

About Health Care Center

1. Consultation hours

	Mon.	Tue.	Wed.	Thu.	Fri.
10:30-13:30	○ (-12:00)	○	×	○	○
14:30-16:30	×	○	○	○	○

- Doctor consultation is available for students, faculty and staff.
- Only nonprescription medication is provided when the doctor is out of office.
- Health Care Center (HCC) is closed for lunch break from 13:30 to 14:30.
(Conditions decided by labor standard laws)
- Please consult with HCC if you feel sick or have medical issues. There are basic medical devices for diagnosis and medication may be prescribed when necessary. Specialized doctors and medical facilities are introduced when necessary.
- Consultation at HCC is free. However, you are responsible for payment when seeing doctors at introduced facilities.

2. Open hours

Mon to Fri, 9:30-16:30.

3. Health consultations

If you have any mental concerns, the doctor, nurse or staff member will talk the you. Your privacy will be respected, so please come to HCC without any worries.

4. Medical health check-ups

We conduct general health checkups and special checkups for RI, X-ray, genetically modified DNA, organic solvent and specified chemical substance users. (Announced by email.) If you have a health checkup at a hospital, etc., please submit the results to HCC.

5. Issuing of health certificates

Health certificates are issued for job applications and academic enrollment. You are required to have taken all of the health checkup tests to receive a health certificate.

【Automated certificate machine at the library lobby entrance】

For those students with no health issues in the final check-up results, health certificates can be issued by the automated certificate machine next to the Student Affairs Division. (Available from Mon. to Fri. (excluding national holidays), 7:30 - 19:00)

【HCC】

If you need a health certificate in a specific format or in case you have health issues and above machine cannot be used, please come to HCC.

6. Self-checks

An automated height and weight scale, blood pressure machines and digital eyesight test machine are available in HCC. Please use them to monitor your health. This equipment is free to use, but please use it carefully.

7. Chat room/counselling room

Please feel free to use the chat room to relax and communicate. The counselling room is mainly used for counselling.

8. Refresh room

Please use the refresh room if you need to take a rest. (2 rooms are available)

9. Confidentiality

Your medical records are kept confidential and your privacy is respected, so please make use of HCC to maintain your health.

10. Contacts

HCC Head : Dr. Hidetaka Hougaku (ext. 5105)
Reception : Nurse Nao Nishiyama (ext. 5108)
Coordinator Kinuyo Nishiyama (ext.5108)
Staff Maki Tamaki (ext. 5108)
Consultation room : ext. 5108
International Student Affairs Section: ext. 5909
Student Support Section: ext. 5920
General Safety and Health Management Office: ext. 6221

11. Off-campus medical facilities

Medical facilities including emergency ones are as below.

- ① We recommend you bring a letter of referral from HCC. If you can't reach an HCC doctor or nurse, please go to a hospital without a letter during the hospital's consultation hours.
- ② Please check the Ikoma homepage below and call the hospital in advance.
<http://www.city.ikoma.lg.jp/0000001801.html>

Please also refer to handouts at HCC for more information.