

## Health Consultation

**A** **Q** Health Guidance Section, Welfare and Medical Service Division,  
Kutchan Town Office (Window #7) ☎ 0136-22-1144

Health Consultations (on request)

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

[Location] Window #7

Health Consultation and Education at Community Center (on request)

[Contents] Blood pressure measuring, obesity risk assesment, body mass index, nutrition and health consultation, and lectures on frailty prevention, etc.

[Date and Location] As requested

## Pregnancy

	When	What to do
Issue of Mother and Child Health Handbook	① Getting Pregnant ② 8 Weeks Before Due Date	Submit Report of Pregnancy to Kutchan Town Office (Window #7) and meet with the public health nurse and dietician.
Pregnancy Support Benefits, Medical Examination Booklet, 1 month health checkup ticket for Pregnant Women	When you submit report of pregnancy	Apply within two years from ① and ② to receive 50,000 yen each. The form will be given during your meeting with the public health nurse. There is a health-examination subsidy. Please ask for the details.
Issuance of newborn hearing test consultation ticket	When you submit report of pregnancy	Part of the cost of testing at a hospital will be subsidized.

Accompanying consultation support

We interview pregnant women when they register their pregnancy and in their 8th month of pregnancy to provide advice on how to manage their pregnancy.

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** Maternal and Child Health/Child support Section, Parenting and Child Support Division, Kutchan Town Office (Window #7) ☎ 0136-55-6116/0136-22-1144

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

## 健康相談

**Q** 岡町福祉医療課保健指導係（窓口⑦） ☎ 0136 - 22 - 1144

○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】窓口⑦

○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、フレイル予防に関する講話など

【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	①妊娠したとき ②出産予定日の8週間前	窓口⑦に「妊娠届出書」を提出し、保健師・栄養士の相談があります。
妊婦のための支援給付 妊婦産婦一般健康診査票・ 1カ月児健康診査受診票の交付	妊娠届出を提出するとき	①・②から2年間の間に申請すると各5万円の給付が受けられます。申請書は、保健師等との面談の際にお渡しいたします。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。
新生児聴覚検査受診券の交付	妊娠届出を提出するとき	産院で新生児が受ける聴力検査料金の一部を助成します。

伴走型相談支援

出産・育児の見通しを持つため、妊婦届出時と妊娠8カ月ごろに面談を行います。

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。

**Q** 岡町子ども未来課母子保健係（窓口⑦） ☎ 0136 - 22 - 1144

子ども支援係（窓口⑦） ☎ 0136 - 55 - 6116

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