-0041 (Bldg. 25-2)</td>
<td>03 (3202)0580 (5266)3984</td>
<td>Internal medicine, Psycosomatic medicine (Appointment necessary)</td>
<td>Health checkups are given in April every year</td>
<td></td>
</tr>
<tr>
<td>Okazaki Clinic</td>
<td>519 Waseda Tsunumakicho, Shinjuku-ku 162-0041</td>
<td>03 (3202)7778</td>
<td>Internal medicine, surgery, orthopedics, gastroenterology</td>
<td>Health checkups, Checkups for lifestyle-related illness, Cancer screening, Breast cancer screening (palpation only)</td>
<td></td>
</tr>
<tr>
<td>Daido Hospital</td>
<td>3-22-8 Takada, Toshima-ku 171-0033</td>
<td>03 (3981)3213 (Mar)</td>
<td>Internal medicine, surgery, orthopedics, rehabilitation, urology (Tue. &amp; Fri.), mental health</td>
<td>Health checkups, Health screening, Checkups for lifestyle-related illness, Cancer screening, Cervical cancer Examination (saturation collection), Bone density</td>
<td></td>
</tr>
<tr>
<td>Shinohara Internal &amp; Surgical Clinic</td>
<td>8-12-4 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3200)660</td>
<td>Internal medicine, surgery, orthopedics, dermatology, urology</td>
<td>Health checkups</td>
<td></td>
</tr>
<tr>
<td>Ojio Ophthalmic Clinic</td>
<td>1-2-3 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3202)3998</td>
<td>Ophthalmology</td>
<td>—</td>
<td>English speaker available.</td>
</tr>
<tr>
<td>Honjo Internal Clinic</td>
<td>1-21-2 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3203)3959</td>
<td>Internal medicine, Pediatrics</td>
<td>Health checkups, Checkups for lifestyle-related illness, Cancer screening (no gastroscopy)</td>
<td></td>
</tr>
<tr>
<td>Itohara Otolaryngological Clinic</td>
<td>2-11-10 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3200)3735</td>
<td>Otolaryngology</td>
<td>—</td>
<td>No appointment necessary (Influenza No vaccination)</td>
</tr>
<tr>
<td>Waseda Eye Clinic</td>
<td>14 Babashita-cho, Shinjuku-ku 162-0045</td>
<td>03 (3205)7080</td>
<td>Ophthalmology</td>
<td>—</td>
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</tbody>
</table>

#### Dentistry

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Phone</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tsuda Dental Clinic</td>
<td>3-28-9 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3203)3038</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Shimizu Dental Office</td>
<td>Yama Bldg. 1F, 2-9-2 Okubo, Shinjuku-ku 169-0072</td>
<td>03 (3273)0432</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Tomo Dental Clinic</td>
<td>Shinohara Bldg. 1F, 3-1-2 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3207)1651</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Nishi-waseda Dental Clinic</td>
<td>1-21-2-203 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3286)8200</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Mizuguchi Dental Office</td>
<td>Sanchoan Bldg. 2F, 62 Babashita-cho, Shinjuku-ku 162-0045</td>
<td>03 (3856)4185</td>
<td>Appointment necessary New patients accepted any time Call for confirmation</td>
</tr>
<tr>
<td>Waseda-ekimae Dental Clinic</td>
<td>Yamaguchi Bldg. 2F, 61-9 Babashita-cho, Shinjuku-ku 162-0045</td>
<td>03 (3232)6482</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Nogami Dental Clinic</td>
<td>1-11-7 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3273)8841</td>
<td>Appointment necessary New patients accepted any time English speaker available.</td>
</tr>
<tr>
<td>Ebina Dental Clinic</td>
<td>2-11-24 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3200)4818</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Kazu Dental Clinic</td>
<td>Waseda Tamai Bldg. 2F, 518 Waseda Tsunumakicho, Shinjuku-ku 162-0041</td>
<td>03 (3200)2786</td>
<td>Appointment necessary New patients accepted any time Call for confirmation</td>
</tr>
<tr>
<td>Shionoya Dental Clinic</td>
<td>1-1-7 Nishi-waseda, Shinjuku-ku 169-0051</td>
<td>03 (3232)7935</td>
<td>Appointment necessary New patients accepted any time Call for confirmation English speaker available.</td>
</tr>
<tr>
<td>Kaga-ikei Dental Clinic</td>
<td>1F, 65 Yaraicho, Shinjuku-ku 162-0805</td>
<td>03 (5225)0988</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Seki Dental Orthodontic Clinic</td>
<td>1-40-14 Kitosashi-cho, Tokocosawa 359-1141</td>
<td>04 (3939)7999</td>
<td>Appointment necessary</td>
</tr>
<tr>
<td>Nihonbashi Green Dental Clinic</td>
<td>Nihonbashi Dori 2-Chome Bldg. 8F, 2-2-6 Nihonbashi, Chuo-ku 160-0027</td>
<td>03 (3278)0801</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Apple Dental Center</td>
<td>Higashifushimi Bldg. 22, 3-4-1 Higashifushimi, Nishi-tokyo 202-0021</td>
<td>042 (451)6226</td>
<td>Appointment necessary</td>
</tr>
<tr>
<td>Chuo Dental Clinic</td>
<td>2-15-3 Kigraph, Honjo 367-0041</td>
<td>0495 (21)0807</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
<tr>
<td>Hikino Dental Clinic</td>
<td>Kitakyo Foundation for the Advancement of Industry, Science and Technology 1F, 3-1 Hikino, Wakamatsu-ku, Kitakyushu 808-0135</td>
<td>098 (696)3168</td>
<td>Appointment necessary New patients accepted any time</td>
</tr>
</tbody>
</table>

#### Pharmacy

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Phone</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keyaki Yakkyoku (pharmacy)</td>
<td>Ishikawa Bldg. 1F, 518 Waseda Tsunumakicho, Shinjuku-ku 162-0041</td>
<td>03 (5291)8261</td>
<td>—</td>
</tr>
</tbody>
</table>

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*Contracted hospitals/clinics (pharmacy and dentistry) are selected based on the criteria established by the Waseda Student Health Association.

* Be sure that you always arrive in time for your appointments.
Map of Contracted Hospitals/Clinics and Pharmacy

Areas around Waseda, Toyama, and Nishi-waseda Campuses

[Medicine]
1. Waseda University Health Support Center
2. Okazaki Clinic
3. Daido Hospital
4. Seihoku Internal & Surgical Clinic
5. Oshiro Ophthalmic Clinic
6. Honjo Internal Clinic
7. Ichimura Otolaryngological Clinic
8. Waseda Eye Clinic

[Pharmacy]
1. Keyaki Yakkyoku (pharmacy)

[Dentistry]
1. Tsuda Dental Clinic
2. Shimizu Dental Office
3. Tomo Dental Clinic
4. Nishi-waseda Dental Clinic
5. Mizugawa Dental Clinic
6. Waseda-ekiai Dental Clinic
7. Noguchi Dental Clinic
8. Ebina Dental Clinic
9. Kazu Dental Clinic
10. Shionoya Dental Clinic
11. Kagurazaka-ekiai Yoshino Dental Clinic

Areas around Tokorozawa, Nihonbashi, Honjo, and Kitakyushu Campuses

1. Around Tokorozawa Campus
2. Around Nihonbashi Campus
3. Around Higashi-fushimi Campus
4. Around Honjo Campus
5. Around Kitakyushu Campus

Conducted Hospitals/Clinics and Pharmacy

Keyaki Yakkyoku (pharmacy)
Do you know the Waseda Student Health Association Committee?
The Waseda Student Health Association Committee is an organization consisting only of students for the purpose of meeting the health-related requests of Waseda University students. The Committee carries out the following activities as representatives of its members' requests.

★Major activities
The Committee organizes events to help the members (students) stay healthy. Examples of activities are as follows.

• Distributes alcohol patches (for the freshmen only)
• Holds “Health Festa” (an event for promoting students’ health)
• Develops a healthy menu
• Provides dental checkups and brushing guidance
• Serves 100-yen breakfasts

We hold a meeting once a month to plan and run these events. In the meetings, we report our activities, prepare for events, and exchange opinions freely on proposals made by the members. The discussions often heat up and result in many valuable opinions.

★Subcommittees
The Association Committee is divided into the following subcommittees.

- General Affairs Sector: Organizes meetings and training camps
- Health Sector: Plans and implements health promotion events
- Healthcare Benefits Sector: Promotes and helps improve the healthcare benefit plan
- Advertising Sector: Carries out publicity activities for the Committee and its events

Meeting at summer training camp

★Other
Two excursion trips are held each year. For the freshman-welcoming camp in the spring, we visit the University’s Seminar Houses to welcome with the freshmen. In the summer camp, we have meetings with the health insurance associations of other universities and visit students health-related facilities to learn from the staff and contribute to the Committee’s activities. We also enjoy sightseeing. Every year we discuss and decide the camp locations ourselves which we also enjoy.

New Committee members wanted!
We are looking for new members of the Waseda Student Health Association Committee! We welcome people who are interested in planning and holding events, interested in contributing to the University, and interested in the Committee.

Sophomores or higher and those who are already members of a university club are also welcome! If you have questions, opinions, or other comments about the association’s activities, system, etc., feel free to e-mail the Association.

Waseda Student Health Association Committee: Room E on the 2nd floor of Student Center
★E-mail: waseda.soukenkai@gmail.com
★Twitter: soukenkai_wsd
★Facebook: facebook.com/soukenkai
1. Activities

Breakfasts will be provided for 100yen early in the morning, to help the members improve and maintain their health and attend the first period classes.

2. Schedule

Spring term and Autumn term
* Details will be notified on My Waseda, etc.

3. Locations

Okuma Garden House, Tokorozawa Co-op Cafeteria, Toyama Cafeteria, and Nishi-Waseda Cafeteria

4. Fee

100 yen
* Available only to the Association members

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Healthy Campus Event by Waseda Student Health Association Committee

Free Dental Checkup & Body Composition Measurement

The Waseda Student Health Association organizes free on-campus dental checkups in the fall to help its members improve and maintain their health and prevent cavities. Body composition measurement will also be held.

1. Examination types (scheduled)

① Dental checkups
Checkups for cavities, periodontitis (pyorrhea alveolaris and gingivitis), tartar, coloring, and mouth wash and tooth brushing guidance

② Body composition measurement
Body fat ratio, basal metabolic rate, etc.

2. Date of event

Autumn term * Details will be notified on My Waseda, etc.

3. Fee

The checkups are free of charge. If a problem is found in the dental checkup please consult a dentist and receive treatment.

4. Procedure

Application in advance is not necessary. Please come to the event reception office on the event day. The checkup results will be given on the spot.

* The results of these dental checkups are based on the visual inspection of the dentist. Note that the results may be different from results of X-ray or other types of diagnosis received at a dental clinic