

# Guidance for Free Health Checkup

## (1 and half year old children)

The period around 18 months is a time when your child's body and mind grow significantly. 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

Reservation Number:

Password:

Please make an appointment in advance by accessing the reservation website. The website is available in Japanese, English, and Portuguese. Login using the "Reservation Number" and "Password" as it follows.

#### Eligible Age

From the month the child turns 1 year and 7 months until the day before their 2<sup>nd</sup> birthday (Recommended period: from 1 year and 6 months to 1 year and 7 months old)

#### Location

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

#### Schedule

Please refer to the City Website



#### Attention!

- Reservations can be made from the start date until 12:00 PM the day before your desired checkup.
  - On the start date, making reservations may be difficult due to congested phone lines.
  - 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 multiples, please select your child's reference number (the number is in step 2) when making a reservation.



▲ For reservations

### 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, Dental Check up, Parenting Consultation, Odontalgic Individual Guidance & Nutrition Guidance (both optional)

**Items to Bring:** Questionnaire, Maternal and Child Health Handbook, diapers (if necessary)

※ 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. You can cancel your current reservation through the reservation system and make a new appointment for another day.

### ■ 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 and brush teeth 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 8:40 AM (or at 12:30 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 this case, an announcement will be posted on the reservation website, and a message will be sent to the email address you provided at the time of reservation.
- If you have concerns about the checkup or require special considerations, please contact us in advance.
- 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.
- The recommended period for this checkup is between 1 year and 6 months to 1 year and 7 months old. 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 ▶



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