

Notification from Oshu City

About Distribution Procedures for Mother-Child Health Handbooks

☆ Get your Notification of Pregnancy form from your healthcare provider once you know the due date. Fill it out to use for the procedures.

☆ **As much as possible, the pregnant person should complete this process.** In the case of a proxy, get a proxy letter from the relevant city hall office. The form is also downloadable from Oshu's website.

What to Get	Address and Phone #	Hours	What to Bring
Mother-Child Health Handbook Pregnancy Health Consultation General Pregnancy Checkup Cards Newborn Hearing Test Cards ※ Allow around 40-60 minutes for these procedures.	Oshu City Hall 2nd Floor, Children and Health Division, Health Promotion Dept. Parent-Child Future Section (0197-34-2171)	Monday-Friday (excl. holidays) 8:30AM-5:00PM	- Filled-out application - Pregnant person's My Number card - Bankbook ※In case of proxy ① Proof of the pregnant person's My Number (a copy is fine) ② Proxy letter ③ Proxy's official ID (driver's license, passport, etc.)
	Esashi Gen. Branch 1st Floor, Health & Welfare Group, Health Promotion Dept. (0197-34-2523) [Make an appointment at a good time for you.]	[Apt. required] Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	Maesawa Gen. Branch 1st Floor, Citizen Welfare Group, Health Promotion Dept. (0197-34-0275) [Make an appointment at a good time for you.]	[Apt. required] Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	Isawa Gen. Branch Health & Welfare Group ※Health Promotion Plaza Yuyukan (0197-46-2977) [Make an appointment at a good time for you.]	[Apt. required] Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	Koromogawa Gen. Branch Citizen Welfare Group, Health Promotion Dept. (0197-34-2370) [Make an appointment at a good time for you.]	[Apt. required] Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	Oshu City Hall 2nd Floor, Children and Health Division, Health Promotion Dept. Medical Fees Section (0197-34-2902)	Esashi Gen. Branch 1st Floor, Citizen Living Group (0197-34-2520)	
Maesawa Gen. Branch 1st Floor, Citizen Welfare Group (0197-34-0272)	- Health insurance card - Bankbook * Newcomers to Oshu may need to show proof of income. Contact one of the offices to the left for details.		
Isawa Gen. Branch 1st Floor, Citizen Living Group (0197-34-0318)			
Koromogawa Gen. Branch 1st Floor, Citizen Welfare Group (0197-34-2368)			

☆☆☆ Handbook Distribution Center Maps ☆☆☆

