

Home visit from a health nurse

After you send off the postcard in the handbook or report the birth to a public health centre or a ward office, you will receive a home visit from a health nurse/midwife.

A health nurse will see you and your baby and teach you how to take care of him/her. You can consult her on anything.

Health check for one-month old babies and their mothers

Mothers : your hospital / birth center (for mother)

Babies : Your hospital or your midwife will give you directions. Refer to the jaundice test coupon in the handbook (*Boshi-Techo*)().

4 . Delivery Expenses

Preparation of payment

Health check: You will have health checks 12-14 times **for free of charge basically** by using the 14 free coupons and the 8 free ultrasonography coupons issued when you apply for *Boshi-Techo* at a public health center.

Delivery: The expenses may cost ¥420,000 - ¥430,000 (hospitals) or ¥300,000-400,000 (midwives). National Health Insurance will pay ¥420,000 as Child Allowance Grant directly to the hospital/birth center/midwife, if you applied. You have to pay only the difference when you leave. In case the expense costs lower than ¥420,000, the difference money will be refunded when you applied at Hokennenkin-ka of your ward office. Other insurance schemes have similar systems.



産後の用語集・post-natal vocabulary

新生児黄疸	<i>shinseiji odan</i>	physiological jaundice
乳房マッサージ	<i>oppai massaji</i>	breast massage
搾乳器	<i>saku-nyuki</i>	breast pump
調乳	<i>cho-nyu</i>	milk preparation