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SWEDISH HEALTH CARE

Swedish subsidised health care is available to anyone with a Swedish personal identity number, regardless of nationality. Health care is provided by primary health centers (*vårdcentral*), hospitals, and private practitioners.

Enrolling at a primary health centre (*Vårdcentral*)

Once you have received your Swedish personal identity number, you may enroll at the primary health care center of your choice (often a center close to work or home). There are several options in each region/city. If you need specialized care (prenatal, pediatrics etc.), you may choose a center that provides for your needs. Regardless of which health care center you are enrolled at, you may still make appointments at other ones.

Call 1177 or visit www.1177.se for information on center locations and enrolment. To change your preferred center, fill out an enrolment form at the new preferred center. Forms are available at any primary health center or at www.1177.se.

The *Vårdcentral* – your main health care provider

If you need non-emergency care, contact your primary health care center (*Vårdcentral*). Try calling early in the morning when they open. On the phone, you will describe symptoms to a nurse, who will either book you a doctor's appointment at the center, or guide you should you need other care (district nurses, hospital care etc.). It is also your doctor at the primary health care center that will refer you to a specialist, should this be needed. Most centers are open daytime, Monday through Friday. If you need care outside of these hours, please call 1177 or visit www.1177.se to find a health center with extended hours.

FALLING ILL

EMERGENCY SERVICES (112)

In case of a medical emergency:

- Call the emergency phone number **112** to request an ambulance, or
- Drive directly to the Accident & Emergency (*Akuten*) at any hospital

The emergency phone number 112 is used throughout the country, providing ambulance, police and fire brigade services.

POISON CONTROL

- 112 (urgent) or 010 456 6700 (non-urgent)

FREE 24-HOUR PHONE MEDICAL ADVICE (1177)

Whenever you need medical advice, you may call the 24-hour free service line called *Sjukvårdsupplysningen*. Call **1177** to speak to a nurse and get medical advice, or visit www.1177.se to read about common symptoms, illnesses and treatments.

1177 can also assist with finding a doctor and/or hospital closest to you.

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Emergency Care

If you have a serious injury or illness and need immediate care, please turn to the Accident and Emergency room at your local hospital (*Akuten*). You can call 1177 before your visit to assess urgency and waiting times.

When you arrive a nurse or doctor will assess you and depending on your condition there may be a waiting time before you will meet the doctor.

Prenatal/Mid-wife care

Specialized prenatal clinics offer free check-ups for pregnant women, as well as courses for parents-to-be. The clinics are often located in connection to primary health centres.

Children's care/Pediatrics

Specialized children's health centres (*Barnvårdcentral* or *BVC*) offer regular check-ups. The centres regularly monitor the child's weight, height, vision, cognitive skills, etc. Most vaccinations in the Swedish vaccination program are provided free of charge. The clinics are often located in connection to primary health centres.

Specialist care

A doctor at your primary health centre can give you a referral to a specialist as needed. Without a doctor's referral, you may also contact any specialist privately for an appointment. Please note that without a referral, the specialists are not required to take you in as a new patient and/or there might be long waiting lists.

Fees and high-cost protection (*Höghkostnadsskydd*) for patient fees and medicine

Although most health care is tax funded, adults pay a small patient fee. All child care (in some cases until the age of 20) and maternity care is free. If you do not have a Swedish personal identity number, other fees may apply.

The high-cost protection (*Höghkostnadsskydd*) for patient fees, means that you pay a maximum of SEK 1100 of patient fees in a 12-month period. When you have reached SEK 1100 in patient fees, ask your health center for an exemption card (*frikort*). The card is granted if you provide receipts of your patient fees. With the card, you do not have to pay any further patient fees for the remainder of the 12-month period. The 12-month period starts from the day of your first patient fee, in the qualifying period. Learn more about what is included in the high-cost protection at www.1177.se.

The high-cost protection amount for medicine is SEK 2200. All pharmacies collectively keep track (using the Swedish personal identity numbers) of the medicine expenses for all adults. Due to the automated system, there is no need to acquire a "free medicine card". All medicine for children under the age of 18 is free of charge. Please note that you need to inform the pharmacy that you want to register for the high-cost protection, at your first prescription receipt.

Dentist

Regular dentist's visits are not covered by the high-cost protection system. However, high-cost protection applies if your dental problems are a result of an illness or a medical treatment. In this case, you need a referral from your doctor. Please note that the subsidies for dental care differs from medical health care. Read more on www.1177.se.

European Health Insurance Card (Eu Card)

If you are registered with the Swedish Social Insurance Agency (*Försäkringskassan*), you may order a free European Health Insurance card (EU card) from *Försäkringskassan*. The card entitles you to health care while you are travelling within EU/EEA or Switzerland. With the EU card, you pay the equal fees as in the country you are visiting. The EU card is limited to public health care, and only covers health care that cannot wait until you return to Sweden. Note that the card does not cover emergency transportation to Sweden, which can be costly depending on the situation. Therefore, a private travel insurance is recommended. Your home insurance may have a travel coverage. Please contact your insurance provider for detailed information.

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