

A SHORT GUIDE TO THE HEALTH CARE SYSTEM

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AGENDA

The family doctor

Acute injury

Useful health services

Sick leave

Preventive health

INTRODUCTION

- The public health care system
- Private institutions
- Primary care



THE FAMILY DOCTOR (FASTLEGE)

- The entrance point to the health care system
- Frikort
- Groups who have almost free health care.
- HelseNorge.no
- Interpreter



ACUTE DISEASE/INJURY



Familiy doctor

Legevakt, 116117

Emergency: 113

OTHER USEFUL PUBLIC SERVICES

- Health centre
- School health service
- Health clinic for adolescents
- Department for health promotion and mastery
- The family office

- <https://www.stavangerkommune.no/en/helse-og-omsorg/health-and-social-care/>

<https://www.stavangerkommune.no/helse-og-omsorg/helsehuset2/avdeling-for-helsefremming-og-mestring/>

- Each municipality have a similar service, xxxxxx.kommune.no





SICK LEAVE



Self-certification

- 3 days x 4 or 24 days up to 8 days each time
- Requires employment for at least 2 months and no doctors note
- Ask your employer

Sickness benefit

- Requires 4 weeks of employment and a doctors note
- Can be written from the day of contact with the clinic.
- NAV.no

Care-leave days

- 10 days if 1-2 children, 15 days if more than 2 children.
- Up to the calendar year your child is 12 or 18.
- Requires employment for 1 month
- Used for child's health issues and follow-up.

PREVENTIVE HEALTH



EXERCISE

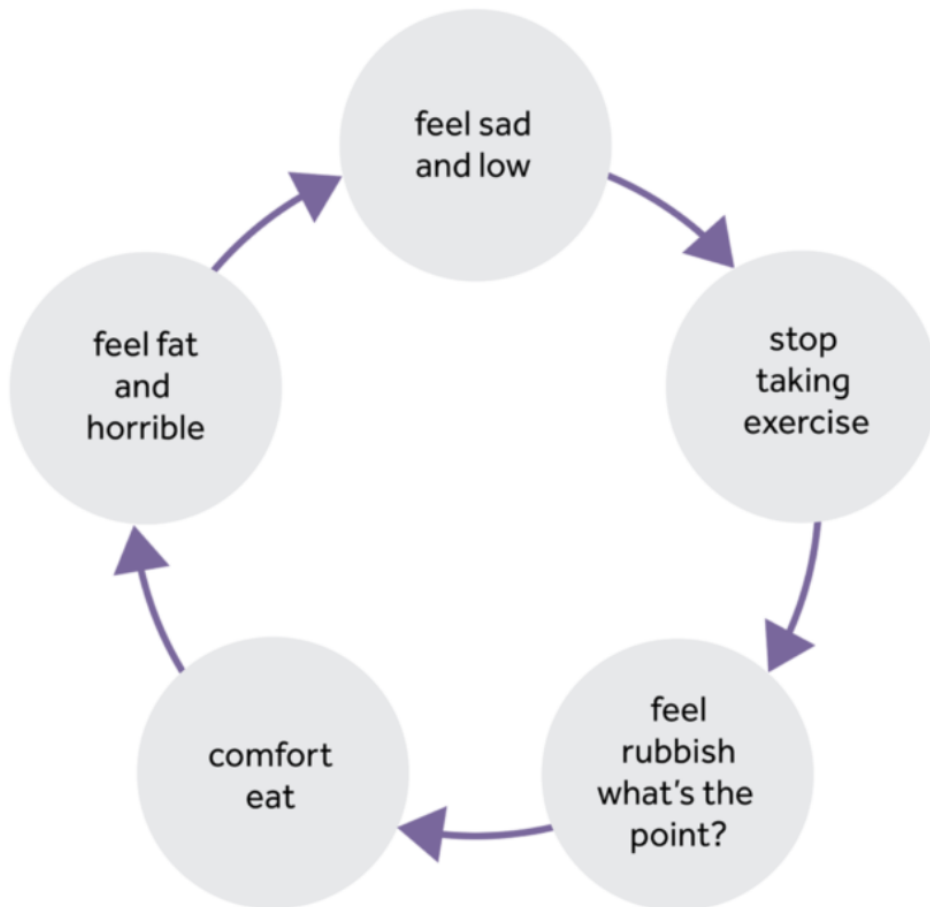


DIET



SOCIAL CONTACT

DEPRESSION



Your car needs maintenance, and so do you!

Signs and Symptoms of Depression



Persistent feelings of sadness



Loss of interests in activities



Trouble sleeping or oversleeping



Appetite or weight changes



Fatigue or decreased energy



Difficulty thinking clearly or quickly



Irritability, frustration, or pessimism



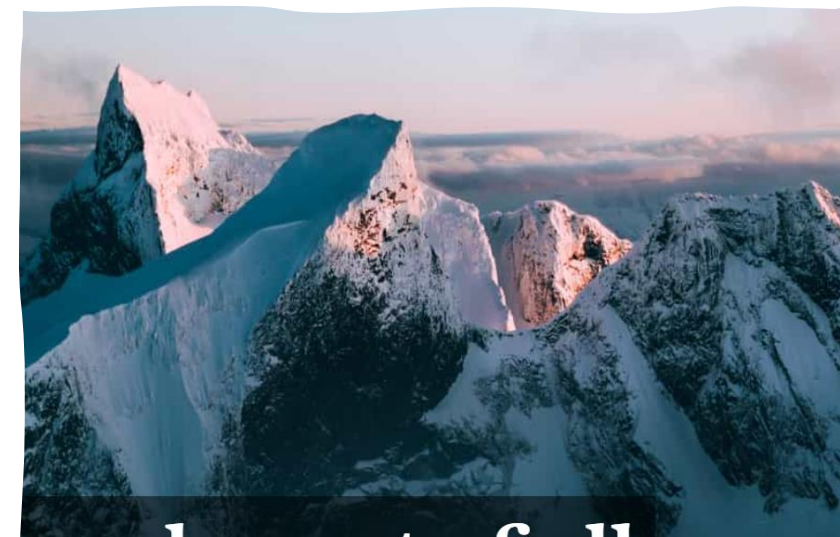
Physical aches and pains



Recurrent thoughts of death or suicide

USE THE NATURE!

- The right to roam
- Animals, ex «hoggorm»
- <https://www.helsenorge.no/giftinformasjon/giftige-bitt-og-stikk/>
- If you are in trouble, call 113



QUESTIONS?
