

Congratulations on your new baby!

【出 生】

Checklist of procedures after having a baby

As of 1st April, 2026

		Those who need to submit documentation	Required Procedures	Required Documents	Service Counter for Procedures and Inquiries
1	☐	Everyone	Birth Notification	Mother and Child (Parent and Child) Health Handbook	Citizens' Service Div./ Each City Branch Office etc. Notifications and Certificates Group TEL 0246(22)7447 Resident Register Group TEL 0246(22)7444 My Number Card Issuance Group TEL 0246(22)7026
		Those registered as residents of Iwaki City			
2	☐	Everyone	Resident Registration		
			※After registering the baby as resident, the following will be sent by postal mail.		
			Notification of Residence Certificate Code	in approximately one week	
			Individual Number Notification	in approximately one month	
		※Please request a Residence Certificate which includes your "My Number (individual number) " if confirmation of "My Number" is urgently required for Social Insurance or other procedures.			
3	☐	Those wishing to issue a My Number Card (Individual Number Card) ※ For details, please see the separate sheet, "Application Guide".	☐ Application for Expedited Issuance	Please complete the procedure at the same time as submitting the Birth Notification or within one week. Approximately 14 days for Issuance.	Citizens' Service Div./ Each City Branch Office etc. My Number Card Issuance Group TEL 0246(22)7026
		☐ Application for Standard Issuance	Identification Documents Approximately 2 Months for Issuance		

Those enrolled in the National Health Insurance and the National pension

	Those who need to submit documentation	Required Procedures	Required Documents	Service Counter for Procedures and Inquiries
4	☐	Enrolment in the National Health Insurance		National Health Insurance and Pension Div. (Citizens' Service Div. deals with some matters) / Each City Branch Office etc. Investigation and Payment Sec. TEL 0246(22)7456 National Health Insurance Tax Sec. TEL 0246(22)7429 National Pension Sec. TEL 0246(22)7464
5	☐ Those enrolled in the National Health Insurance	Application for payment of Childbirth Lump-Sum Allowance	Please consult the relevant division.	
6	☐	Notification of Reduction of the National Health Insurance Tax for the Prenatal and Postnatal Period	Mother and Child (Parent and Child) Health Handbook etc.	
7	☐ Those registered as Category I insured persons under the National Pension	Application for Exemption from the National Pension Insurance Contributions	Document showing the Basic Pension Number or My Number Mother and Child (Parent and Child) Health Handbook etc.	

☆ Depending on the situation of the person, required documents might be different. Please consult the relevant division in advance.

⇒Continued on the reverse side.

Other Procedures

		Those who need to submit documentation	Required Procedures	Required Documents	Service Counter for Procedures and Inquiries
8	☐	Everyone (except those enrolled in the National Health Insurance)	Registration of Eligibility for Medical Care for Infants or Toddlers	Please consult the relevant division.	Citizens' Welfare Sec. in each City Branch Office / Each regional Health and Welfare Centre in each region etc Taira TEL 0246(22)7457(11)
9	☐	Those who will receive Child Allowance	Application for Child Allowance Eligibility or Revision of the Amount	Please consult with the service counter to carry out procedures as soon as possible	TEL 0246(22)1163 (Other than the above) Onahama TEL 0246(54)2116(11) TEL 0246(54)2115 (Other than the above)
10	☐	Those who submit Birth Notice Form	Submission of Birth Notice Form	Birth Notice Form (attached to your Mother and Child (Parent and Child) Health Handbook)	Nakoso / Tabito TEL 0246(63)2117(11) TEL 0246(63)2116 (Other than the above)
11	☐	Those wishing to apply for	Enrolment in Nursery School	Please consult the relevant division.	Joban / Tono TEL 0246(43)2116(11) TEL 0246(43)2115 (Other than the above)
12	☐		Famitan Card		Uchigo / Yoshima / Miwa TEL 0246(27)8690 Yotsukura / Hisanohama-Ohisa TEL 0246(32)2114
13	☐		Picture book gift for baby		Children and Families Div., Family Support Sect. (in Iwaki City General Health and Welfare Centre) TEL 0246(27)8563
		Those who run Single-Parent Households etc.			
14	☐	Those who will receive Child - Rearing Allowance	Application for Child - Rearing Allowance Eligibility or Revision of the Amount	Please consult the relevant division.	Citizens' Welfare Sec. in each City Branch Office / Each regional Health and Welfare Centre etc ※ Refer to the contact information above
15	☐	Those eligible	Medical Expense Subsidy for Single-Parent Families etc.		
16	☐	Those who may have difficulty receiving stable iodine tablets in an emergency and wish to receive them in advance	Advance Distribution of stable iodine tablets	Document showing the address within the city / Identification Documents (ID)	Public Health Centre, General Affairs Div., Radiation Health Management Centre TEL 0246 (27) 8562

☆ Depending on the situation of the person, required documents might be different. Please consult the relevant division in advance.

Other Support

Service	Contact Information / Inquiries
Dental and Oral Health Consultation	Public Health Centre, Community Health Div. Health Advisory Sec. TEL 0246 (27) 8594 〒973-8408 191 Yomogida, Takasaka-machi, Uchigo, Iwaki City
"Oya-Coco" Consultations and Support Counter for Pregnancy, Childbirth and Child Raising (Consultation Counter for Mother and Child)	Each Regional Health and Welfare Centre, Health Sec. TEL 0246 (22) 7621 (Taira Area) TEL 0246 (54) 2117 (Onahama Area) TEL 0246 (63) 2118 (Nakoso / Tabito Area) TEL 0246 (43) 2118 (Joban / Tono Area) TEL 0246 (27) 8692 (Uchigo / Yoshima / Miwa Area) TEL 0246 (32) 2114 (Yotsukura / Hisanohama-Ohisa Area) TEL 0246 (83) 1329 (Ogawa / Kawamae Area)
"Iwakikko" Home Visit Health Service for Baby	
Consultation Services for Mothers and Children by Phone or in Person	
Health Checkups for Infants and Young Children	
Maternal and Child Health Consultation	
Vaccinations	
Consultation for Child Development by Specialist	
The Opening of the Playroom	Child Raising Support Centre (in Iwaki City General Health and Welfare Centre) 0246 (27) 8599 〒 973-8408 191 Yomogida, Takasaka-machi, Uchigo, Iwaki City

For more details, please refer to the Health Guidebook (保険のしおり—Hoken no Shiori) or the relevant service counter.