Guidance for Free Health Checkup

(3 year old children)

At age of 3, children develop physically, mentally, and socially. We strongly recommend attending this health checkup. Please complete steps ①, ②, ③, and review the back page 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 the child turns 3 years and 6 months until the day before their 4th birthday (Recommended period: from 3 years and 6-7 months old)

Location Toyota Public Health Center
(Toyota City Hall, East Building, 3rd 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 Conduct vision and hearing tests

Please carefully read the enclosed "Vision Test Method" and "Hearing Test Method" guides and perform these tests at home with your child. If you couldn't complete the tests at home or if there are concerns based on your questionnaire answers, we may need to repeat the tests during the checkup. In such cases, your checkup order may change.

Step ③ 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.

Check up overview: Health Interview, Height and Weight Measurement, Medical Examination, Dental Check up, Parenting Consultation, Vision Test, Hearing Test
Items to Bring: Questionnaire, Maternal and Child Health Handbook

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 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 3rd 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 12:30 PM. 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.
- 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 3 years and 6 months to 3 years 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.

※Please also read the reverse side

About Vision and Hearing Tests

Please review the enclosed leaflets, "Vision Test Method" and "Hearing Test Method," and perform the tests at home. If you have difficulty completing the tests, try again at another time or on a different day.

We will check the vision and hearing test status and questionnaire at health interview.

If the tests were not conducted properly or if there are concerns from the questionnaire, specialists may perform retests. Please understand that your Checkup order may change depending on the test situation. Depending on the retest results, we may issue a referral to a medical institution.

For vision testing, more detailed information is available on the website to the right. A vision test video is also available for reference.。

Japan Orthoptist Association
Vision Tests for 3 Year Old Health Checkups
http://www.jaco.or.jp/ippan/sansaiji/

About Vaccination

Access here

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