

## You can select your health centre in any municipality

The right to choose your health centre expands at the beginning of 2014. You can now choose your health centre anywhere in continental Finland (not Åland).

### **Submit a switch notification for each family member to be transferred well in advance**

Complete the [notification about switching health centres](#) in two copies. Deliver a signed notification to both your current health centre and the new health centre of your choice. You can start using the new health centre's services three weeks after delivering the notification to the new health centre. If you send the notifications by post, you can start using the new health centre's services four weeks after sending them.

You can only choose one health centre. When you switch health centres, you will have to wait at least a year before you can switch again.

Members of a family can be clients of different health centres. This means that children are not automatically transferred with their parents. You will need to make a separate notification for each family member to be transferred. An underage child's notification must be signed by both parents/guardians.

### **Your dental care, child health clinic and rehabilitation services will also move when you switch health centres**

Please note that when you switch health centres, all of the following services will also be moved to the new municipality:

- health centre's doctor and nurse services
- care equipment distribution
- health advice, health examinations, certificates, screening
- child health clinic services
- oral health care services
- medical rehabilitation and aid services, rehabilitation guidance
- mental health and substance abuse services
- short-term ward care

For example, if you wish to receive child health clinic services or dental care in Espoo, you must be a client at an Espoo health centre.

The right to choose does not apply to pupil and student health care, whose provider is determined by the study place. Long-term institutional care and home health care will also be provided in your place of domicile.

### **Espoo to call all Espoo residents for screening**

For cancer screening, Espoo will call all its residents belonging to the groups to be screened, including those who have started using a health station in another municipality. If you are unable to take part in screening in Espoo, contact the screening services at your new health station and show Espoo's invitation.

### **Fees to be decided by the new municipality**

Your new health station will charge you for visits according to the municipality's decisions. The fees and the groups exempted from them are not necessarily the same as in Espoo.

**Urgent care is available everywhere**

You can get urgent and emergency care anywhere in Finland.

**Care according to your care plan in another municipality**

You can receive services in accordance with your care plan in another municipality where you are staying for extended periods due to, for example, work, holiday or family member. Care that can be provided in the other municipality includes control visits for blood-thinning and rheumatism patients, bone fracture controls, medication shots, etc.

The right for treatment according to the care plan will not be applied within the Helsinki Metropolitan Area. If you have selected a health centre in Helsinki, Espoo cannot be the other municipality. By contrast, if you have selected a health centre in, for example, Kalajoki, where you have a holiday home, Espoo can be the other municipality.

Submit a [notification about temporary need for treatment according to the care plan in another municipality](#) for the services you need, both to the health station in the other municipality and your place of domicile at least three weeks before your first visit. If you have not submitted the notification, the other municipality will not provide care and the City of Espoo will not cover the actual costs of care.

**Right to choose special health care**

You can choose special health care anywhere in Finland. The selection is affected by the kind of treatment you need. Therefore, you must choose your special health care location in co-operation with your referring physician.

## CONTACT INFORMATION FOR ESPOO HEALTH CENTRES

**Espoonlahti Health Centre**

Postal address: P.O. Box 2400, 02070 CITY OF ESPOO

Street address: Merikansantie 4, 02320 Espoo

**Kalajärvi Health Centre**

Postal address: P.O. Box 2515, 02070 CITY OF ESPOO

Street address: Ruskaniitty 4, 02970 Espoo

**Kilo Health Centre**

Postal address: P.O. Box 2126, 02070 CITY OF ESPOO

Street address: Trillakatu 5, 02610 Espoo

**Kivenlahti Health Centre**

Postal address: P.O. Box 2410, 02070 CITY OF ESPOO

Street address: Meriusva 3, 02320 Espoo

**Leppävaara Health Centre**

Postal address: P.O. Box 2119, 02070 CITY OF ESPOO

Street address: Konstaapelinkatu 2, 02650 Espoo

**Matinkylä Health Centre**

Postal address: P.O. Box 2307, 02070 CITY OF ESPOO

Street address: Matinkatu 1, 02230 Espoo

**Oma Lääkärisi Espoontori**

Postal address: P.O. Box 2543, 02070 CITY OF ESPOO

Street address: Kamreerintie 7, 02770 Espoo

**Oma Lääkärisi Puolarmetsä**

Postal address: P.O. Box 2312, 02070 CITY OF ESPOO

Street address: Puolarinportti 1, 02290 Espoo

**Samaria Health Centre**

Postal address: P.O. Box 2516, 02070 CITY OF ESPOO

Street address: Terveyskuja 2, 02770 Espoo

**Tapiola Health Centre**

Postal address: P.O. Box 2214, 02070 CITY OF ESPOO

Street address: Ahertajantie 2, 02100 Espoo

**Viherlaakso Health Centre**

Postal address: P.O. Box 2118, 02070 CITY OF ESPOO

Street address: Kievarinpolku 1, 02710 Espoo