

MEDICAL ROUTE IN THE NETHERLANDS



ELDERLY PEOPLE



PREGNANCY



ILLNESS



CHILDREN

ELDERLY PEOPLE



There are two institutions that take care of elderly people who need help:

the care-office (zorgkantoor) and the municipality (gemeente). The care-office is responsible for the execution of the General Act on Exceptional Medical Expenses. This includes home care and exceptional medical risks such as admission to a residential old people's home or a nursing home. The municipality is responsible for welfare (i.e. meal services, job services etc.).

PREGNANCY AND BABY BIRTH



Antenatal care in The Netherlands is usually provided by

midwives. The role of the doctor or gynaecologist in a normal pregnancy in The Netherlands is minor and in most cases not involved at all. Your GP will help you find a midwife. You will be asked where you want to deliver your baby. With 30 percent of all births taking place at home the Netherlands boasts the highest rate of home births in the world. Normally, pain medication is rarely offered during birth. If you insist on receiving some pain medication you can discuss this with your midwife. The midwife will visit you at home in the first week after the baby is born. Your baby will be monitored and get further immunisations via regular visits to the well-baby clinic (Centrum Jeugd en Gezin / Consultatiebureau).

EMERGENCY



112

Call 112 if you are in a life-threatening situation. Call your GP or go to the nearest emergency room if you need medical help urgently. You can find one at the nearest hospital.

NO EMERGENCY

GP



You can find a GP in your own neighbourhood and inform if he/she can accept you as a new patient. You can also ask your insurance company if they can help you. If you need medical help you always first have to make an appointment with your GP, usually by phone.

The doctor will examine you and will determine a diagnose. If necessary, the doctor will give you a prescription or will send you to a specialist by giving you a letter. You have to make an appointment with the specialist and show him/her the letter.

PHARMACIES AND DRUGSTORES



In the Netherlands there are 2 types of pharmacies: the apotheek (chemist) and the drogist (drugstore). If you have a prescription from your GP you must go to the apotheek. At the apotheek and the drogist you can buy some medicines without a prescription.

HOSPITAL / SPECIALIST



If you have received a letter from your GP, then you can make an appointment with a specialist at a hospital or at a clinic. Usually you do it by phone. Your GP will help you with the phone number.

When you go to the hospital or the clinic you have to bring your insurance card and the letter from your GP. The specialist will determine your further treatment.

INSURANCE



When you settle to live in The Netherlands you must have healthcare insurance. The healthcare insurance must include the standard

package. Dental care, physiotherapist and some other special medical treatments are not included in the standard package. You need supplementary insurance. Children under 18 do not pay premiums for health insurance cover. There are many health care insurance companies you can choose from via Internet. You can contact them via e-mail or telephone.

DENTIST



Finding a dentist (tandarts) in The Netherlands is much like finding a GP, although you do not need to find one

located in your neighborhood. After registration, your dentist will generally call you for a regular check-up every six months. The insurance company covers dental care for children under 18 for all cost. Dental care for people over 18 can only be covered (partly) by taking an extra dental insurance. Always check before making an appointment with a dentist which expenses are covered by your insurance.

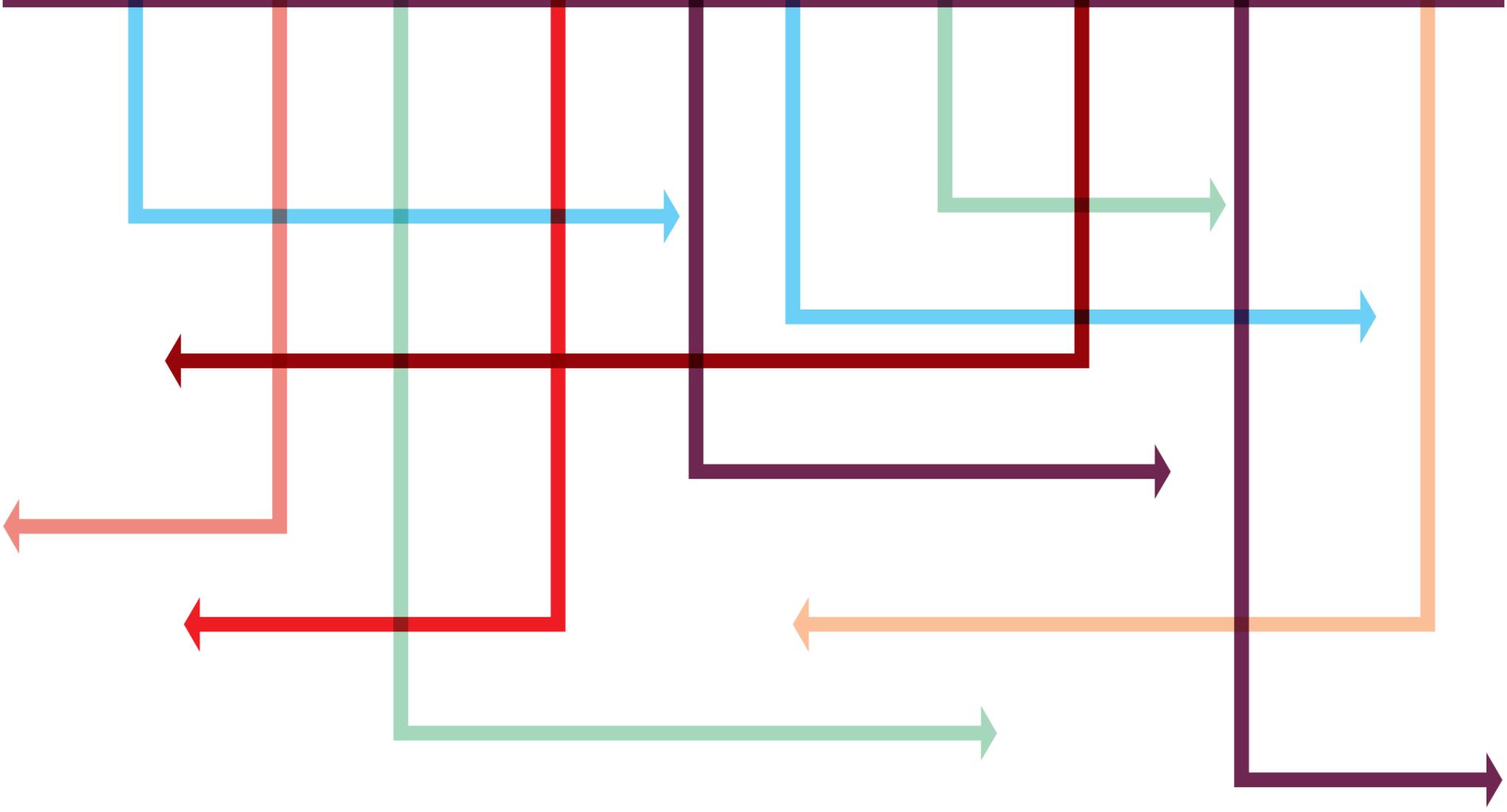
VACCINATIONS



The Netherlands has an extensive National Immunisation Programme to protect children against infectious diseases. Vaccinations are given in four steps:
Step 1: At the age of 2, 3, 4, 11 and 14 months
Step 2: At the age of 4 years
Step 3: At the age of 9 years
Step 4: At the age of 12 years

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