The way to use medical institutions
So as to save your medical expenses

1.Have Your Family Doctor

We recommend that you visit a private clinic for mild sickness, and a large hospital for serious diseases requiring highly advanced medical treatment. An additional fee for treatment of patients' choice is charged when you visit a large hospital without a referral letter from another medical institution. Therefore, it is a good idea to have your family doctor and visit him/her for non-serious diseases such as a cold.

To visit another medical institution on your own judgement, while you are under treatment, increases not only the medical expenses but also the burden on your body as the same examinations are given. Please consult your family doctor when you have any concerns about the treatment.

2.Visit medical institutions during the consultation hours

An extra fee is charged when you visit a medical institution at night or on holidays. You had better visit medical institutions during their consultation hours as much as possible.

3.Use generic drugs

Generic drugs are low-priced pharmaceutical products that are qualified as drugs with equivalent therapeutic effects and safety to those of the original drugs. The use of generic drugs can reduce the copayments by patients for medicines, as they are allowed to be sold after the patents on the original drugs expire.
Just ask doctors or pharmacists if you can change to generic drugs.

※The therapeutic effects of generic drugs may differ from person to person. Please consult your doctor or pharmacist for the prescription of generic drugs.

※Attaching the "I prefer generic drugs" sticker on your health insurance card or your medicine handbook, you can let the hospital staff know your intention to use generic drugs without any further explanation. Please contact Japan Health Insurance Association through your employer etc. if you would like us to send you the sticker.
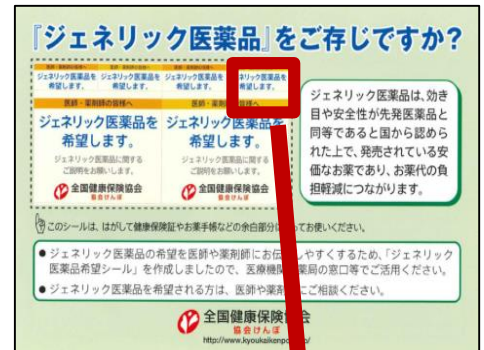
You can save your medical expenses using the medical institutions smartly!

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