



Estonian health care system

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Agenda

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

Insurance system in Estonia

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

Health care system

- Primary health care is a set of ambulatory services for the most common health problems
- Specialised medical care: ambulatory and hospital care
- Ambulance care is 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 health problem and illness, also if you need referral to specialised medical care
- Every FD has his own list of patients (~2000)
- Before registering to FD's list, you need local 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
- Also possible to book appointments via www.eperearstikeskus.ee if you have a registered FD
- Usually family nurse is the first contact person
- 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

- Primary care services are basically free of charge for persons with Estonian state insurance
- All others may have to pay, depending on the problem (acute vs chronic), type of insurance (EU or not) and clinic (GP centre or private clinic) - ask in advance!
- Keep a record of the costs, you may be able to claim compensation from your own insurance company in your own country

Health advice via phone consultation

- 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 FD. Referral is not necessary for:

- Gynaecologist
- Psychiatrist
- Ophthalmologist (eye problems)
- Dermatovenereologist (skin problems)
- 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 and you get sick in Estonia and you have referral letter, you have to pay only the visitation fee (5 EUR)
- In private clinics (if possible ask FD advice)
You usually have to pay the visitation fee plus fee for investigations/procedures (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

Go directly to **emergency department**

Address: Puusepa 8, Tartu

Open 24/7

Visit fee is 5 EUR

(with European
Health Insurance Card)

Waiting time depends on
the nature of the emergency



In case of emergency

Call 112
„Kõrabi“

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



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 need.

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 (whooping cough)
- Measles-Mumps-Rubella (MMR)
- Polio
- Flu (influenza)
- Chickenpox (Varicella)
- Hepatitis A and B
- Tick-borne encephalitis

Vaccination office

Vaccination in Kvartal shopping center

Address: Riia 2

Open Mon-Fri 16-18

Not necessary to book an appointment

If you have additional questions:

vaktsineerimine@kliinikum.ee

Private clinics and pharmacies also offer vaccinations, but price may vary





COVID-19

Stay healthy!



**Keep a safe
distance**



**Pay attention
to hygiene**



**Stay home
when sick**