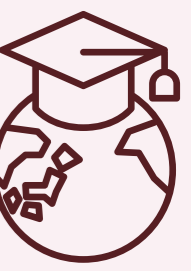


TIPS on Medical Care and Pregnancy

Childbirth for International Students and Foreign Researchers



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Things you need to know
Before coming to Japan
 にほん くる まえ かくにん
 日本に来る前に確認してください。

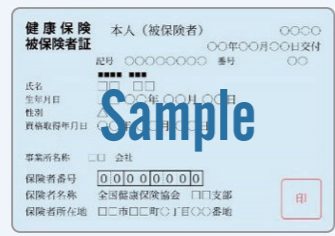
Starting your new life in Japan
 にほん き
 日本に来ました。

Pregnancy and childbirth in Japan
 にほん にんしん
 日本で妊娠しました。 Please Turn Over ▶

Enrollment in Health Insurance

けんこう ほけん
 健康保険に入りましょう。

Japan has Health care insurance system to reduce the burden of healthcare costs. All international students are required to enroll in the NHI system. If you are a staff member, researcher, or faculty member employed by Hokkaido University and meet the requirements for enrollment, you will join the Health Insurance*1 at Hokkaido University. Insurance premiums vary according to the income. When you go see a doctor, make sure to bring your national health insurance card or health insurance card with you and please present your health insurance card at reception counter. If it is your first visit to a hospital or you do not understand Japanese very well, it would be better to go with your Japanese friend or colleague, staff member. It is prohibited to borrow/ rent/ sell/ buy health insurance cards.



*1 If you have any questions, please contact your department's Personnel Division (Labor and Welfare Division).

Other things in daily life

ほか べんり じょうほう
 その他：便利な情報

Hand Book for International Students (Hokkaido University)
 It provides information about preparations before coming to Japan, as well as procedures and rules for living in Japan, including housing, electricity, gas, and water.
https://www.hokudai.ac.jp/international3/pdf/Handbook_for_International_Students2021-2022.pdf

Everyday Life in Sapporo 2016 (Hokkaido University International Women's Club)
 It provides information about the necessary procedures to start your life in Sapporo, including housing and shopping for foreigners living in Sapporo.
http://iwc.html.xdomain.jp/handbook_contents_1.html

What to do if you are sick.

にほん たいちよう わる
 日本で体調が悪くなりました。

University facilities

ほっかいどうだいがく
 北海道大学で

Hokkaido University has Health Care Center on its Sapporo campus and a medical office on its Hakodate campus

Sapporo Campus
Hokkaido University Health Care Center
<https://www.hokudai.ac.jp/hoken/index.html>

Hakodate Campus
Medical Office
<https://www2.fish.hokudai.ac.jp/campus-life/medicaloffice.html>

Municipal and Other Services

ほっかいどう さっぽろし ほこだてし
 北海道、札幌市、函館市で

Hokkaido
Lists of medical institutions available for foreign language(s)
 外国語で話せる病院です。
https://www.pref.hokkaido.lg.jp/fs/2/6/6/3/0/0/3/_iryoukikanenglish.pdf

Sapporo City
Hospital introduction and appointment support for foreigners
 外国人のために病院を紹介します。予約を手伝います。
 Sapporo City 2021 Medical Consultation Support Project for Foreign Nationals
https://bebom.jp/sapporo_hospitalreserve/

Sapporo City
The medical interpreter dispatching service to hospitals and other facilities for foreigners
 病院に通訳を送ります。
 Nonprofit organization (NPO) SEMI Sapporo
<https://semi-sapporo.com/welcome-to-npo-semi-sapporo-ja/>

Sapporo City
SAPPORO HELP DESK for Foreign Residents
 札幌市での生活の相談ができます。
https://www.city.sapporo.jp/kokusai/sapporo_help_desk.html

Hakodate City
Hakodate Consultation Center for Foreign Residents
 函館市での生活の相談ができます。
<https://www.city.hakodate.hokkaido.jp/docs/2014013100495/>

Japan National Tourism Organization (Nationwide)
 How to use medical institutions, symptoms and treatments, search for medical institutions
 日本の病院のかかり方、おもな症状と、内科、外科など診療科目を調べることができます。
https://www.jnto.go.jp/emergency/eng/mi_guide.html

The general procedures when visiting a hospital in Japan

にほん びょういん かた
 日本の病院のかかり方

- 1 Choose a department based on your symptoms
- 2 Find a clinic of the department you want services, confirm clinic hours and visit the clinic. It is better to confirm by phone if it is necessary to make an appointment as appointments are sometimes given priority. When you visit a hospital be sure to bring your health insurance card with you and present it at the hospital reception desk. When your name is called follow the instructions. You may have a long wait until your name is called. After your examination, return to the waiting room. When your name is called, pay the bill.
 * When the doctor determines that an examination at a general hospital is necessary based on the results of the examination at the clinic, the doctor writes a letter of referral.
- 3 If you get a prescription, go to a pharmacy near you immediately and order medicines. Some medical institutions prescribe medication.



Pregnancy and childbirth in Japan.

にほん にんしん
 日本で妊娠しました。

In Japan, OB/GYN check if you are pregnant. When your pregnancy is confirmed, you should get a pregnancy notification form at the hospital and submit it to your local municipal office.

Council of Local Authorities for International Relations (nationwide) :
 Information on the procedures from the confirmation of pregnancy to childbirth and subsidies related to pregnancy/ childbirth/ childcare.
<http://www.clair.or.jp/tagengorev/en/h/index.html>

Sapporo City
 Information on pregnancy/ childbirth/ parenting for foreign residents in Sapporo
<https://www.sapporolife.info/en/article?id=44#id1787409b35f34c>

Hakodate City
 Information on pregnancy/ childbirth/ parenting for residents in Hakodate city (Only available in Japanese)
<https://www.city.hakodate.hokkaido.jp/docs/2014012400787/>

Useful information

こそだ べんり じょうほう
 子育てのための便利な情報

Parenting in Sapporo 2016 (Hokkaido University International Women's Club) :
 Parenting in Sapporo 2016 provides necessary information for those who have come to Sapporo with their child(ren) from abroad or who give birth/ raise their child(ren) in Sapporo.
 札幌市で子育てをする時の便利な情報です。
http://iwc.html.xdomain.jp/handbook_contents_2.html

If you have any family problems

かぞく せいかつ こま
 家族や生活で困りました

This is a place where foreigners living in Hokkaido can get help if they have any problems in their daily lives
Hokkaido Foreign Resident Support Center
<https://www.hiecc.or.jp/soudan/en/>

Sapporo City
SAPPORO HELP DESK for Foreign Residents
https://www.city.sapporo.jp/kokusai/sapporo_help_desk.html

Hakodate City
Hakodate Consultation Center for Foreign Residents
<https://www.city.hakodate.hokkaido.jp/docs/2014013100495/>

Counseling on balancing pregnancy/childcare and work/study

こそだ りょうりつ こま
 子育てとの両立で困りました

Counselling services at the university
 Contact information (within Hokkaido University) if you do not know where to consult about parenting. If you are pregnant or raising a child and have problems while engaging in your studies, work, or research, or if you do not know where to consult, please contact the below.

Promotion office of Research environment for Diversity
<https://reed.synfoster.hokudai.ac.jp/about/access/>

Student Advise and Counselling Center / International Student Counseling Office
<https://www.sacc.hokudai.ac.jp/international-student-room/>

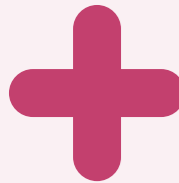
Counseling on any worries or trouble in your university life

ほっかいどうだいがく
 北海道大学で
 相談できます

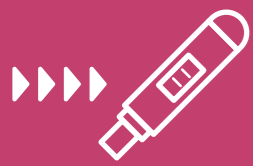
There are counselors available in Japanese and English. We provide international students with counseling on a variety of issues.

Sapporo Campus
Student Advise and Counselling Center / International Student Counseling Office
<https://www.sacc.hokudai.ac.jp/international-student-room/>
 Eligible: International students, staff/ faculty members who supervise international students

Hakodate Campus
Student Counseling Office
<https://www2.fish.hokudai.ac.jp/campus-life/page-220.html>
 Eligible: International students, staff/ faculty members who supervise international students



What you need to know about applications and subsidies related to pregnancy/ childbirth/ childcare



What you need to know/ check when you start your pregnancy life

あか う まえ かくにん
赤ちゃんが生まれる前に確認してください。



Make sure you are eligible before you give birth

あか う まえ
赤ちゃんを産む前

Check the Childbirth Lump-Sum Allowance

If you are enrolled in the NIH system in Japan, or if you are enrolled in the health insurance system at Hokkaido University, and meet the requirement for payment of Childbirth Lump-Sum Allowance, you are eligible to receive the childbirth lump-sum allowance or an equivalent benefit to the childbirth lump-sum allowance from your health insurance where you enroll. The procedure differs from one medical institution to another, so be sure to check with your medical institution.

Exemption from pension insurance premiums and social insurance

You may be able to apply for the exemption system for the period before and after childbirth. Please check the eligibility for application.



Japan Pension Service

Exemption system for national pension premiums before and after childbirth (in Japanese)
<https://www.nenkin.go.jp/service/kokunen/menjo/20180810.html>

Hokkaido University: Social Insurance (Mutual Aid Association) Insurance Premiums Exemption (Information for staff/ faculty members/ researchers)

▶ For more details, please contact your department's Personnel Division (Labor and Welfare Division).

Make sure you are eligible after you give birth

あか う あと
赤ちゃんを産んだ後

Childcare leave allowance (Information for staff/ faculty members/ researchers)

Hokkaido University: Childcare leave allowance

Those who take childcare leave to care for a child under one year of age and meet the requirements will receive childcare leave benefits from employment insurance upon application.

▶ For more details, please contact your department's Personnel Division(Labor and Welfare Division).

When you want to leave your child(ren) -Looking for Childcare Services-



Sapporo City

https://www.plaza-sapporo.or.jp/files/daycarecenterseminar_en.pdf



Sapporo City

Japanese

<https://kosodate.city.sapporo.jp/mokuteki/azukeru/index.html>



Hakodate City

Japanese

<https://www.city.hakodate.hokkaido.jp/docs/2014012200417/>

When you take a leave of absence from school (Information for international students)

Consult with the faculty members in charge of Academic Affairs/ Student Support.

*If you belong to the laboratory, you also need to consult with your supervisor.

*If you take a leave of absence from school and wish to stay in Japan, you will need to change your Residential status.



Welfare benefits related to childcare support in Hokkaido University

(Contents as of February 28, 2022)



Each system has its own period and number of days you can take.

Please refer to Overview of the Hokkaido University Child Care Support System.

If you would like to use the benefit system, please contact your department's Personnel Division(Labor and Welfare Division).

1st Trimester

2nd Trimester

3rd Trimester

Giving Birth

1 year

3 year

6 year

Systems available to members who give birth to a child and the period when you can receive

Limitations on Overtime/ Late-Night Work

Leave for Health Guidance / Leave for Maternal Protection / Leave for Easing Commuting Difficulties

Limitations on Overtime/ Late-Night Work

Prenatal Leave

Postpartum Leave

Nursery Leave (children up to 1 year old
* There will be an adjustment if the spouse takes this leave)

Child Nursing Care Leave (children up to 6th graders)

Childcare Leave (Depending on the employment conditions, or if the conditions are met, it is possible to acquire even a child is older than one year of age.)

Early/ Late Shift (children younger than elementary school age. Available for staff who have to pick up their child)

Partial Childcare Leave/ Working a Shorter Time for Childcare (children younger than elementary school age)

Limitation on Overtime Work (up to 3 years of age)

Systems available to members partners who give birth to a child and the period when you can receive

Maternity leave

Nursery Leave (children up to 1 year old
* There will be an adjustment if the spouse takes this leave)

Child Nursing Care Leave (children up to 6th graders)

Childcare Leave (Depending on the employment conditions, or if the conditions are met, it is possible to acquire even a child is older than one year of age.)

Early/ Late Shift (children younger than elementary school age. Available for staff who have to pick up their child)

Limitations on Overtime/ Late-Night Work/ Partial Childcare Leave/ Working a Shorter Time for Childcare (children younger than elementary school age)

Limitation on Overtime Work (up to 3 years of age)

Breakdown of System Color Coding

- Special leave stipulated in the regulations including working hours (for non-permanent employees: applicable employment regulations), and it is paid leave.
- It is stipulated in the regulations including childcare leave. The time you are absent from work is unpaid. If you meet the requirements, you can receive childcare leave benefits from Employment Insurance upon application.
*Request for childcare leave (at least one month prior to the scheduled start date)
- It is stipulated in the Working Hours Regulations (for non-permanent employees: Applicable Employment Regulations).