

1. 国民健康保険

必ず加入してください。ご家族も日本に滞在する場合は、一緒に加入することをおすすめします。加入の手続きは、転入手続を行った区役所（市役所）の窓口で行います。国民健康保険への加入により、治療費は3割の負担で済むことになります。ただし、保険の対象外の医療（健康診断・美容整形・正常な出産・交通事故等）もあります。日本国内において健康保険を取り扱う医療機関で診断を受ける際に、この「保険証」を持参すれば、診療機関受付において医療費の7割が免除されます。詳しくはあなたが住んでいる市・区役所の窓口にお問い合わせください。

2. 早稲田大学学生健康増進互助会

学部・大学院の正規生、大学院の研究生が対象の制度で、会費は半期ごと1,500円徴収されます。

この制度では原則として国民健康保険が適用された医療費の一部が上限額（年度6万円）まで補助されます（1医療機関につき月額1,000円の自己負担あり）。

病院（医科・歯科）で治療を受ける時は、国民健康保険証および学生証（契約病院、契約歯科、契約薬局の場合）を提示します。給付の申請には、申請用紙に領収書（コピー）を添付し、治療を受けた月の翌月から3ヶ月目の10日までに事務所（学生会館1階）に提出します。

〈医療費に¥10,000かかった場合〉

(1) 正規生の場合（ダブルディグリー学生、大学院研究生含む）

国民健康保険 (70%) ¥7,000	早稲田大学 学生健康増進互助会 ¥2,000 ※1医療機関につき1,000円 自己負担あり。(年度給付 上限額は6万円です。)	自己負担 ¥1,000
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(2) 非正規生の場合（科目等履修生、交流学生、日本語教育研究センター所属学生、国際教養学部SP3の学生、委託履修生等）

国民健康保険 (70%) ¥7,000	自己負担 (30%) ¥3,000
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MEDICAL MATTERS • NATIONAL PENSION

1. National Health Insurance Scheme

All international students must register for the National Health Insurance or *Kokumin Kenkou Hoken* at the municipal office where they submit a “moving-in notification” (Tennyū todoke). We recommend that your family members also register for the insurance if they intend to stay in Japan with you. If you are registered under this insurance, the insurance will cover 70% of your medical bills. However, please note that certain medical treatments are not covered (Example: medical checkups, cosmetic surgery, normal childbirth, and traffic accidents). If you intend to receive treatment from medical establishments that accept National Health Insurance, please be sure to take your National Health Insurance Card with you. The insurance will cover 70% of your medical bills. If you need further information or assistance, please contact the person in charge at the ward or city office of your residence.

2. Waseda University Student Health Promotion Mutual Aid Association

This association provides support to regular full-time undergraduate and graduate students, as well as graduate research students. Every 6 months, students are required to pay a membership fee of 1,500 yen. As a rule, medical expenses that are covered under the National Health Insurance can be subsidized under this system. The maximum annual amount that can be subsidized is 60,000 yen per fiscal year. (Note that there is a 1,000 yen fee per medical facility claim).

When receiving treatment (medical/dentistry), please present your National Health Insurance card and student ID card (in cases of hospitals,

(If ¥10,000 in medical expenses is incurred)

- (1) Regular students (including Double Degree and graduate school research students)

National Health Insurance (70%) ¥7,000	Waseda University Student Health Promotion Mutual Aid Association ¥2,000 ※ There is a ¥1,000 fee per healthcare facility claim (¥60,000 maximum coverage per fiscal year)	Self-pay ¥1,000
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- (2) Non-regular students (research students, exchange students, SP3 students of SILS, sponsored non-degree students, etc.)

National Health Insurance (70%) ¥7,000	Self-pay (30%) ¥3,000
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給付金はMyWasedaの「本人名義口座」に登録した各人の金融機関の口座に振り込まれることになります。

※科目等履修生、交流学生、日本語教育センター所属学生、国際教養学部1年プログラム（SP3）の学生および委託履修生等はこの制度を利用できません。

※診療月の翌月から3ヶ月目の10日を超過した領収書は無効となりますので注意してください。

（例：4月に受診→7月10日が締め切りです。）

※日本国内の病院での保険診療に限ります。

●学生健康増進互助会（学生会館1階、学生生活課内）

電話：03-3203-4349 E-mail：gakusei-kenko@list.waseda.jp

| URL | <https://www.waseda.jp/inst/student/support/studenthealth>

..... 領収書について

病院（医科・歯科・薬局）で発行してもらう領収書は、患者の氏名や、国民健康保険で何割の医療費が負担されたかの詳細が、電算処理により打ち出されているものでなければなりません。

..... 医療費が高額になった場合

入院など、医療費が高額になってしまった場合には、治療を受けた約3ヶ月後に、自分の住んでいる市役所または区役所から通知が届きますので、案内に従って手続きをしてください。詳しくは市役所または区役所の窓口にお問い合わせください。

..... 「健康診断補助費給付制度」

所定の期間内に、学生健康増進互助会の契約医院で健康診断を受診した場合、申請に基づき1年度に1回最大3,000円までを補助する「健康診断補助費給付制度」があります（学部・大学院の正規生、大学院の研究生のみ対象）。詳細については、学生健康増進互助会のWebサイトを参照してください。

| URL | <https://www.waseda.jp/inst/student/support/healthcheckup>

dental clinics, and pharmacies under contract with Waseda) to the medical institution. In order to apply for a refund, you must submit the designated form with a copy of the receipt attached. Applications must be submitted within the 10th day of the third month after the month in which you received the treatment, to the office located at the Waseda University Student Center (1st floor). Reimbursements will be credited to a financial account registered on MyWaseda in your name.

※ Non-degree/research students, exchange students, CJL students, SILS 1-year program students (SP3) and Sponsored Non-degree Students cannot apply to this association.

※ Receipts submitted after the 10th day of the third month following the month you received the treatment will not be accepted. (Example: If you received treatment in April, the deadline will be July 10th.)

※ Applicable only for insured medical treatment at hospitals in Japan.

● **The Waseda University Student Health Promotion Mutual Aid Association**
(Waseda University Student Center 1F, Student Affairs Section)

Tel: 03-3203-4349 E-mail: gakusei-kenko@list.waseda.jp

| URL | <https://www.waseda.jp/inst/student/support/studenthealth>

..... **Information Regarding Receipts**

Receipts issued by the medical institution (medical/dentistry/ pharmacist) must be electronically processed and include details such as patient name and portion of cost that was covered by the National Health Insurance.

..... **For High Medical Treatment Costs**

If you incur very high medical costs, such as extended hospitalization, a notification from your local city office will be delivered three months after you have received treatment. Please fill out the relevant forms according to instructions provided. For more information, please contact the person in charge at your city office.

..... **Health Check Assistance**

There is a health check assistance payment of up to 3,000 yen per fiscal year for those individuals who receive a health check from off-campus contracted medical institutions affiliated with the Waseda University Student Health Promotion Mutual Aid Association during designated periods (only for regular undergraduate and graduate students). For more information, please see the Waseda University Student Health Promotion Mutual Aid Association's website listed below.

| URL | <https://www.waseda.jp/inst/student/support/healthcheckup>

その他の学生補償制度

学生早健会が実施している医療給付制度の他に、本学における学生の事故に対する補償制度には、次のものがあります。(病気は対象外です。)

※学外での活動については事前に申請が必要です。

■ 早稲田大学学生補償制度 (傷害補償)

大学で認められている教育研究活動中〔正課中、学校行事中、学校施設内にいる間、課外活動中(体育各部・公認サークルのみ)、通学中、施設間移動中〕に万が一の事故に遭い、ケガをしてしまった際にみなさんが利用できる制度です。

| URL | (日) <http://www.waseda.jp/inst/student/support/injury>
(英) <https://www.waseda.jp/inst/student/en/support/injury>

■ 早稲田大学学生補償制度 (賠償責任補償)

大学が認めたインターンシップ・教育実習・ボランティア活動中等に、他人にケガをさせたり、他人の財物を損壊したことにより被る法律上の損害賠償責任を補償する制度です。

| URL | (日) <http://www.waseda.jp/inst/student/support/liabilitycoverage>
(英) <https://www.waseda.jp/inst/student/en/support/liabilitycoverage>

Other Forms of Compensation for Students

Apart from the health benefit plan that is already set in place, students at Waseda University who become involved in an accident may be able to receive the following compensation. (This does not include illness.)

* For activities outside of campus, you will need to apply beforehand.

■ Waseda University student compensation system (Compensation for Disability)

If you're involved in an accident during activities that are affiliated with Waseda University (i.e. in regular curriculum, in school activities, extracurricular activities (such as authorized Student Clubs/Circles related to Physical Education), in transit to or from school, or in transit between facilities), then there is a compensation system which you may apply for.

| URL | (Japanese) <http://www.waseda.jp/inst/student/support/injury>
(English) <https://www.waseda.jp/inst/student/en/support/injury>

■ Waseda student compensation system (Liability Coverage)

There is a compensation system which students may apply for in case of any legal liability incurred due to the damage to people, or to property of others whilst on an internship, practicum and/or volunteer work approved by the University.

| URL | (Japanese) <http://www.waseda.jp/inst/student/support/liabilitycoverage>
(English) <https://www.waseda.jp/inst/student/en/support/liabilitycoverage>

3. 早稲田大学保健センター(早稲田キャンパス25-2号館)

当センターでは、学生の皆さんが健康な状態で大学生活を送るとともに、在学中に生涯を通じて心身の健康を自己管理できる能力を身につけられるよう支援しています。詳細は、次のWebサイトを参照してください。

URL <https://www.waseda.jp/inst/hsc/>

1. 学生相談室(6階) 電話: 03-3203-4449

①学生相談〈要予約〉

開室時間: 9時15分~13時00分

14時00分~17時00分(月~金曜日)

②法律相談〈要予約〉

2. 保健管理室(25号館1階) 電話: 03-5286-9800

①健康相談

(内科医師)

受付時間: 13時30分~15時40分(月~金曜日)

(保健師)

受付時間: 9時00分~12時30分

13時30分~17時00分(月~金曜日)

②女性健康相談(女性ヘルスケア専門医)〈予約優先〉

受付時間: 12時30分~14時45分(毎月第3木曜日)

③栄養相談(管理栄養士)〈予約優先〉

受付時間: 10時00分~13時00分(月、水曜日)



学生相談室



保健
センター

「学生定期健康診断」

毎年4月に定期健康診断を実施しています。正規学生は、必ず受けるようにしてください(9月入学者は入学年度のみ10月に受診)。高石記念プールやトレーニングセンターを利用する際には健康診断の受診が必要となります。詳細については、保健センターのWebサイトを参照してください。

3. こころの診療室(5階) 電話: 03-5286-8743

【精神科】〈要予約〉

受付時間: 9時30分~11時00分 13時30分~15時30分(月~金曜日)

開室時間: 9時00分~12時30分 13時30分~17時00分(月~金曜日)

3. Waseda University Health Support Center (Back of Okuma Garden House, Bldg. No. 25-2, Waseda Campus)

The Health Support Center provides support services so that all students can lead a healthy university life and acquire the ability to self-manage their physical and mental health throughout their lives while still in school. For details, please visit the website below:

URL <https://www.waseda.jp/inst/hsc/en>

1. The Student Counseling Room (6F) TEL: 03-3203-4449

① Student Counseling (By appointment only)

Office Hours:

9:15-13:00, 14:00-17:00 (Monday-Friday)

*English counseling is available.

② Legal Consultation (By appointment only)

2. Health Care Room (Bldg. 25, 1F) TEL: 03-5286-9800

① Health Consultation

(Physician / Internist)

Office Hours: 13:30-15:40 (Monday-Friday)

(Health Nurse)

Office Hours: 9:00-12:30, 13:30-17:00 (Monday-Friday)

② Women's health consultation (Women's health care specialist)(Appointment Priority)

Office Hours: 12:30-14:45 (Every third Thursday of each month)

③ Consultation on nutrition

(Registered Nutritionist) (Appointment Priority)

Office Hours: 10:00-13:00 (Monday, Wednesday)



Student
Counseling
Room



Health
Support
Center

..... Student Regular Health Check-up

Regular health checkups are offered in April every year. All regular students are required to receive the checkup service. (Checkups for new students enrolled in September take place in October only for the first year.) Students are required to receive checkups to use the Takaishi Memorial Pool and/or the Training Center. Please refer to the Health Support Center website for more details.

3. Psychiatric Services Room (5F) TEL: 03-5286-8743

(Psychiatrist) *By appointment only

Clinic Hours: 9:30-11:00, 13:30-15:30 (Monday-Friday)

Office Hours: 9:00-12:30, 13:30-17:00 (Monday-Friday)

4. 診療室（3階） 電話：03-5286-3984

開室時間：9時00分～17時00分

長期休業期間の開室・受付時間はWebをご確認ください。

①診療科目・受付時間（要予約）

【内科】

受付時間：10時00分～12時40分 14時00分～16時40分（月～金曜日）
10時00分～12時10分（土曜日）

【心療内科】

受付時間：14時00分～16時30分（月、水、木、金）

②救急応急処置—急病やケガをした時—

受付時間：9時00分～17時00分（月～土曜日）

各キャンパス分室

応急処置や健康相談、病院案内などを行っています。詳細は各分室にお問い合わせください。

●早稲田分室

電話：03-5286-2185 場所：3号館1階

●戸山分室

電話：03-3203-3519 場所：33号館地下1階

●西早稲田分室

電話：03-5286-3021 場所：51号館1階

●所沢分室

電話：04-2947-6706 場所：100号館3階

4. 大学周辺の医療機関（P.158 地図参照）

事前に電話で受診が可能かどうかを確認してから訪問してください。

（1）西北診療所（内科・外科・整形外科・皮膚科・泌尿器科）

<https://www.seihoku-clinic.com/>

住 所：東京都新宿区西早稲田3-12-4

電 話：03-3203-5660

（2）ゆみのハートクリニック（内科・循環器科・呼吸器科）

<https://www.yumino-clinic.com/>

住 所：東京都豊島区高田3-14-29 KDX高田馬場ビル1F

電 話：03-5956-8010

4. Clinic (3rd Floor) TEL: 03-5286-3984

Office Hours: 9:00–17:00

Please check the website for the office hours during holidays.

① Types of Treatment & Clinic Hours <By appointment only>**[Internal Medicine]**

10:00–12:40, 14:00–16:40 (Monday–Friday)

10:00–12:10 (Saturday)

[Psychosomatic Medicine]

14:00–16:30 (Monday, Wednesday, Thursday, Friday)

② Emergency Treatment -sudden illness or injury

Clinic Hours: 9:00–17:00 (Monday–Saturday)

Campus Branches

Each branch provides first aid, health consultation, and hospital information. For more information, please contact the branch.

● Waseda Branch

Tel: 03-5286-2185

Location: Bldg. 3, 1F

● Toyama Branch

Tel: 03-3203-3519

Location: Bldg. 33, basement 1F

● Nishi-Waseda Branch

Tel: 03-5286-3021

Location: Bldg. 51, 1F

● Tokorozawa Branch

Tel: 04-2947-6706

Location: Bldg. 100, 3F

4. Medical Facilities Near Waseda *Refer to map on page 159

Please call the clinic before you visit.

(1) *Seihoku* Internal & Surgical Clinic (internal medicine, surgery, orthopedics, dermatology, urology)

Address: 3-12-4, Nishi-waseda, Shinjuku-ku, Tokyo

Tel: 03-3203-5660

(2) *Yumino* Heart Clinic (internal medicine, cardiology, pulmonology)

Address: 3-14-29, Takada, Toshima-ku, Tokyo, KDX Takadanobaba Building 1F

Tel: 03-5956-8010

(3) 山西クリニック (耳鼻科)

<http://www.yamanishiclinic.jp/>

住 所：東京都新宿区早稲田鶴巻町518 第一石川ビル 2 F

電 話：03-5155-0822

(4) 尾城眼科医院 (眼科)

<https://www.oshiro-eye.com/>

住 所：東京都新宿区西早稲田 1 - 2 - 3

電 話：03-3202-3998

(5) しおのや歯科 (歯科)

<http://www7b.biglobe.ne.jp/~sdc/waseda.html>

住 所：東京都新宿区西早稲田 1 - 1 - 7

電 話：03-3232-7935

(6) 国立国際医療研究センター病院 (総合病院)

<http://hosp.ncgm.go.jp/en/index.html>

住 所：東京都新宿区戸山 1 - 21 - 1

電 話：03-3202-7181

日本には総合病院や専門病院、個人医院などがあります。どの病院を受診するかは、病気やけがの種類、程度によります。近隣の医療機関について、普段から診療科目、診療時間、休診日等チェックしておきましょう。

また、総合病院や大学病院を受診する場合は、診療所などの医療機関からの紹介状が必要です。紹介状がない場合は選定療養費（初診にかかる特別な料金）が必要となります。（選定療養費は国民健康保険の対象にはなりません。）

受診可能な医療機関を検索する場合は次に記載のサービスをご利用ください。

(3) ENT Yamanishi Clinic (ear, nose, and throat)

Address: 2F, 518, Waseda-tsurumakicho, Shinjuku-ku, Tokyo
Tel: 03-5155-0822

(4) Oshiro Eye Clinic

Address: 1-2-3, Nishi-waseda, Shinjuku-ku, Tokyo
Tel: 03-3202-3998

(5) Shionoya Dental Clinic (dentistry)

Address: 1-1-7, Nishi-waseda, Shinjuku-ku, Tokyo
Tel: 03-3232-7935

(6) Center Hospital of the National Center for Global Health and Medicine

Address: 1-21-1, Toyama, Shinjuku-ku, Tokyo
Tel: 03-3202-7181

In Japan, there are general hospitals, specialized hospitals, private hospitals, and others. The hospital suitable for you will depend on the type and degree of your illness or injury. You should make it a habit to check the clinical departments, open hours, closed days etc. of the medical institutions in your vicinity.

It is also important to note that when you visit a general hospital or university hospital for the first time, you need to take a referral letter (patient referral document) from another medical institution such as a clinic. Patients without a referral will be required to pay a “sentei ryoyohi” (an additional fee for a first visit without a referral letter). (The “sentei ryoyohi” is not covered by the National Health Insurance.)

The following service offers help in searching a medical institution that you can visit.

Tokyo Metropolitan Medical Institution Information (Himawari)

Himawari offers information about medical institutions that provide treatment in foreign languages. Translation service by phone is also provided in case of emergencies.

You can search hospitals/clinics in Tokyo using the following website.

- Tokyo Metropolitan Health and Medical Information Center

Phone: 03-5285-8181

Hours: 9:00 am–8:00 pm (daily)

Language: English/Chinese/Korean/Thai/Spanish

Information regarding medical institutions with foreign language services

Information regarding the Japanese medical system

- ◆ Emergency Translation Service

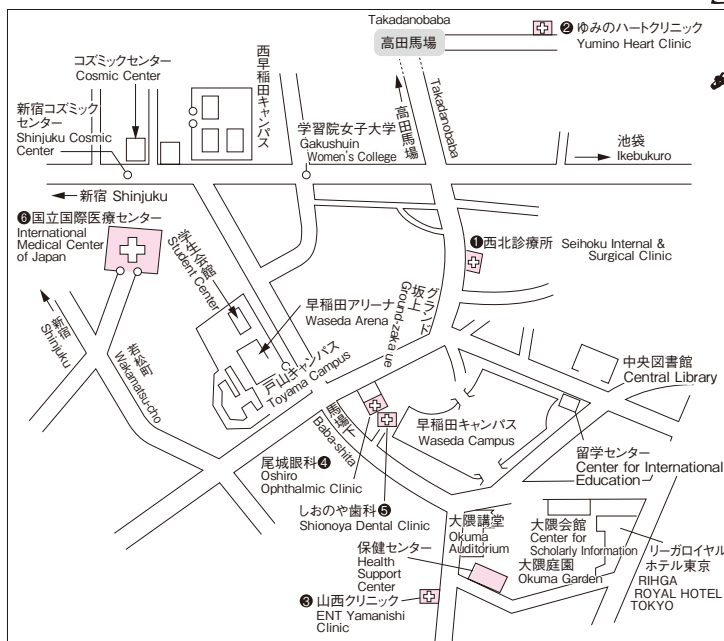
Phone: 03-5285-8185

Hours: 5:00 pm–8:00 pm (Mon-Fri)

9:00 am–8:00 pm (Sat, Sun, Holidays)

Languages: English/Chinese/Korean/Thai/Spanish

If you have language difficulties at a medical institution, translation can be provided over the phone.



5. National Pension

All people including international students who are living in Japan are required to join the Japanese national pension once they become 20 years old. For details, please contact your local municipal office.