



### 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).