

☺ Congratulations on your new baby!☺

出生

Checklist of procedures after having a baby

英語

As of 1st April, 2022

	Those who need to submit documentation	Required Procedures	Required Documents	Service Counter for Procedures and Inquiries
1	<input type="checkbox"/> Everyone	Birth Notification	Parent and Child Health Handbook / Personal Seal	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 who are registered as a resident of Iwaki City				
2	<input type="checkbox"/> Everyone	Resident Registration ※After registering the baby as resident, the following will be sent to you by postal mail. Notification of Residence Certificate Code in approximately one week My Number Notification Card in approximately one month ※Please request a Residence Certificate which includes your "My Number" if confirmation of "My Number" is urgently required for Social Insurance or other procedures.		

Those who have National Health Insurance and National pension

	Those who need to submit documentation	Required Procedures	Required Documents	Service Counter for Procedures and Inquiries
3	<input type="checkbox"/> Those who have National Health Insurance	Enrolment in National Health Insurance		National Health Insurance and Pension Div. (Citizens' Service Div. deals with some matters) / Each City Branch Office etc. TEL 0246(22)7456
4		Application for payment of Childbirth Lump-Sum Allowance	Please consult with the division in charge	
5	<input type="checkbox"/> Those who are registered as Category I under the National Pension	Application for Exemption from National Pension Insurance Contributions	Pension Handbook Parent and Child (Mother and Child) Health Handbook etc.	National Health Insurance and Pension Div. / Each City Branch Office etc. TEL 0246 (22) 7464

Other Procedures

	Those who need to submit documentation	Required Procedures	Required Documents	Service Counter for Procedures and Inquiries
6	<input type="checkbox"/> Everyone	Distribution of Stable Iodine for Household Use	ID Card of Parent	Public Health Centre, General Affairs Div., Radiation Health Management Centre TEL 0246 (27) 8562
7	<input type="checkbox"/> Everyone (except those who have National Health Insurance)	Registration of Eligibility for Medical Care for Infants or Toddlers	Your child's Health Insurance Card / Bankbook under the name of the parent or guardian	Citizens' Welfare Sec. in each Branch Office / Each Regional Health and Welfare Centre etc.
8	<input type="checkbox"/> Those who will receive Child Allowance	Application for Eligibility or Request for Revised Amount for Child Allowance	Please consult with the relevant counter to carry out procedures as soon as possible	
9	<input type="checkbox"/> Those who meet the conditions for	Application for Maternity Allowance	Please consult with the division in charge	Taira TEL 0246(22)7457 (12) TEL 0246(22)1163 (except the above)
10		Application for picture book gift for baby	Application Card will be enclosed in the Notice of Approval for Maternity Allowance	
11	<input type="checkbox"/> Those who submit Birth Notice Form	Submission of Birth Notice Form	Birth Notice Form (attached to your Parent and Child (Mother and Child) Health Handbook)	Onahama TEL 0246(54)2111 Nakoso / Tabito TEL 0246(63)2111
12	<input type="checkbox"/> Those who want to apply for	Enrolment in Nursery School	Please consult with the division in charge	Joban / Tono TEL 0246(43)2111 Uchigo / Yoshima / Miwa TEL 0246(27)8690 Yotsukura / Hisanohama-Ohisa TEL 0246(32)2114 Ogawa / Kawamae TEL 0246(83)1329
13		Famitan Card		
Those who run Single-Parent Households etc.				
14	<input type="checkbox"/> Those who will receive Child Support Allowance	Application for Eligibility or Request for Revised Amount for Child Support Allowance	Please consult with the division in charge	
15	<input type="checkbox"/> Those who meet the conditions	Medical Expenses Subsidy for Single-Parent Families etc.		

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

Other Support

Service	Section in Charge / Inquiries
Dental and Oral Health Consultation	Public Health Centre Community Health Div. Health Advisory Sec. 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. 0246 (22) 7621 (Taira Area) 0246 (54) 2111 (Onahama Area) 0246 (63) 2111 (Nakoso / Tabito Area) 0246 (43) 2111 (Joban / Tono Area) 0246 (27) 8692 (Uchigo / Yoshima / Miwa Area) 0246 (32) 2114 (Yotsukura / Hisanohama-Ohisa Area) 0246 (83) 1329 (Ogawa / Kawamae Area)
"Iwakikko" Home Visit Health Service for Baby	
Health Check-Ups for Infants and Children	
Health Consultations for Mother and Child	
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 relevant service counter