



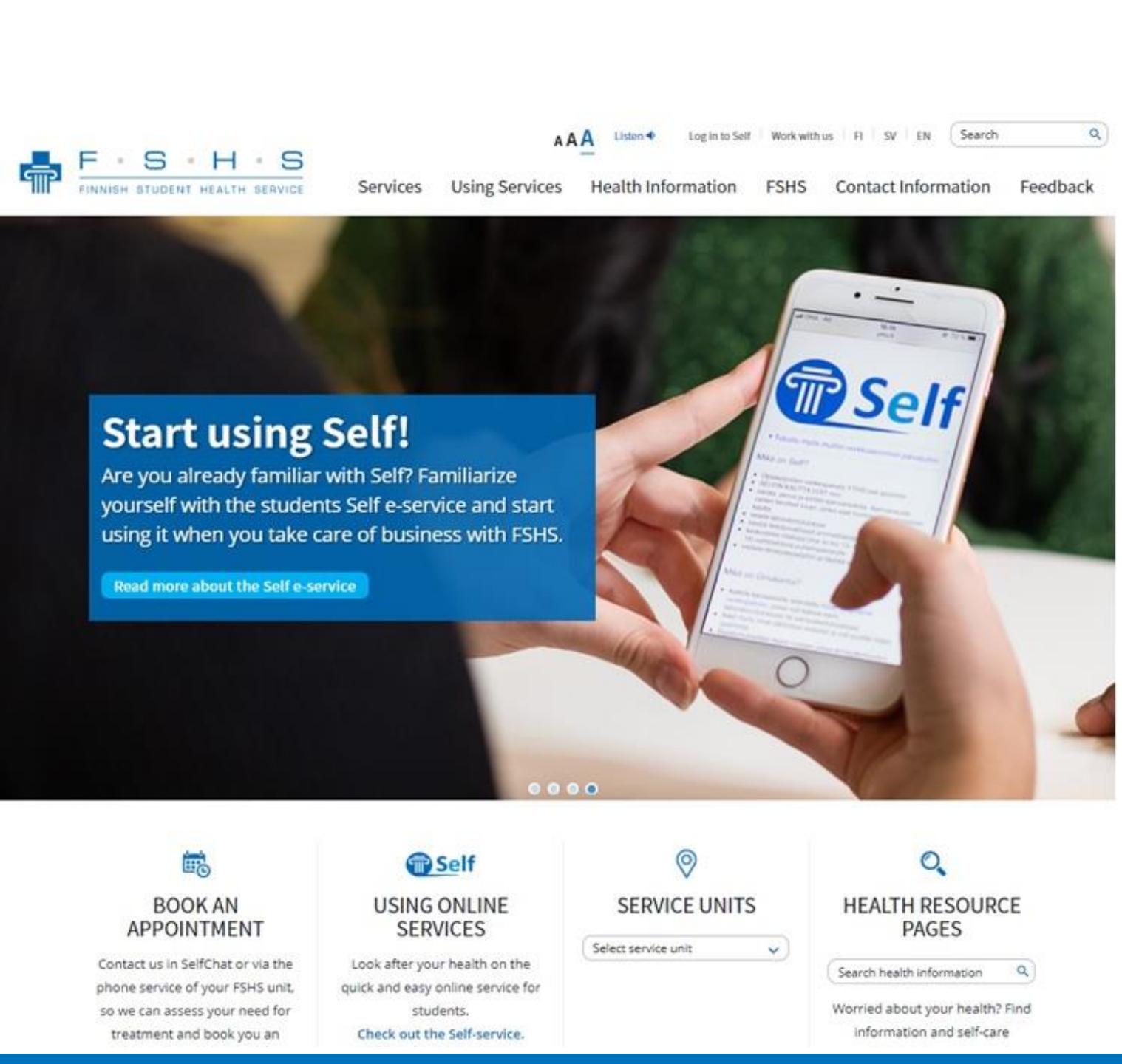
FSHS

Finnish Student Health Service

Tiina Pönni-Susi, public health nurse, FSHS Otaniemi



F • S • H • S
FINNISH STUDENT HEALTH SERVICE



The screenshot shows the FSHS (Finnish Student Health Service) website. At the top, there is a logo with the letters 'F S H S' and the text 'FINNISH STUDENT HEALTH SERVICE'. The top navigation bar includes links for 'Services', 'Using Services', 'Health Information', 'FSHS', 'Contact Information', and 'Feedback'. There are also buttons for 'Listen', 'Log in to Self', 'Work with us', and language options 'FI', 'SV', 'EN'. A search bar is located at the top right. The main content area features a large image of a person's hands holding a smartphone displaying the 'Self' e-service interface. To the left of the image, a blue box contains the text 'Start using Self!' and 'Are you already familiar with Self? Familiarize yourself with the students Self e-service and start using it when you take care of business with FSHS.' Below this is a button 'Read more about the Self e-service'. Below the main image are four service cards: 'BOOK AN APPOINTMENT', 'USING ONLINE SERVICES', 'SERVICE UNITS', and 'HEALTH RESOURCE PAGES'.

Start using Self!

Are you already familiar with Self? Familiarize yourself with the students Self e-service and start using it when you take care of business with FSHS.

[Read more about the Self e-service](#)

BOOK AN APPOINTMENT

Contact us in SelfChat or via the phone service of your FSHS unit, so we can assess your need for treatment and book you an

USING ONLINE SERVICES

Look after your health on the quick and easy online service for students.

[Check out the Self-service.](#)

SERVICE UNITS

Select service unit

HEALTH RESOURCE PAGES

Search health information

Worried about your health? Find information and self-care

fs hs.fi – where the information is

- Our services
- Instructions on how to use our services
- Plenty of information and self-care tips
- Service units' opening hours and contact information
- Current information and information about events

Who can use FSHS services?



- Services can be used by those Bachelor's or Master Degree students who have enrolled as present at a Finnish university or university of applied sciences
- Right to use our services is valid until the end of the semester of your graduation:
 - Autumn semester is between the 1st of Aug and 31st of Dec.
 - Spring semester is between the 1st of Jan and the 31st of July.

FSHS service fee



FSHS does not charge for appointments, there is only a charge for uncancelled appointments



Students in higher education pay the health care fee to Kela



More information connected to the fee can be found at kela.fi/web/en/healthcare-fee-for-students-in-higher-education

General health care services

- Your primary FSHS service unit is the one in your study town. Aalto University students use the Espoo FSHS.
- Our general health services cover primary healthcare and medical care, including examinations.
- If necessary, you will receive from us a referral to a specialist.
- **PLEASE NOTE! If you have any flu symptoms or need a koronavirus-test, contact city public health care directly.**

AVAILABLE PROFESSIONALS

- Nurse
- General Practitioner
- Physiotherapist
- Specialist by referral
- Sexual Counselor



A step towards an open everyday life.

- A larger vaccination coverage makes it possible to return to a more diverse way to conduct your studies as well as student life.
- You can receive the vaccine from your municipal health care, also in your student town.
- More information about the corona vaccines can be found on thl.fi/en -website.



Study community services

- The objective of study community services are to improve the well-being of study communities as well as of individuals.
- Community health work consists of cooperation between students, institutions of higher education, student association and other actors.



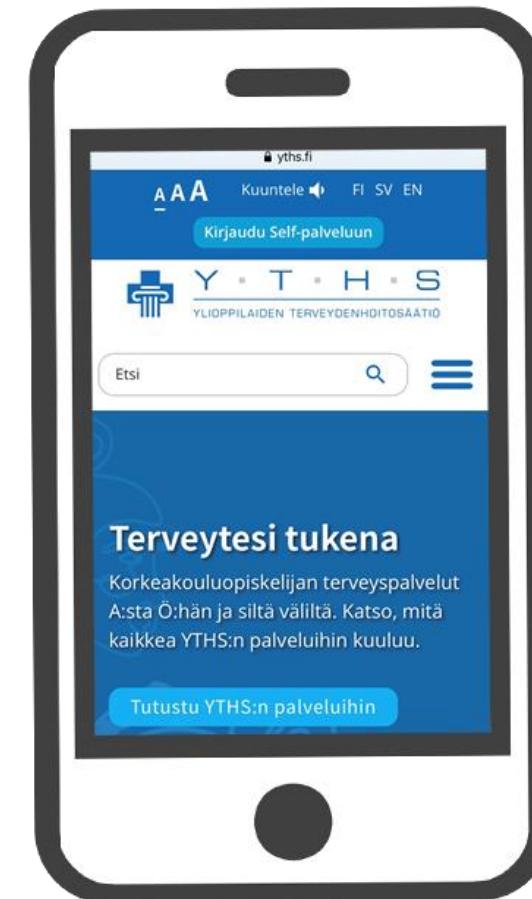
**PROFESSIONALS
WORKING WITH
COMMUNITIES**

- General health, oral health and mental health professionals

The nearest service unit is in your mobile

At your disposal is an extensive selection
**digital and remote services. You can
find them in Self online service.**

- Digital Doctor Services,
- Sexual Health Services,
- SelfChat Services, MieliChat
- Travel Health Advise, Oral Health and Nutrition Services.
- **Please remember to update your contact information in Self-service!**



Don't forget: What things do you get energy from in your everyday life?



- www.yths.fi/en/news/2021/relief-for-your-daily-life-under-coronavirus-2/



Good luck with your studies!

