

Living Guide

MORIOKA



Morioka International Relations Association

12-2 Uchimaru, Morioka 020-8530 TEL: 019-626-7524 FAX: 019-622-6211 E-mail: info@mira-morioka.com



Pre-and Post-Natal Care in Morioka



The theme for this issue is “Pregnancy and childbirth in Morioka”. The Morioka city government offers many useful services for parents expecting a child or who have recently had children. Pregnancy, childbirth and child-rearing all require different types of assistance. Please inquire based on your individual needs.



Please consult the following website about the services highlighted in this issue, procedures, relevant departments for services, and necessary information for application.

→ 『子育てねっと (Kosodate Net) 』

<http://www.city.morioka.iwate.jp/kosodate/kosodatenet/index.html>



When you pregnant

<u>Check list</u>	<u>Note</u>
<input type="checkbox"/> Pregnancy Notification Form	Request your obstetrician to issue this. Please fill out the form with all pertinent information such as the “My Number” issued by the government.
Maternity Passbook <input type="checkbox"/> Prenatal Checkup Voucher	Submit the above form to the city hall and apply for issue the passbook. → Use coupon for regular prenatal checkups.
<input type="checkbox"/> Maternal Medical Care Eligibility Certificate	Application for financial assistance of medical care for pregnant women

Parent Education(Maternity class, Parenting class)

Classes are held regularly at Morioka Health Care Center for first time parents. For further information, classes, dates and time, or information on how to apply, please consult the Morioka city government website or the Morioka city PR magazine.



Post -Natal Care

<u>Check list</u>	<u>Note</u>
<input type="checkbox"/> Birth Registration	Submit this within 14 days after giving birth to city hall.
<input type="checkbox"/> Child Handbook	Bring your maternity handbook to city hall for issuance procedures. Newborn and infant healthcare and dental care card and protective vaccination vouchers are included in the handbook. → Please confirm the time by yourself and receive services at designated medical institutions. (Group health checkup card will be send separately by mail)
<input type="checkbox"/> Maternal Healthcare Checkup Voucher <input type="checkbox"/> Newborn Hearing Test Voucher	→ Receive the Maternal healthcare checkup and hearing test for newborns at the hospitals shortly after childbirth.
<input type="checkbox"/> Newborn and Infant Medical Assistance Benefit Card	Apply medical support benefits for newborns and infants.
<input type="checkbox"/> Child Allowance	Apply for the allowance provide for children younger than high school age.
<input type="checkbox"/> Lump-sum Birth Allowance	To be provided to the hospital and birth mother when the parent has health insurance. Please consult the details at the website listed above.
<input type="checkbox"/> Maternity Allowance ※ Leave allowance for women	Please ask about information concerning eligibility or enrollment for recipients and so on concerning one's current health insurance at the Iwate branch of Japan Health Insurance Association (only the person who are insured by the association are eligible).
<input type="checkbox"/> Childcare Leave	Please consult for information such as requirements of the

Benefit	recipients and so on for Employment Insurance Application Section of the Public Employment security Office of Morioka (phone: 624-8906).
----------------	--



Newborn and Infant Nutrition Class

The class is held regularly for first time parents who reside in Morioka and their children. Please consult for pertinent information, class dates and times, and how to apply at the website of Morioka city government or PR magazine.

Post-Natal Care

Licensed Midwives can make house calls for parents who are worried about child rearing issues or to monitor the health state of mothers and babies. In addition, they can provide support for child rearing such as proper nursing or bathing instruction. Please consult the above website about the fees and availability. ※Prior application is required. (It is possible to apply for these services while pregnant)

Nutrition for Newborns and Infant

Powdered milk can be provided by the city for low income household. Please consult for details about recipient eligibility at the website referred to earlier in this article.



Financial Assistance for Single-Parent Family

There are some allowances available to reduce the economical burden of being a single parent, provide support for healthy growth of children, and help provide a stable life. Please consult the website for further details.



Pre-and Post-Natal Services



Telephone Counseling “Mama no Anshin terefon” (Parental Assistance Hotline)

Midwives and public health nurse provide consultations on pregnancy, childbirth and child rearing

issues.

Phone: 019-654-0851 Days: Monday to Friday

Time: 9:00—16:00 (except for New Year's Holidays and National holidays)

Maternal Dental Health Checkup

People who are in pregnant or within one year of childbirth are eligible for this service. Dental health services are available for 500-yen self-pay/per visit at the designated dentists throughout Morioka. Please consult if you need make an appointment or not before visiting the dentist.



Pre-natal and Post-natal Health Insurance Fee Exemption

Payment of health insurance fee may be exempted. Please consult the website for further information and eligibility requirements.