



Health care brochure

General information about Swedish health care facilities and contact information



Health and well-being

KTH is concerned about your well-being. Besides spending time in the classroom or labs, it is important to maintain good health. Sport activities, socializing, nutritious food and good sleep are all important factors for your general well-being.

Avonova

Through KTH and the occupational health care provider, Avonova, you can receive counseling from a doctor, nurse or a social counselor. They provide non-urgent health care for all KTH students. Non-urgent health care includes sore throat, urinary infection, allergy, dizziness, backache etc.

For students without a Swedish personal identity number, this is your only health care provider available for non-urgent cases. In addition, Avonova also provides counselling for KTH students regarding stress, anxiety and mood swings, sleep, nutrition, exercise, drugs and alcohol related issues, crisis management, relationships etc. They can also direct you to other health services when necessary. The staff is bound by professional confidentiality and the first three visits are completely free. For more information visit kth.se/en/student/studentliv/kropp-sjal/studenthalsan

Campus chaplaincy

The campus chaplain is available to speak to anybody about anything and everything, and the conversation will remain confidential. The chaplains can also put you in contact with other faith traditions if you wish to talk to someone of your own faith.

For more information visit: kth.se/en/student/studentliv/kropp-sjal/studentprasterna-pa-kth-1.38370

Mental health

Norra Stockholms psykiatri

Visiting address: S:t Görans sjukhus, Vårdvägen 5, 112 19 Stockholm.

Phone: 08-123 400 00, Mon-Fri: 8:00-17:00

www.norrastockholmspsykiatri.se

The team consists of experienced psychiatric staff. Ask about English speaking staff if you are not comfortable with speaking Swedish. If you are in need of emergency counseling, support and advice, you can call the emergency team on the phone: 08-123 484 00, Mon-Fri: 8:00-22:00

Sexual and reproductive health

For queries and complaints relating to sexuality and health turn to reproductive health clinics. SESAM Clinic test and treat patients with problems related to sexually transmitted diseases such as chlamydia, herpes, HIV, syphilis etc. No referral is needed and the testing and treatment are free of cost. Drop-in for testing of sexually transmitted diseases is available at certain hours. Other appointments need to be booked in advance.

The Sesam Clinic at Danderyd Hospital

Visiting address: Danderyds Sjukhus, Mörbygårdsvägen

Main entrance, house 18, green zone, elevator C (hiss C), 4th floor Metro: Danderyds Sjukhus (red line)

Phone: 08-123 587 37

www.ds.se/patient-och-narstaende/mottagningar-och-avdelningar/sesam/

Call for appointments.

If you have a personal number, and you need to seek out health care for pregnancy or birth control, you contact your local Mödravårdscentral, or women's health clinic. You can either get a recommendation from your local Health care centre or vårdcentral, or search on www.1177.se > Hitta vård to find one in your area. Many have drop-in times certain days of the week.

In case of emergency Sweden's emergency number 112

The Swedish emergency number 112

The emergency number is free of charge for assistance. On calling, you are expected to give detailed information about what has happened and where, your name and address, the nature of the accident and the number of people who need help. Based on this information, they determine what kind of assistance will be provided (ambulance, police or fire department).

In case of an emergency at KTH KTH alarm number 08-790 77 00

In need of free health care advice hotline 1177

The health care guide

The health care guide has an official hotline that provides advice on medical problems and guidance to medical care 24 hours/day every day. The first thing to do if you fall ill or have had an injury is to call 1177.

You will be given options (in Swedish) when calling:

Press 1: for general information about health care and contact information

Press 2: for health care advice about children

Press 3: for health care advice concerning yourself or another adult

A nurse will answer the phone in Swedish and all nurses speak English. The nurse will guide you about how and where to get help closest to where you live.

For more information about the health care system in Sweden:

www.1177.se/Stockholm/other-languages/1177-varguiden-pa-flera-sprak/

> Other Languages > English > Find the Right Health Care.

Important information

If your residence permit is 12 months or more you should apply for a Swedish personal identity number as soon as possible, preferably today or tomorrow.

International students who have a residence permit for at least 12 months or are admitted to studies for 13 months or more, can apply for a Swedish personal identity number from the Swedish Tax Agency, Skatteverket. You need a registration certificate in order to prove that you are enrolled as a student in Sweden. Consequently, you can not apply before you have registered as a student at KTH at the beginning of the semester (end of August).

Students admitted to one or two semesters (= less than 12 months permission on your decision/residence permit) cannot apply for a Swedish personal identity number.

There are a lot of regulations for those who may apply for a Swedish personal identity number or not, but the main rule is that if you get registered at the Swedish Tax office when you still have at least 365 days left on your residence permit you will be given a number.

If you are an EU citizen you don't need a residence permit.

With the Swedish personal identity number:

- You will be entitled to medical and hospitals care on the same terms as any Swedish citizen.
- You will be entitled to highly subsidized prescription medicine.
- You may apply for a Swedish ID card.
- You may apply for a bank account.
- You may register for a mobile phone account.

Please visit www.skatteverket.se for further information.

Costs for health care services

SEK 200–400 per visit if you have a Swedish personal number or a European Health Insurance Card.

SEK 1825–2300 per visit for non-EU/EEA those without a Swedish personal number. Please remember to always save your receipts! Tuition fee paying students and students holding a KTH Scholarship are provided a comprehensive insurance from KTH called FAS+ that provides full coverage of medical costs in case of medical emergency and many other costs.

For further information regarding the FAS+ insurance visit www.kth.se/en/student/studentliv/new-in-sweden/insurance-1.366220

Providers of health care in Sweden

Pharmacy (Apotek)

Swedish pharmacies handle prescription drugs as well as hygiene products. Antibiotics and certain medicines cannot be bought without a doctor's prescription. Prescriptions are handled electronically. If you have been prescribed medication ask for the nearest pharmacy with prescription services at the doctor's office.

The pharmacy is relevant for issues like headache, cold & cough, allergic reaction, insect bites, fever, dry or red eyes, stomach problems etc.

Health center (Vårdcentral)

You can only register at a health care clinic if you have a Swedish personal number. You can register through 1177.se, or manually with a form you send to the health center of your choice.

Health centers are open weekdays during the day for advice and visits and some are also open in the evening. Book an appointment by calling the reception. You may have to leave your number on an automatic voicemail and they will call you back. Some facilities accept drop-in visits for minor injuries for example, infections etc., at certain hours.

The health center is relevant for issues like sore throat, urinary infection, allergy, dizziness, back pain, chronic illness etc.

Local emergency unit (Närakut)

When the health center is closed and you cannot wait until the following day you can receive help at a local emergency unit (närakut). The unit treats the same kind of illnesses and complaints as the health center. Always call before a visit to get advice or to book an appointment. Call the health care guide hotline 1177 to consult a nurse if you need help to decide how urgent your condition is.

The local emergency unit is for medical conditions that require urgent attention but are not life threatening.

Important to remember

- Call in advance to get an appointment at a health care center.
- Cancel the appointment if you can't go! Otherwise, you will be charged.
- Ask in advance for the price of your visit and treatment.
- Register at the most convenient health care center once you get your Swedish personal identity number.

Dental care

Dental care is expensive in Sweden regardless of whether you choose a public or private provider. The cost is more or less the same with or without a Swedish personal number or EU Health Insurance Card (EHIC). Check if your insurance covers emergency dental treatment (the EHIC only covers a minor part of the cost). In most cases, insurance only covers emergency treatment (e.g. infections).

If you need treatment beyond what is considered an emergency you have to cover the costs yourself. Make sure to ask in advance how much the dental treatment will cost before the procedure begins. Generally, you pay the dental treatment yourself and then contact your insurance company for reimbursement. Save any receipts and find out what your insurance covers beforehand.

For a complete list of public dental health care facilities in Stockholm, check the public dental service's website www.folktandvardenstockholm.se. You can purchase dental insurance through Folktandvården for a monthly fee. They first make an assessment of your dental health.

Cancel at least 24 hours in advance or you will be charged for the booked time.

Emergency dental care

Please note that the prices listed below are general estimates. Costs vary depending on what treatment you need. For information about a dentist on-call contact the 'Health Care Guide' hotline: 1177.

CityAkuten Tandvård

Visiting address: Olof Palmes gata 13A, 4th fl.

Metro: Hötorget (green line)

Call 010-601 02 01 to make an appointment. Drop-in appointments are possible.

www.ptj.se/cityakutentand

Opening hours: 8:00–19:00 Mon–Fri, 10:00 – 16:00 Sat - Sun

Cost for examination and treatment: SEK 750-2200, Further treatment: SEK 2000 - 3000

Non-EU/EES citizens without Swedish personal identity number pay an additional fee of SEK 160

City Dental i Stockholm AB, Norrmalm

Visiting address: Drottninggatan 27

Metro: T-Centralen, exit: Sergels Torg (any metro line)

Phone: 08-20 06 80, www.english.citydental.se

Drop-in appointments are also possible.

Opening hours: Mon- Fri: 7.30–21:00, Sat: 9:00– 17:00, Sun: 10.30– 16.30.

Cost for examination: SEK 450 + treatment cost (ask for price).

Tandjouren (Emergency dental care until midnight)

Visiting address: S:t Eriksgatan 53 B

Metro: Fridhemsplan (green or blue line) Bus: 1, 3, 4

Phone: 070-400 50 51. No drop-in appointments. www.tandjouren.se

Opening hours: Mon–Thu: 17:00 – 24:00, Fri: 15:00– 24:00, Sat– Sun: 11:00 – 24:00

Folktandvården Akut

Visiting address: S:t Eriksgatan 47

Metro: Fridhemsplan (green or blue line) Bus: 1, 3, 4

Phone: 08-123 156 80, www.folktandvarden.se

This is a 'drop-in' clinic, you do not need to book an appointment.

Opening hours: 7:00–19:00 Mon– Thu, 7:00 – 17:00 Fri

