



## 1 Pregnancy

### 1-3 Maternity health check-ups/ Health advice

#### (1) Maternity health check-ups

During pregnancy, you are advised to take ample nutrition and rest, and undergo regular health check-ups. Depending on district you live in, you can have a number of medical check-ups free of charge or at reduced rates. To receive this service, please use the application card for the check-ups, which is handed to you at the time you receive your Maternal and Child Health Handbook.

#### (2) Visits and advice by midwives/public-health nurses

Each municipality arranges a midwife or public-health nurse to visit the households of pregnant residents to help them learn about lifestyle during pregnancy, preparation for birth and other aspects, taking a case by case approach. For further details, please contact your local municipal administrative office.

This service is free of charge and offered at the request of doctors, as well as of pregnant persons themselves.

#### (3) Midwifery institutions

For persons who face difficulties in giving birth at their own expenses due to economic reasons, there are opportunities to enroll in public-fund designated midwifery institutions to give birth there. To apply for this service, applicants are required to visit the municipal administrative office before birth.

#### (4) Mother's classes, parent's classes

Each municipality holds classes to offer daily knowledge and skills related to pregnancy, birth and childcare. Eligible participants are pregnant residents and their families. Participation is free of charge.