Guide To Health Care & Hospitals 2017

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This guide is designed for use by students of the International University of Japan.
< General Information >

1. National Health Insurance (NHI)
The National Health Insurance (NHI) system in Japan is a “tax” system which reduces individuals’ medical cost and is called “Kokumin Kenko Hoken” in Japanese. All international students at IUJ must join this system. It is administered by the Minami Uonuma City Office. Please follow the procedure for NHI sign-up when you register your address with the City Office and be issued a health insurance card.

1.1. National Health Insurance Fee
You have to pay the NHI fee after joining the NHI. It is a tax. The fee is discounted for students and will be approximately ¥18,000 for one year which is about 70% of the normal fee. Payments will be made directly from your bank account in the safe and reliable “Kouza Furikae (account transfer)” system on the last day of each month. The payment is made every month from the next month after you join it, except for April and May of your 1st year at IUJ, because the City Office examines the premium of the new fiscal year during this period. The payment of the spring term of your 1st year will be made at the end of June. Also, the payment of the spring term of your 2nd year will be made in one lump sum for three months (April, May and June).

IUJ Special / Exchange Students who are at IUJ only for one academic term need to pay the fee in cash at convenient stores or the City Office after you receive a postcard informing you of the amount.

1.2. Health Coverage
The NHI card can be used at any clinic or hospital in Japan to receive health services. Always have this card with you when you travel in Japan in case of an accident or sudden illness. If you show the NHI card at the hospital reception desk when you receive medical treatment, you need to pay only 30% of the incurred medical costs. The NHI covers 70% of the health care expenses received from doctors and medical institutions at the time care is received. If the payments for health care become large due to a long-term hospitalization or an operation, NHI will cover the costs incurred over a certain ceiling. Ask for details at the OSS if you are in this situation. Please note that there are some health services that the NHI does NOT cover: e.g., injuries in traffic accidents, glasses and contact lenses, abortions, birth control pills, etc. Also, check the “Family Guide” and “Guide to Women’s Health” available at the OSS.

2. Things to Remember When You Visit Hospitals
- Whenever you go to the hospital, be sure to take your NHI card, your hospital card “Shinsatsu Ken / Shinryo Ken” which you will have if this is a return visit (follow-up visit), medicine record book, MONEY, your student ID card, Residence Card and anything else you think might be useful.
- You are strongly recommended to be accompanied by a Japanese speaker if you do not speak the language. With or without a Japanese speaker, you are also recommended to pick...
up a language facilitation sheet available in the OSS and have someone write down your
issue on the form before you go.
• Turn off your mobile phone in the hospital. Electric waves from mobile phones can interfere
with medical instruments, pacemakers etc.
• Don’t smoke or smoke only in the designated place. (There are some hospitals in which you
cannot smoke.)

3. Typical Visit to Hospitals
A Typical Visit to the Hospital is as follows:
(1) Go to the Reception counter and check-in: If it is your first hospital visit, present your
National Health Insurance (NHI) card, Residence Card, and student ID card at the
general reception counter, and they will issue you a hospital card (called “Shinsatsu Ken”
or “Shinryo Ken”). In the case you are going back for a follow-up visit with an
appointment, insert your hospital card to the reception machine for re-visitors.
(2) If this is your first visit, wait at the related department until your name or receipt number
is called or your receipt number lights up on the TV monitor. You are requested to fill in
the “Application Form for New Patient.” You are strongly recommended to pick up a
multilingual application form from the OSS prior to your hospital visit, complete it and
present it at the department.
(3) Visit the doctor: Listen to his/her diagnosis and explanation of any prescription he/she
will give you.
(4) After your visit, the nurse will give you a folder. Take it to the Accounting Counter in
the reception area with all your other documents, including your NHI card.
(5) Sit down and wait for your visitor number to appear on the TV monitor and pay the
amount required.
(6) Take your receipt and prescription. If you have a future appointment set, such day will
be printed on a schedule sheet at some hospitals. Carefully note this date! Go to the
pharmacies and get your prescribed medicine.

4. Medical Services Scheme in Uonuma Region
The following provides information on how to seek medical treatment in the Uonuma Region:

GENERAL
• You are encouraged to have a “primary care doctor” near you who can give initial treatment
or provide health-care advice. In principle, Yamato Hospital and Moegi Clinic for internal
medicine are recommended for you. Uonuma Kikan Hospital is NOT for this purpose
• If your condition is not too serious (i.e., a general cold, slight headache, etc.), you are
recommended to go to your primary care doctor and NOT Uonuma Kikan Hospital. When
your primary care doctor sees a need for you to have more advanced care, he/she will write
a referral (letter of introduction) to Uonuma Kikan Hospital. There is a fee for that. The
referral includes your clinical history, condition, and other information that would help the
doctor at Uonuma Kikan Hospital properly prepared to treat you most effectively.
• If you will go to Uonuma Kikan Hospital with a referral, an appointment can be made in
advance through your primary care doctor and you won’t need to have a long waiting time
before you see a doctor.
If you go straight to Uonuma Kikan Hospital without a referral or an appointment, you will be charged with a special health-care fee of 2,160 yen in addition to the medical costs.

EMERGENCIES
- In an emergency, first call the Uonuma Kikan Hospital Critical Care Center (open 24 hours a day, Tel. 025-777-3200) if you are able to visit the hospital on your own. Otherwise, call 119 for an ambulance. Depending on your conditions, you may be released, moved to another hospital/clinic, or admitted to Uonuma Kikan Hospital. Please see more information about emergencies on pages 22-23.

PREGNANCY
- If you are pregnant, you can have maternal checkups at Koide Hospital or Uonuma Kikan Hospital. However, baby deliveries are assisted only at Uonuma Kikan Hospital.

<General Steps in Receiving Care>

Also view this page for general information: http://japanhealthinfo.com/
1. Yukiguni Yamato Hospital

1.1. General Information

Address: 4115 Urasa, MinamiUonuma-shi, Niigata-ken 949-7302  
(See the map on the back cover.)  
Phone: 025-777-2111  
FAX: 025-777-3853  
URL: http://www.yukigunihp.jp/ (in Japanese only)  
* A few doctors speak English at this hospital.

Yamato Hospital is located about 10 minutes by car from IUJ. There are at least three ways to get there:

- Take the IUJ Bus. Every IUJ Bus goes by the hospital and stops there on request, or the driver sees students waiting.
- Call a cab and get there: the distance is about 4 km.
- Drive yourself, or ASK A FRIEND to drive you there.

When you are ready to come back to IUJ, wait at the bus stop (near LAWSON) 5 minutes BEFORE the schedule.

1.2. Doctor Availability

Please be aware that many of the doctors do not go to the hospital every day of the week. Some serve several different hospitals including hospitals in Tokyo. Therefore, they may not be able to see you on certain days of the week. They usually have a calendar near their desk that shows the days they are available.

Department & Registration/Medical-Examination Schedule  
(as of March 2017)

<table>
<thead>
<tr>
<th>Departments (Cold, Flu, etc.)</th>
<th>Day of the Week</th>
<th>Registration</th>
<th>Consultation</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>●</td>
<td>8:30 – 10:00</td>
<td>9:00 – 12:00</td>
</tr>
<tr>
<td>PM</td>
<td>●</td>
<td>16:30 – 18:00</td>
<td>17:00 – 19:00</td>
</tr>
<tr>
<td>AM</td>
<td>●</td>
<td>By appointments only</td>
<td>9:00 – 12:00</td>
</tr>
<tr>
<td>PM</td>
<td>●</td>
<td>By appointments only</td>
<td>13:30 - 16:00</td>
</tr>
</tbody>
</table>

* The Hospital is closed on the 3rd Monday of each month.  
* To make an appointment, call between 14:00-16:00 on Tuesday through Friday.  
* Yamato Hospital does not offer any after hour services. For any emergency needs, see information on Uonuma Kikan Hospital on page 11.

Whenever you go to the hospital, be sure to take your NHI card, your hospital card “Shinsatsu Ken” or “Shinryyo Ken” (see page 5) (if you have that card from a previous visit), any medications you have been taking that the doctor does not know about, your health record (that tells your medical history), this guide with “Multilingual Medical Questionnaire” (see page 25),
MONEY, Student ID, Residence Card, and any other document you think might be useful.

1.3. Explanation of Each Area
The Main Reception is in the center of the hospital. To get there, enter the hospital through the Main Entrance and follow the arrow on the map. The Main Reception serves both as the reception and cashier.

- **Main Reception**
  This is where you go on your first visit and any visits without an appointment to the hospital. At the Main Reception, please fill out an application form (診察申込書 or Shinsatu Moushikomi-sho) and submit it with your NHI card and any ID. They will create a record file for you based on the NHI card, and issue your “Hospital Card (診察券/診療券 or Shinsatsu Ken / Shinryo Ken)” as shown below. They will ask you what is wrong, and probably guide you to the right place for treatment. If you have a question or need assistance, this is where you can go.

[Hospital Card]

(front) (back)
**Hospital Card Reader Machine**

A hospital card reader machine is right in front of the Main Reception. This is where you go on your return visits with an appointment. Please insert your Hospital Card into the machine, with the red side down and in the direction the little arrow is pointing. The machine reads your card and sends your information to the printer next to it. Your card will come out of the machine, and make sure you take it. You will see your “Reception Sheet (受付票 or Uketsuke Hyo – see below)” printed out of the printer. Get the sheet, put it in a clear file, and bring it to the relevant department. You will see a number on the top right-hand corner, and that will be your reception number that day. When your turn to see the doctor comes, you will be called by this number on the TV monitor.

**Cashier at Main Reception**

After you have seen the doctor, go back to the Main Reception and give the staff the yellow plastic folder that the doctor or nurse gives you. Then sit down and wait until you see your registration number on the TV monitor. When your registration number is indicated on the TV monitor, you need to submit your hospital card and NHI card, and pay your bill in full. Please see the section “Things You Receive” on page 7 for an example of what your bill/receipt will look like.

[Reception Sheet]
1.4. Things You Receive

- **Bill and Receipt**

The form below is a scanned image of what you receive after you pay your bill to the Cashier (for details on how to pay your bill, see page 6). It serves both as a bill and receipt.

- **Hospital Card ("Shinsatsu Ken" or "Shinryo Ken")**

When your meeting with the doctor is finished, the doctor (or a nurse) will give you a Hospital card “Shinsatsu Ken / Shinryo Ken” shown on page 5. If your doctor wants to see you again about the same condition, a nurse will inform you of the date and time.

Be sure to bring this card with you when you go for your next visit. If you cannot go when the doctor requests, be sure to change the date/time before leaving the hospital.

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**[Bill / Receipt form]**

<table>
<thead>
<tr>
<th>Service</th>
<th>Charges (円)</th>
<th>Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment of Illness</td>
<td>13880</td>
<td>1050</td>
</tr>
<tr>
<td>Medication</td>
<td>4160</td>
<td>1050</td>
</tr>
<tr>
<td>Total</td>
<td>17040</td>
<td>1050</td>
</tr>
</tbody>
</table>

**Date of issue:** 17年 5月29日

**Invoice No.:** 000

**Your patient No.:** 000-0000-0

**Items in this column are not covered by NHL.**

**A red stamp showing you have paid in full.**

**Total amount you must pay the cashier:** 5210 円

**Medication number:** 17.5.30

**この請求書は再発行いたしておりませんので、大切に保管してください。**

**Note:** If you cannot go when the doctor requests, be sure to change the date/time before leaving the hospital.
### Prescription ("Shohousen")

After you finish paying your doctor bills at the hospital counter, your prescription as shown below will be given to you when you need to use an external pharmacy. You leave the hospital with the prescription and go to a pharmacy. Do so on that same day if possible and no later than 4 days after the doctor visit.

<table>
<thead>
<tr>
<th>Your name.</th>
<th>Date of birth.</th>
<th>Department.</th>
<th>Prescription. (How to take the medicines, how many pills to take, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

### Pharmacy and Medicine Bags

There are three pharmacies in front of the hospital, and several others in Minami Uonuma-shi. Choose whichever pharmacy you wish. Give the prescription at the counter of the pharmacy. While you wait, they will prepare your medicine.
When your medicine is ready, you will be called and a pharmacist will explain how to take your medicine. It is important to learn how to take them by yourself, so be sure you understand before you leave. Pay for the medicine after the explanation.

The bag containing your medicine also tells you how to take your medicine, as shown below. These differ with each pharmacy. Here is one example:
2. Uonuma Kikan Hospital

2.1. General Information

Address: 4132 Urasa, MinamiUonuma-shi, Niigata-ken 949-7302
(See the map on the back cover.)

Phone: 025-777-3200
Registration Hours: 8:30 - 11:30, 13:00 – 15:00
Consultation Hours: 9:00 – 12:00, 13:30 – 17:15
URL: http://www.uonuma-kikan-hospital.jp/ (in Japanese only)
E-mail: info@ncmi.or.jp
facebook.com/UonumakikanHospital
twitter.com/UonumaKikanHosp

* Almost all the doctors speak English at this hospital.

Uonuma Kikan Hospital is located about 10 minutes by car from IUJ, right next to the Yamato Hospital. Please refer to the information on page 4 on how to get to this hospital.

2.2. Departments – Categorized in 4 different Blocks A, B, C, and D

Block A (1st Floor):
Gastrointestinal Surgery / General Surgery, Cardiovascular Surgery, Thoracic Surgery, Orthopedic Surgery, and Neuro Surgery

Block B (1st Floor):
Obstetrics and Gynecology, and Psychiatry

Block C (2nd Floor):
General Medicine, Internal Medicine, Cardiology, Endocrinology & Metabolism, Hematology, Nephrology and Diabetes, Rheumatology / Collagen Diseases, Respiratory & Infectious Diseases Medicine, Gastroenterology, Neurology, Otorhinolaryngology-Head and Neck Surgery, Urology, Anesthesiology, Orthodontic, and Oral Surgery

Block D (2nd Floor):
Pediatrics, Plastic Surgery, Dermatology, and, Ophthalmology
### 2.3. Doctor Availability

(As of May 2017)

<table>
<thead>
<tr>
<th>Dept.</th>
<th>Mon AM</th>
<th>Mon PM</th>
<th>Tue AM</th>
<th>Tue PM</th>
<th>Wed AM</th>
<th>Wed PM</th>
<th>Thu AM</th>
<th>Thu PM</th>
<th>Fri AM</th>
<th>Fri PM</th>
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<tbody>
<tr>
<td>Internal Medicines</td>
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<td>Endocrinology &amp; Metabolism</td>
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<td>Pediatrics</td>
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<td>Obstetrics &amp; Gynecology</td>
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<tr>
<td>Orthodontic Dentistry</td>
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</tbody>
</table>

●: Fully available  
○: By appointments ONLY

### 2.4. Making Appointments

- Appointments with Uonuma Kikan Hospital can be made ONLY through other medical institutions. (Individual appointments cannot be accepted.)
- When your family doctor sees a need for you to visit Uonuma Kikan Hospital, he/she will make an appointment for you.
- While you may visit Uonuma Kikan Hospital without an appointment or a referral, you will be charged with a special health-care fee of 2,160 yen and a long waiting time is expected.
2.5. Steps in Receiving Care at Uonuma Kikan Hospital

With Referral*

[Patient Support Center]
The staff will receive your referral. Please fill in an application form, and you will receive a reception sheet for the day, as well as your patient registration card, if this is your first visit.

WithOUT Referral*

Visit [Counter 1] to fill in an application form, and you will receive a reception sheet for the day, as well as your patient registration card, if this is your first visit.

Go to Reception A, B, C, or D (A&B on the 1st floor, C&D on the 2nd floor)

«First Time Visitors»
Fill out a questionnaire and wait in the waiting area.

«Returning Visitors»
Present your NHI card. Wait in the waiting area.

When it is your turn to see the doctor, the number on your reception sheet will be displayed on the electric

Doctor Consultation

After you see the doctor, the Doctor or Nurse will give you a file. Please submit it to Reception A, B, C, or D, and you will receive a bill.

Cashier

Make your payment at the cashier (Counter 6) or at the automatic payment machine (Counter 7).

* "Referral" means a letter of introduction from another medical facility; hospital or clinic.
2.6. Explanation of Receptions

There are two different receptions at this hospital depending on your situation.

- If you have a referral, please go to the “Patient Support Center.”
- If you do not have a referral, please go to the Counter 1 at the “Main Reception” area.

* After the initial reception, you will have a secondary reception (Reception A, B, C, or D) depending on the department.

* On your return visits with an appointment, go to these machines right after you walk in the main entrance. Insert your hospital card, and your registration for the day is complete. Go to your relevant Block Reception with the sheet that prints out from this machine.
3. Koide Hospital

3.1. General Information

Address: 34 Hiwatashi-shinden, Uonuma-shi, Niigata-ken 946-0001
(See the map on page 19.)
Phone: 025-792-2111, Fax: 025-792-2134
URL: http://www.uonuma-medical.jp/koide/ (in Japanese only)

Koide Hospital is located about 20 minutes by car from IUJ. There are at least four ways to get there:
- After taking the IUJ Bus to Urasa Station, take the JR train to Koide Station and walk about 15 minutes.
- After taking the IUJ Bus to Urasa Station, take a local bus service to Koide Hospital. (See the time-table on the next page.)
- Call a cab and get there. (about 12 Km from IUJ and 2 Km from Koide Station)
- Drive yourself, or ASK A FRIEND to drive you there.

3.2. Doctor Availability

(As of May 2017)

<table>
<thead>
<tr>
<th>Dept.</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Registration</th>
<th>Consultation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internal Medicines</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>8:30-11:00</td>
<td>9:00-12:00</td>
</tr>
<tr>
<td>Gastroenterology</td>
<td></td>
<td>●</td>
<td></td>
<td></td>
<td>By appointments</td>
<td>9:00-12:00</td>
<td></td>
</tr>
<tr>
<td>Cardiology</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>By appointments</td>
<td>14:00-16:00</td>
<td></td>
</tr>
<tr>
<td>Nephrology</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>13:00-15:30</td>
<td>14:00-16:00</td>
<td></td>
</tr>
<tr>
<td>Hematology</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>8:30-11:00</td>
<td>9:00-11:30</td>
<td></td>
</tr>
<tr>
<td>Endoscope</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>By appointments</td>
<td>9:00-12:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13:30-16:00</td>
<td></td>
</tr>
<tr>
<td>Neurology</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>By appointments</td>
<td>9:00-12:00</td>
<td></td>
</tr>
<tr>
<td>Pediatrics</td>
<td></td>
<td>●</td>
<td></td>
<td></td>
<td>By appointments</td>
<td>9:30-12:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td></td>
<td>13:00-16:00</td>
<td>14:00-17:00</td>
<td></td>
</tr>
<tr>
<td>Obstetrics &amp; Gynecology</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>8:30-11:00</td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>By appointments</td>
<td>9:15-12:00</td>
<td></td>
</tr>
<tr>
<td>Orthopedics</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>8:30-10:00</td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>9:00-12:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>8:30-11:30</td>
<td>9:30-12:00</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>8:30-11:00</td>
<td>9:00-12:00</td>
<td></td>
</tr>
<tr>
<td>Neuro Surgery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13:00-16:00</td>
<td>14:00-17:00</td>
<td></td>
</tr>
<tr>
<td>Dermatology</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>By appointments</td>
<td>9:00-12:00</td>
<td></td>
</tr>
<tr>
<td>Urology</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td>By appointments</td>
<td>9:00-12:00</td>
<td></td>
</tr>
</tbody>
</table>

* For further details, please access the following site:
  http://www.uonuma-medical.jp/koide/outpatient.html
* They offer evening consultations at 17:00-19:00 every Thursday.
* The hospital is closed every Saturday, Sunday and National Holidays.
3.3. **Urasa-Koide Shuttle Bus Time Table** (as of April 1, 2017)

<table>
<thead>
<tr>
<th>Urasa Station (West Exit)</th>
<th>Koide Station</th>
<th>Koide Hospital</th>
<th>Koide Hospital</th>
<th>Koide Station</th>
<th>Urasa Station (West Exit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>* 7:22</td>
<td>7:44</td>
<td>7:46</td>
<td>* 6:51</td>
<td>6:54</td>
<td>7:15</td>
</tr>
<tr>
<td>8:22</td>
<td>8:44</td>
<td>8:46</td>
<td>* 7:32</td>
<td>7:35</td>
<td>7:56</td>
</tr>
<tr>
<td>9:57</td>
<td>10:19</td>
<td>10:21</td>
<td>8:01</td>
<td>8:04</td>
<td>8:25</td>
</tr>
<tr>
<td>* 11:02</td>
<td>11:24</td>
<td>11:26</td>
<td>9:16</td>
<td>9:19</td>
<td>9:40</td>
</tr>
<tr>
<td>14:02</td>
<td>14:24</td>
<td>14:26</td>
<td>11:51</td>
<td>11:54</td>
<td>12:15</td>
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<tr>
<td>17:12</td>
<td>17:34</td>
<td>17:36</td>
<td>15:16</td>
<td>15:19</td>
<td>15:40</td>
</tr>
<tr>
<td>* 18:00</td>
<td>18:24</td>
<td>18:26</td>
<td>17:16</td>
<td>17:19</td>
<td>17:40</td>
</tr>
</tbody>
</table>

* Runs only on Weekdays (not including Aug. 14 - 16 and Dec. 29 – Jan. 3.
* Bus fare is ¥240.

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4. **Minami Uonuma City Hospital**

4.1. **General Information**

Address: 2643-1 Muikamachi, Minami Uonuma-shi, Niigata-ken 949-6680  
(See the map on page 20.)

Phone: 025-788-1222  
FAX: 025-788-1231  
URL: http://www.minamiuonumahp.jp/ (in Japanese only)

Minami Uonuma City Hospital is located about 30 minutes by car from IUJ. There are three ways to get there:

- After taking the IUJ Bus to Urasa Station, take the JR train to Muikamachi Station and the hospital bus* to the City Hospital. (* The hospital bus timetable is the below.)
- Walk from Muikamachi Station to the hospital. Ask for a map with detailed directions at the OSS.
- Call a cab and get there. (about 17 Km from IUJ and about 2 Km from Muikamachi Station)
- Drive yourself, or ASK A FRIEND to drive you there.

4.2. **Registration Schedule**

Registration Time: 8:30 - 11:00 & 13:00 – 15:00  
Consultation Time: 9:00 - & 13:30-

*The hospital is closed Saturday afternoon, Sunday, national holidays and the 3rd Monday every month.*
4.3. Doctor Availability (As of May 2017)

<table>
<thead>
<tr>
<th>Dept.</th>
<th>Mon AM</th>
<th>Mon PM</th>
<th>Tue AM</th>
<th>Tue PM</th>
<th>Wed AM</th>
<th>Wed PM</th>
<th>Thu AM</th>
<th>Thu PM</th>
<th>Fri AM</th>
<th>Fri PM</th>
<th>Sat AM</th>
<th>Sat PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internal Medicine</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<td>Psychiatrist</td>
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</tr>
<tr>
<td>Memory Clinic</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<td>●</td>
<td></td>
</tr>
<tr>
<td>Higher Brain Dysfunction</td>
<td>○</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<td>●</td>
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</tr>
<tr>
<td>Orthopedics</td>
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<td>●</td>
<td>●</td>
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<tr>
<td>Rehabilitation</td>
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<td>●</td>
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<td>●</td>
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<td></td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>●</td>
<td>●</td>
<td>○</td>
<td>○</td>
<td>●</td>
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<td>○</td>
<td>○</td>
<td></td>
</tr>
<tr>
<td>Gynecology</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Pediatrics</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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</tr>
<tr>
<td>Otorhinolaryngology-Head and Neck Surgery</td>
<td></td>
<td></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Rheumatology</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Dermatology</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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</tr>
<tr>
<td>Oral and Dental Surgery</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
</tbody>
</table>

●: Fully available
○: Every other week (ask the OSS for details)

4.4. Urasa-Muikamachi Shuttle Bus Time Table (as of April 1, 2017)

<table>
<thead>
<tr>
<th>Urasa Station (West Exit)</th>
<th>Muikamachi Station</th>
<th>Muikamachi Station</th>
<th>Urasa Station (West Exit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15</td>
<td>7:41</td>
<td>7:00</td>
<td>7:22</td>
</tr>
<tr>
<td>7:56</td>
<td>8.22</td>
<td>8:00</td>
<td>8.22</td>
</tr>
<tr>
<td>8:25</td>
<td>8.51</td>
<td>9:35</td>
<td>9.57</td>
</tr>
<tr>
<td>9:40</td>
<td>10:06</td>
<td>10:40</td>
<td>11:02</td>
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<tr>
<td>11:15</td>
<td>11:41</td>
<td>11:55</td>
<td>12:17</td>
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<tr>
<td>12:15</td>
<td>12:41</td>
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<td>13:35</td>
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<td>15:50</td>
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<td>15:40</td>
<td>16:06</td>
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<td>17:12</td>
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<tr>
<td>17:40</td>
<td>18:06</td>
<td>17:35</td>
<td>18:00</td>
</tr>
<tr>
<td>19:05</td>
<td>19:31</td>
<td>18:25</td>
<td>18:47</td>
</tr>
</tbody>
</table>

* Runs only on Weekdays (not including Aug. 14 - 16 and Dec. 29 – Jan. 3.
* Bus fare is ¥290.
4.5. Minami Uonuma City Hospital Bus Time Table (as of July 29, 2016)

<table>
<thead>
<tr>
<th>Muikamachi</th>
<th>City Hospital</th>
<th>City Hospital</th>
<th>Muikamachi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Station</td>
<td>7:50</td>
<td>8:10</td>
<td>8:17</td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td>8:40</td>
<td>8:47</td>
</tr>
<tr>
<td>9:40</td>
<td>9:47</td>
<td>9:50</td>
<td>9:57</td>
</tr>
<tr>
<td>* 10:20</td>
<td>10:27</td>
<td>* 10:30</td>
<td>10:37</td>
</tr>
<tr>
<td>11:30</td>
<td>11:37</td>
<td>11:40</td>
<td>11:47</td>
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<tr>
<td>* 12:20</td>
<td>12:27</td>
<td>* 12:30</td>
<td>12:37</td>
</tr>
<tr>
<td>* 15:15</td>
<td>15:22</td>
<td>* 15:25</td>
<td>15:32</td>
</tr>
<tr>
<td>17:05</td>
<td>17:12</td>
<td>17:16</td>
<td>17:23</td>
</tr>
</tbody>
</table>

* Runs only on weekdays (not including Aug. 14 – 16 and Dec. 29 – Jan. 3.)
* Bus fare is ¥150.

5. Moegi Clinic

5.1. General Information

Address: 5363-1 Urasa, Minami Uonuma-shi, Niigata-ken 949-7302
(See the map on the back cover.)
PHONE: 025-777-5222
FAX: 025-777-5866
URL: http://www.moegien.jp/ (in Japanese only)
* English-speaking doctors are stationed at this clinic.

Moegi Clinic is located about 10 minutes by car from IUJ, just across from Urasa Elementary School. There are three ways to get there:
- Take the IUJ Bus, and get off at the “Tamon Bridge” and walk from there to the clinic.
- Call a cab and get there: the distance is about 3.5 km.
- Drive yourself, or ASK A FRIEND to drive you there.

5.2. Services at Moegi Clinic

The full-time doctors at this clinic are general physicians for internal medicine, common illness that are usually treated one time (when return visits are not necessary), such as colds, flu, diarrhea, headaches/nausea, chicken pox/mumps, stomachaches, etc.

If you have other conditions, please see specialists at a hospital. Please refer to the “Moegi Clinic Guide” available at the OSS for further details on this clinic.

Operating Hours: Monday through Friday 8:30am – 12:00 noon, 4:30pm – 6pm
Saturday 8:30am – 12:00 noon
6. Other Clinics & Dentists

There are several other clinics and dentists around IUJ. Clinics in Japan are either a specialized and specific type of medicine (such as Sakura Clinic for skin issues --- see map on page 21) or general medicine without specialization (such as Moegi). Be sure you are asking for only the services the clinic can provide. You can find the locations in the maps on the next few pages.

● <Clinics> (as of February 2016)

<table>
<thead>
<tr>
<th>Name (Map)</th>
<th>Address &amp; Phone</th>
<th>Department</th>
<th>Treatment Day</th>
<th>Open Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uonuma Eye Clinic</td>
<td>84-1 Hiwatashi, Hiwatashi Shinden,Uonuma-ki, Tel. 025-793-7347</td>
<td>Ophthalmology</td>
<td>Mon., Wed. - Sat. (Sat: Morning only)</td>
<td>9:00-12:30, 14:30-18:00</td>
</tr>
<tr>
<td>Yasukawa Orthopedic Clinic</td>
<td>101-8 Muikamachi, Minami Uonuma-shi, Tel. 025-781-5320</td>
<td>Orthopedics</td>
<td>Mon. - Sat. (Thu. &amp; Sat.: Morning only)</td>
<td>9:00-13:00, 15:00-18:00</td>
</tr>
<tr>
<td>*Osaki Sakura Clinic (page 21)</td>
<td>3409-3 Osaki, MinamiUonuma-shi, Tel. 025-780-1011</td>
<td>Internal Dep., Dermatology (Skin, Rash, Allergies)</td>
<td>Mon. - Sat. (Wed. &amp; Sat.: Morning only)</td>
<td>9:00-12:00, 15:30-18:00</td>
</tr>
</tbody>
</table>

● <Dentists> (as of February 2016)

<table>
<thead>
<tr>
<th>Name (back cover)</th>
<th>Address &amp; Phone</th>
<th>Treatment Day</th>
<th>Open Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sawata</td>
<td>1137 Urasa, MinamiUonuma-shi, Tel. 025-777-4925</td>
<td>Mon., Tue., Wed., Fri. and Sat.</td>
<td>9:00-13:00, 14:30-18:30</td>
</tr>
<tr>
<td>Honmachi</td>
<td>330-3 Urasa, MinamiUonuma-shi, Tel. 025-777-2966</td>
<td>Mon., Tue., Thu., Fri. and Sat.</td>
<td>9:00-12:00, 14:00-18:00</td>
</tr>
<tr>
<td>Urasa</td>
<td>1369-1 Urasa, MinamiUonuma-shi, Tel. 025-777-3788</td>
<td>Mon. - Fri. and Sat. (Morning only)</td>
<td>9:00-13:00, 14:30-18:30</td>
</tr>
<tr>
<td>Sato</td>
<td>5421-4 Urasa, MinamiUonuma-shi, Tel. 025-777-2872</td>
<td>Mon., Tue., Thu., Fri. and Sat. (Morning only)</td>
<td>8:30-12:00, 13:00-17:30</td>
</tr>
</tbody>
</table>

* The clinics and dentists are closed every Sunday and National Holidays. Appointments are required ahead of time.
< How to Seek Emergency Care >

In case of a medical emergency, make a quick judgment as to whether or not you need to call an ambulance. Please refer to the info on the next page as a judgment guideline.

1. If there is NO NEED TO CALL AN AMBULANCE, but an immediate medical attention is required during the night and on holidays, call one of the following hospitals and visit them on your own.

   ◆ Uonuma Kikan Hospital ☎ 777-3200
   ◆ Minami Uonuma City Hospital ☎ 788-1222
   ◆ Saito Memorial Hospital ☎ 773-5111
   (Neurosurgery ONLY)

2. If an AMBULANCE IS REQUIRED, follow the procedures below:

   ◆ Call 119 (If calling from on campus facilities, dial 0-119.) (If you do not speak Japanese, contact the Dorm Director x555 or your Floor Representative to call for you.)
   ◆ Tell the operator that it’s an emergency.
     Kyukyu Desu. Kyukyusha wo onegai shimasu.
     救急です。救急車をお願いします。
   ◆ Tell them your address.
     Kokusai Daigaku Gakuseiryo ① no ② goushitsu desu.
     国際大学学生寮 ① の ② 号室です。
     ① Name of the dorm: SD1, SD2, SD3, or MSA
     ② Room number
       0=zero  1=ichi  2=ni  3=san  4=yon
       5=go    6=roku 7=nana 8=hachi 9=kyu
   ◆ Inform them of the patient’s condition and age.
     <Examples>
     Unconscious
     Ishiki fumei desu. 意識不明です。
     Severe headache
     Hageshii zutsu ga arimasu. 激しい頭痛があります。
     Seizures
     Keiren ga tomari masen. けいれんが止まりません。
   ◆ Inform them of your name and phone number.
     Watashi no namae wa _________ desu. Denwa bangou wa _______ _______ desu.
     私の名前は _________ です。電話番号は _______ _______ です。

The above is a general dialogue. You might be asked for more detailed conditions, chronic illness, primary doctor, etc. Try to answer the questions as much as possible.
If you or your friend have the following symptoms, a serious illness/injury is suspected. Call an ambulance immediately.

Other symptoms include unconsciousness, seizure, severe burns, extreme nausea, food jammed into the throat, etc.
1. Compulsory Health Examination
The Ministry of Education, Culture, Sports, Science and Technology requires full-time students to have a health check-up once a year. IUJ arranges a health examination for all full-time students on campus. IUJ will pay for the cost and it is available in Fall and Spring Terms. Please participate in this examination either in October/November or April/May (watch the bulletin board for exact dates). To have a health examination is your duty to protect not only yourself but also your neighbors from illness. Please refer to the “Info Pack” for more information.

2. Physical Health Support
IUJ arranges free consultations with medical doctors a few times a month. OSS takes appointment requests on a first-come, first-served basis. Please refer to the bulletin board for exact dates.

3. Mental Health Support
IUJ’s counselor is available 9 am to 6 pm Monday through Friday by appointment or drop in (counselor@iuj.ac.jp or x506 for appointments). As an alternative, a second professional comes 2 Saturdays a month and appointments can be made through the OSS.

4. Automated External Defibrillator (AED)
Two AED machines to restart someone’s heart are available on campus. They are located in SD1 entrance and in the guard’s room by IUJ’s main entrance. They are easy to use by following the step-by-step directions provided in the machines in English and Japanese.

5. Multilingual Medical Questionnaire Sheet
There are “Multilingual Medical Questionnaire” (produced by International Community Hearty Konandai), like shown on the next page, for each department and each language (for example, Chinese, French, Arabic, Russian and etc.) available at the Office of Student Services, OSS. If you need one, please ask for it at the OSS. OSS also has multilingual symptoms forms for your use. For English, see the next 2 pages.
### Multilingual Medical Questionnaire

**INTERNAL MEDICINE**

<table>
<thead>
<tr>
<th>Name</th>
<th></th>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of birth</td>
<td>year</td>
<td>month</td>
<td>day</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Do you have health insurance?**

- Yes
- No

**Nationality**

<table>
<thead>
<tr>
<th>Language</th>
<th></th>
</tr>
</thead>
</table>

### What are your symptoms?

- Fever
- Sore throat
- Cough
- Headache
- Chest pain
- Rash
- Heart palpitation
- Shortness of breath
- Dizziness
- High blood pressure
- Abdominal pain
- Weight loss
- Nausea
- Constipation
- Weakness
- Excessive fatigue
- Others

### How long have you had these problems?

Since

### Do you have any food or medication allergies?

- Yes
- No

### Are you currently taking medication?

- Yes
- No

### Are you pregnant or is there a possibility of pregnancy?

- Yes
- No

### Are you currently breastfeeding?

- Yes
- No

### What illnesses have you had in the past?

- Kidney disease
- Tuberculosis
- Diabetes
- High blood pressure
- AIDS/HIV
- Heart disease
- Others

### Are you currently under medical treatment?

- Yes
- No

### Have you ever had any operations?

- Yes
- No

### Have you ever had a blood transfusion?

- Yes
- No

### Can you arrange an interpreter by yourself for your next visit?

- Yes
- No

* Other languages and additional sheets available at the OSS

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http://www.ki.jp.org/medical

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Please use this form when you need the help of an interpreter before going to the hospital. Bring it the OSS or other Japanese speaker. Tell them your condition. Then take this sheet to the hospital for treatment.

**< Multilingual Medical Questionnaire >**

**< Language Assistance Sheet >**

Please call OSS of IUJ for the telephone interpreter service at 025-779-1103 during IUJ office hour weekdays.

**<留学生のための病院宛伝言用紙>**

<table>
<thead>
<tr>
<th>病院名:</th>
<th>名:</th>
<th>日時:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of the Hospital:</td>
<td>Name of the patient:</td>
<td>Date:</td>
</tr>
</tbody>
</table>

ご参考までに、下記学生から直接確認した病状等を記入いたしました。尚、電話通訳をご希望の場合は、平日 8:30AM から 5:00PM まで、Tel:025-779-1103 まで電話をお願いします。

**< 患者さんの詳細 >**

(1) 留学生名 Name of the patient:

(2) 住所 Address:

〒949-7248 新潟県南魚沼市国際町777番地 国際大学学生寮

Dorm Room No:

(3) 直通電話番号 Tel No.: 025-779-1

携帯 Mobile Phone No:

(4) 国保の有無 NHI*: あり Yes or なし No（旅行保険有 / 全額自己負担）

(*National Health Insurance)

(5) 本人が訴えている病状 Details of the Symptoms

※ 診察後、本人宛伝言（薬の飲み方指導）等がありましたらこの用紙の余白又は裏に書いて本人に渡してください。大学に本人が戻った時にこちらで英文翻訳して伝えます。