New Student
Finnish Student Health Service

www.yths.fi/en
New Student

Congratulations on your new place of study!

Watch the FSHS presentation video

Check out the web page for a new international student

- During your studies, you can use the services provided by the Finnish Student Health Service if you have issues with your health or any illnesses.
- Please remember that FSHS only provides basic health care services and does not e.g. perform extensive medical operations.
Insurance

• Students do not automatically get insurance when arriving to Finland. Please remember to check that you have a valid insurance.

  migri.fi > **A student has to have insurance** (for all)
  studyinfinland.fi > **Insurance and health**

Read more: yths.fi/en/internationalstudents
The Finnish Student Health Service

- Provides student health care services
- Works actively to promote students’ health and well-being

You can find lots of useful information on our website:

- Health Information
- Travel Advice
- Sexual Health and Contraception
- Nutrition and Exercise
FSHS Units

The FSHS operates in all university towns in Finland from Helsinki to Rovaniemi.

You will find the contact information, opening times and telephone numbers for appointments and cancellations in the web at yths.fi/en.

1. Rovaniemi
2. Oulu
3. Vaasa
4. Kuopio
5. Joensuu
6. Jyväskylä
7. Savonlinna
8. Tampere
9. Rauma
10. Lappeenranta
11. Turku
12. Espoo
13. Helsinki

We have three service points in Helsinki: Töölö, Kumpula and Viikki.

www.yths.fi/en
Who can use our services?

You can use our services if you are studying for a Bachelor’s or Master’s degree at a university or other institution of higher education, and you have paid your student union membership fee to a student union that is affiliated to the FSHS. Those studying for a Licentiate of Medicine, Dentistry or Veterinary Medicine degree are also entitled to use the FSHS’s services.

You can use the FSHS services as long as your student union membership is valid. If you have paid your student union membership fee for the full academic year, your right to use the FSHS services starts on 1 August and ends on 31 July. Autumn term membership starts on 1 August and ends on 31 December. Spring term membership starts on 1 January and ends on 31 July.
General Health Services

• Appointments with public health and other nurses
• Electronic health inquiry for all first-year students and, if necessary, a health discussion session
• **Travel advice**
• Appointments with general practitioners and, if necessary, with gynaecologists and dermatologists
• Physiotherapy
• Laboratory and x-ray examinations on referral by an FSHS doctor
Health examination and electronic health inquiry

The FSHS invites all first-year students to health examination. This examination consists of an electronic health inquiry and, if necessary, a personal health discussion.

– The process starts by us inviting you via Self service to fill in the health inquiry.
– The responses will be assessed by a nurse. He/she will send you a reply message containing a personal assessment of your general and oral health.
– If necessary, you will be asked to make an appointment with the nurse and/or dental hygienist.

If you wish, you have the option to come in for a personal health discussion.
Remote testing for sexually transmitted diseases

Do you suspect you have been infected with a sexually transmitted disease?

Our free remote test is a quick and easy way to find out if you have gonorrhoea or chlamydia.

Read more

www.yths.fi/en
Oral Health Services

- Appointments with oral hygienists
- Appointments with dentists and some dental specialists’ services
- X-ray examinations

Healthy teeth throughout life
Fresher kisses
Are you nibbling at your own teeth?
The Wisdom Tooth
Mental Health Services

- Preventive mental health work
- Appointment reservations and advice over the phone (preliminary treatment need assessments)
- Mental health advice and examination sessions
- Treatment session in accordance with a treatment plan (incl. brief sets of psychotherapy sessions, crisis therapy, medical treatment)

Talk, I will listen – emotional skills
Start using Self!

- You can use the Self service to check and cancel your appointments. If your need for treatment for your condition/complaint has already been assessed, you can also book an appointment or change an existing appointment.
- If you have a Finnish online banking ID or a mobile ID, you can use them to log in to the service.
- If you don’t have a Finnish online banking ID or a mobile ID, bring your passport to your first appointment at FSHS for the online authentication. Read more.
- Start using the Self service by entering your contact details and choosing how you want to be notified of messages in the service (sms or email).
- The Self service selection will increase in the future.
Online Services

yths.fi/en

Self
Other online services
Health information
Travel advice
FSHS at social media

facebook.com/ylioppilaidenterveydenhoitosaatio

@YTHS_FIN (Twitter)

@yths_fshs (Instagram)

youtube.com/ythsvideo
Basic rules

• FSHS has a callback service. When you call for an appointment your call will be forwarded to our phone service or to our callback service. Follow the given instructions and don’t hang up before the service tells you to.

• When you come for your appointment please remember to bring your student card or other proof of you having paid the student union membership fee.

• When you have an appointment please be on time!
Please cancel if you cannot make it

• If you cannot make it to your appointment, please let us know well in advance. This way we can give the appointment time to someone else and our queues will be shorter.

• You can easily check and cancel your appointments at the Self service.

• The penalty fee for no-show appointments (€35) will be charged for any appointments, group appointments and examinations that you do not cancel beforehand or do not arrive for, even if the appointment would have been free of charge.
## Services subject to charge

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialist (Does not concern the appointments of psychiatrists)</td>
<td>€ 24</td>
</tr>
<tr>
<td>Dentist/Specialised dentist more than 10 min - max. 20 min</td>
<td>€ 18</td>
</tr>
<tr>
<td>Dentist/Specialised dentist more than 20 min - max. 40 min</td>
<td>€ 26</td>
</tr>
<tr>
<td>Dentist/Specialised dentist more than 40 min</td>
<td>€ 32</td>
</tr>
<tr>
<td>The penalty fee for no-show appointments</td>
<td>€ 35</td>
</tr>
</tbody>
</table>

Read more: Fees  

Certificates and statements subject to charge  

The FSHS sends out invoices by mail or via e-invoices. Read more
Switch to e-invoicing

E-invoicing is easy, fast and environment-friendly:

• e-invoices reach you fast
• e-invoices will reach you even when you have moved (addresses in the FSHS data system are not automatically updated via the population register)
• invoice details are always correct (recipient’s bank account number, total amount and reference number)
• invoices cannot remain unpaid by mistake
• invoices cannot get lost
• invoices are stored in your online bank invoice archive
• e-invoices are environment-friendly (the carbon footprint of an e-invoice is up to 70% smaller than that of a paper invoice)
• e-invoices also save money (sending paper invoices costs the FSHS per year as much as the salary of two public health nurses, including salary-related costs).
Services free of charge

- Public Health nurse
- Health examination (by invitation)
- General Practitioner
- Laboratory examinations with a referral from an FSHS doctor
- X-ray examinations with a referral from an FSHS doctor/dentist
- Appointment at mental health
- The first dental examination visit (extensive dental examination which is done once during the study time) for those who started their studies on 1 September 2005 or later.
- Dentist (max. 10 min)
- Oral hygienist
- Consultation and treatment by a physiotherapist
- Group appointment
- Speech therapy
- Vaccinations (tetanus and diphtheria, polio and MMR=measles, mumps and rubella)
- Certificates and statements (free of charge)
Customer feedback

• Feedback provided by our customers is vital for our efforts to develop our services and improve our activities.

• Give us feedback: yths.fi/en/feedback.
Enjoy your studies!

yths.fi/en/internationalstudents

The page also answers some questions frequently asked by international students.

Photos: Jukka Alasaari, Vanessa Riki, Johanna Erjonsalo, Jami Hellman, Plugi