



New Student Finnish Student Health Service



F · S · H · S
FINNISH STUDENT HEALTH SERVICE

www.yths.fi/en

Congratulations on your new place of study!

- Healthy lifestyle and good interpersonal relationships affect positively to health, physical condition and general well-being.
- During your studies, you'll get information, support and help from Finnish Student Health Service (in Finnish: Ylioppilaiden terveydenhoitosäätiö YTHS) to your questions about health and illnesses.
- Please remember that FSHS only provides basic health care services and does not e.g. perform extensive medical operations.



WATCH THE
[FSHS presentation video](#)

CHECK OUT THE WEB PAGE
[For a new international student](#)



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Finnish Student Health Service FSHS is specialist in student health care

- We offer student health care services.
- We operate actively for promote student well-being and health.

You can find lots of useful information on our websites, look for example

- [Health Information](#)
- [Travel Advice](#)
- [Sexual Health and Contraception](#)
- [Nutrition and Exercise](#)



Insurance

- International students do not automatically get insurance when arriving to Finland. Please remember to check that you have a valid insurance.

migri.fi

[Students must have insurance](#) (for all)

studyinfinland.fi

[Insurance and health](#)

Read more:

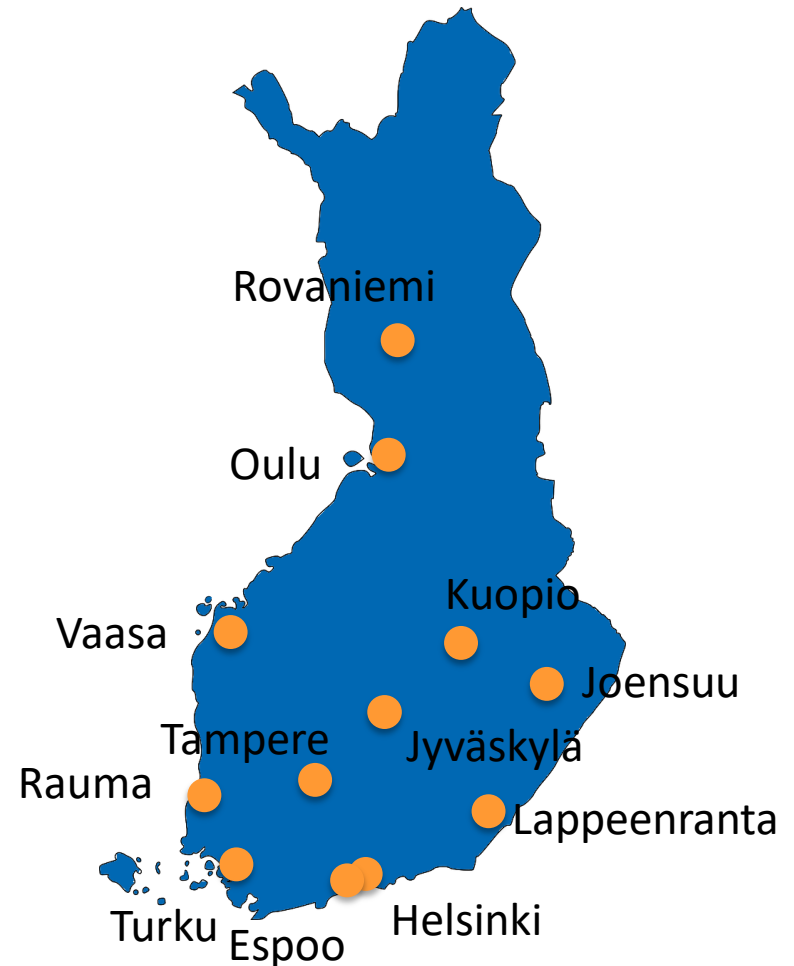
yths.fi/en/internationalstudents

[Frequently asked questions](#)



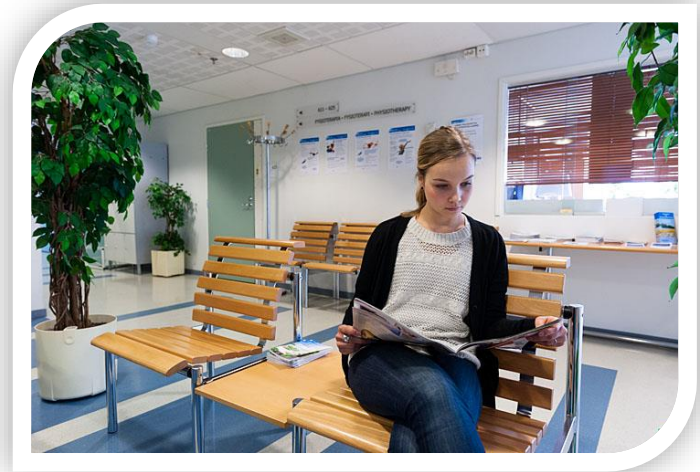
FSHS Units

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



Right to use the FSHS's services

- You can use the FSHS's 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'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.*



General Health Services



- Appointments with public health and other nurses
- Appointments with general practitioners and, if necessary, with gynecologists and dermatologists
- Physiotherapy
- Laboratory and x-ray examinations on referral by an FSHS doctor
- [Travel Advice](#)
- [Remote testing for sexually transmitted diseases](#)

Oral Health Services



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



Mental Health Services



- Appointments of psychologists
- Preventive mental health work
- 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)

Community health



- We build healthy and safe learning environment and promote student's wellbeing and learning ability.
- Inspections of studying environments every third year.
- Health communications and specialist activities (student events, lectures, guides and health information on Yths.fi).
- Teamwork with i.e. universities, student unions, student sports and student meal providers.



Start using Self!



- **Self** is an online service through which students can communicate with FSHS.
- At the beginning of the semester, register to service for an user and accept the electronic communications agreement. Thereafter FSHS can send you invitation letters and electronic questionnaires which you can fill in before your appointment.
- Self allows you to manage your appointment bookings, submit preliminary information forms, participate in surveys and communicate securely with FSHS experts.
- 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.](#)



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An appointment for FSHS's services

1. Contact us by phone



Before appointment reservation FSHS makes a treatment need assessment. The assessment is made by a health care professional regarding access to and urgency of treatment.

FSHS has a call-back service. Continue to call until the machine tells you that your call-back request has been registered.

2. Make an appointment



After treatment need assessment you can book an appointment by phone or when you have a permission to appointment you can use Self.

Self allows you to manage your appointment bookings and submit preliminary information forms. Everyone can view and cancel their appointments without permission.

3. When you have an appointment



Make sure you arrive in time for your appointment.

Remember to cancel your appointment in time if you cannot make it.

Read more
[Our cancellation fee policy](#)

Services free of charge

- Public Health nurse
- Health examination (by invitation)
- General Practitioner
- Laboratory examinations with a referral from an FSHS doctor or nurse
- 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 minutes)
- 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)
- Community health



Services subject to charge

Specialist (Does not concern the appointments of psychiatrists)	€ 24
Dentist/Specialised dentist more than 10 min - max. 20 min	€ 18
Dentist/Specialised dentist more than 20 min - max. 40 min	€ 26
Dentist/Specialised dentist more than 40 min	€ 32
The penalty fee for no-show appointments	€ 35

Read more:

[Fees](#)
[Certificates and statements subject to charge](#)

FSHS sends out invoices by mail or via e-invoices.
[Read more](#)



FSHS's Online Services and Social Media

Check out
online services
and follow us
on social media!



[@YTHS_FIN](https://twitter.com/YTHS_FIN)



[@yths_fshs](https://www.instagram.com/yths_fshs)



youtube.com/ythsvideo



facebook.com/ylioppilaidenterveydenhoitosaatio

- [yths.fi/en](https://www.yths.fi/en)
- [Self](#)
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- [Remote testing for sexually transmitted diseases](#)



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!



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



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