

Laurea University of Applied Sciences

Guide about Health Promotion Services in Finland for Commissioned Education Students

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April 2023



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To Whom This Guide Is for

This guide is for you, if you fulfill ALL of the following requirements:

You are

- commissioned education student in Finnish University of Applied Sciences
- studying for higher education degree
- NOT from EU or EAA country, Switzerland, Great Britain, Northern Ireland, Australia or Quebec of Canada



Right to Use Healthcare Services

Commissioned Education Student in Finland with Residence Permit A

You will have right to use all public healthcare services with client fee once you register your municipality of residence. You are entitled for municipality of residence right away when you arrive to Finland. To register your municipality of residence, you must apply for the registration at Digital and Population Data Services Agency. Municipality of residence can be applied and registered 30 days retrospectively.

If you do not apply for the registration, you can use only public urgent medical care services. However, then you are required to pay full cost of treatment or care. Naturally you can always choose to use private healthcare services on your own expense or covered by your insurance.

NOTE: If you need public urgent medical care before your registration is finished, you will receive invoice for full cost of treatment. However, if the registration will be finished retrospectively, proving that you had the municipality of residence at the time of the care, you can request administrative review for the invoice. Instructions for making the request are attached to the invoice. After revision of the invoice, you will need to pay only the client fee.

REMEMBER: Apply also KELA card from KELA (Social Insurance Institution). With KELA card you can receive e.g. reimbursements for medicine expenses. KELA will determine your entitlement for the card, but usually it is granted.



Public Healthcare System

Public Healthcare Services are the Core of the Finnish Healthcare System

Organized by wellbeing services counties

Public healthcare services in different areas of Finland are arranged by wellbeing services counties, city of Helsinki or HUS Group.

Municipality of residence entitles use of public healthcare

For instance Western Uusimaa Wellbeing Services County is responsible for arranging healthcare services for residents of Espoo and Lohja.

Reasonable client fees

Permanent residents in Finland are entitled to use public healthcare services for client fees which are significantly smaller than the actual costs. Some services are even completely free of charge.

Primary healthcare services

Primary healthcare services are provided at municipal health centers. These services include e.g. health counseling, oral healthcare, basic medical care and urgent care.

Specialised medical care services

Specialised medical care services are provided at hospitals and outpatient clinics. These services include e.g. examinations and treatments of specialized and dental medicine.

Private Healthcare

Private Healthcare Services Compliment the Public Healthcare System in Finland

Offered by different types of service providers

Private healthcare services in Finland can be provided by e.g. companies, organizations or individual health care professionals.

Service provider determines costs

In private healthcare the service provider can determine the cost of their services. However they are obliged to give information about the prices beforehand.

Customer is responsible for service costs

Customers are responsible for costs of private health care. Usually customers pay the costs by themselves or the costs are covered by their private health insurances.

Primary and specialised care services

Private healthcare can provide both primary healthcare and specialised medical care services. These services can include e.g. medical care and oral healthcare as well as health counseling.



Health Promotion Services

Maintaining and Improving Health as well as Ability to Work and Function

Health promotion services include health checks and health counseling for preventing illnesses, diseases and accidents, supporting and improving mental health and life management as well as promoting sexual and reproductive health including family planning.

Wellbeing services counties are responsible for arranging public health promotion services to their residents with municipality of residence. These services are available at municipal health centers.

Most public health promotion services are free of charge e.g. nurse's, public health nurse's and midwife's appointments are free. Also healthcare students can get their compulsory vaccinations from their local health center free of charge.

However pricing for public dental health promotion services make an exception. The wellbeing services counties can charge small client fees e.g. for dental hygienist's appointment.

Naturally you can choose to use health promotion services at private healthcare also. Then you just have to consider that you will need to cover the costs by yourself.



Urgent Medical Care

Assessment and Care of Sudden Illness, Injury, Aggravation of Chronic Disease or Declinement of Ability to Function which Cannot Be Postponed without Worsening of Patient’s Condition

Urgent medical care services

Urgent medical care services include not only medical care, but also urgent dental health care and urgent mental health care.

Emergency care

Emergency care is also part of urgent medical care services. Emergency care means assessment and care that takes place outside of healthcare premises.

Access to public urgent medical care

In Finland everybody is entitled to urgent medical care. Public urgent medical care is provided at municipal health centers and in urgent or emergency care centers of health centers and hospitals.

Client fees at public healthcare

Permanent residents pay client fees for urgent medical care but emergency care is free. Without municipality of residence, patient needs to pay full cost of treatment and care.

Urgent medical care at private healthcare

Patients can choose to seek urgent medical care also from private healthcare providers. In that case patient is responsible for the price of care provided.

How to Seek Care



Emergency number 112

In life-threatening emergency situations you need to call to the Finnish emergency number 112. Follow their instructions, they will tell you what to do and send paramedics if needed. Life-threatening situations are e.g. unconsciousness, difficulty to breathe and severe chest pain.

Medical Helpline 116 117

In urgent, but non-life-threatening, situations you need to contact your local health center. If the health center is closed, you need call to the Finnish Medical Helpline 116 117. They will assess what type of care you need, tell where to go for treatment or give you home care instructions. If you cannot access the Medical Helpline, you can go directly to the emergency care center of any public hospital closest to you.



Municipal health center

When you need non-urgent care (e.g. health promotion, medical care or dental healthcare), you need to contact your local health center. If you need specialised medical care, also then you need to contact your health center. This is because to access public specialised medical care, you will need doctor's referral.

Private healthcare

If you want to use private healthcare, you can contact the service provider directly. At private healthcare you can book doctor's appointment for both primary and specialised medical care without referral.

Sources & More Information 1/2

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