

When pregnant



When pregnant

A woman who becomes pregnant should go to a Health and Welfare Center, or the City Hall (Shiyakusho Honcho) to submit a Notification of Pregnancy Form. When a woman submits this form, she will receive a Maternal and Child Health Handbook (Boshi Kenko Techo). It is also possible to apply for the pregnancy, maternal and maternal dental check-ups. By submitting the applications, one will be able to receive the tickets for pregnancy, maternal and maternal dental check-ups. She also can apply for the Childbirth Support Grant.

※An interview with the pregnant woman is necessary for the payment of the Grant.

【Necessary items to bring】

- Individual Number Card (if one doesn't have the Card, a document that can prove the Individual Number and ID)
- A document with the account number

Enquiries Nishinomiya City Health Center, Community Health Care Division 0798-35-3302
(Nishinomiya Shiyakusho Chiiki Hoken Ka)



Maternal and child health handbook [*Boshi kenko techo*]

This handbook is designed to record the results of both the mother and child's medical check-ups and provide information on medical examinations, vaccinations and health services.

If an English, Chinese, Korean, Thai, Portuguese, Indonesian, Spanish, Tagalog Vietnamese, or Nepalese edition (of the Maternal and Child Health Handbook) is requested, The Community Health Care Division will forward it by post some days later.

Enquiries Nishinomiya City Health Center Community Health Care Division 0798-35-3302
(Nishinomiya-shi Hokensho Chiiki Hoken Ka)

Health consultations and health examinations during pregnancy

At the Nishinomiya City Health Center, "Mother Classes" (Hahaoya Gakkyu), "Childcare Seminars" (Ikuji Seminar) are held for those experiencing their first pregnancy and their husbands (partners). A public health nurse, midwife etc., will teach the participants about pregnancy, birth, childcare and everyday skills required. A public health nurse, midwife etc., can also make home visits, interviews or phone calls and offer consultations and advice, if requested.

Enquiries Nishinomiya City Health Center Community Health Care Division 0798-35-3310
(Nishinomiya-shi Hokensho Chiiki Hoken Ka)

“Health care services to expectant and nursing mothers and infants”

Please refer to 11-1 of this guide.

Note For details, ask a person who understands Japanese to enquire for you.