



Welcome to
HealthyTOKYO.com

HealthyTokyo.com is the only membership site dedicated to ensuring the health and wellness of Japan's English-speaking foreign nationals, Japanese and overseas visitors. Our carefully selected and vetted network of doctors and dentists, wellness coaches, fitness and healthy-lifestyle partners are dedicated to keeping you at your physical and mental peak.

Even better, they offer services and products in English and special deals just for HealthyTokyo members. Our Healthy Concierge links you to them all, setting up reservations and sessions.



"I am happy to see that we finally have a system with information of value that the English-speaking community can access."

Danny Risberg
CEO, Philips Electronics Japan



"HealthyTokyo gives patients the power to choose the right healthcare provider for the right problem at the right time."

Dr. Gautam A. Deshpande, MD
U.S. Board Certified Internal Medicine
Physician, Tokyo, Japan



"A long awaited reference base to Japan residents seeking direction on responsible sources of health — and fitness — related services in English."

Charles "Chuck" Wilson
Fitness authority and author



"Provides peace of mind and alleviates the stress associated with finding English-speaking health & wellness practitioners in Japan."

Jay Ponazecki
Long-Term Tokyo Resident,
Local Business Leader

Connect with Japan's top *English-speaking* doctors and wellness specialists!



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Medical Partners

Access our carefully selected network of English-speaking doctors and dentists.

- >> Special member-only offers
- >> Healthcare packages



Wellness Coaches

Meet fitness trainers, nutritionists, yoga instructors and other experts for your personal improvement.

- >> Free introductory sessions
- >> Exclusive deals on their services



Healthy Partners

Enjoy restaurants, purveyors of healthy foods, gyms, massage specialists, spas, martial arts centers and other experts in beauty and the healing arts.

- >> Unique offers
- >> Member discounts



Member-Only Web Services

Membership entitles you to access a robust healthcare platform. Your one-stop guide to staying healthy in Japan.

- Detailed pages for all Medical Partners, Wellness Coaches & Healthy Partners
- Search by specialty and location
- Unique articles on health & wellness in Japan
- Special offers & discounts
- Live Concierge access

Need Help?



Healthy Concierge

The **Healthy Concierge** is your bilingual live-chat go-between, ready to make appointments for you with our network of Japan's best hospitals, clinics and wellness centers.

The **Healthy Concierge** also arranges free sessions for you with our Wellness Coaches and assists with your special healthcare-related requests.



HealthyTOKYO.com



Join Today!

Visit **HealthyTokyo.com** to learn more about how to stay healthy in fast-paced Japan.