

Press Release

[Safe Travel in Japan] First-Ever "Summer Resort Health & Wellness Guide" for Singaporean Travelers

This new guide by HOTEL de DOCTOR 24 addresses common health issues, ensuring a safe and comfortable getaway in Hokkaido and highland resorts.



TOKYO, Japan, May 19, 2026 – HOTEL de DOCTOR 24, a leading online medical consultation

service for international visitors, has announced the release of its first-ever "Health & Wellness Guide for Singaporean Travelers at Summer Resorts." To escape the year-round tropical heat of Singapore, an increasing number of travelers are seeking refuge in the cool, refreshing climates of Japan's premier summer resorts, such as Hokkaido (Furano, Biei, Niseko) and highland areas like Karuizawa and Kamikochi. However, behind the relaxing atmosphere lie specific health risks caused by environmental changes. This new guide aims to alleviate "travel health anxiety" by providing preventative measures and initial coping strategies for unexpected illnesses.

The Two Hidden Health Risks at Japanese Summer Resorts

Based on HOTEL de DOCTOR 24's extensive consultation data from foreign visitors, the guide highlights two primary health issues that Singaporean travelers frequently encounter in these cooler regions:

● Colds and Fevers due to Drastic Temperature Drops:

While daytime temperatures can be warm, early mornings and late nights often see a sharp drop. This contrast to Singapore's consistent equatorial climate, combined with overly strong air-conditioning, can disrupt the autonomic nervous system, making travelers highly susceptible to colds and fevers.

● Gastrointestinal Troubles:

Consuming excessive amounts of cold drinks, ice cream, or raw foods (like sashimi) to cool down, paired with travel fatigue, often severely weakens the digestive system, leading to sudden stomachaches or indigestion. The guide provides practical, easy-to-understand advice, ranging from the "Onion Layering" clothing method and dietary balance to self-care steps for mild symptoms.

Reliable Support with "HOTEL de DOCTOR 24"

Finding a clinic in remote resorts or nature-rich areas is challenging enough, but finding an English-speaking doctor is even harder. The language barrier can add immense stress when a traveler is already feeling unwell. HOTEL de DOCTOR 24 provides a seamless safety net through an online medical service that allows patients to see a certified Japanese doctor via video call directly from their hotel room, supported by professional English medical interpretation.

● Consultations from a Hotel Room:

No need to navigate unfamiliar streets or wait in crowded clinics while sick.

● Professional English Interpretation: Accurately describe symptoms and pain levels in English without worrying about miscommunication.

● Easy Prescription Pick-up: Prescriptions are sent directly to a partner pharmacy near the hotel for hassle-free pick-up.

Customer Comments:

"Recommended by my hotel—so relieved to have 24/7 medical support!" "I felt unwell from travel fatigue right after arriving, but the hotel staff introduced me to 'HOTEL de DOCTOR 24.' Navigating a Japanese hospital on my own would have been difficult, so being able to consult a doctor via smartphone 24/7 was a huge relief. Thanks to this service, I recovered quickly and was able to enjoy the rest of my trip to the fullest!" (40s)

Currently, the service partners with over 300 accommodation facilities nationwide, including major hotel brands, and is rapidly expanding its network in resort areas. To date, we have a proven track record of serving patients from 43 countries.

Bookmark for Peace of Mind

Travelers are highly encouraged to bookmark the official website on their smartphones before departing for Japan, ensuring immediate access to professional English-speaking care should the need arise.

URL: <https://www.hoteldedoctor24.com/articles/hoteldedoctor24/sguide>

Service Overview:

HOTEL de DOCTOR 24

- Fee: JPY 55,000 (tax included)
- This fee includes the consultation fee, medical interpretation, medical statement, medical certificate, and prescription* issuance fee.
- *Medical certificates and prescriptions will be issued if a doctor deems them necessary. Medication costs are not included.
- Format: Private medical practice via partner institutions (documents for travel insurance claims provided).
- Requirements: Passport, Credit Card/Mobile Wallet, Smartphone or similar device.
- Booking Site: <https://www.hoteldedoctor24.com/>

About M3 Career, Inc.

M3 Career, part of the M3 Group (TSE: 2413), develops innovative solutions to improve healthcare access in Japan.

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Disclaimer: The descriptions of common symptoms among Singaporean travelers are based on consultation trends from the "HOTEL de DOCTOR 24" service. This does not necessarily represent general facts, and M3 Career, Inc. does not guarantee its absolute accuracy.