

Estonian medical system

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- Overview about health care in Estonia
- Information how to get help
- Some medical notes



- Solidary health insurance system - all medically insured people receive the same quality health care
- Two types of health insurance: state insurance provided by the Health Insurance Fund and private insurance
- Also possibility to pay per service

- Primary health care is a set of ambulatory services for the most common health problems
- Specialised medical care: ambulatory and hospital
- Ambulance care is a health care service intended for the primary diagnosis and treatment of life-threatening illnesses, injuries or poisonings

Primary care

- Primary care is provided by family doctors (FD)
family practitioner/general practitioner/GP
 - FD is the first contact point in case of any illness, if you need referral to specialised medical care, health advice or prescriptions
 - Every FD has list of own patients (~2000)
 - Before registering to FD's list, you need personal ID code
- * If you stay here only for a short time period, you do not have to register to FD's list

Planning a visit to FD

- Call/mail beforehand and book an appointment
- Average time for one consultation is 15-30 minutes
- Please take your ID card or passport and insurance papers with you
- Do not forget to take with you important medical papers

FD visit

- If you have state insurance there are no visit fee but all others must pay visit fee (5-50 euros) depending on the problem (acute vs chronic) and insurance type (EU or not)
- Ask in advance!
- Keep all the cost documents, you can apply it for compensation from your own insurance provider in your own country

FD's telephone consultation

- FD's advice line
- advice on minor health problems and guidance on first aid
- The assistance is provided 24/7 in Estonian and Russian; and daily at 15:00–17:00 in English.
- The phone number **1220** or **+372 634 6630**

<http://www.1220.ee/about-the-advice-line/>

Specialised medical care

- You need referral from a family doctor

Referral is not necessary for:

- Gynaecologist
- Psychiatrist
- Ophthalmologist
- Dermatovenereologist
- Dentist
- Pulmonologist (in case of tuberculosis)
- Infectious Diseases Doctor (in case of HIV/AIDS treatment and for vaccinations)
- Emergency care doctor (in case of emergency)

Specialised medical care

- Tartu University Hospital

Address: Puusepa 8, tel. 7319 100 or by e-mail:
kliinikum@kliinikum.ee

If you have EU insurance, you get sick in Estonia and you have referral letter, you have to pay only visit fee (5 EUR)

- Private clinics (if possible ask FD advice)

Visit fee 20-150 EUR, plus fee for investigations (ask in advance)

Dental care

Paid service

- Different clinics
- Stomatology Clinic of Tartu University

Address: Puusepa 1a, tel. 731 9100

- Dental emergency please call **+372 7319 889**

During weekends go directly to emergency care department Puusepa 8

In case of emergency

- Severe traumas/accidents
- Severe bleeding
- Severe sudden pain
- Consciousness

Call 112

„Kiirabi“



Anyone in the territory of the Republic of Estonia has the right to receive ambulance service and it is free of charge for people in need₂

In case of emergency

Go directly to **Emergency department**

Address: Puusepa 8, Tartu

Open 24/7

Visit fee is 5 EUR

(with European
Health Insurance Card)



More information about Estonian health care

- <https://tartuwelcomecentre.ee/basics/health-care-and-safety/>
- <https://www.haigekassa.ee/en/people/health-insurance>
- Estonian Health Insurance Fund phone 16363, calling from abroad: +372 669 6630



Estonia

There are no special medical notes related to traveling to Estonia.

The routine vaccines are highly recommended:

- Diphtheria-Tetanus-Pertussis
- Measles-Mumps-Rubella (MMR)
- Polio
- Flu (influenza)
- Chickenpox (Varicella)
- Hepatitis A and B
- Tick-borne encephalitis

