



# For Expectant Mothers

## Maternal and Child Health Handbook

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

The Maternal and Child Health Handbook is an important health record for mother and child that expectant mothers will need for their regular check-ups, 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, the Maternal and Child Health Bag, and the Minato City Pregnancy & Child-rearing Information File.



## Prenatal Checkups

📍 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, you will also be given 14 prenatal check-up forms, 2 ultrasound check-up forms, and 1 cervical cancer screening check-up form.

The costs for the items listed as "(Not covered by insurance)" on these check-up forms may be subsidized by public funds.

The check-up 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 check-ups if you undergo your checkups at a designated medical facility, maternity hospital, etc., outside of the Tokyo metropolitan area.

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

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

📍 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

📍 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

☎ 5339-1133

**Hours:**

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

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

📍 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

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

Parenting classes for expectant mothers 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 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 Maternal and Child Health Handbook app is an application that you can use from pregnancy onwards for various scheduling purposes. It is designed to be used alongside your paper Maternal and Child Health Handbook.

### ○ 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 check-up, 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 into the app, and save them as images, etc. These important records are then saved in a secure database operated by the City.

### ○ Feel secure with emails/push notifications!

The app will remind you of upcoming vaccinations/check-ups, City projects/programs, etc., through emails and push notifications.

### ○ Make reservations for check-ups/classes at Minato Public Health Center!

Make reservations for the parenting classes, newborn health check-ups, 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

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

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/families, parents of children under 3 years old, etc., that live in Minato City

**Frequency:** Every day during pregnancy

**Content:** During your pregnancy, these emails provide information on the state of your unborn baby, the physical condition of the mother, and advice on the diet/lifestyle of expectant mothers.

### How to Register:

Scan the QR code and send a blank email to the email address that pops up. Within a day or two, you will receive a confirmation email. Registration/use of the service is free.

\*Users are responsible for any telecommunication fees.

### QR Code:

During pregnancy

\*If you have trouble scanning the QR code, send a blank email to the following email address. During pregnancy: minato@reg.kizunamail.com

\*Contact the Kizuna Mail Project NPO (TEL: 03-6317-5575) if you are unable to register for/receive the emails.



## 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**.

Be sure to inquire for more details, as qualification standards are based on the time of application and the severity of the illness.

## Prenatal Dental Checkups

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

Be sure to make use of the Okuchi-no-Kenshin dental checkups offered by local dental clinics, etc., during specific times of the year (June–August, November–January). The Minato Public Health Center also offers prenatal dental checkups outside of these periods (once a month, reservation required). Please inquire for more 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 have recently given birth, 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.

\*Single-parent households may be eligible for the Home Helper Service for Single Parents program.

### Hours Offered:

Once a day, for two, three, or four hours

### Duration/Maximum Hours:

Throughout pregnancy and up to 120 days after childbirth / 96 hours total (15 hours for postpartum doula)

\*The duration/maximum hours differ for those with multiple pregnancies.

### Fees:

Hours	2 hours	3 hours	4 hours
Housework Assistance (Home Helper)	1,500 yen	2,250 yen	3,000 yen
Housework Assistance/Childcare (Postpartum Doula)	2,000 yen	3,000 yen	4,000 yen

\*The above fees are halved for households that are exempt from resident tax, and the service is offered free of charge for households receiving public welfare assistance.

\*Fees differ for those with multiple pregnancies. Contact the Children and Families Support Center or check the Minato City official website for details.

### Content:

Housework Assistance (Home Helper)	Preparing everyday meals, cleaning/organizing, laundry, shopping, accompanying user to check-ups
Housework Assistance/Childcare (Postpartum Doula)	In addition to the household assistance listed above: helping to bathe the baby, watching over breastfeeding process, advice on childcare, advice on life planning after childbirth

You must submit an application in order to use this service. The application form can be downloaded from the Minato City official website.



## Hospital Midwife Service

📍 Family Counseling Subsection, Children and Families Support Center  
📞 Minato City Children and Families Consultation Hotline ☎ 5962-7215

Midwife services are offered at designated hospitals for expectant mothers who are unable to be admitted to a hospital to give birth for financial reasons.

**Eligibility: Households receiving public welfare assistance, etc.**

① 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

📍 Children's Benefit Subsection, Child and Family Section ☎ 3578-2433

Expense 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 730,000 yen in childbirth expenses and hospital costs (in the case of multiple pregnancies, this will be 730,000 yen plus 400,000 yen for each additional child).

**Eligibility:** Those who fulfill all of the following

- (1) On the day of application, the father or mother has 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

- Copy of mother's health insurance card
- Copy of receipt of childbirth costs
- Copy of statement
- Copy of notice of approval for lump-sum childbirth allowance and/or statement, document of consent, or certificate of agreement showing use of direct payment system

**You may also be asked to provide the following.**

- Copy of notice of approval for additional funds in lump-sum childbirth allowance
- Copy of notice of approval for high-cost medical expense support



### How to Apply:

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

① You must apply for the subsidy within a year of your child's birth.

## Lump-Sum Childbirth Allowance

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

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

If you show your health insurance card to your medical institution and complete the procedures for the direct payment system, the lump-sum childbirth allowance will be paid directly from your public health insurance plan to the medical institution. Contact your public health insurance provider for details.



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

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 420,000 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)
- Health insurance card and proof of identity (driver's license, etc.)
- My Number Card

#### If giving birth abroad

- The application must be submitted after the individual who gave birth re-enters the country
- 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.)
- Health insurance card and proof of identity (driver's license, etc.)
- Certificate of agreement referencing overseas medical institution, etc.
- My Number Card, 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, 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