

## Notification from Oshu City

# About Distribution Procedures for Mother-Child Health Handbooks

- ☆ These procedures are required once you know the due date. Fill out the application sheet and bring it when you apply.
- ☆ **As much as possible, the pregnant person should complete this process.** In the case of a proxy, get a proxy letter from the relevant office at Main City Hall or a branch office. The form is also downloadable from Oshu's website.

What to Get	Address and Phone #	Hours	What to Bring
<b>Mother-Child Health Handbook</b>  <b>Pregnancy Health Consultation</b>  <b>General Pregnancy Checkup Cards</b>  ※ Allow around 40-60 minutes for these procedures.	<b>Oshu City Hall 2<sup>nd</sup> Floor, Children and Health Division, Health Promotion Dept. Parent-Child Future Section (0197-34-2171)</b>	Monday-Friday (excl. holidays) 8:30AM-5:00PM	<ul style="list-style-type: none"> <li>- Application</li> <li>- Personal seal</li> <li>- My Number card or notification card (if there are no changes of name, address, etc.)</li> </ul> ※In case of proxy ①Proof of the pregnant person's My Number (a copy is fine) ② Proxy letter ③ Proxy's official ID (driver's license, passport, etc.)
	<b>Esashi Gen. Branch 1<sup>st</sup> Floor, Health &amp; Welfare Group</b> <b>Health Promotion Dept. (0197-34-2523)</b> <u>Make an appointment at a good time for you.</u>	<u>Apt. required</u> Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	<b>Maesawa Gen. Branch 1<sup>st</sup> Floor, Citizen Welfare Group</b> <b>Health Promotion Dept. (0197-34-0275)</b> <u>Make an appointment at a good time for you.</u>	<u>Apt. required</u> Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	<b>Isawa Gen. Branch Health &amp; Welfare Group</b> <b>※Health Promotion Plaza Yuyukan (0197-46-2977)</b> <u>Make an appointment at a good time for you.</u>	<u>Apt. required</u> Monday-Friday (excl. holidays) 8:30AM-5:00PM	
	<b>Koromogawa Gen. Branch Citizen Welfare Group</b> <b>Health Promotion Dept. (0197-34-2370)</b> <u>Make an appointment at a good time for you.</u>	<u>Apt. required</u> Monday-Friday (excl. holidays) 8:30AM-5:00PM	
<b>Pregnancy Medical Fees Certificate</b>	<b>Oshu City Hall 2<sup>nd</sup> Floor, Children and Health Division, Health Promotion Dept. Medical Fees Section (0197-34-2902)</b>	Monday-Friday (excl. holidays) 8:30AM-5:15PM	<ul style="list-style-type: none"> <li>- Health Insurance Card</li> <li>- Bank book</li> <li>- Personal seal</li> </ul> * People who have just moved to Oshu must provide an income tax certificate to prove income. Contact one of the offices to the left for details.
	<b>Esashi Gen. Branch 1<sup>st</sup> Floor, Citizen Living Group</b> <b>National Health Insurance Office (0197-34-2520)</b>		
	<b>Maesawa Gen. Branch 1<sup>st</sup> Floor, Citizen Welfare Group</b> <b>National Health Insurance Office (0197-34-0272)</b>		
	<b>Isawa Gen. Branch 1<sup>st</sup> Floor, Citizen Living Group</b> <b>National Health Insurance Office (0197-34-0318)</b>		
	<b>Koromogawa Gen. Branch 1<sup>st</sup> Floor, Citizen Welfare Group</b> <b>National Health Insurance Office (0197-34-2367)</b>		

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