

AY **2018** 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 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as Keio University students for other reasons will have their membership terminated the day after their status has been rescinded.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 Keio Student Health Care Mutual Aid Association (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 a health and medical care facility. (see page 4)
- Prevention Benefits: In addition to operating the Training Room on Hiyoshi Campus (see page 7) and offering subsidized accommodation rates at Keiyaku Ryokan (inns with which the Gakuseikenpo has an agreement; see page 8), 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 (Undergraduates)	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	8:45–16:45
Hiyoshi (Graduates)	Office of Student Services (Graduate Schools)	8:45–16:45

※Excluding weekends and national holidays. Office hours may change during extended breaks and the entrance examinations. Please check our website for up-to-date information.

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 he or she receives treatment at a medical facility upon presenting a health insurance card. **A partial change was made to the system for treatments received from April 1, 2018.**

1 Expenses entitled to reimbursement

Medical treatments must be at health and medical care facilities in Japan that are covered by public health insurance. Please note that certain expenses are not entitled to reimbursement (see "2 Expenses not entitled to reimbursement"). Reimbursements are provided for the following expenses:

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

2 Expenses not entitled to reimbursement

Reimbursement will not be provided for the following expenses:

- Dental treatments (excluding oral and maxillofacial surgery)*
- Treatments not covered by health insurance and treatments paid for at your own expense (including vaccinations against influenza, etc.)
- 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

※If you want to submit an application for oral and maxillofacial surgical treatments, you must submit the "Certificate of Oral and Maxillofacial Surgery" (prescribed form) in addition to the normal application documents. You can download the form from our website (see page 5).

3 Co-payment and maximum reimbursement amount

All expenses for treatments received within the same month are combined into a single instance of co-payment when making an application, regardless of whether you were hospitalized, were treated as an outpatient, or filled a prescription at a pharmacy. The reimbursement limit for a single instance of co-payment for treatments covered by health insurance is 50,000 yen. Students must pay 2,000 yen of the co-payment, which will be deducted from the reimbursement. If the co-payment is 2,000 yen or less, you cannot apply for reimbursement.

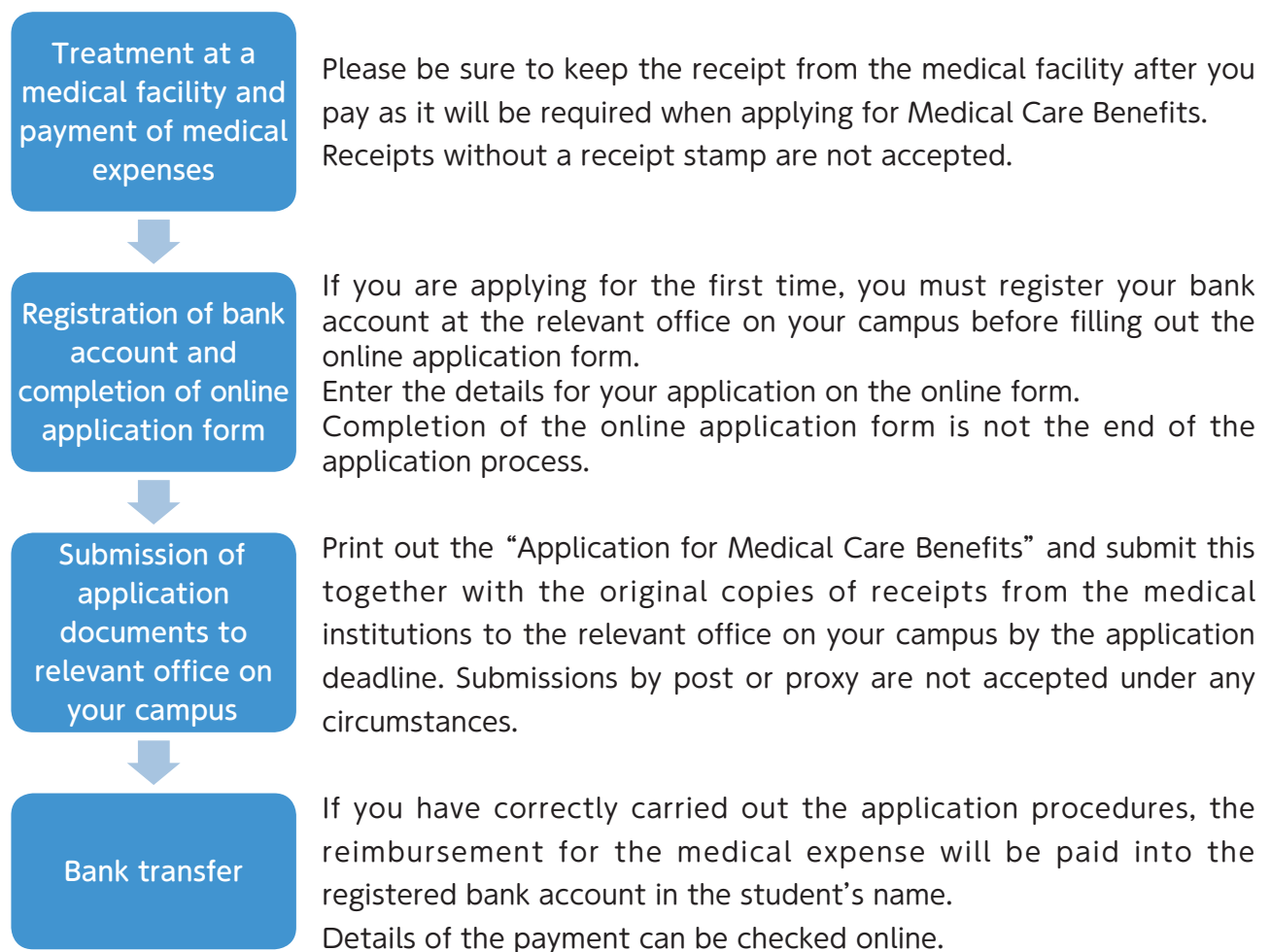
In addition, there is a maximum annual reimbursement limit of 150,000 yen per member. For those who are only enrolled for half of the academic year (i.e., a semester), the maximum annual reimbursement limit is 75,000 yen. Once the total for annual benefits reaches the limit, you will no longer receive reimbursement.

4 Application process

Please follow the instructions on the online form to complete your application. **Applications are no longer categorized into general hospitals, Keio University Hospital, and pharmacies. The same application procedures apply regardless of where you receive treatment.**

Please visit the following page for further details on the application period and procedures. You will need your keio.jp ID and password to access this page.

<http://keio.jp/> (Log into keio.jp, click on “Gakuseikenpo,” and then select the “Application for Medical Care Benefits” menu.)



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.

※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 the Keio University Hospital as outlined in “[4 Application process](#)” above.

About Prevention Benefits

Training Room

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, April 2–Monday, August 20, 2018; Tuesday, August 28–Thursday, December 27, 2018; Monday, January 7–Friday, March 29, 2019

Closed on weekends, national holidays, Keio University holidays, and during the Mita Festival and entrance examinations.

The days the facility is open may change. Please check at the front desk.

<Opening hours> Normal opening hours from April to December: 10:30–20:00 (last entry at 19:00)
January to March: 10:30–17:30 (last entry at 16:30)

- When using the facility, please bring your student ID card, appropriate training wear, and indoor training shoes.
- There is a fee to use the shower room. However, there is no additional charge for those using the Training Room.



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 15 such inns located in and around the Kanto region. Excluding days that the Keiyaku Ryokan are closed for business, these inns are available all year round. Keiyaku Ryokan can be used for holidays and camps by clubs, student groups, seminars, etc.

How to stay at 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 the inn that you are a Keio University student and that you intend to use the Gakuseikenpo subsidy for your stay. Be sure to confirm 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 office on your campus (see page 3)

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

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

Address 3354 Togakushi, Nagano-shi, Nagano 381-4101
Tel. 026-254-2044
Rate 5,940 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

Fujimaso

Address 2592 Oaza Kamikijima, Kijimadaira-mura, Shimotakai-gun, Nagano 389-2303
Tel. 0269-82-2256
Rate 4,800 yen (tax included) per night with 2 meals
 ※Rates vary depending on the time of year.
Access Car: Approx. 20 minutes from Joshin-etsu Expressway Toyota-liyama Interchange
 Public transportation: Approx. 15 minutes by taxi from JR Iiyama Station on the Iiyama Line

Hotel Kojyokan (<http://www.mars.jstar.ne.jp/~kojyokan/>)

Address 1873 Ishiuchi, Minamiuonuma-shi, Niigata 949-6372
Tel. 025-783-2219
Rate 8,640 yen (tax included) per night with 2 meals (5-10 people per room)
 ※Rates vary depending on time of year.
Access Car: Approx. 10 minutes from Kan-etsu Expressway Yuzawa Interchange
 Public transportation: 10-minute walk from JR Ishiuchi Station on the Joetsu Line

Pension Shinano (<http://home.a00.itscom.net/shinano/>)

Address 1101-19 Madarao-kogen, Iiyama-shi, Nagano 389-2257
Tel. 0269-64-3667
Rate 5,000 yen (tax included) per night with 2 meals (June 1-September 30)
 5,500 yen (tax included) per night with 2 meals (October 1-May 31)
 ※The above rates do not apply at certain times of the year.
Access Car: Approx. 15 minutes from Joshin-etsu Expressway Toyota-liyama Interchange
 Public transportation: Take the bus bound for Madarao Kogen from JR Iiyama Station on the Iiyama Line

The Kinta (<http://www.kinta.com/>)

Address 469-91 Mikuni, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6212
Tel. 025-789-3911
Rate 6,200 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

Yugenso (<http://www.yugenso.net/>)

Address 5780 Ohinata, Oaza Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano 389-0111
Tel. 0267-45-6074
Rate 5,600 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.)

Denjirokan (<http://island.geocities.jp/denjirokan/index.html>)

Address 602 Kushi, Minamiboso-shi, Chiba 299-2216
Tel. 0470-57-2553
Rate 5,500 yen (tax included) per night with 2 meals
Access Car: Approx. 20 minutes from Tateyama Expressway Kyonan-Tomiyama Interchange
Public transportation: Approx. a 10-minute walk from JR Iwai Station

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

Address 4437-1 Nakazato, Shirako-machi, Chosei-gun, Chiba 299-4215
Tel. 0475-33-2061
Rate 5,660 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

Akakura Sanso (<http://www.sanshikai.jp/akakura/>)

- Address** 219-7 Oaza-tagiri, Myoko-shi, Niigata 949-2102
- Tel.** 0255-87-3900
- Rate** 5,000 yen (tax included) per night with 2 meals (December 1–March 31)
4,000 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

Fujimien (<http://www.yado-fujimien.com/>)

- Address** 1406 Funatsu, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi 401-0301
- Tel.** 0555-72-1566
- Rate** 6,000 yen (tax included) per night with 2 meals
※Rates vary depending on the time of year. Unavailable during the year-end and New Year's holidays.
- Access** Car: Approx. 10 minutes from Chuo Expressway Kawaguchiko Interchange
Public transportation: Approx. a 15-minute walk from Kawaguchiko Station

Fugakuso (<http://www.geocities.jp/sgnbm817/>)

- Address** 1774 Kodachi, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi 401-0302
- Tel.** 0555-73-2647
- Rate** 3,000 yen (tax included) per night with no meals
5,400 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. a 15-minute walk from Kawaguchiko Station

KKR Enoshima New Koyo (<http://www.kkrenosima.com/index.htm>)

- 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. Unavailable during the year-end and New Year's holidays.
- Access** Car: National Route 134 or 467. From Katase Higashihama intersection, drive towards Ryuko-ji for 100 m.
Public transportation: Approx. a 15-minute walk from Enoshima Station of the Enoshima Electric Railway Line

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

Address 160-36 Kojiri, Hakone-machi, Ashigarashimo-gun, Kanagawa 250-0522
Tel. 0460-84-8660
Rate 3,320 yen (tax included) per night with no meals
4,400 yen (tax included) per night with 1 meal (breakfast)
6,020 yen (tax included) per night with 2 meals
Access Public transportation: Approx. a 5-minute walk from Hakone Tozan Bus Kojiri

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

Address 2398 Hangakimen, Nikko-shi, Tochigi 321-1414
Tel. 0288-54-1145
Rate 5,954 yen (tax included) per night with 2 meals (without amenities)
6,710 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 (<http://onjuku-kankou.com/stay/stay-p/238/>)

Address 949 Iwawada, Onjuku-machi, Isumi-gun, Chiba 299-5105
Tel. 0470-68-3658
Rate 5,220 yen (tax included) per night with 2 meals
Access Public transportation: Approx. a 20-minute walk from JR Onjuku Station

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Date of publication: April 1, 2018

Published by: Keio University Keio Student Health
Care Mutual Aid Association (Gakuseikenpo)