

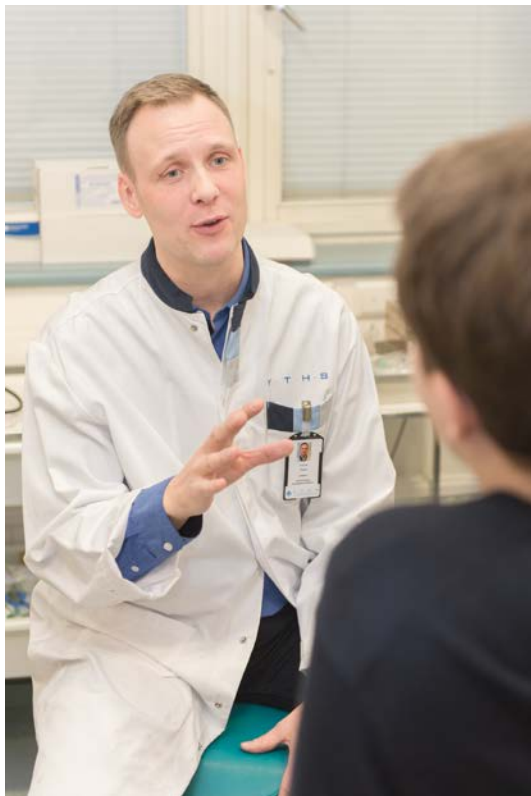
FSHS is student's support of  
well-being and health

# FSHS supports student health



- We offer student health care services for promote student well-being and health.
- 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 in Finland.
  - when you have paid your student union membership fee to a student union that is affiliated to the FSHS.
  - as long as your student union membership is valid.
    - for the full academic year, your right to use the FSHS's 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.

# FSHS offers you services in



GENERAL HEALTH CARE



ORAL HEALTH CARE



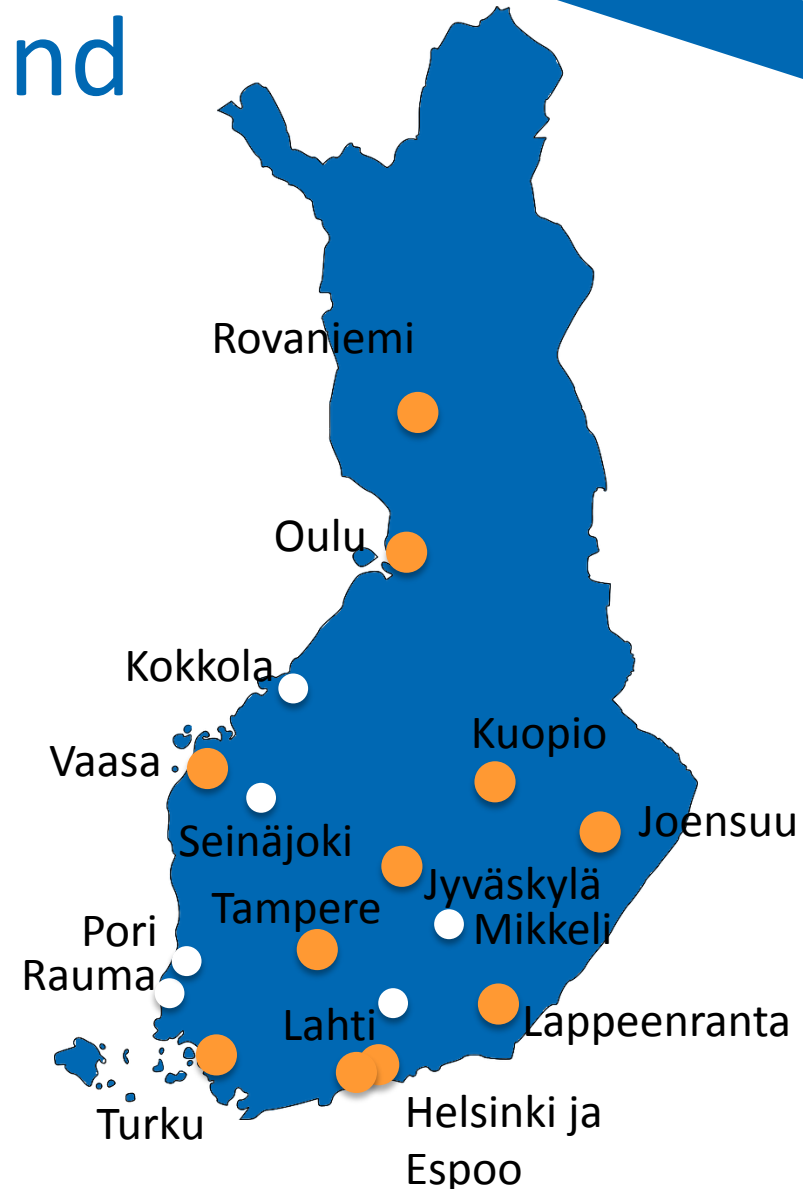
MENTAL HEALTH CARE



COMMUNITY HEALTH

# Units all around the Finland

- The FSHS operates in all university towns in Finland.
- You will find the contact information, opening times and telephone numbers for appointments and cancellations at [yths.fi/en](http://yths.fi/en).



# Student health services and information – also online!



[yths.fi/en](https://yths.fi/en)

On [yths.fi/en](https://yths.fi/en) you will find for example

- Opening hours and contact information
- Health information
- Health advice
- Log in to the Self
- Online services like renewal of contraception prescriptions, remote testing for sexually transmitted diseases, travel advice and online courses.



@ylioppilaiden-  
terveydenhoitosaatio



@yths\_fshs



@YTHSvideo



@YTHS\_FIN



@yths



# Self is the student's own online service for health care issues at FSHS.



Self is an easy and fast way to take care of your health care issues.

- update your contact information,
- manage appointment bookings,
- view your investigation results,
- communicate with us via chat or a contact form and
- access to remote consultation.

**Start using Self: [yths.fi/en/self](https://yths.fi/en/self)**

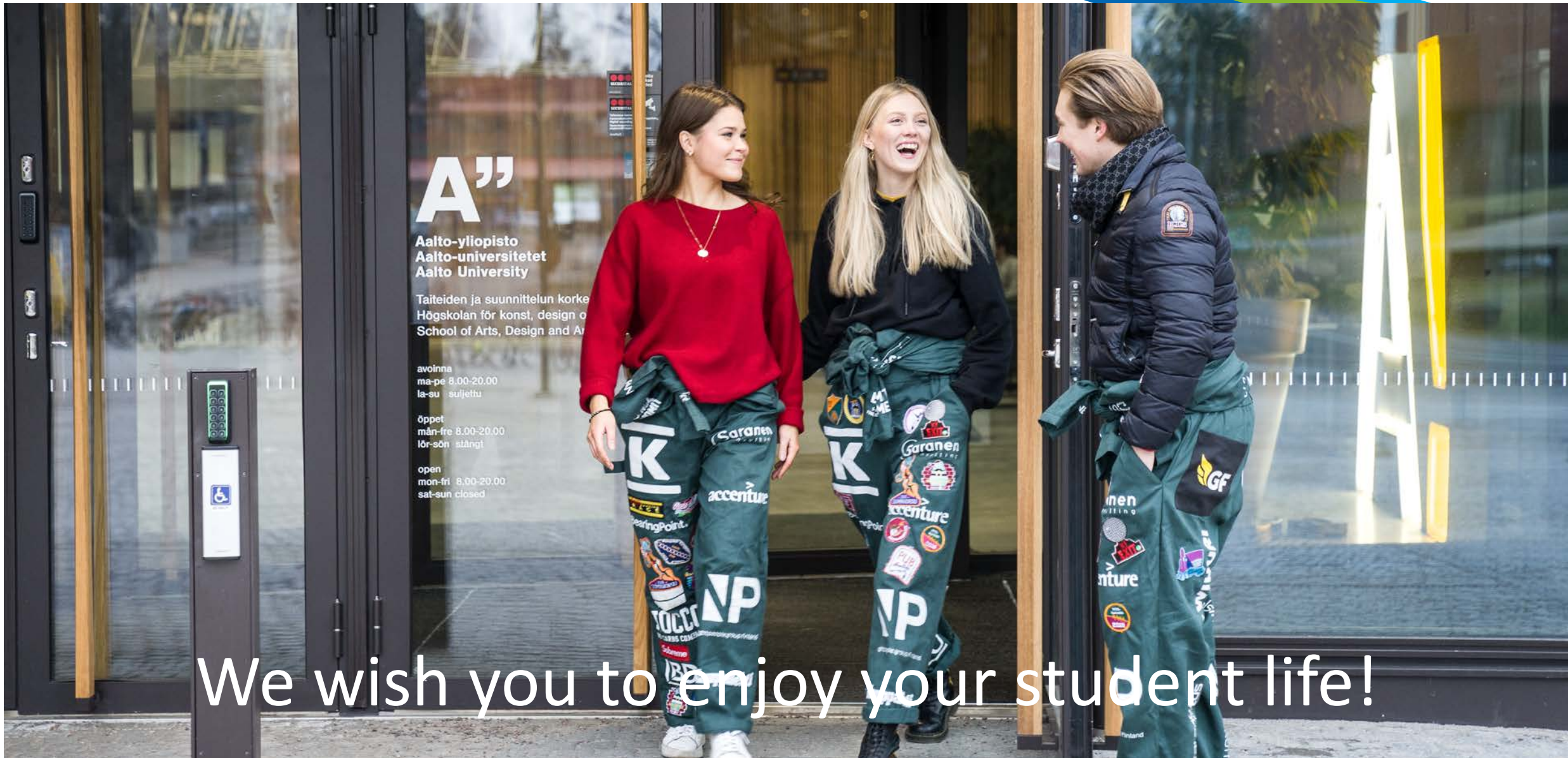


## How you are doing?

- The FSHS invites all first-year students to health examination during the first year.
- You will get a personal assessment of your health and if needed, also a ticket for booking an appointment to our professionals.

Answer a health inquiry in Self  
[yths.fi/en/self](https://yths.fi/en/self)





A''

Aalto-yliopisto  
Aalto-universitetet  
Aalto University

Taiteiden ja suunnittelun korke  
Högskolan för konst, design o  
School of Arts, Design and Ar

avoinna  
ma-pe 8.00-20.00  
la-su suljettu

öppet  
mån-fre 8.00-20.00  
lör-sön stängt

open  
mon-fri 8.00-20.00  
sat-sun closed

We wish you to enjoy your student life!