



### 3 Cost of childbirth and benefits

Normal births are not covered by health insurance programs and therefore incur significant expenses including regular health check-ups during pregnancy. Parents also must file a birth notification within 14 days after their child is born. This part is to help parents to know expenses and procedures they need for the birth of their children.

#### **3-1 Health insurance and cost of delivery**

Normal births are not considered sickness and therefore not covered by health insurance programs. Parents are advised to prepare necessary expenses beforehand. Typically in Japan, a mother stays at the hospital for about ten days for a birth, at the cost of at least 500,000 yen. However, by making an application at the reception counter of the health insurance one contributes to, a childbirth-childcare lump sum will be paid (expenses will be paid directly to the medical institution).