

# FSHS

## Finnish Student Health Service

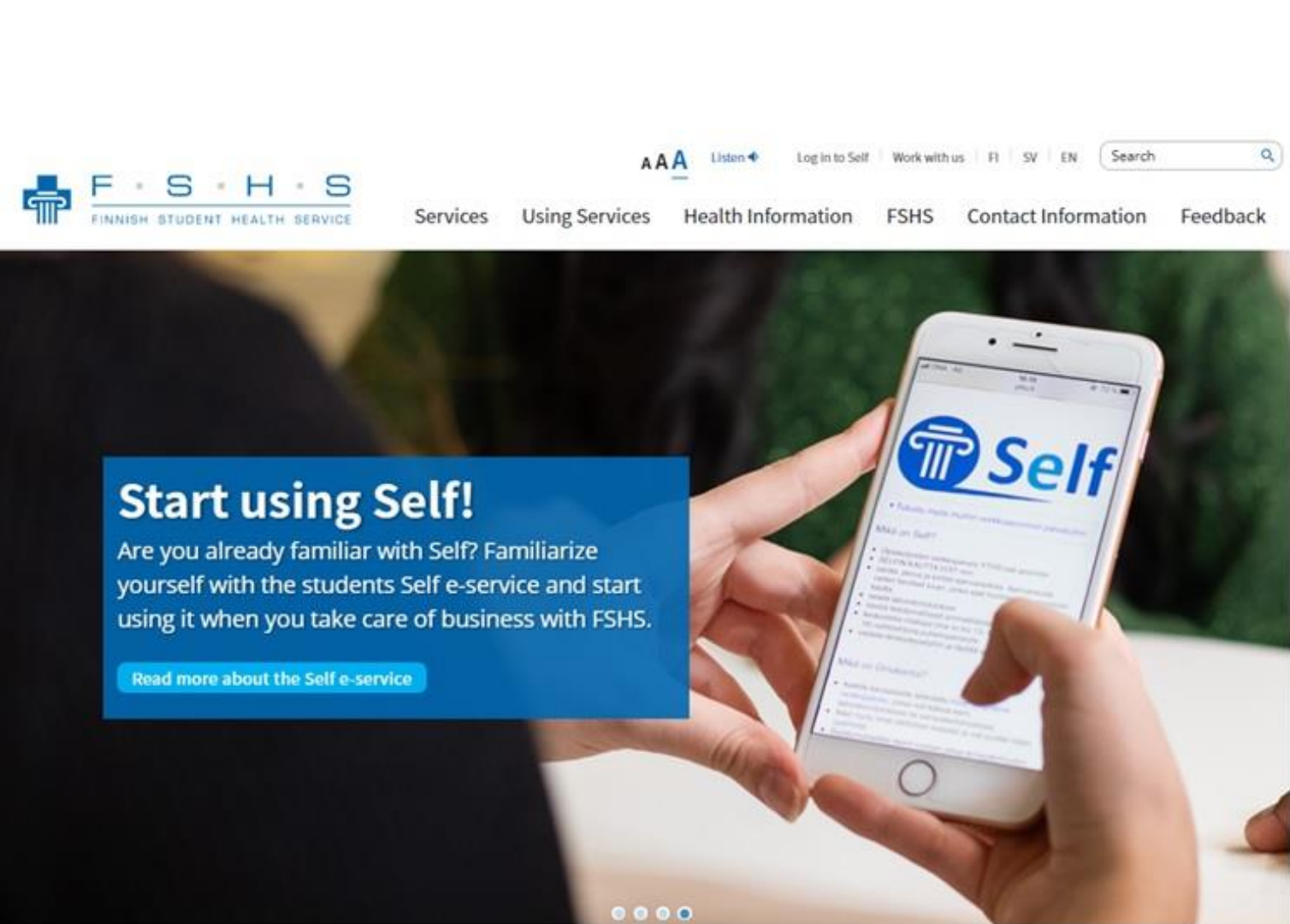
Tiina Pönni-Susi, public health nurse, FSHS Otaniemi



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FINNISH STUDENT HEALTH SERVICE



# fshs.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



### 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



# 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 uncanceled 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](https://kela.fi/web/en/healthcare-fee-for-students-in-higher-education)

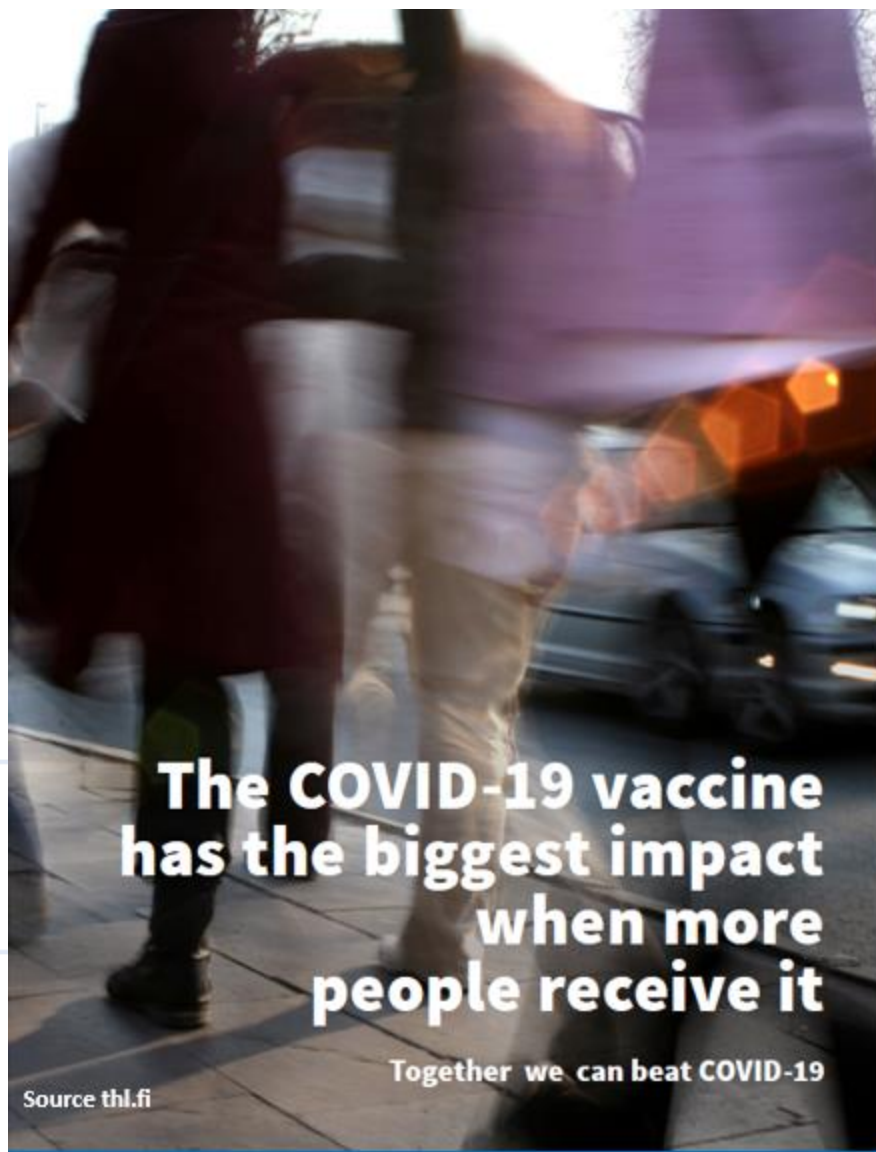
# General health care services

- 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





**The COVID-19 vaccine  
has the biggest impact  
when more  
people receive it**

Together we can beat COVID-19

Source thl.fi

## A step towards an open every- day life.

[thl.fi/corona  
virus](https://thl.fi/corona-virus)

- 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](https://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.

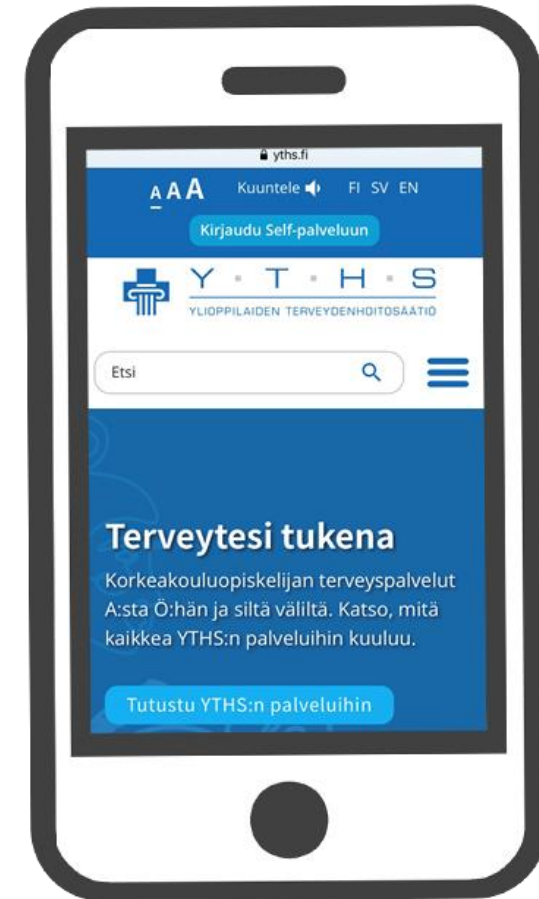
## PROFESSIONALS WORKING WITH COMMUNITIES

- 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/](http://www.yths.fi/en/news/2021/relief-for-your-daily-life-under-coronavirus-2/)





Good luck with your studies!

