Estonian healthcare system

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Topics

- Overview of the healthcare system in Estonia
- Notes how to get help if you get sick here

Copliot

The healthcare system

- Solidarity system - all the people with insurance get the same quality medical care
- State insurance
  - Financed by state budget, Estonian Health Insurance Fund
- Other options to get a consult
  - Private insurance
  - Private medical services
  - Payment per service

Health care

- Primary care - the first step, ambulatory health care - mostly family medicine
- Specialised (secondary) healthcare - ambulatory and stationary (hospitals)
- Emergency healthcare - first aid service, emergency medicine - life-threatening situations and conditions

Primary care

- Primary medical care is provided by **family physicians (FD, GP)**
- In case of illness, a person's first point of contact is their FD
- Every insured person has their own FD in Estonia, whom they have either chosen by themselves, or who has been assigned to them by local municipality
- Every FD has list of own patients (1600-2000)
- 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

Visiting FD

Planning a visit to FD

- Call/mail beforehand and book an appointment
- Average time for one consultation is 20-40 minutes
- Please take your ID card or passport and insurance papers with you
- No visit fee
    - If no insurance, you can still have a FD, but you pay for the services
    - Keep all the cost documents, you can apply it for compensation from your own insurance provider in your own country
- Do not forget to take with you important medical papers

Specialised secondary medical care

You need referral from a FD

Referral is not necessary for:

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

Emergency situation

- Emergency care is provided in a situation where deferrals or failure to provide assistance may result in death or permanent health damage to the patient
- Every person in the territory of the Republic of Estonia is entitled to receive emergency care
- Ambulance - **call 112** (24/7, free of charge)
- Emergency medicine
  - Puusepa 8, Tartu
  - Open 24/7
  - Visit fee is 20 EUR (with European Health Insurance Card)

Stomatologic (dental) help

- Free to children up to 18 years (included)
- Paid service from then on
- Different clinics availaible in every city
- 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

Sexual health

- Sexual health centres
  - Free of charge up to 26 years
  - Tartu Vaksali 17, 3. floor
  - Registration +372 744 2086 or Tartu University Hospital number +372 731 9100
- HIV cabinet
  - Advice on HIV and STI, labs, if needed
  - Anonymous, free of charge, does not depend on insurance, from 16 yo
  - No need for referral, no registration needed
  - Riia 167, I floor, cabinet B142, +372 742 7611

Mental issues

- **Emotional support by phone 116 123**
  - Anyone is welcome to call, who has worries and difficulties in their lives and who feels the need to talk about it.
  - Counsellors work every day from 10-24, also in English and Russian
  - https://www.palunabi.ee/en/emotional-support
- Medical care
  - Family doctor, if necessary referral to psychologist, psychiatrist
  - Mental emergency: Raja 31, Tartu

Useful numbers

- 112 - Ambulance (First aid), „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 need.
- 1220 or +372 634 6630 – family doctor’s advice line, advice on minor health problems and guidance on first aid
  - 24/7 in Estonian and Russian; and daily at 09:00 am–17:00 pm in English https://www.1220.ee/about-the-advice-line/

More information

- https://tartuwelcomecentre.ee/
- https://tervisekassa.ee/en/people/healthinsurance
- https://tervisekassa.ee/en/kontaktpunkt/healthcare-estonia-european-union-insured-person
- Estonian Health Insurance Fund phone 16363, calling from abroad: +372 669 6630

The routine vaccines highly recommended in Estonia

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

https://wwwnc.cdc.gov/travel/destinations/traveler/none/estonia#travel-notices

COVID-19
kriis.ee
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Stay healthy!
2 m
Keep a safe distance
Pay attention to hygiene
Stay home when sick