

## Guidance for Free Health Checkup (3,4 months old children)

Around 3 to 4 months of age is an important moment to monitor your child's physical and mental development. We strongly recommend attending this health checkup. Kindly review Step ①, Step ②, and the information on the back in advance.

### Step ① Make an appointment

Please make the appointment online from a computer or smartphone prior to the visit. For detailed instructions, refer to the guide "How to book a child health check-up."

#### Eligible Age

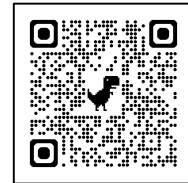
From the month your child turns 4 months to the day before turning 6 months  
(Recommended time: The month they turn 4 months)

#### Location

Toyota Public Health Center  
(Toyota City Hall, East Building, 3<sup>rd</sup> Floor)

#### Schedule

Please refer to the City Website



#### Attention!

- To make a reservation, the Toyota City official LINE account must be added.
- Appointments may be made until 12:00 PM on the day before the desired check-up date.
- If all slots are filled, please reserve for the following month. If your child will exceed the eligible age, please contact us.

\*For twins or other multiple births, a separate appointment is required for each child.



▲ Add Toyota City official  
LINE account here.

※Bookings open 45 days prior to the  
desired check-up date.

### Step ② Complete the questionnaire

Reference Number:

Please fill out the questionnaire and be sure to bring it on the day of the checkup. If you are answering through the Japanese web form, the code above will be needed. For more details, please refer to the Japanese instructions.

**Checkup overview:** Health Interview, Height and Weight Measurement, Medical Examination, Parenting Consultation, Nutrition Guidance (optional)

**Items to Bring:** Questionnaire, Maternal and Child Health Handbook, a bath towel to use during measurements and examinations (e.g., to wrap your child), and, if needed, diapers, formula, and hot water for preparing the formula.

※ Please also read the reverse side

## Important notes

### ■ Regarding Infection Prevention

Please check your child's health condition on the day of the appointment before coming. If your child is unwell (suspected infection, etc.), please reschedule for another day. After canceling an appointment through the booking system, a new appointment may be made for a different date.

### ■ About Checkup Duration

The entire checkup, including waiting time, takes approximately 1.5 to 2 hours. If you have plans after the checkup, such as picking up siblings, please consider this timeframe when making your reservation.

### ■ About Food and Drinks at the Checkup Venue

Food and drinks other than water or tea are prohibited at the checkup venue. Please finish meals before coming.

### ■ Notes When Using Interpreter Services

When using our interpretation services, please note that your turn may be adjusted depending on the situation. For Japanese sign language interpretation, please contact us at least 10 days before your scheduled checkup.

### ■ Toyota Public Health Center

It is located on the 3<sup>rd</sup> floor of Toyota City Hall, East Building.

### ■ Available Parking Lots

If you are coming by car, please use one of the following parking areas: the East Building basement, West Building, South Building, or the multi-storey parking lot.

### ■ Public Health Center Opening Time

The venue opens at 8:50 AM (or at 12:50 PM for afternoon Checkups). Please note that reception order is not based on the order of arrival.

### ■ Number Tags

Please attach the numbered tag received at the reception to your child's clothing (on the back). It will be necessary during the health Checkup.

### ■ Other information

- Please arrive on time. If delayed, contact us in advance. Note that significant delays may result in the checkup being refused.
- Checkups may be canceled due to inclement weather. In the event of a cancellation, a notification will be sent via a message from Toyota City official LINE account.
- If you have concerns about the checkup or require special considerations, please contact us in advance.
- Diapers, formula, and hot water are not provided. Please bring them if needed.
- If your child has been examined at a medical institution or in another municipality, please notify us.
- Information obtained during the checkup will only be used for compiling and analyzing data for child-rearing support and maternal and child health promotion.
- If the checkup is not completed, public health nurses may contact you, conduct home visits, or make inquiries with other agencies.
- If you move to another city before your child receives the checkup, please contact the department responsible for child health and welfare in your new city.

## About Vaccination

▶ Access here ▶



**Information: Toyota City Hall – Family Support Division**

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