



For Expectant Mothers

Maternal and Child Health Handbook (Parent and Child Handbook)

Q Health and Welfare Subsection, Residents Support Section, Regional City Office (see back cover)

The Maternal and Child Health Handbook (Parent and Child Handbook) is an important health record for mother and child that expectant mothers will need for their regular checkups, etc. Once your pregnancy is confirmed by a doctor, visit your local Regional City Office or the Daiba Annex to fill out and submit your Pregnancy Notification. You will then be given the Maternal and Child Health Handbook (Parent and Child Handbook), the Maternal and Child Health Bag, and the Minato City Pregnancy & Child-rearing Information File.



Prenatal Checkups

Q Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



○ Go to your prenatal checkups

Prenatal checkups are used to check the health of the expectant mother and the baby on a regular basis, and are comprised of cervical cancer screenings, chlamydial antigen tests, blood tests, ultrasounds, etc. These checkups are used not only to check for disease/complications, but as a space for expectant mothers to discuss any concerns they may have with their doctor, midwife, etc., so that they can feel secure during their pregnancy. Be sure to take care in your everyday life so that you will be healthy for childbirth. We encourage you to go to these prenatal checkups, especially since there are public subsidies available for the costs.



If you have any of these concerns, give the hotline a call!

- Dealing with morning sickness
- What to eat during pregnancy
- Preventing anemia
- Signs of miscarriage and how to prevent it
- How to wrap belly bands
- When to go home to family
- Swelling, constipation, frequent urination, lower back pain, etc.
- Preparing for a hospital stay
- Breast care
- People who will take care of you after childbirth, etc.

○ Subsidy for Prenatal Checkups

When you receive your Maternal and Child Health Handbook (Parent and Child Handbook), you will also be given 14 prenatal checkup forms, 2 ultrasound checkup forms, and 1 cervical cancer screening checkup form. The costs for the items listed as “(Not covered by insurance)” on these checkup forms may be subsidized by public funds. The checkup forms listed above may only be used at designated medical facilities in the Tokyo metropolitan area. You may apply for partial subsidies for the costs incurred in your prenatal health checkups if you undergo your checkups at a designated medical facility, maternity hospital, etc., outside of the Tokyo metropolitan area.

○ Assistance with Prenatal Checkup Expenses for Multiple Pregnancies

If the usual number of prenatal checkups has been exceeded and costs paid out-of-pocket due to multiple pregnancies, assistance will be provided for part of the expenses. Please contact us for more details.

Minato Pre-Mama Support Program (Interviews for All Expectant Mothers)

Q Minato Pre-Mama Support Program (Direct Line) ☎ 3455-4464

Q Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



The Minato Pre-Mama Support Program checks on the health, etc., of expectant mothers and provides a variety of consultation services, including advice on staying healthy throughout pregnancy and childcare, information about local services, and what to prepare during the pregnancy. See the Minato City official website for details.

Expectant mothers who participate in the Minato Pre-Mama Support Program and are interviewed before childbirth will be given a Childcare Package.

Visits to Expectant Mothers

Q Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



During pregnancy, you may experience changes in your physical condition that worry you, or that you struggle with. Midwives are available to visit you and answer any concerns you have that you may not be able to discuss during your outpatient medical visits. This includes concerns you have about your pregnancy, methods for breast care before giving birth, and the physical changes that take place during pregnancy.

Eligibility: Expectant mothers who live in Minato City

Cost: Free

Pregnancy Consultation Hotline Hours:
Mon - Sun: 10:00 AM - 10:00 PM
(excludes New Year's Day)

☎ **5339 - 1133**

The Pregnancy Consultation Hotline is operated by the Tokyo Metropolitan Government, and provides consultations regarding the various concerns residents may have about pregnancy and childbirth through phone calls, emails, etc.

○ Those feeling bewildered by an unexpected/unplanned pregnancy ○ Those struggling with their physical condition during pregnancy ○ Those concerned about the costs of childbirth, etc.

Professional staff members, including nurses, will respond to these concerns and any other worries you may have, and will even refer you to other relevant institutions depending on the content of your inquiry. You may of course discuss these concerns anonymously. We encourage you to discuss your concerns/struggles instead of bottling them up within yourself.

Maternity Classes

Q Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



Maternity classes are available for expectant mothers in their 20th week of pregnancy or later. See the Minato City official website for details, including class schedules and contents. (Reservations required)

Parenting Classes

Q Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



Parenting classes for expectant mothers in their 20th week of pregnancy or later and their partners are held twice a month. See the Minato City official website for details, including class schedules and contents. (Reservations required)

Make Use of the Minato Maternal and Child (Parent and Child) Health Handbook App!

Public Health and Disease Prevention Subsection, Public Health and Disease Prevention Section, Minato Public Health Center ☎ 6400-0081

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



The Minato Maternal and Child (Parent and Child) Handbook app is a childcare support application provided by Minato City that can be used on smartphones and tablets. By registering your child's birthdate and gender, you can manage multiple functions in one app, including vaccination scheduling and reminders notifications, online reservations for health checkups, and provision of parenting and infectious disease information from the City, all in one app.

○ Sets up your entire vaccination schedule

The app will automatically create a vaccination schedule based on your child's birth date. You can also use the app to search medical institutions by area, type of checkup, and type of vaccine.

○ Preserves the content of your paper Maternal and Child Health Handbook

You can enter your records from your paper Maternal and Child Health Handbook (Parent and Child Handbook) into the app and save them as images. These important records are then stored in a secure database operated exclusively by the City.

○ Feel secure with emails/push notifications!

The app delivers timely reminders for including upcoming vaccinations, health checkups, City announcements and other information via emails and push notifications.

Make reservations for checkups/classes at Minato Public Health Center!

○ Make reservations for the parenting classes, newborn health checkups, etc., offered by Minato Public Health Center through a specialized reservation site.

○ See the Minato City official website for details.

Minato City Childbirth/Childcare Support Emails (Pregnancy period)

Kizuna Mail Project ☎ 6709-6893



An email service intended to help expectant mothers, families with newborns, etc., feel safe and secure with regard to childbirth and childcare.

Eligibility: Expectant mothers and their families residing in Minato City, as well as parents and families of children up to age 7 (through the end of the FY).

Content: During pregnancy period, these emails provide information on your baby's development, the physical condition of the mother, and advice on diet and lifestyle during pregnancy.

How to Register:

LINE Version: To use this service, the LINE app must be installed on your smartphone or other device.

[LINE Version]



Email Version: Scan the QR code and send a blank email.

※If you have trouble scanning the QR code, send an email to the following email address.

Pregnancy period:minato@reg.kizunamail.com

[Email Version]



Medical Expenses Assistance for Pregnancy-Induced Hypertension and Other Disorders

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



Financial assistance is available for medical costs incurred when an expectant mother must be hospitalized due to pregnancy-induced hypertension and related ailments, diabetes/pregnancy-induced diabetes, anemia, obstetric hemorrhage, or heart disease. The hospitalization must be approved by a doctor at a designated medical institution and must fulfill certain requirements. Assistance is also **limited to households whose total income tax payment in the previous year was 30,000 yen or under, and/or those whose stay in the hospital was 26 days or longer.**

The application period is within 3 months of the day of discharge. (If more than 3 months have passed, you cannot apply.) We have designation criteria based on your symptoms, so please contact us for more details.

Prenatal Dental Checkups

Health Service Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0083



There are two types of dental checkups available for expectant and new mothers. Please choose the option that best fits your needs.

- (1) Prenatal/Postnatal Dental Checkups (held once monthly at the Public Health Center)
- (2) Oral Checkups (available at designated dental clinics in Minato City during June–August and November–January)

Please inquire for details.

Housework and Childcare Support Services During Pregnancy and the Postpartum Period

Child and Family Service Subsection, Children and Families Support Center ☎ 5962-7201



If you have an address in Minato City, are currently pregnant or are raising a child, and are experiencing trouble in daily life, a home helper or specialist support staff member for mothers, called a postpartum doula, can visit your home and provide assistance with housework or child-rearing.

Advance registration is required to use these services. Please see the Minato City official website for details.

※Single-parent households may be eligible for the Home Helper Service for Single-Parent Households program.

Hospital Midwife Service



Q Family Counseling Subsection, Children and Families Support Center **☎** 5962-7214

Midwife services are provided at designated midwifery facilities for expectant mothers who are unable to be hospitalized for childbirth due to financial reasons.

Eligibility: Households receiving public welfare assistance, etc. **ⓘ** You must submit an application before childbirth in order to use this service. Please contact us as soon as possible for more information.

Assistance with Childbirth Expenses



Q Child Benefits Subsection, Children and Youth Support Section **☎** 3578-2433

Financial assistance will be provided for parents who have given birth to a child. The amount is calculated by deducting the lump-sum childbirth allowance from up to 810,000 yen in childbirth expenses and hospital costs (in the case of multiple pregnancies, this will be 810,000 yen plus 480,000 yen for each additional child).

Eligibility: Those who fulfill all of the following

- (1) On the day of application, the father or mother has continuously resided in Minato City for one year or more starting before the child's birth date
- (2) The child has resided in Minato City since their birth date, and is living with the applicant (father or mother) as of the date of application

If both parents are of foreign nationality and the child was born outside of Japan: the child must have lived with the applicant since they were first registered with an address in Japan after their birth, and must be living with the applicant as of the date of application

- (3) The mother is enrolled in a public health insurance system in Japan

ⓘ What You Need to Apply

- Receipt of childbirth costs (copy) ● Itemized Statement (copy) ● Mother's health insurance card (copy) or any document that verifies her enrollment in a health insurance plan
- Notice of approval for the lump-sum childbirth (copy) and childcare fund, or documents related to the direct payment system such as usage details, agreement documents, or consent forms, etc. (copy)
You may also be asked to provide the following.
- Notice of approval for the lump-sum childbirth and childcare fund (copy)
- Notice of approval for high-cost medical expenses fund (copy)

How to Apply:

Those who are eligible must submit their Childbirth Expense Subsidy application form, along with the necessary documents, either by postal mail to the Child Benefits Subsection; in person at the Health and Welfare Subsection, Residents Support Section, Regional City Office; or online through Mynportal.

ⓘ You must apply for the subsidy within a year of your child's birth.

Lump-Sum Childbirth Allowance

Q Benefits Subsection, National Health Insurance and Pension Section ☎ 3578-2640 ~ 2642

Q Other health insurance providers in Minato City besides National Health Insurance

The lump-sum childbirth allowance is provided when an individual covered by public medical insurance (health insurance, etc.) gives birth. The amount varies depending on the mother's public health insurance plan.

If you use your My Number health insurance card at your medical institution, or show your health insurance card or eligibility certificate and complete the procedures for the direct payment system, the lump-sum childbirth fund will be paid directly from your public health insurance plan to the medical institution. Contact your public health insurance provider, etc. for details.

Lump-Sum Childbirth Allowance for Individuals with Minato City Public Health Insurance

Q Benefits Subsection, National Health Insurance and Pension Section ☎ 3578-2640 ~ 2642



When an individual covered by Minato City Public Health Insurance gives birth, they receive an allowance of 500,000 yen per newborn child.

This allowance is paid if the woman is pregnant for 85 days or longer (4 months), even if the pregnancy ends in a stillbirth or miscarriage (in this event, certification by a doctor is required). Contact the Benefits Subsection, National Health Insurance and Pension Section for details.

*You must apply at the Counter Services Subsection, Residents Support Section, Regional City Office if you do not intend to use direct payment, if you are giving birth abroad, etc.

*This allowance will not be provided to those who are eligible to receive an equivalent amount from other sources of public health insurance (social insurance benefits, etc.).

*Note that the deadline for receiving this allowance is two years from the day after the child's birth.

Applying for the Lump-Sum Childbirth Allowance Representative Payee System

If the hospital you use does not have a system in place for direct payment, there is a representative payee system that allows the City to pay the lump-sum childbirth allowance directly to hospitals, etc., in the same way as with the direct payment system. (You cannot apply for this system if giving birth abroad.)

Contact the Benefits Subsection, National Health Insurance and Pension Section for details.

What You Need to Apply

[If not using direct payment]



- Copy of receipt/statement showing childbirth costs (Must show that you have not used direct payment for the costs)
- Copy of documents related to agency agreement provided by medical institution, etc.
- Proof of childbirth (Maternal and Child Health Handbook and/or excerpt of newborn's family register, etc.)
- Bank account number (in name of head of household)
- Personal Identification documents (such as a My Number card, etc.)
- Proof of insurance eligibility (Insurance Card, Eligibility Verification Form, Eligibility Information Notice, etc.)

If giving birth abroad (application upon returning to Japan after having given birth)

- Copy of receipt/statement showing childbirth costs (with Japanese translation)
- Proof of childbirth (birth certificate with Japanese translation, etc.)
- Bank account number (in name of head of household)
- Proof of re-entry into Japan for the individual who gave birth (passport, etc.)
- Personal Identification documents (such as a My Number card, etc.)
- Proof of insurance eligibility (Insurance Card, Eligibility Verification Form, Eligibility Information Notice, etc.)
- Certificate of agreement referencing overseas medical institution, etc.
- Proof of insurance eligibility (Insurance Card, Eligibility Verification Form, Eligibility Information Notice, etc.)

Exemption from National Pension Payments During Pregnancy and the Postpartum Period



 National Pension Subsection, National Health Insurance and Pension Section  3578-2662 ~ 2666

People who are Category-1 insured persons under the National Pension System and whose child's date of birth is on or after February 1, 2019 will be exempted from their National Pension payments for a certain period pre- and post-childbirth. Those who continue making their National Pension payments during this period of exemption pre- and post-childbirth will have these payments reflected in the amount of their Old-Age Basic Pension.

Exemption Period

Exempted from National Pension payments for four months from the month before the child's due date and/or birth date. (For a multiple pregnancy, this period will be six months, starting three months before the child's due date and/or birth date)

Submitting Your Notification

You may submit your notification from six months before the child's due date. If you have given birth on or after February 1, 2019, you may submit your notification at any time after the birth of your child.

When submitting your notification, make sure to bring proof of identity, your government-issued National Pension Handbook or Basic Pension Number Notification, your Maternal and Child Health Handbook, etc.

Where to Submit Your Notification

The National Pension Subsection, National Health Insurance and Pension Section of your Regional City Office or Daiba Annex