

About Pregnancy

Subsidies for Fertility Treatment and Recurrent Pregnancy Loss Treatment

The city subsidizes part of the cost of treatment in order to reduce the financial burden on couples who will receive fertility treatment and treatment for recurrent pregnancy loss from April 1st, 2021.

Mother and Child Health Comprehensive Support Center Sukoyaka (Inside Haramachi Health Center)

This is a general consultation center for pregnancy, childbirth, and child raising. Please feel free to consult with us about anything. We provide consultations for pregnancy, physical and mental health after childbirth, about your child, child rearing, and so on.

Pregnancy Confirmation Report

When it is confirmed at a medical institution that you are pregnant, notify the health center as soon as possible to receive the “Mother and Child Health Handbook” and “Mother and Child Health Booklet.”

(WHAT TO BRING: Hanko/Seal, My Number Card, Driver’s License, Etc.)

※If you wish for it to be delivered to Odaka or Kashima, please make a reservation by phone in advance.

Prenatal Health Check-Ups

It is crucial to have medical examinations throughout your pregnancy to not only check on your health but the development of your baby as well. Please use the consultation slips inside of the Mother and Child Health Booklet.

※If you visit a midwifery home or a hospital outside the prefecture, you will be subsidized after receiving and paying for the procedures yourself.

Dental Exams for Pregnant Women

When you are pregnant, your body undergoes a lot of hormonal changes which can cause you to develop an increase in cavities and periodontal diseases. You can receive free prenatal dental health check-ups.

※Those who have evacuated will receive a subsidy after receiving and paying for the procedures yourself.

Maternity and Family Seminar

We hold seminars for pregnant women and their families so that they can give birth and raise children safely.

Maternity Salon

Here you can consult with specialists and nurses about various topics from pregnancy to childbirth with other pregnant women. Please feel free to participate if you’d like to exchange information with other women and make some new friends.

Postnatal Care

For new mothers who have given birth, you can consult with specialists and nurses about concerns such as milk production or health issues by either visiting for the day or staying over night.

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Contact Information

- Mother and Child Health Comprehensive Support Center
“Sukoyaka” 0244-24-5338
- Haramachi Health Center 0244-23-3680
- Odaka Health and Welfare Center 0244-44-6407
- Kashima Health Center 0244-46-1451

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Childbirth and Childcare Lump Sum Allowance

The Childbirth and Childcare Lump Sum Allowance (¥420,000 per child) offers support towards medical examination fees, delivery costs, hospitalization fees, etc., that are not covered by your health insurance.

If the mother works, her health insurance will be provided by her employer, and if the mother is a dependent of the father, her health insurance will be provided by the father's health insurance. If you give birth within 6 months after you resign from your job, you may be paid via the health insurance of your former employer. The National Health Insurance accepts applications at the Civic Affairs Division in city hall. (Civic Affairs Division: 0244-24-5233)

You can also pay directly from the Childbirth and Childcare Lump Sum Allowance to the medical institution where you will give birth. In this case, you can start the procedure at that medical institution.

Application for Maternity Allowance

(In the situation where the mother has social insurance.)

If a working woman takes maternity leave, her health insurance may provide an allowance depending on the conditions. Check with your employer and complete the procedure before going on maternity leave.