

Guidebook for the Keio Student Health Care Mutual Aid Association (*Kenpo-no-tebiki*)

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About the Keio Student Health Care Mutual Aid Association (*Gakuseikenpo*)

1 What is the Keio Student Health Care Mutual Aid Association (*Gakuseikenpo*)?

The Keio Student Health Care Mutual Aid Association (hereafter "*Gakuseikenpo*") is a cooperative based on a spirit of mutual aid among students. It was established in 1959 with the aim of supporting student life from a health perspective.

2 Members

Full-time undergraduate and graduate degree students enrolled at Keio University become members of the *Gakuseikenpo* when they enter the university. Students who take a temporary leave of absence and study abroad remain members, but those who graduate, leave, or lose their status as Keio University students for other reasons, will have their membership terminated the day after their status has been rescinded.

3 Student Health Care Mutual Aid Fee

Members are required to pay a 100 yen registration fee and an annual Student Health Care Mutual Aid Fee of 2,500 yen together with their academic fees and expenses. If payment of the academic fees and expenses is overdue, members lose the right to receive the benefits listed in

4 Main activities of the *Gakuseikenpo* below.

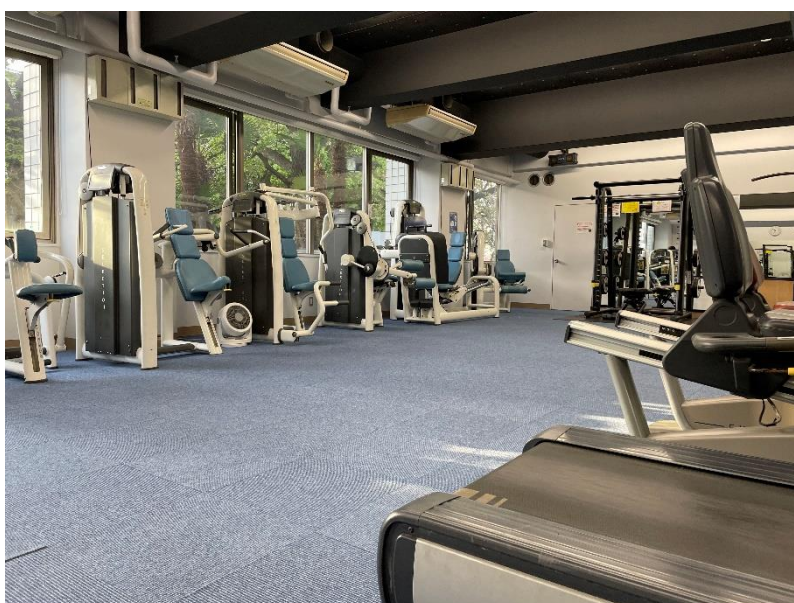
4 Main activities of the *Gakuseikenpo*

- Medical Care Benefits: A scheme where a portion of the co-payment of a student's medical expenses will be reimbursed after receiving medical treatment covered by health insurance at health and medical care facilities. (See page 4)
- Prevention Benefits: In addition to access to the Training Room on Hiyoshi Campus (see page 9) and offering subsidized accommodation rates at *Keiyaku Ryokan* (inns with which the *Gakuseikenpo* has an agreement; see page 10), these benefits include activities to promote good health and prevent illness among students such as the various events planned by the Student Health Care Mutual Aid Committee, which is a welfare organization composed of student members.

5 Contact information

Campus	Office in charge	Office hours
Mita	Office of Student Services (Scholarships and Financial Assistance)	8:45–16:45
Hiyoshi (Undergraduate students)	Office of Student Services (Student Life Services)	8:45–16:45
Yagami	Office of Student Services (Student Life Services)	8:45–16:45
Shinanomachi	Office of Student Services (Student Life Services)	8:45–16:45
Shonan Fujisawa (Faculty of Policy Management, Faculty of Environment and Information Studies, Graduate School of Media and Governance)	SFC Office (Student Life Services)	9:15–16:50
Shonan Fujisawa (Faculty of Nursing and Medical Care, Graduate School of Health Management)	Faculty of Nursing and Medical Care Office	9:15–16:50
Shiba-Kyoritsu	Office of Student Services (Student Life Services)	8:45–16:45
Hiyoshi (Graduate students)	Office of Student Services (Graduate Schools)	8:45–16:45

※ The above offices are closed on weekends and national holidays. Office hours may change during extended breaks and the entrance examinations or due to social conditions. Please check our website for up-to-date information.



▲ the Training Room on Hiyoshi Campus (see page 9)

About Medical Care Benefits

The Medical Care Benefit System is a scheme where the *Gakuseikenpo* will reimburse a portion of the co-payment of a member's medical expenses when a member receives treatment at a medical facility and presents a health insurance card.

To apply, first submit the Notification of Bank Account for Medical Care Benefits (download the designated form from [2] below) and a copy of the facing page of the bankbook (the part showing the name of the financial institution, branch name, account number, and account name) to your campus. **Be sure to check the URL below for details on how to apply.** Any changes to the application process due to current events will also be conveyed on the following website. You must log into keio.jp to view the website.

[1] <https://www.students.keio.ac.jp/en/com/life/health/> (Keio University Student Website)

[2] <http://keio.jp/>

(Log into keio.jp, and under "Apps" select *Gakuseikenpo* "Medical Care Benefit System")

*In the event that you are discovered to have made a fraudulent application to this scheme, all amounts previously distributed will be recollected. In addition, the fraudulent behavior will be reported to your undergraduate faculty/graduate school.

*For accounts without a bankbook, please submit printed materials showing the name of the financial institution, branch name, account number, and account name.

*If you are planning to change banks or use a different bank account, please repeat the above procedure to update your registration.

1 Application deadlines

Please apply **by the end of the month following the month of your medical examination.** The deadline for applying in person or by mail is as follows. In the case of hospitalization, the time spent from entering the hospital to being discharged will be counted as a single medical treatment, and the deadline for application will be the last day of the month following the month you are discharged. Any applications received after the application deadline has passed will not be accepted.

Month and year of treatment		Application deadline at the counter *during the opening hours of the counter	Application deadline by post *postmark valid	Month and year of treatment		Application deadline at the counter *during the opening hours of the counter	Application deadline by post *postmark valid
2024	Apr.	May 31	May 31	2024	Oct.	Nov. 29	Nov. 30
	May	Jun. 28	Jun. 30		Nov.	Dec. 27	Dec. 31
	Jun.	Jul. 31	Jul. 31		Dec.	Jan. 31	Jan. 31
	Jul.	Aug. 30	Aug. 31	2025	Jan.	Feb. 28	Feb. 28
	Aug.	Sep.30	Sep. 30		Feb.	Mar. 31	Mar. 31
	Sep.	Oct. 31	Oct. 31		Mar.	Apr. 30	Apr. 30

Note 1: We will only accept applications submitted to your affiliated campus (both in person and by post).

Note 2: Applications cannot be made in person during periods the administrative offices are closed for summer and winter holidays. Please check the following webpage for details on when the office will be closed.

<https://www.students.keio.ac.jp/en/com/other/contact/office.html> (Keio University Student Website Offices Guide)

Note 3: Application procedures and deadlines are subject to change. For the latest information on how to apply and application deadlines, please check the Keio University Student Website (*Gakuseikenpo* page) and the news page on keio.jp.

Note 4: If your academic fees are overdue, you are ineligible to apply. If you paid overdue academic fees, you will be eligible to apply from the day the university confirms payment. Retroactive applications will not be accepted.

2 Expenses eligible for reimbursement

The following medical services are covered by public health insurance (hereinafter referred to as “expenses eligible for reimbursement”) at medical institutions in Japan that accept health insurance. Please note that certain expenses are not eligible for reimbursement (see [3 Expenses not eligible for reimbursement](#)). Reimbursements are available for the following expenses:

- Medical consultation and tests
- Supplies for treatment
- Medication
- Medical treatments and surgeries
- Hospitalization

*Dental treatment

(outpatient care, hospitalization, and when filling a prescription at the pharmacy)

For dental treatment (outpatient care, hospitalization, and when filling a prescription at the pharmacy), only oral and maxillofacial surgery is covered under this scheme.

When applying for oral and maxillofacial surgery, a Certificate of Oral and Maxillofacial Surgery (form designated by Keio University) completed by the medical institution must be submitted in addition to the regular application documents.

No dental treatment is eligible for coverage without the submission of a Certificate of Oral and Maxillofacial Surgery (<https://gakukenpo.adst.keio.ac.jp/manual/kokugeka.pdf>).

Note that oral and maxillofacial surgery does not include the following procedures:

Orthodontics, tooth decay, periodontal disease, wisdom tooth removal, routine checkups, scaling, teeth cleaning, tooth whitening, repairing fillings and crowns, etc.

3 Expenses not eligible for reimbursement

The following treatments are not subject to reimbursement in the following cases, regardless of whether you are treated as an outpatient, hospitalized, or fill a prescription at a pharmacy (this includes some treatments covered by insurance).

- Dental treatments (excluding oral and maxillofacial surgery)
- Self-financed treatment (such as an influenza vaccination)
- Medical treatment at Judo-orthopedics, osteopathic clinics, and acupuncture-moxibustion clinics
- Expenses for meals while hospitalized and extra fees incurred for amenity beds
- Health checks and comprehensive medical exams
- Elective treatment fees
- Documentation fees and charges for medicine containers

4 Co-payment and maximum reimbursement amount

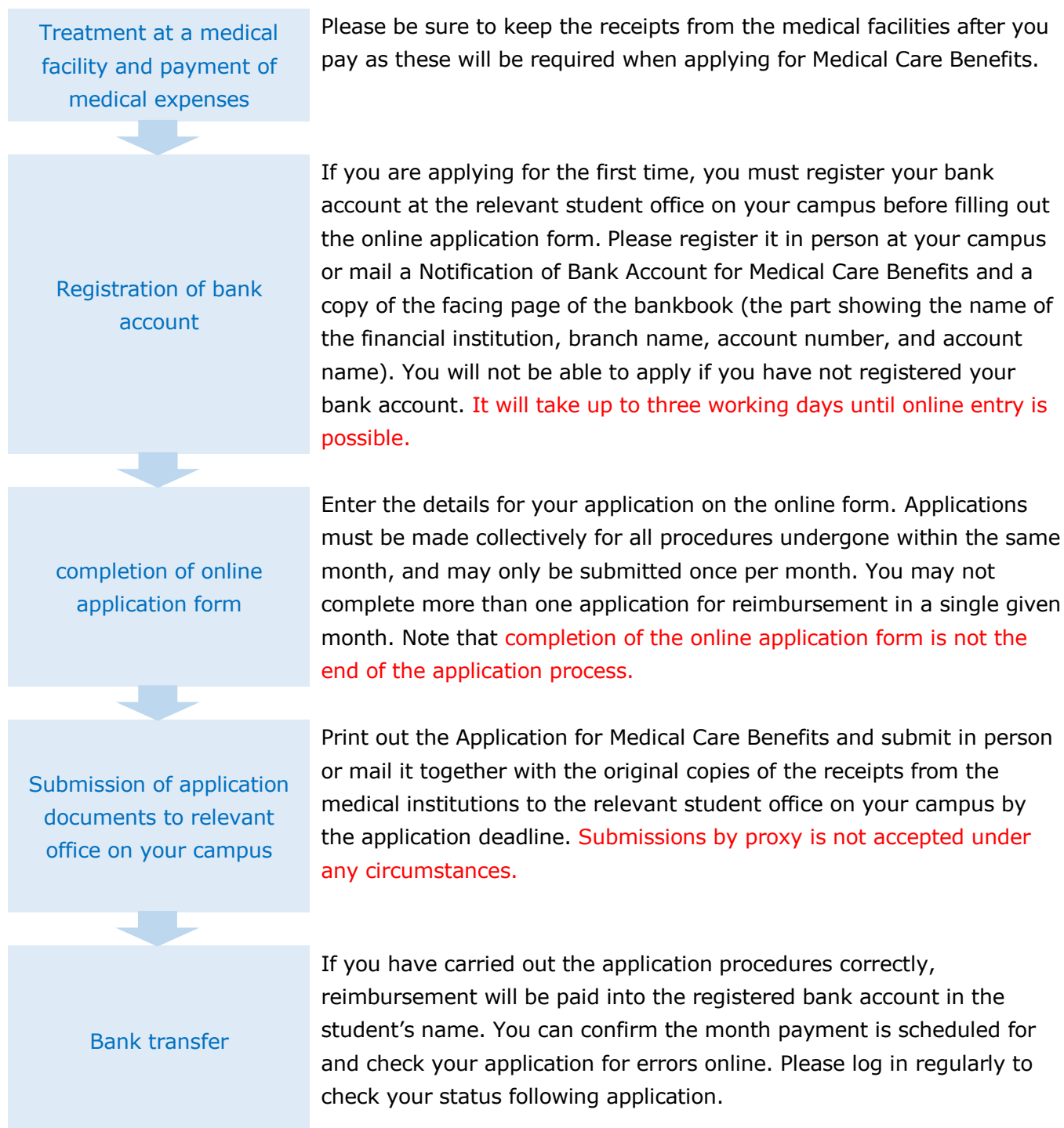
When making an application, **please combine all expenses for treatments received within the same month into a single co-payment**, regardless of whether you were hospitalized, were treated as an outpatient, or filled a prescription at a pharmacy. For co-payments calculated based on the “medical remuneration points” recorded on the receipts issued by medical facilities (rounded down to the nearest 10 yen), the reimbursement limit per application is 50,000 yen. A single co-payment of 2,000 yen will be deducted by the *Gakuseikenpo*. You may only apply for reimbursement if medical fees incurred in one month exceed 2,000 yen.

-The maximum reimbursement amount is 50,000 yen per application, and is capped at 150,000 yen per year.

*If the cumulative reimbursement amount sought exceeds the maximum amount allowed per year, the excess will not be paid out. The maximum annual reimbursement amount for a year in which a student is enrolled for only six months will be capped at 75,000 yen. If reimbursement received for treatment exceeds the annual limit, or you receive reimbursement for treatments that are not eligible, funds will be recollected.

5 Application process

Please follow the instructions on the online form to complete your applications. *The application procedures are the same regardless of whether you are dealing with a general hospitals, Keio University Hospital, or a pharmacy.



Medical care subsidy at Keio University Clinics (Health Centers on each campus)

The *Gakuseikenpo* provides medical expense subsidies to all members for treatments received at Keio University Clinics. Please present your student ID card at the counter before undergoing the treatment. Although treatments received at the Keio University Clinics must be paid for at your own expense (100% of cost), you will only be billed for 50% (tax included) of the cost as the remaining 50% is subsidized by the *Gakuseikenpo*. In this case, you may not apply for the medical care benefits described on p. 4–7.

- ※ Fees for medical exams at the Shinanomachi Health Center are treated differently from the above. Please carry out the same application procedures as for Medical Care Benefits for general hospitals and Keio University Hospital as outlined in [5 Application process](#) on page 7.

About Prevention Benefits

1 Training Room

*Opening times and days may be subject to change. Please check the Training Room reception desk or our website and X (Twitter) profile for updated information.

The Training Room is a facility operated by the *Gakuseikenpo* to promote good health and fitness among students. As it is subsidized by the *Gakuseikenpo*, members can use the facility at a discounted fee.

<Location>	Student Union Building 1F, Hiyoshi Campus
<Usage fee>	Members: 200 yen Correspondence course students, Japanese Language Program (JLP) students, non-degree students (including “for credit” students), etc., and students who are not enrolled full-time in an undergraduate or graduate school degree program: 300 yen
<Days open>	Monday to Friday: Closed on weekends, national holidays, Keio University holidays, during the Mita Festival, entrance examinations, and summer and winter holiday periods.
<Opening hours>	Normal opening hours from April to December: 10:30–19:30 January to March: 10:30–17:00 Opening times and days are subject to change, so please check with the reception desk. As of April 2024, the Training Room is only available by appointment. Please check our website and X (Twitter) account for instructions on how to make a reservation.

*When using the Training Room, please be sure to bring your student ID card, exercise clothing, a separate pair of indoor socks and shoes (shoes used outdoors are not allowed), and a towel.

*You will need to pay if you are only using the shower room. (You will not be charged for using the shower room if you are also using the training room.)

Keio University Student Website (*Gakuseikenpo*):

<https://www.students.keio.ac.jp/en/com/life/health/>

Gakuseikenpo Website (Keio University Student Health Insurance Plan Committee):

<https://keio-kenpo.amebaownd.com>

X (Twitter) (Keio University Student Health Insurance Plan Committee): @KEIO_KENPO

2 *Keiyaku Ryokan* (inns with which the *Gakuseikenpo* has an agreement)

The *Gakuseikenpo* has agreements with traditional Japanese inns, allowing it to offer subsidized rates to its members. These accommodation facilities are called *Keiyaku Ryokan*, and currently, there are 12 such inns located in and around the Kanto region. These *Keiyaku Ryokan* are available all year round, excluding certain days that each *Keiyaku Ryokan* closes for business. *Keiyaku Ryokan* can be used for holidays and camps by clubs, student groups, seminars, etc. Please check the information provided by the Student Affairs Center regarding permission to utilize these inns for activities involving overnight stays.

How to use a *Keiyaku Ryokan*

1. Make a reservation at the *Keiyaku Ryokan*

Please contact the *Keiyaku Ryokan* you wish to stay at directly and make a reservation. When making the reservation, inform them that you are a Keio University student and that you intend to use the *Gakuseikenpo* subsidy for your stay. Be sure to confirm you are getting the subsidized rate. Please note that if you make a reservation through a travel agent, you will not be entitled to the subsidized rate.

2. Apply at the relevant student office on your campus (see page 3)

The deadline for completing an application at the relevant student office on your campus to stay at a *Keiyaku Ryokan* is 3 working days prior to the check-in date (excluding weekends, national holidays, and other days the office is closed).

Please be sure to bring the group representative's seal. The application cannot be processed without it.

Once your application is accepted, the university will issue an Accommodation Voucher for *Keiyaku Ryokan*.

- If the application deadline has passed, we will not be able to issue the Accommodation Voucher for *Keiyaku Ryokan* and you will not be entitled to the subsidized rate.
- If the number of people or nights for the stay changes after you make the reservation, notify the *Keiyaku Ryokan* of the change and come to the relevant student office on your campus with the Accommodation Voucher for *Keiyaku Ryokan* and the group representative's seal at least 3 working days before the check-in date (excluding weekends, national holidays and other days the office is closed).
- Be sure to notify the *Keiyaku Ryokan* and the student office on your campus immediately if you need to cancel your reservation. Cancellations are handled differently depending on the *Keiyaku Ryokan*. You are responsible for checking the respective cancellation procedures.

3. Submit the Accommodation Voucher for *Keiyaku Ryokan* at the *Keiyaku Ryokan*

When you arrive at the *Keiyaku Ryokan*, present your student ID card and submit the Accommodation Voucher for *Keiyaku Ryokan* at the front desk. Be sure to bring the Accommodation Voucher for *Keiyaku Ryokan* and the group representative's seal, and that all members have their student ID cards.

If you do not submit the Accommodation Voucher for *Keiyaku Ryokan*, you are not entitled to the subsidized rate.

List of *Keiyaku Ryokans*

■ Keio Akakura Sanso (<https://www.sanshikai.jp/cottage/>)

Address 219-7 Tagiri, Myoko-shi, Niigata 949-2102

Tel. 0255-87-3900

Rate 5,500 yen (tax included) per night with 2 meals (December 1–March 31)
4,500 yen (tax included) per night with 2 meals (April 1–November 30)

Access Car: Approx. 5 minutes from Joshin-etsu Expressway Myoko-Kogen Interchange
Public transportation: Approx. 15 minutes by taxi or bus from Myoko-Kogen Station

■ Umeyashiki Ryokan (<http://www.nikko-umeyashiki.com/>)

Address 2398 Hangakimen, Nikko-shi, Tochigi 321-1414

Tel. 0288-54-1145

Rate 7,000 yen (tax included) per night with 2 meals (without amenities)
7,550 yen (tax included) per night with 2 meals (with amenities)

Access Car: Approx. 10 minutes on National Route 121 from Nikko-Utsunomiya Road Nikko Interchange
Public transportation: Approx. 10 minutes by taxi from JR Nikko Station or Tobu-Nikko Station

■ Kasuyaso

Address 949 Iwawada, Onjuku-machi, Isumi-gun, Chiba 299-5105

Tel. 0470-68-3658

Rate 6,500 yen (tax included) per night with 2 meals

Access Public transportation: Approx. 20-minute walk from JR Onjuku Station

■ Kawakin, Friendly Guest House (<https://www.kawakin-iwai.com/>)

Address 749 Kushi, Minamiboso-shi, Chiba 299-2216

Tel. 0470-57-2150 (8:00 a.m.-8:00 p.m.)

Rate 7,000 yen (tax included) per night with no meals
Optional: 1,200 yen for breakfast, 1,300 yen for lunch, 2,300 yen for dinner
※Rates vary depending on number of people in a group and/or the type of room.
Please contact Kawakin for details.

Access Car: Approx. 10 minutes from Tateyama Expressway Kyonan-Tomiyama Interchange
Public transportation: Approx. 10-minute walk from JR Iwai station, Uchibo Line
Highway bus: Approx. 30 minutes on foot after getting off the Boso Nanohanago highway bus at the Highway Oasis Furari bus stop

■ KKR Enoshima New Koyo (<https://enoshima.kkr.or.jp/>)

Address 1-7-23 Katase-kaigan, Fujisawa-shi, Kanagawa 251-0035

Tel. 0466-23-7710

Rate Please contact the inn directly for rates.

※Rates vary depending on the time of year and/or number of people in a group.

※9,400 yen (tax included) for seminar plan. (Saturday: 2,000 yen more)

Access Car: National Route 134 or 467. From Katase Higashihama intersection, drive towards Ryuko-ji for 100 m.

Public transportation: Approx. 5-minute walk from Enoshima Station on the Enoshima Electric Railway Line

■ Temple Lodging Gokui (<http://www.egokui.com/>)

Address 3354 Togakushi, Nagano-shi, Nagano 381-4101

Tel. 026-254-2044

Rate 8,800 yen (tax included) per night with 2 meals

Access Car: Approx. 20 minutes from Joshin-etsu Expressway Shinanomachi Interchange
Public transportation: Take a bus or taxi from JR Hokuriku Shinkansen Nagano Station

■ THE KINTA NAEBA (<http://www.kinta.com/>)

Address 469-91 Mikuni, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6212

Tel. 025-789-3911

Rate 8,800 yen (tax included) per night with 2 meals

※Rates vary depending on the time of year.

Access Car: 40 minutes from Kan-etsu Expressway Tsukiyono Interchange

Public transportation: 45 minutes by bus from JR Joetsu Shinkansen Echigo-Yuzawa Station

Approx. 200 meters to Naeba Ski Resort

■ Tokaiso (<http://www.tokaiso.co.jp/>)

Address 4437-1 Nakazato, Shirako-machi, Chosei-gun, Chiba 299-4215

Tel. 0475-33-2061

Rate 6,380 yen (tax included) per night with 2 meals

※Rates vary depending on the time of year.

Access Public transportation: Approx. 25 minutes by bus from JR Mobara Station on the Sotobo Line

■ Fugakuso (<https://r.goope.jp/fugakusou/>)

Address 1774 Kodachi, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi 401-0302
Tel. 0555-73-2647
Rate 4,400 yen (tax included) per night with no meals
6,400 yen (tax included) per night with 2 meals
※Rates vary depending on the time of year and/or number of people in a group.
Access Car: Approx. 5 minutes from Chuo Expressway Kawaguchiko Interchange
Public transportation: Approx. 15-minute walk from Kawaguchiko Station

■ SUPERBA VISTA / Fujimien (<https://superba-vista.com>)

Address 1409-1 Funatsu, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi 401-0301
Tel. 0555-72-1566
Rate Weekdays and Sundays: 5,000 yen (tax included) per night with no meals
Saturdays: 6,000 yen (tax included) per night with no meals
Specially designated days: (Golden Week, year-end and New Years holidays, other long holidays, etc.): 7,000 yen (tax included) per night with no meals
Access Car: Approx. 10 minutes from Chuo Expressway Kawaguchiko Interchange
Public transportation: Approx. 15-minute walk from Kawaguchiko Station

■ Futabaso (<https://www.hakone-ryokan.or.jp/search/00544/>)

Address 160-36 Moto-Hakone, Hakone-machi, Ashigarashimo-gun, Kanagawa 250-0522
Tel. 0460-84-8660
Rate 5,600 yen (tax included) per night with no meals
6,150 yen (tax included) per night with 1 meal (breakfast)
7,800 yen (tax included) per night with 2 meals
Access Public transportation: Approx. 5-minute walk from Hakone Tozan Bus Togendai or Kojiri bus stop

■ Yugenso (<https://yugenso.net>)

Address 5780 Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano 389-0111
Tel. 0267-45-6074
Rate 6,950 yen (tax included) per night with 2 meals (all rooms)
※Closed during the year-end and New Year's holidays.
Access Car: Approx. 20 minutes from Joshin-etsu Expressway Usui-Karuizawa Interchange
Public transportation: Approx. 10 minutes by taxi from Shinano-Oiwake Station on the Shinano Railway Line (Change to the Shinano Railway Line at JR Karuizawa Station.)

*Accurate as of April 2024

Please contact the inns listed above directly for the latest information.

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