Overview about health care in Estonia

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There are two types of health insurance in Estonia: **state insurance** provided by the Health Insurance Fund and **private insurance**

All medically insured people must receive the same quality health care – **solidary health insurance system**
• **Primary health care** is a set of ambulatory services for the most common health problems

• **Specialised medical care**: ambulatory and hospital

• **Ambulance care** is a health care service intended for the primary diagnosis and treatment of life-threatening illnesses, injuries or poisonings
Primary care

• Primary care is provided by family doctors (FD)
  *Family doctor/general practitioner/family practitioner*

• FD is the first contact point in case of any illness

• You have to contact FD also if you need referral to specialised medical care, health advice or prescriptions

• Every FD has list of patients (~2000)

If you stay here only for a short time period, you do not have to register to FD’s list
How to find a FD in case you need a medical help

• Dr. Margot Tamm  
Address: Vaksali 17a, room 401-402. Tel. +372 7421769. E-mail: perearst.margot@gmail.com

• Dr. Kertu Rünkorg  
Address: Puusepa 1a, room 2011. Tel. +372 588 65560. E-mail: perearst.runkorg@gmail.com

• Ülikooli Perearstikeskus  
Address: Puusepa 1a, rooms 1171, 1167, Tel. +372 7319268  
E-mail: ylikooli.perearst@gmail.com

• Qvalitas Tartu center  
Address: Riia 2, Tartu. Tel +372 7312260. E-mail tartu@qvalitas.ee. https://www.qvalitas.ee/en/
Planning a visit

• Call/mail beforehand and book an appointment
• Average time for one consultation is 15-20 minutes
• Please take your ID card or passport and insurance papers with you
• Do not forget to take with you important medical papers
FD visit

• Visit costs 20-50 EUR, plus fees of other procedures and investigations done by the practitioner
• Depending on the problem (acute vs chronic) and insurance type (EU or not) the cost may be different
• Ask in advance!
• Keep all the cost documents, you can apply it for compensation from your own insurance provider
Specialist consultation

- You need referral from a family doctor.
- Referral is not necessary for:
  - Gynaecologist
  - Psychiatrist
  - Ophthalmologist
  - Dermatovenerologist
  - Dentist
  - Pulmonologist (in case of tuberculosis)
  - Infectious Diseases Doctor (in case of HIV/AIDS treatment and for vaccinations)
Specialised medical care

• Tartu University Hospital
  Address: Puusepa 8, tel. 7319 100 or by e-mail: kliinikum@kliinikum.ee
  If you have EU insurance, you get sick in Estonia and you have referral letter you have to pay only visit fee (5 EUR)

• Private clinics  (ask from FD advice)
  Visit fee 20-80 EUR, plus fee for investigations (ask in advance)
Dental care

• Different clinics
• Stomatology Clinic of Tartu University
  Address: Town Hall Square 6, 2nd floor, tel. 731 9100
• Paid service
In case of emergency

Traumas/accidents
Severe bleeding
Severe sudden pain

Call 112 „Kiirabi“

Anyone in the territory of the Republic of Estonia has the right to receive ambulance service and it is free of charge for people in need.
In case of emergency

Go directly to **Emergency department**
Address: Puusepa 8, Tartu
Open 24/7
Visit fee is 5 EUR
(with European Health Insurance Card)
More information about Estonian health care

• https://www.ut.ee/en/welcome/health-care
• https://www.haigekassa.ee/en/people/health-insurance
• Estonian Health Insurance Fund phone 16363, calling from abroad: +372 669 6630
2019-nCoV

• A novel coronavirus is a new strain that has not been previously identified in humans
• Symptoms: fever, cough, shortness of breath, breathing difficulties, pneumonia, severe acute respiratory syndrome, kidney failure
• The incubation period could be up to 14 days
• If you develop symptoms call your family doctor or 112 for ambulance

How to prevent

• regular hand washing,
• covering mouth and nose when coughing and sneezing,
• thoroughly cooking meat and eggs
• avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Be healthy!