

Next steps for patients:

1. Please reach out to your insurer to determine if there are any in-network providers in the surrounding area since you will pay less overall to see them. If you do not have a specific in-network hospital list you can use the JMIP medical institution search tool to find hospitals and clinics that are certified to provide care to English speaking patients. Here are links for a few plans and the JMIP website.

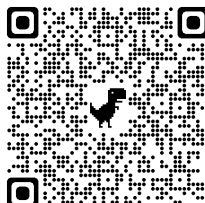
AFPSA/Aetna (FSBP)



BCBS (Fed Employee)



GEHA



United Concordia (Dental)



JMIP



2. If you are unable to find an in-network provider, here are local hospitals/clinics that have English home pages (this does not constitute an endorsement of their services). Please confirm that they have the needed specialty prior to contacting them:

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| • Primary care: | Tokushukai, NTT, NCGM, TMSC, St. Luke's (physicals) |
| • Pediatrics: | Tokushukai, NTT, NCGM, TMSC (Family Med), St. Luke's |
| • Physical therapy: | Tokyo Clinic Rehab, TMSC |
| • Counseling: | TELL, Tokyo Mental Health |
| • Psychiatry: | Tokyo Mental Health (adult/peds), NTT, NCGM, TMSC, St. Luke's |
| • Cardiology: | Tokushukai, NTT, NCGM, TMSC |
| • Cardiovascular surg: | Tokushukai, NTT, NCGM, St. Luke's |
| • Dermatology: | Tokushukai, NTT, NCGM, TMSC, St. Luke's |
| • Endocrinology: | Tokushukai, NTT, NCGM, St. Luke's |
| • ENT: | NTT, NCGM, TMSC, St. Luke's |
| • Gastroenterology: | Tokushukai, NTT, NCGM, TMSC, St. Luke's |
| • General surgery: | Tokushukai, NTT, NCGM, TMSC, St. Luke's |
| • Hematology: | NTT, NCGM, St. Luke's |
| • Nephrology: | Tokushukai, NTT, NCGM, St. Luke's |
| • Neurology: | Tokushukai, NTT, NCGM, St. Luke's |
| • Neurosurgery: | Tokushukai, NTT, NCGM, St. Luke's |
| • OB/GYN: | Tokushukai, NTT, NCGM, TMSC, St. Luke's |
| • Oncology: | NTT, NCGM, St. Luke's |
| • Ophthalmology: | NTT, NCGM, TMSC, St. Luke's |
| • Orthopedic surgery: | Tokushukai, NTT, NCGM, TMSC, St. Luke's |
| • Pain medicine: | NTT |
| • Plastic surgery: | Tokushukai, NTT, NCGM, St. Luke's |
| • Pulmonology: | Tokushukai, NTT, NCGM, St. Luke's |
| • Rheumatology: | NTT, NCGM, St. Luke's |
| • Sleep: | Tokushukai |
| • Urology: | Tokushukai, NTT, NCGM, TMSC, St. Luke's |

Tokyo Nishi Tokushukai



St. Luke's - Tokyo



NTT - Tokyo



Tokyo Clinic Rehabilitation (PT)



NCGM - Tokyo



Tokyo MH (Psych/MH/Ped MH)



Tokyo Med & Surg clinic



TELL Counseling (MH)



3. Once you have chosen a clinic you will need to contact them to schedule an appointment. Please go to the hospital English website and confirm how to book an initial appointment. You may be able to go as a walk in basis depending on the specialty. Some hospitals offer an email address on the web site for your inquiries.
4. On the day of your appointment they will want you to come with your referral letter, copies of any imaging or prior labs (which you can request/obtain at the TOPA front desk), and cash in hand (yen) or a major credit card to cover your clinic expenses. Some sites may not accept credit cards so please confirm in advance.
5. Typically Japanese Hospitals and clinics will require up-front payment in cash or major credit card for the full cost of care (in some cases they increase the price for people requiring translation), and you will need to file with your insurance for reimbursement later. Please ensure that you have adequate funds to cover your care or they may refuse to take you as a patient.