

Please refer to p. 15-16 for contact information on each health counseling center.

Procedures and Notification

Pregnancy Notification Form

Health Counseling Centers

If you notify a health counseling center, health center, city office residence division, or branch office about your pregnancy, you will receive a Maternal and Child Health Handbook as well as a 'Haha-to-ko no Hoken Bag (Mother-child Health Bag)'. This bag contains important things such as a registration card for prenatal care checkup, delivery notification card, and a guide for parent's classes.

Maternal and Child Health Handbook

Health Counseling Centers

The Maternal Handbook was made to keep both the mother and the baby healthy. Please record your baby's health, making use of it in order to ensure their healthy growth. This book is required for vaccinations and health checkups.



Koto City Maternal and Child Health Handbook

Maternity Counseling

Health Counseling Centers

Public health nurses and other medical experts offer counseling to all expecting mothers and give advice on pregnancy, delivery, and childcare. Information on programs for expecting and new mothers are also available. We have gifts for expecting mothers who received counseling.

Health Checkups

Prenatal Care

Health Counseling Centers

This service partially covers the medical expenses for regular health checkups during pregnancy up to 16 times (including one ultrasound examination and one cervical cancer screening).

Dental Care for Expecting Mothers

Health Counseling Centers

Expecting mothers need to pay attention to dental health since cavities and gum disease can be easily worsened during pregnancy, and gum disease can also lead to early delivery. Free dental checkups are available at a designated medical institution.

Health Guidance Form

Health Counseling Centers

Pregnant women and babies who are a part of families on welfare or are exempted from special resident taxes and are unable to receive health guidance due to financial difficulties can receive a general health guidance and dental health guidance at designated medical institutions.

Preparing to Be Parents

Parents' Classes (Weekdays)

Health Counseling Centers

Classes and exchange events are held on bathing, childcare, dental, and nutritional matters for future mothers and fathers to safely deliver and rear their child. Reservation is not required. Free of charge. Please refer to the city report or city homepage for details.

Parents' Classes (Holidays)

Health Counseling Centers

Parents' classes are held on Saturdays for couples who are expecting their first baby. Please refer to the city report or city homepage for details. (Reservation Only)



Cooking Class for Expecting Mothers Health Counseling Centers

This class offers information on diet and nutrition during pregnancy and teaches how to plan a menu with sample dishes. It is held simultaneously with parents' classes (weekdays).

Home Guidance for Expecting Mothers Health Counseling Centers

Public health nurses visit expecting mothers who have multiple pregnancies or are under 20 or above 40 years old carrying their first child, if needed. Feel free to ask any questions related to delivery and childcare.

Allowances, Benefits, and Aids

Aid for Newborn Hearing Test Health Counseling Centers

For those who received newborn hearing test at medical institutes outside Tokyo Prefecture and could not use the registration card. This aid covers part of hearing test expenses. Application deadline is the day before the child's first birthday. The aid is for children registered as residents in Koto City.

Medical Aid for Prenatal Care Outside the City Health Counseling Centers

This aid covers part of the medical expenses for pregnant mothers who received prenatal care outside of the city for reasons such as visiting their hometown to deliver the baby. The application period is from the delivery date to the day before the baby's first birthday and covers medical expenses during the period in which the mother is a registered resident of Koto City.

Medical Aid for Gestational Hypertension and Other Conditions Health Counseling Centers

This aid partially covers the co-payment of health insurance when expecting mothers who satisfy certification standards specified by Koto-city are hospitalized due to gestational hypertension and other conditions. This is available for those whose income tax is under ¥30,000 or those whose hospitalization period is at least 26 days.

Hospital Delivery Aids

Contact Protection First Division, Welfare Office ☎: 3645-3106 FAX: 3647-4917
Protection Second Division, Welfare Office ☎: 3637-2707 FAX: 3683-3722

Contact us before your baby's arrival if your income is under the designated amount and have difficulty in paying hospital delivery expenses. However, our medical aids are only available at specific hospitals. Welfare Office: Designated welfare office is different depending on your area.



Welfare Office and Their Serving Regions

Division Name	Serving Regions
Protection First Division ☎: 3645-3106 FAX: 3647-4917 City Hall 2F	Kiyosumi, Tokiwa, Shin-ohashi, Morishita, Hirano, Miyoshi, Shirakawa, Saga, Eitai, Fukuzumi, Fukagawa, Fuyuki, Monzen-nakacho, Tomioka, Botan, Furuishiba, Etchujima, Shiohama, Edagawa, Toyosu, Shinonome, Ariake, Tatsumi, Shiomi, Aomi, Sengoku, Ishijima, Senda, Umibe, Ogibashi, Sarue, Sumiyoshi, Mouri, Kiba, Toyo, Higashisuna 6-8 chome, Minamisuna, Shinsuna
Protection Second Division ☎: 3637-2707 FAX: 3683-3722 City Resident Center 1F	Kameido, Ojima, Kitasuna, Higashisuna 1-5 chome, Yumenoshima, Shinkiba, Wakasu

- Child-rearing in Koto City
- Feel Free to Ask
- After Finding Out You're Pregnant
- After Delivery
- Facilities for Children
- When You Need Help with Child-rearing
- Outings with Children
- Learning Opportunities about Child-rearing
- For Single-parent Households
- For Children with Special Needs
- Child Hotline

Lump-Sum Allowance for Childbirth and Childcare and Maternity Allowance

Benefit Payment Section,
Medical Insurance Division

Contact Those who are not in National Health Insurance, contact your workplace or health insurance association
Benefit Payment Section, Medical Insurance Division
☎: 3647-3168 FAX: 3647-8443

The allowance is given to insured mothers or spouses of the insured when they give birth. If you are covered by the National Health Insurance, please read below.

Those covered by Koto City National Health Insurance will be granted ¥420,000 as a lump-sum allowance for childbirth and childcare (including stillbirths and miscarriages that have occurred after 85 days of pregnancy). This is not available to those who receive an allowance from other health insurance. There is also a direct payment system (requires an agreement between the householder and medical institution beforehand) and agent reception system (requires the householder to sign a contract with the medical institution and apply for National Health Insurance). Deliveries without using the direct payment system or agent system require an application to receive a lump-sum allowance for childbirth and childcare to National Health Insurance after delivery.



<Application for lump-sum allowance for childbirth and childcare for those not using the direct payment system or agent system>

- ① Insurance certificate of householder
- ② Seal of householder
- ③ Maternal and Child Health Handbook (with seal of certificate from the municipal governor)
 - Deliveries outside of Japan requires birth certificate published by an official institution and its Japanese translation.
 - Stillbirths and miscarriages require a doctor's certificate to show that the case occurred after 85 days of pregnancy.
- ④ Documents to prove possession of a bank account (of the householder or the new mother)
- ⑤ Receipt (proving no use of the direct payment system)
- ⑥ Statement of mutual agreement with the medical institution (proving no use of the direct payment system)
 - *Deliveries outside of Japan do not require above ⑤ and ⑥ but requires the passport of the new mother.

<Delivery Loan (Not available for those who are using the direct payment or agent system)>

This delivery loan is for those who will be receiving a lump-sum allowance for childbirth and childcare according to the Koto City National Health Insurance and whose due date is within one month (Those who are at least four months pregnant and currently need a loan to make a payment for delivery to a medical institution can consult our office.) The loan limit is 80 percent of the lump-sum allowance for childbirth and childcare and is free of interest.

National pension premiums exemption system during prenatal and postnatal period

First insured person in the national pension system is exempt from national pension premiums for four months from the month before the month to which her due date or the date of delivery belongs. The period recognized as prenatal and postnatal period will be counted as the paid period of premiums in old age basic pension system. Although notification can be made 6 months before the due date, notification can be also made after delivery.

■ Things to bring

Notification before delivery: something on which due date is recorded (Maternal and Child Health Handbook, etc.)

Notification after delivery: Due date is unnecessary as a general rule because it can be confirmed by municipal governments. However, in cases where the insured person and the child are registered in different households, documents such as birth certificate which certify delivery date and mother-child relationship

Contact Koto Pension Office (5-16-9, Kameido) ☎: 3683-1231 FAX: 3681-6549
Pension Section, Residents Division ☎: 3647-1131 FAX: 3647-9415

