

# Medical care options for displaced persons: asylum seekers, refugees, beneficiaries of subsidiary protection and of temporary protection.

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## Emergency medical care

Emergency medical care in the event of a serious or life-threatening medical condition is available free of charge to all people staying in Estonia, including refugees or people in transit. In case of an emergency, call 112.

In addition to emergency medical care, free emergency dental care and health services related to public health protection (HIV, tuberculosis, opioid addiction) are available.

## Health insurance

People who have received a residence permit and an Estonian personal identification code are not automatically insured in Estonia. Once they have received a residence permit, they can apply for it on the same basis as Estonian citizens.

A person working on the basis of an employment contract valid for more than one month or an unemployed person registered with the Estonian Unemployment Insurance Fund is entitled to health insurance. Children under the age of 19 are registered with the Health Insurance Fund on the basis of the data from the population register. Children who have a valid residence permit and live in Estonia are covered.

Further information is available at <https://www.tervisekassa.ee/en/people/health-insurance>

## General medical care

If a person is covered by health insurance, they are also entitled to general and specialised medical care and to entry into a list of a family physician. Family medicine centres provide only emergency medical care to persons who are not in their list. In case of a health concern, the first point of contact is the family medicine centre, which provides the required care or refers patients to specialists for further tests or procedures.

If you need information about primary health care in Estonia, please visit the website of the Health Insurance Fund at <https://www.tervisekassa.ee/en/primary-health-care>.

You can get urgent health advice in Estonian, English, and Russian by calling the family physician advisory line 1220 or +372 634 6630.

## Specialised medical care

Please note that a referral from your family physician is required to see a specialist (except for ophthalmologists, dermatologists, gynaecologists, and psychiatrists).

People in need of specialised medical care are put on a waiting list based on the severity of their health issue. Those with a serious health issue get to a specialist more quickly.

Holders of a health insurance policy have the right to choose a suitable medical specialist and an appointment at any treatment centre that has a contract with the Health Insurance Fund.

More information: <https://tervisekassa.ee/en/specialised-medical-care>



## Dental care

In Estonia, dental care for children under the age of 19 is covered by the Health Insurance Fund. Dental care is a paid service for adults. An annual dental care benefit of 60 euros or 105 euros is available. In order to receive free dental care or dental care benefits, your dentist must have a contract with the Health Insurance Fund.

Additional information and contacts: <https://www.tervisekassa.ee/hambaravi>

## Pregnancy and obstetric care

Women with health insurance can get free midwifery care from the contracted partners of the Health Insurance Fund.

More information about the service:

<https://www.tervisekassa.ee/en/people/health-care-services/child-health-development>

If you have any questions about your pregnancy or your baby's health, call the Midwife Helpline at 12252. The helpline is available 24/7 in Estonian, English, and Russian.

## Screenings

Cancer screenings are free health check-ups, designed primarily for people in a certain age group without symptoms or complaints, to detect cancer at an early stage. In Estonia, all adults can be screened for cervical, breast, and colorectal cancer with state funding.

More information: <https://soeluuuring.ee/>

## Mental health

For mental health concerns, you can go to your family physician. Good mental health advice and contacts can be found at [www.peaasi.ee](http://www.peaasi.ee).

If you have a mental health concern, you should call:

- Children: 116111 (24 h), [www.palunabi.ee](http://www.palunabi.ee)
- Victim support helpline 116 006 (24 h)
- Emotional support: 116 123 (daily from 2 p.m. to 12 p.m.)
- Emotional support NGO Eluliin: 6558 088 (EST) 655 5688 (RUS), daily from 7 p.m. to 7 a.m., [www.eluliin.ee](http://www.eluliin.ee)
- Ambulance: 112 (24 h)

Or go to the emergency medicine department:

- Emergency reception of the psychiatric clinic in Tallinn: 6172 650 (24 h) 52 Paldiski Road
- Emergency reception of the psychiatric clinic in Tartu: 731 8764 (24 h) 31 Raja Street
- Emergency reception of the psychiatric department in Pärnu: 516 0379 (24 h) 1 Ristiku Street
- Emergency reception of the psychiatric clinic in Viljandi: 435 4255 (24 h) Jämejala, 6 Pargi Road
- Emergency medical department in Narva: 357 1795 (24 h) 1 Haigla Street
- Emergency medical department in Ahtme: 331 1074 (24 h) 95 Ahtme Road

## Pre-school health check

Health checks, including pre-school checks, are carried out for children aged 6–8 years. A check is necessary to assess the age-appropriate development of the child. The pre-school check-up will be carried out in a family medicine centre. All the information about the health of your child is uploaded to the Patient Portal [www.digilugu.ee](http://www.digilugu.ee), where school nurses can access it. If a child has not had a pre-school health check, the school nurses will refer the child to a family physician.

If you have any questions about the organisation of health care, health insurance, or medical care, please contact the Health Insurance Fund by calling +372 669 6630 or writing to [info@tervisekassa.ee](mailto:info@tervisekassa.ee).

