

HIV Treatment and Support for foreigners living with HIV <JAPAN>

(1) Steps toward government subsidized HIV treatment (ART hereafter)

Step 1	Register as resident at a local government office and obtain Residence Card. Foreigners without legal status or temporary visitors cannot register as residents.
Step 2	Apply for Health Insurance either at 1) a workplace of oneself or of a family member 2) local government office National Insurance Department.
Step 3	Treatment Guideline recommends starting ART soon after HIV infection is confirmed. On the other hand, application for government subsidy requires 2 past blood test results where CD4 count is below 500 and/or viral load RNA is above 5000 copies together with other basic blood test results. A referral letter from a doctor is also necessary.
Step 4	Decide which hospital or clinic to visit and make an appointment. If you do not speak Japanese language, it is better to contact NGO first rather than contacting the hospital directly. CHARM can also introduce NGOs in other regions.
Step 5	CHARM offers medical interpretation service or accompaniment upon request.

(2) Options to get ART if you do not meet conditions for government subsidy

<p>1) If you are a member of Health Insurance (Step 2) but do not meet the requirements in Step3, you need to purchase ARV with a prescription from a hospital or clinic. Purchase of non-generic ARV is around 80,000yen (US\$615, \$1=130yen) monthly under Health Insurance coverage.</p> <p>2) Continue treatment at a hospital in your country by going back regularly.</p> <p>3) Purchase at online pharmacy.</p>

(3) HIV medicines commonly used

Generic Name / Strength	Trade Name
1) BIC(50)/TAF(25)/FTC(200)	Biktarvy
2) ABC(600)/DTG(50)/3TC(300)	Triumeq
3) DTG(50)/3TC(300)	Dovato

*HIV Treatment Guideline 25th version p.15 (Nov.2021) issued by The Japanese Society for AIDS Research

(4) Support organization for PLWH

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