

Waseda University Student Health Promotion Mutual Aid Association

The Waseda University Student Health Promotion Mutual Aid Association grants its members with a partial return of their out-of-pocket medical expenses (30%). This plan only covers members of the association. Families of members are not covered. In addition, refunds of medical expenses provided by our Association are essentially limited to treatments included within the coverage provided by health insurance.

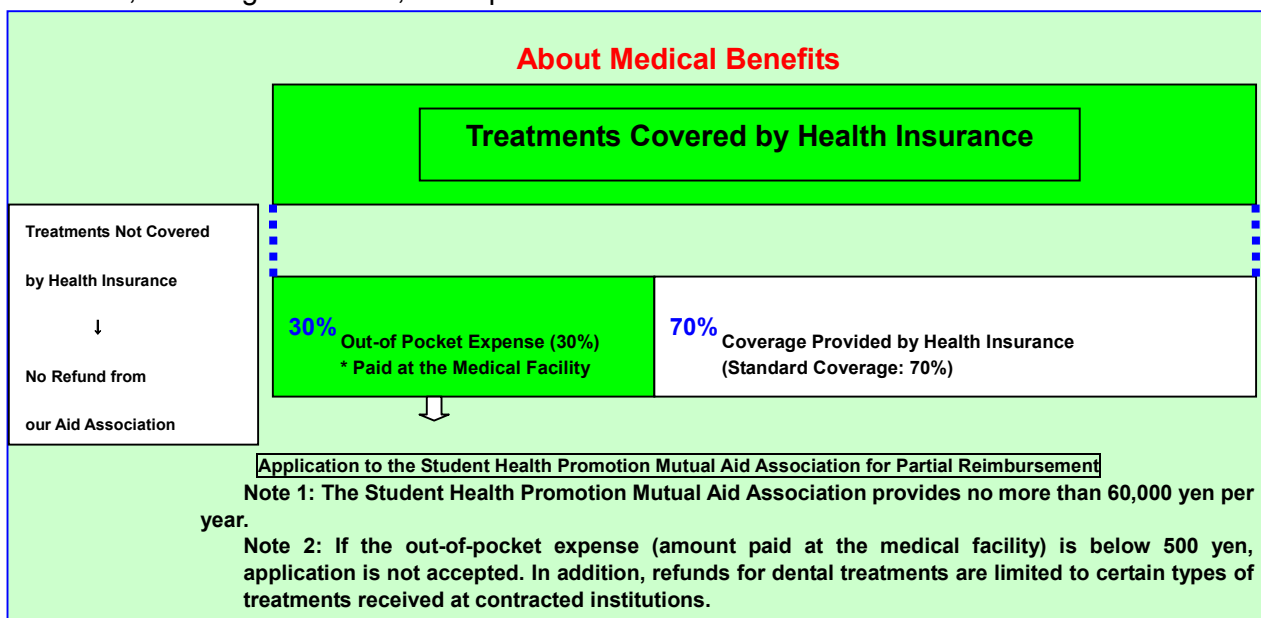
* Annual allowance is limited to 60,000 yen.

* For every medical care reimbursement form submitted, 500 yen will be deducted as an out-of-pocket expense.

Members of our Association are as follows:

1. Regular undergraduate students (including double degree students)
2. Regular graduate students (including double degree students)
3. Graduate school research students
4. Students of the Intensive Japanese Language Program

* Distance Education Program, School of Human Sciences Students; Sponsored Students; Non-degree Students; Exchange Students; and Special Research Students are not considered members.



Waseda University Student Health Promotion Mutual Aid Association's Medical Fee Reimbursement System

1. Medical treatments that are covered

The Student Health Promotion Mutual Aid Association reimbursement plan covers the following medical treatments, among others. **(Maximum annual allowance: 60,000 yen).**

- ① Medical Treatment: Any treatment undergone within a contracted medical clinic or other insurance medical treatment center (hospital, doctor's office, etc.) for which health insurance can be used.
- ② Dental Treatment: Treatment of cavities at a contracted dental clinic (only fillings or inlays) and removal of wisdom teeth are covered. Other processes such as cleaning, pulp extirpation, root canal therapy, crowns, pulling of teeth other than wisdom teeth, treatment of gingivitis, and the treatment of periodontal disease are not covered. If you are concerned whether or not a treatment is covered under this plan, please confer with your dentist before the procedure.
 - Fillings: The cleaning out of a cavity followed by the introduction of a foreign substance to return the tooth to its previous shape.
 - Inlay: An indirect restoration consisting of a metal fitted to a cavity in a tooth and cemented into place.
- ③ Prescription Drugs: The filling of prescription drugs that are covered by insurance.
- ④ Other
 - (i) The portion of emergency treatment at an orthopedic (bone setting) clinic involving bone fractures and dislocations, as well as treatment of traumatic sprains, bruises, and contusions that is covered by

- insurance. (In the case of fractures and dislocations, a doctor's certificate of consent is required).
- (ii) In the event that symptoms do not improve despite undergoing primary medical care, the portion of acupuncture or massage therapy recommended by the initial physician (in the form of certificate of consent or medical certificate) that is covered by insurance and determined to be eligible by the Student Health Promotion Mutual Aid Association.
 - (iii) Therapeutic equipment deemed necessary by a physician (a certificate from the physician is required).
 - (iv) Health Examination Fee Benefit (undergone at a contracted hospital one time per year, for up to 3,000 yen)

2. Applying for Medical Fee Reimbursement

- ① Registration or renewal of student bank account information
Please register either your own city bank saving account or regional bank account via Waseda-net portal. The account to be registered must be held in the student's own name, and isn't available for a Japan Post Bank account.
- ② Medical Fee Reimbursement Application Process
 - (i) Please submit the following to the Student Health Promotion Mutual Aid Association's office at the Student Affairs Section (1F Student Union Building [Building #30]): medical care reimbursement forms, student ID and receipt showing NHI points (copy OK).
 - (ii) Please submit fill out a separate "Medical Care Reimbursement Form" **for each month and hospital. (500 yen will be deducted for each "Medical Care Reimbursement Form").**
(For each statement submitted, a non-refundable amount of 500 yen will be incurred)
 - (iii) Please submit medical care reimbursement forms to the Student Health Promotion Mutual Aid Association no later than the 10th day of the third month after receiving medical treatment.
(For example, if treatment was received in April, application must be made no later than July 10).

Deadlines for Submission of Medical care reimbursement forms

Months of Treatment	Submission Deadline	Months of Treatment	Submission Deadline
Feb, Mar, Apr 2011	May 10, 2011	Sep, Oct, Nov 2011	December 12, 2011
Mar, Apr, May 2011	June 10, 2011	Oct, Nov, Dec 2011	January 11, 2012
Apr, May, June 2011	July 11, 2011	Nov, Dec 2011; Jan 2012	February 10, 2012
May, June, July 2011	August 22, 2011	Dec 2011; Jan, Feb 2012	March 12, 2012
June, July, Aug 2011	September 12, 2011	Jan, Feb, Mar 2012	April 10, 2012
July, Aug, Sep 2011	October 11, 2011		
Aug, Sep, Oct 2011	November 10, 2011		

Student Health Promotion Mutual Aid Association Office

1F Student Union Building (Building #30) in the Student Affairs Section
Tel: 03-3203-4349 E-mail: gakusei-kenko@list.waseda.jp

Please Note:

1. Please understand that we can not accept any applications after the set deadline.
2. Expenses that are not health insurance treatments (such as money spent on vaccinations, the cost of printing documents such as medical care reimbursement forms, hospital meal expenses, and hospital charges exceeding insurance coverage) are not eligible for medical fee reimbursement.
3. Annual allowance is limited to 60,000 yen.
4. If there is a change in the procedures or system employed by the Student Health Promotion Mutual Aid Association, we will send notification via Waseda-net portal site.

- For further details please visit the link below:
<http://www.waseda.jp/student/hoken/gojyokai/>