

○ Pregnancy to Childbirth (ninshin~shussan)

■ Health Check-ups during Pregnancy and Infants' Health Check-ups

You are entitled to the following free (publicly funded) health check-ups: fourteen during your pregnancy, two after giving birth, and two check-ups for your baby (it is advisable to have the first check at 1 month old and the second check at 9-10 months old). Please be sure to get the check-ups done in order to ensure a smooth pregnancy and childbirth. During the first visit covered by your Medical Check-up Card (jushin-hyō), you can also have a cervical cancer check-up done. Please hand in both your Mother and Child Health Handbook (boshi kenkō techō) and your Medical Check-up Card (included as a separate booklet in the Mother and Child Health Handbook) at the hospital. The handbook can be used at any hospital within the prefecture. If you had a check-up done at a hospital outside the prefecture due to reasons such as returning to your hometown to give birth, or received additional check-ups due to multiple pregnancies, you can apply for a reimbursement of the medical fees involved (the refundable amount is limited).

Inquiries Izumo City Hall: Kenkō Zōshin-ka
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Infertility Treatment Aid

Up to 150,000 yen per year (the amount of coinsurance payment) for treatments covered by health insurance.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari tel. 21-6981

■ Recurrent Miscarriage Treatment Aid

Up to 100,000 per year (the amount of coinsurance payment) for treatments covered by health insurance.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari tel. 21-6981

■ Medical Aid for Premature Infants (mijukuji yōiku iryō)

Households with a premature infant in need of medical aid will receive an allowance for necessary medical aid.

Inquiries Izumo City Hall: Kenkō Zōshin-ka
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Baby Care Classes (akachan no osewa kyōshitsu)

Time : Once or twice a month. (Please contact us for dates and locations.)

Participants : Expecting mothers who are 7-9 months pregnant with their first child, and up to 1 family member. (First 6 families)

Free of charge

Contents : Exercises on bathing a baby and changing diapers, baby belly simulation, information on parenting, etc.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari Tel. 21-6981

■ Maternity Aqua (mataniti akua)

Location: Izumo You Plaza

Time: Every Monday, 10:30–12:30

Participants : Expecting mothers over 16 weeks pregnant.

Fee : 930 yen (includes locker fee) ※ Maternity swimwear rental 200 yen

Contents : Medical check-up, water walking and water aerobics.

Other : Permission from personal doctor necessary on application.

Inquiries Izumo You Plaza Tel. 30-0707

■ Pick up Services for Time of Delivery

- Mothers who are about to deliver (in labor) are taken to the maternity hospital.
- This service is meant for normal delivery. If the birth is early or you feel abnormal, please consult your physician at the maternity hospital immediately.
- Contact the office beforehand about your assumed time of birth to help the service run smoothly.
- Please note that as the service runs with normal taxi services, the service may be slow during rush hour.

Name of Office	Address	Phone Number	Fax Number	Main pick-up area
Izumo Ichibata-kōtsū Kabushikigaisha	Tsunematsu-chō 353-3	21-1144	21-2483	Izumo Area
Izumo Daiichi-kōtsū Kabushikigaisha	Enyazenkō-chō 11-3	21-2555	21-2556	Izumo Area
Yūgengaisha Izumo Kankō Takushī	Taisha-chō Kita-Araki 854-3	53-3230	53-6020	Taisha Area
Yūgengaisha Atago Takushī	Nishi-Hirata-chō 18	62-3400	63-4338	Hirata Area

Inquiries Izumo City Hall...Kenkō Zōshin-ka Boshi Hoken-gakari Tel: 21-6981

■ Public Health Nurse & Midwife Visit (hokenshi • josanshi hōmon)

- During pregnancy Feel free to contact us if you have any worries, concerns or questions.

We also do home visits during pregnancy. Please contact the places listed below if you are interested.

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ House Visits for Babies (akachan koekake hōmon)

Our staff members (childcare supporters, district welfare commissioners or a commissioned child welfare volunteers, child welfare volunteers, etc.) conduct visits to all households with an infant in the region. Our staff members are friendly, easy-to-consult childcare advisers, so please feel free to ask them any questions you might have.

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ **After Birth Care Project (sango kea jigyō)**

Within one year after birth, mothers who are concerned about their own health or breastfeeding or have other concerns about parenting can consult a professional such as a midwife in their home or at a facility to get a health check-up and receive guidance in breastfeeding or other such matters. Plans with accommodation are available.

Fee 1000 yen per visit. 3500 yen for plans with accommodation.

(free of charge for households that are receiving welfare or are exempt from paying municipal taxes)

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

~When a Baby Is Born~

【Necessary Procedures at City Hall】

Some procedures may take an hour to finish.

All procedures can be done at Administrative Centers as well.

- ① Submit Birth Registration (shusshō todoke) (within 14 days of birth)
- ② Pick up Certificate of Registered Birth (shusshō todoke dezumi shōmei)
- ③ Get information on infant health check-ups, vaccinations, nurse and midwife visits, etc.
- ④ Apply for the Infant Medical Fee Aid Certificate
(nyūyōjitō iryōhi jukyū shikakushō)
- ⑤ Apply for Child Allowance (within 15 days of the day after childbirth, excluding government workers who can carry out procedures at their workplace) ※see page 11
- ⑥ Apply for (shinsei) or renew (henkō-todoke) your Shimane Prefecture Parenting Passport (Coccolo) (shimane kosodate ōen pasupōto kokkoro)
- ⑦ Get information on how to enroll your child in daycare (if applicable)
- ⑧ Complete procedures to enroll your child in National Health Insurance (within 14 days from birth, when applicable)
- ⑨ Complete procedures to receive the Lump Sum Allowance for Childbirth & Nursing (shussan ikuji ichijikin) (Applicable if the mother is enrolled in National Health Insurance but is not using the direct payment system or if the actual cost of childbirth was less than the lump sum allowance ※see page 9)
- ⑩ Complete procedures to increase disability pension
(Applicable if the father or mother is receiving disability pension)
※ Not always applicable
- ⑪ Complete procedures for exemption of National Pension Insurance Premiums before and after childbirth
(If the mother is enrolled in Category 1 of National Pension)

【Items Required for Procedures】

Item	Applicable procedure
● Seal (one using a red ink pad)	①
● Birth Certificate (please bring one filled in by a doctor present at time of birth)	①
● Mother and Child Health Handbook	②③⑪
● Child's Health Insurance Card	④
Applicant's (father or mother, whomever has the higher income) ● Health Insurance Card (not necessary if enrolled in National Health Insurance) ● Bank account passbook or cash card connected to a regular savings account	⑤ Only when submitting a new application (e.g. for first child)
● Shimane Prefecture Parenting Passport (Coccolo) (not necessary to apply for your first child)	⑥
● Something to prove the identity of the person undertaking the procedures (e.g. driver's license or Health Insurance Card) ● Document to verify My Number	⑤⑧⑩⑪ ⑤ Only when submitting a new application (e.g. for first child)
Please contact the Hoken Nenkin-ka for information on what to bring with you when carrying out procedures ⑨ and/or ⑩ (Tel. 21-6982).	

～Help Mark • Help Card～

Shimane Prefecture provides a free Help Mark • Help Card for mothers in their early stages of pregnancy, when it is hard to tell by looking that they may need help or assistance. All residents of Shimane Prefecture, along with representatives of the applicant, may apply for the card. No documents are necessary for application. Cards are available at the City Hall and City Hall Branch Offices.

【Places to apply in person】

Izumo City Hall...Health Services Division (Kenkō Zōshin-ka), Welfare Promotion Division (Fukushi Suishin-ka)


Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Centers: (Shimin Sābisu-ka)

(It is also possible to apply by mail or fax)

POST : ① Shimane-ken Shōgai Fukushi-ka (Help Mark Tantō)

 690-8501 Matsue-shi Tonomachi-chō 1 Banchi

② Izumo-shi Fukushi Suishin-ka (Help Mark Tantō)

 693-8530 Izumo-shi Imaichi-chō 70

FAX : ①0852-22-6687 (write Shimane-ken Shōgai Fukushi-ka as the recipient)

②0853-21-6598 (write Izumo-shi Fukushi Suishin-ka as the recipient)

You can download the application form on the City Website. Search for Help Mark on the front page.

Inquiries: City Hall Welfare Promotion Division (Fukushi Suishin-ka) TEL 21-6959 FAX 21-6598



～Shimane Special Needs Parking System

- Intended for: Mothers from 7 months of pregnancy to 1 year after giving birth

(you can apply during your 6th month of pregnancy or earlier).

Shimane Prefecture has a parking policy for those with special needs. Persons using wheelchairs, and other persons who need easy access to parking, are provided with a sign to inform others of this need.

- Documents needed for procedure: A copy of the personal information page of the Mother and Child Health Handbook

(showing name, address, and estimated time of birth)

Pregnant persons will receive the red sign for special needs. Please hang it from the rear-view mirror when parked.

Inquiries: City Hall Welfare Promotion Division (Fukushi Suishin-ka) Tel. 21-6959 Fax 21-6598





Shimane Prefecture Parenting Passport

Cities, towns and villages in Shimane offer a Parenting Passport to show their warm support to parents. There are many places where you can get support services by showing your Coccolo passport! You can have your passport issued at the service counters listed below.

○Applicable Persons

Those who are pregnant or have children under 18 years old.

(A child who has turned 18 is considered a child until the March 31 following their 18th birthday.)

《Changing into a Nationwide Parenting Passport》

Starting in April 2016, a Nationwide Parenting Passport has been made available.

If you want to use your Parenting Pass all around the nation, you will need to change into the new passport.

- What you Need for the Procedure: The passport you have
- Service Counters that Issue the Parenting Passport

City Hall • • • • • Kodomo Seisaku-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

(The new passport)



○You can look up services available with Coccolo on the website ⇒

https://matsue.mypl.net/shimane_kosodateouen/



《An app has been created for "Coccolo," the Shimane Prefecture Parenting Passport》

Starting from April 1, 2021, you can use the Shimane Prefecture Parenting Passport on a smartphone or other device with the "Coccolo" app.

○What has changed with the app:

1. Until the app was created, only one card was issued per household. With the creation of the app, in addition to the one plastic card, two smartphones can be registered per household. Now, three people per household can use the Shimane Prefecture Parenting Passport services.
2. The app also includes shop information, allowing you to search easily for stores that take the Shimane Prefecture Parenting Passport, and to find baby care rooms.

○Download the app by scanning the QR code below

