

Kobe City Health Checkups for 5-Year-Olds

Has your child just turned 5-years-old?
If so, they may be eligible for the **5-Year-Old Health Checkup**.

As part of Kobe City Government’s ongoing health checkup program for preschool-aged children, we invite your 5-year-old child to attend a health checkup to support their healthy growth and development.

1. Eligibility Period

From	Your child’s 5th birthday
Until	Up to six months after their birthday (we strongly recommend having the checkup by around 5 years and 3 months of age)
Cost	Free during this period

2. Location

Participating Healthcare Clinics

Please check the list of participating healthcare clinics using either the enclosed list, the QR code on the right, or via our website.



5-Year-Old Health Checkups Kobe | Search

3. Appointment Procedures

Find a medical institution → Make an appointment → Fill out the medical examination form
→ Check what items you need to bring → Attend the health check-up

- * Please confirm whether you need to make an appointment before visiting the healthcare clinic.
We recommend you make your visit as soon as possible.
- * Your local ward or branch office may contact you regarding examination results.

4. Services Provided

- Physical measurements, medical examinations, and health consultations
- Support tailored to each child’s needs, as well as consultations on parenting topics such as lifestyle habits and child-rearing (available at ward and branch offices).

5. What to Bring

- ☐ Mother and Child Health Handbook
- ☐ Kobe City 5-Year-Old Health Checkup Forms ① and ② (Please fill these out before your appointment)
- ☐ My Number Health Insurance Card or Certificate of Eligibility
- ☐ Welfare Medical Benefits Certificate (e.g. Infant and Toddler Medical Benefits Certificate) (if you have one).

There is an example of how to fill out the appointment form on the back.

6. Frequently Asked Questions

Can my child receive the checkup before their 5th birthday or later than six months after their birthday?	Checkups outside the designated period are subject to a fee. Additionally, if we are unable to confirm that your child has received the checkup after sending the notification, your local ward or branch office may contact you.
Are follow-up tests and treatments after the checkup also free?	As a general rule, you are responsible for the costs of any follow-up tests or treatments after the checkup.
Can the checkup be received anywhere?	You can receive the checkup at healthcare clinics designated by Kobe City. *If you receive the checkup at a hospital with 200 or more beds, you may be charged a fixed fee by the hospital for elective medical care/services. Please confirm with the hospital before your appointment.

7. Contact Information

Public Health and Welfare Divisions at each ward and branch office (phone numbers and other contact information are listed on the front of the envelope)

Sample Entries for the Medical Examination Form (Items 47–50)

47 Please indicate your child's daycare enrollment status	
If your child regularly attends a daycare center, kindergarten, or similar facility, please fill in the circle for "あり (=Yes) " and provide the name of the facility. If your child attends multiple facilities, please provide the name of the center they attend most frequently. (Examples) ○○ Daycare Center, ○○ Certified Children's Center, ○○ Kindergarten, etc.	
48 Have you received any feedback from your child's current childcare facility regarding your child's growth, development, and / or behavior in group settings?	
To help support our medical examination and parenting consultations, please provide as much detail as possible about your child's strengths or any challenges they face, as reported by their daycare center. (Examples) • Your child often has difficulty concentrating. • Your child has difficulty expressing their wants and emotions in their own words. • Your child often plays alone. • Your child can stay calm and still for long periods of time. • Your child plays well with other children and seems to be having fun. • Your child is able to wait patiently for their turn to play with toys.	
49 Were any abnormalities noted during the 3-year-old health checkup? (Internal Medicine, ENT, Ophthalmology, Psychology, etc.) *Multiple answers allowed	
Please look at the 3-year-old checkup page in the Maternal and Child Health Handbook (Boshi-techo) and fill in any answers that apply. *For Internal Medicine, please refer to the "General Examination" section in the Maternal and Child Health Handbook (Boshi-techo)	

50 Please indicate which of the following you have used at least once since the 3-year-old checkup.

*Multiple answers allowed

Please fill in all that apply.

- Medical institutions: If you have a history of visiting a clinic for serious illnesses or developmental issues
- Child Counseling Center: If you have received counseling or undergone assessments regarding child-rearing or development
- Pediatric and Rehabilitation Center for the Disabled: If you have visited a clinic or used services such as "Maruyama Gakuen," "Himawari Gakuen," "Nobara Gakuen," or "Parent-Child Classes"
- Child Development Support Office: This facility supports children with building everyday life skills and adjust to life in a group setting.

You can check the list of facilities on the Kobe City website by scanning the QR code on the right.



- Specialized Instruction Classes: If you have used the "Growth and Heart Classroom" (sodachi-to-kokoro-no-kyoushitsu) or the "Hearing and Speech Classroom." (kikoe-tokotoba-no-kyoushitsu)
- Sukoyaka Childcare: This refers to individualized support and accommodations provided at your child's daycare center or preschool based on their specific needs.
- Ward Office Programs: If you have used the ○○ Classroom, ○○ Consultation, or the "Kobekko Developmental Specialist Team Consultation."