

MEDICAL ROUTE IN BULGARIA



ELDERLY PEOPLE



PREGNANCY



ILLNESS



CHILDREN

ELDERLY PEOPLE



There are several programmes and institutions which provide help and care for elderly people. Elderly, sick and lonely people could be either taken care of in their own homes or be admitted into a nursing home. There are mobile units which assist elderly people in taking care of their house work, shopping, taking medicines and injections, medical supervision, etc. The medical help is provided by nurses and the rest is taken care of by house assistants and social workers.

PREGNANCY AND BABY BIRTH



The check-ups and examinations of pregnant women with paid health insurances and a chosen general practitioner (GP) are covered by the National Health Insurance Fund (NHIF) under the programme "Mother Health". A check-up with a specialist is performed every month and in the last 45 days until birth – 2 or more check-ups based on the doctor's decision.

Giving birth at home is not a practice in Bulgaria. The current law states that giving birth should take place strictly in hospitals or other medical facilities under the supervision of doctors and medical staff. In special or emergency cases, birth can be given at home but only under the supervision of a specialist.

EMERGENCY



112
150

Call the center for emergency medical care (telephone 112 or 150) or turn for help to the nearest emergency room. You will be examined and provided with medical help and in case of necessity you'll be transported to a hospital. The emergency medical help in Bulgaria is provided free of charge.

Phones: 112; 150

GP



If you're not in need of urgent medical aid, you can go to a general practitioner (GP) for examination or a referral for further medical help. If you have a health insurance you can select your GP and be included in the patient list of the National Health Insurance Fund.

A general practitioner will examine you and in case of necessity will direct you for additional consultation with a specialist. For that purpose the GP will issue you a medical referral for consultation and conducting of cooperative treatment. The referral may be used for up to 30 calendar days following its issuing. With the referral you can go to a health institution for a specialized medical aid for outpatient care. If the consultation with the specialist is not appointed by the GP or another specialist, you'll have to pay for the medical help provided under the prices of the health institution.

PHARMACIES



You can buy medicines in pharmacies in Bulgaria with or without a prescription. Without a prescription are only the medicines for relief of general symptoms, while for the rest you will need a prescription from your GP or another specialist. Some medicines for specific cases and diseases are fully or partially paid by the National Health Insurance Fund. For more information on the procedure you should refer to the NHIF (www.en.nhif.bg).

HOSPITAL / SPECIALIST



If you want to see a specialist you should get a medical referral for consultation from your general practitioner. The specialist will examine you and determine the further treatment.

If you have to be admitted in a hospital you will need a referral for hospitalization which can be issued by the general practitioner, the specialized doctor, the doctor for dental medicine or the doctor from the center for emergency medical aid. With this referral you may be admitted to a health institution for hospital care, which has concluded a contract with the National Health Insurance Fund for Treatment of the relevant disease. The NHIF shall pay for the treatment and diagnosis under a clinical path.

NO EMERGENCY

INSURANCE



The health insurance in Bulgaria gives the right of an accessible medical help for all citizens of the country as well as people with a special status. The health insurance is directed towards prevention of general diseases as well as treatment and medical support in case of a disease.

The mandatory health insurance in Bulgaria concerns:

- All citizens of Bulgaria who are not citizens of another country
- Bulgarian citizens who are also citizens of another country but who are permanently living on the territory of Bulgaria
- Foreign citizens with a permit for a long-term stay in Bulgaria
- Refugees and people with the right of sanctuary
- People in the process of receiving a status of a refugee (until the end of final decision)

DENTIST



There is a high number of dental practices in Bulgaria. If you have a health insurance you could go to a dentist of your choice who has signed a contract with the National Health Insurance Fund (NHIF) and get benefits on an annual basis. The NHIF covers fully or partially specific dental procedures for every insured citizen. Each procedure is recorded in the personal health insurance card of the patient.

Children under 18 years are entitled to a detailed examination and 4 dental procedures every year. People over 18 years will be covered fully or partially for a detailed examination and 2 dental procedures every year.

VACCINATIONS

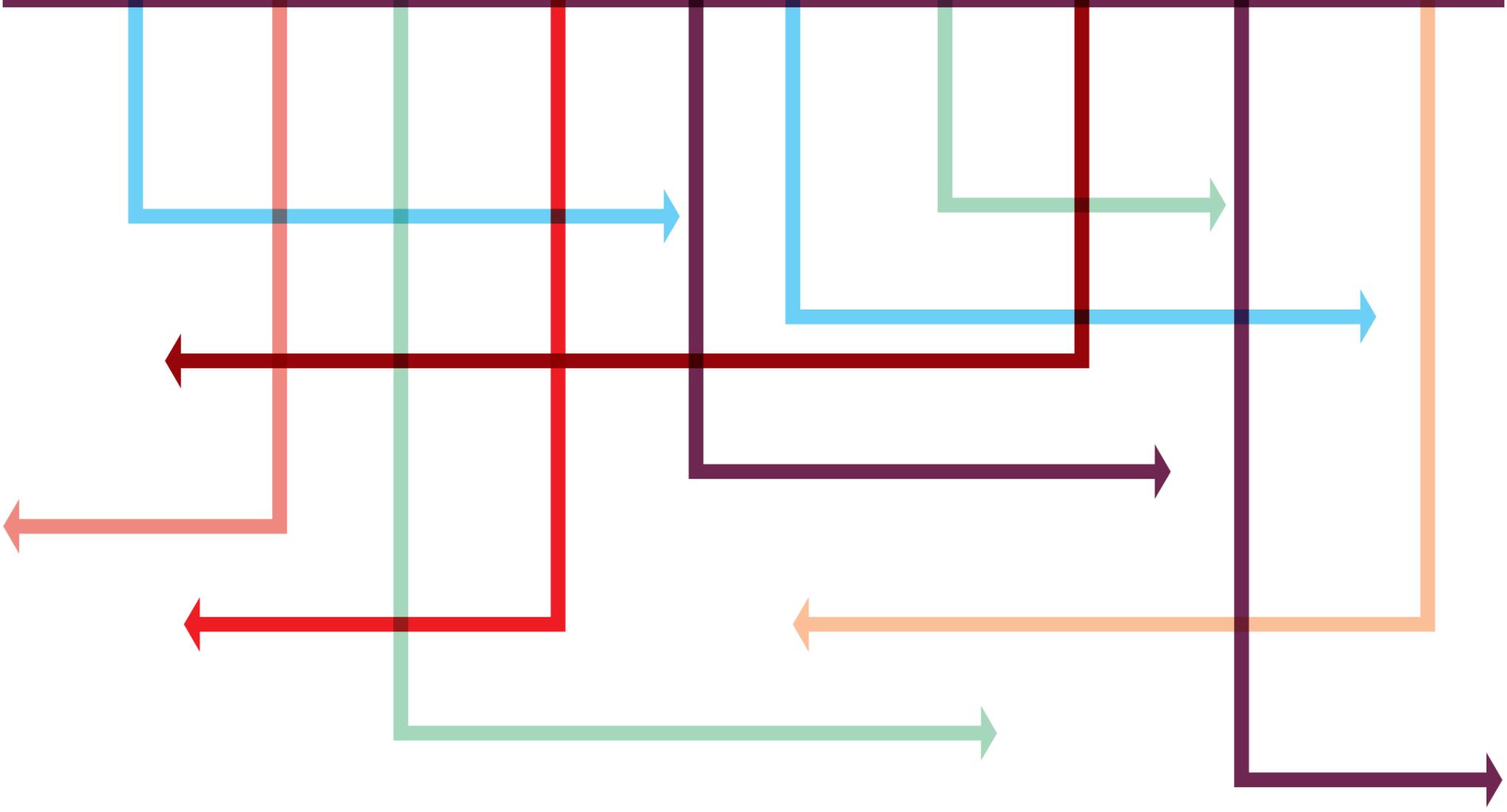


The vaccination policy of Bulgaria is regulated in an official Immunisation Calendar which defines the vaccines obligatory for all citizens of the country. They have to be taken as follows:

- By the age of 2 years – within the first 24 hours after birth, from the 48th hour, at months 1, 2, 3, 4, 6, 7, 12, 13, 16
- At the age of 6 years
- At the age of 7 years
- At the age of 11 years
- At the age of 12 years
- At the age of 17 years
- From the 25th year – at every 10 years

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www.takecareproject.eu



Lifelong
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