

How to Have Pregnancy, Postpartum, and Infant Checkups plus the Newborn Hearing Screen  
 Outside of Iwate

If you want to have pregnancy healthcare – which includes general pregnancy checkups (1-15 appointments plus a pap smear), postpartum checkups (one at 2 weeks and another at 1 month after birth), and the newborn hearing screen, plus well infant checkups (at one month, six months, nine months, and one year old) – outside of Iwate, an outsourcing contract between Oshu and the desired healthcare center must be drawn up. Also, there are required procedures to let healthcare appointment cards be used. However, if a contract is not possible, financial help in the form of reimbursement is possible.

First, please contact the hospital in which you plan to give birth, followed by your local pregnancy healthcare office. Once the contract is settled, you'll be told which of the following (1 or 2) applies to you.

1 Contract is possible	<p>Use your pregnancy healthcare card as normal.</p> <p>※ If expenses go over what Oshu contractually covers, the remaining amount is the patient's responsibility.</p>
2 Contract is not possible	<p><u>Reimbursement.</u> First, pay out-of-pocket at the healthcare facility, then apply to be reimbursed at the relevant service counter.</p> <p>※ If expenses go over what Oshu contractually covers, the remaining amount is the patient's responsibility.</p> <p>(1) What to bring for reimbursement</p> <ul style="list-style-type: none"> <li>① Copy of relevant receipt from the hospital             <ul style="list-style-type: none"> <li>• Something that shows the appointment specifications</li> <li>• Receipt for a general pregnancy checkup with the patient's name on it</li> <li>• Receipt for a postpartum checkup with the patient's name on it</li> <li>• Receipt for a newborn hearing test with the parent or baby's name on it</li> <li>• Receipt for a well infant checkup with the baby's name on it</li> </ul> </li> <li>② Personal seal of applicant</li> <li>③ Bank account info (bankbook)</li> <li>④ Mother (Parent)-Child Handbook</li> <li>⑤ Unused portion of the healthcare card</li> </ul> <p>(2) Reimbursement application deadlines</p> <ul style="list-style-type: none"> <li>① General pregnancy checkup: within one year of the appointment</li> <li>② Postpartum checkup: within one year of the appointment</li> <li>③ Newborn hearing screen: within one year of the test</li> <li>④ Well infant checkup: within one year of the appointment</li> </ul>

**\*Important\*** People who move away from Oshu cannot use Oshu healthcare cards. Please ask your new town any questions about what you should do.

**Contact**

Oshu City Children and Health Division, Health Promotion Dept., Parent-Child Future Section	TEL: 34-2171
Esashi Gen. Branch Office Health and Welfare Group, Health Promotion Contact	TEL: 34-2523
Maesawa Gen. Branch Office Citizen Welfare Group, Health Promotion Contact	TEL: 34-0275
Isawa Gen. Branch Office Health and Welfare Group, Health Promotion Contact (Health Promotion Plaza Yuyukan)	TEL: 46-2977
Koromogawa Gen. Branch Office Citizen Welfare Group, Health Promotion Contact	TEL: 34-2370