

Health Consultation

A **Q** Health Guidance Section, Welfare and Medical Service Division, Kutchan Town
(in the Health and Welfare Center at North 3, East 4),
☎ 0136-22-1144 / 0136-23-0500

Health Consultations (on request)

[Contents] Individual consultation about health issues. Blood pressure measuring and obesity risk assessment can also be taken. (Please contact us in advance)

[Location] Health Welfare Center

Health Consultation and Education at Community Center
(by request)

[Contents] Blood pressure measuring, obesity risk assessment, body mass index, and nutrition and health consultation

[Date and Location] As requested

Pregnancy

Pregnancy

	When	What to do
Issue of Mother and Child Health Handbook	When you discover your pregnancy	Submit Report of Pregnancy to the Health Welfare Center window and meet with the public health nurse and dietician.
Medical Examination Booklet for Pregnant Women	When you submit report of pregnancy	There is a health-examination subsidy. Please ask for the details.

Maternity Classes

The class is aimed at pregnant women and their families. It offers the chance to learn about pregnancy, child-rearing and make new friends.

Visiting Care for Pregnant Women

A nurse will come to your house and give advice about pregnancy and child-rearing.

Q Health Guidance Section, Welfare and Medical Service Division, Kutchan Town (in the Health and Welfare Center) **☎** 0136-23-0500

A = Application / **Q** = Question / **☎** = Phone

健康相談

☎ 岡町福祉医療課保健指導係 (北3東4、保健福祉会館内)
☎ 0136 - 22 - 1144 / 0136 - 23 - 0500

○健康相談 (随時)

【内容】健康に関する相談に個別に応じます。血圧測定、肥満判定なども行えます (事前にご連絡ください)。

【場所】保健福祉会館

○地域会館などでの健康相談・健康教育 (随時)

【内容】血圧測定、肥満判定、体脂肪率測定、栄養相談、健康相談

【日時・場所】相談に応じて

妊娠したら

	いつ	内容
母子手帳の交付	妊娠したとき	保健福祉会館の窓口に「妊娠届出書」を提出し、保健師・栄養士の相談があります。
妊婦一般健康診査票の交付	妊娠届け出を提出するとき	健診の公費負担が受けられます。回数など、詳細はお問い合わせください。

母親学級・パパママ学級

妊産婦と家族を対象に、妊娠・出産・育児に関する学習と友達づくりを目的とした交流を図っています。

妊婦訪問

妊娠や出産に関する相談を自宅に伺って行います。

☎ 岡町福祉医療課保健指導係 (保健福祉会館内) **☎** 0136 - 23 - 0500

☎ = 申し込み・申請先 / **☎** = 問い合わせ先 / **☎** = 電話番号