



琉球大学
UNIVERSITY OF THE RYUKYUS

5. Health



5. Health

(1) Daily Health Care

In case of sudden illness or injury, check the location of nearby drugstores and clinics in advance so that you can receive proper treatment at the appropriate medical facility without panicking.



Cold, headache and intestinal medicines are available at drugstores, and we recommend that you keep these medicines in your regular supply. In addition, you can visit the following website to check the effects, side effects, and dosage of drugs sold at drugstores.

○[「Find OTC MEDICINES」](#)

You can search for medicines available at pharmacies, drugstores, etc.

○[「Drug Information Sheet\(くすりのしおり\)」](#)

You can search for the effects, dosage, and side effects of medications prescribed by hospitals and clinics.



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(2) Health Consultation

Please use the Health Administration Center when you need first aid for minor injuries (cuts, bruises, sprains, etc.) or medical emergencies (headaches, stomachaches, symptoms of a cold, etc.) when on campus.

Also, feel free to consult the Health Administration Center when you have concerns about campus life or daily life.



《Other Organizations》

- [Okinawa International Exchange and Human Resource Foundation \(OIHF\)](#)

You can receive information on medical institutions in Okinawa Prefecture that offer medical services in foreign languages and medical interpreters (for a fee).

- [AMDA Medical Information Center](#)

Provides information on medical care in Japan for foreign residents in Japan.

- [Japan National Tourism Organization \(JNTO\)](#)

Provides useful information on receiving medical treatment in Japan.

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There are two types of medical institutions in Japan: "**CLINIC**" and "**HOSPITAL**", which have different purposes. It is important to know the difference between them so that you can receive appropriate medical care more smoothly.

● CLINIC

Visit a clinic first if you are ill unless it is an emergency.

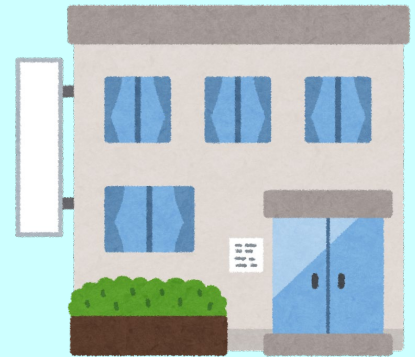
If you do not know where the nearest clinic is, consult the Health Administration Center or Global Education Section.

- Health Administration Center TEL: 098-895-8144 (weekdays 08:30-17:00)
- Global Education Section TEL: 098-895-8103 (weekdays 08:30-17:00)

● HOSPITAL

When an illness cannot be treated at the clinic or surgery is required, you will receive a letter of referral to the appropriate hospital

****A referral letter from a clinic is required to visit the University of the Ryukyus Hospital.**



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International students staying in Japan for more than three months must enroll in the National Health Insurance (Kokuho 国保).

Although you must pay the National Health Insurance Tax (Kokuho-zei 国保税) when you join this insurance, you can receive a subsidy of 70% of the cost of medical treatment by presenting your insurance card when you receive medical treatment at a clinic or hospital. (some treatments may not be covered by insurance.)

The National Health Insurance tax is calculated based on the participant's income during the previous year. If your income from the last year remains unknown, you will not be able to receive any reductions or exemptions, and you will have to pay a higher insurance tax. Even if you had no income in the previous year, you must declare your income every year at the municipal office of the municipality in which you live.

For more information on National Health Insurance and Tax, please refer to pages 60 to 62 of the [Guidebook for International Students](#).

沖縄県健康保険被保険者証
交付年月日 令和 4年 4月 1日
有効期限 令和 5年 3月31日

記号 浦国 番号 999999 (枝番) 01

氏名 国保 太郎
性別 男
生年月日 昭和45年 7月 1日
適用開始年月日 平成25年 7月 1日
世帯主氏名 国保 太郎
住所 沖縄県浦添市安波茶1丁目1番1号

保険者番号 **470088 交付者名 浦添市

特定健診・健康診査
健診対象年齢 20歳～74歳
健診自己負担額 無料 (1回)
整理番号 2219999999
受診可能期間 令和 4年 5月 1日から
令和 5年 3月31日まで
特定健診・健康診査を受けた日

※健診は県内の指定医療機関でご利用できます。
※健診日未記載による重複健診にご注意ください。