



**The  
Information  
Hub**

# **Healthcare Guide**



The public healthcare system has universal health and social insurance coverage for citizens who are members of the Norwegian Social Insurance Scheme (NIS) or Folketrygden in Norwegian. It is regulated by the National Insurance Act (1997) and the Patient Rights Act (1999) in Norway.

The public healthcare insurance is universal care by giving equal and necessary help to all members of the Norwegian Social Insurance Scheme (NIS).

It provides subsidized healthcare which means that members share the pay of the costs of healthcare services. You must be a member of it to benefit from it.

Membership of the public healthcare insurance is based on legal residence or employment permanent in Norway. When registered permanent living here, you will over time become a member of the public healthcare insurance. This is either a voluntary or compulsory membership when living in Norway.

Use the digital information links below to read and learn more about the healthcare system with healthcare services in Norway.

## **Emergency numbers**

**Fire 110**

**Police 112**

**Ambulance 113**

Healthcare information is digitalized in Norway.

Use the official websites listed in the box below as tools.

## **Digital Information**

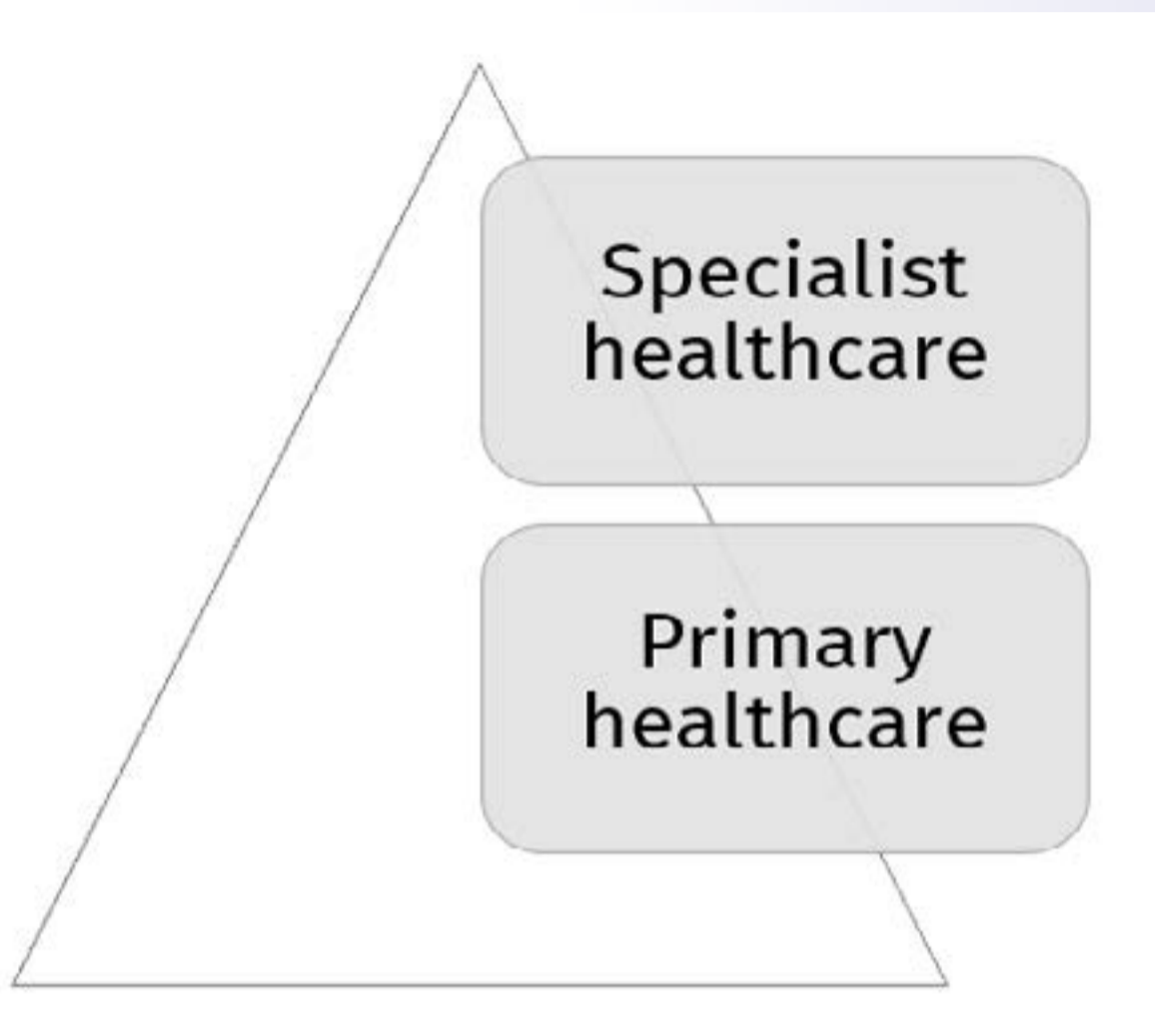
[www.helsenorge.no](http://www.helsenorge.no)

[www.rana.kommune.no](http://www.rana.kommune.no)

[www.nav.no](http://www.nav.no)



# Structure



- The specialist healthcare services are located on a state level in terms of regions in Norway.
- The primary healthcare services are located under the municipalities in Norway.
- Specialist healthcare means hospitals and treatment facilities in Norway.
- Primary healthcare means general practitioners and family doctors in Norway.

## Did you know?

It is the doctor in primary care which refers patient to specialist care if needed!



## Good to know

Remember that you would have to be registered with a Norwegian Identification Number to be able to use healthcare services in the Norwegian healthcare system.

[Read more about Norwegian Identification Number here.](#)

# Healthcare services

The general rights to healthcare services is a complex theme in the Norwegian healthcare system. These guidelines about rights can be general yet individual, because of expectations in the system. Here we have listed some expectations based on groups regarding the rights to healthcare services in the healthcare system.

## D-number versus National Identity Number

It is important to separate between a D-number and a National Identity Number.

- D-number does not give you the right to be assigned a general practitioner in Norway. D-number give you the right to receive necessary healthcare services when in need for it in the Norwegian healthcare system.
- National Identity Number give you the right to be assigned a general practitioner in Norway. National Identity Number give you the right to receive general and specialized healthcare services in the healthcare system.

## Glossary

National Insurance Scheme - Folketrygden  
Primary healthcare - Primærhelsetjenesten  
Specialist healthcare - Spesialisthelsetjenesten  
General Practitioner - Fastlege  
National Population Registry - Folkeregisteret  
National Identity Number - Personnummer  
Medical Center - Legesenter  
Hospital - Sykehus  
Pharmacy - Apotek



## Link

[Information about the right to a doctor in Norway.](#)

## The right to a general practitioner

All residents registered as residing in a Norwegian municipality are entitled to a general practitioner. This means being registered in the National Population Register in Norway.



# Healthcare services in Rana Municipality

## International workers

International workers must separate between D-number and National Identity Number. A D-number does not give the right to be assigned a general practitioner. A National Identity Number give the right to be assigned a general practitioner.

If you do not have a general practitioner use [Rana Local Medical Center](#) and the [Emergency Room](#) in Rana Municipality.

## Families

Children under age of 16 years old have the right to have same general practitioner as one of their parents, or both parents in terms of having a family doctor. Children have the right to receive free healthcare regardless of healthcare services. After children turn 16 years old they have the right to their own general practitioner.

Children between the age of 0 to 5 years old together with their own family can use the [Health Center Service](#) for free in Rana Municipality. The [Youth Health Center](#) can be used for youths between the age of 13 to 24 years old in Rana Municipality.

## Pregnancy

Pregnancy and birth services are free in Norway. [The midwifery service](#) is free and voluntary in Rana Municipality. Otherwise contact general practitioner in Rana.



### Medical Centers

- [Rana Local Medical Center](#)
- [Øvermo Medical Center](#)
- [Nermo Medical Center](#)
- [Ytteren Medical Center](#)
- [Sentrum Medical Center](#)

# Q&A Healthcare

## **Do I need a D-number or a National Identity Number?**

It is dependent on how long you are intending to stay in Norway. If you are staying short term, you will most likely receive a D-number. If you are staying long term, you will most likely receive a National Identity Number.

## **What are my healthcare rights if I have a D-number?**

If you have a D-number you do not have the right to a general practitioner although there are some exceptions to this right. You have the right to use Rana Local Medical Center and Emergency Room in Rana Municipality.

## **What are my healthcare rights if I have a National Identity Number?**

If you have a National Identity Number, you have the right to be assigned a general practitioner when you have residence in a municipality in Norway.

## **What is the Free Choice of general practitioner in Norway?**

You have the right to a free choice of general practitioner if you have a National Identity Number when you have residence in a municipality in Norway. This means that you can choose where you want to have a general practitioner across municipalities in Norway. It is not dependent on where you have residence in Norway, as long as you have registered residence in Norway. For example, you can have residence in Rana Municipality, but choose a GP in another municipality, where it is availability according to lists. This is a right in the Norwegian healthcare system!

## **What is covered by the National Insurance Scheme in Norway?**

The National Insurance Scheme cover most of the healthcare expenses in Norway. It covers primary and specialist care such like doctor visits, emergency care, hospital care, mental health treatment, rehabilitation, prescription of drugs, preventive care, maternity care, home - based care and palliative care, and medical equipment.

## **What is the Exemption Card?**

The Exemption Card is used for public healthcare services in Norway. After you have paid a certain amount for healthcare services during the year, then there is a limit to have much you have pay for it in the calendar year. The ceiling is set yearly by the Norwegian Parliament, which means that the price is regulated every year. The Exemption Card is sent three weeks after you have paid the expenses.

## **What is the European Health Insurance Card?**

The European Health Insurance Card is documentation of your right to coverage for necessary healthcare when you are staying temporarily in another EEA country or Switzerland, on the same conditions as citizens of that country. Always have this card with if you are staying short term in these countries, including Norway. You can apply online for a European Health Insurance Card.

# Q&A Healthcare

## **Can I use my private healthcare insurance in Norway?**

This depends on what kind of private healthcare insurance you obtain, which you should check before you come here, if you can use it in Norway.



## **What are my healthcare rights about dentist care in Norway?**

Dentist care for adults is not covered by the public healthcare insurance in Norway. It is something you have to pay out of your own pocket regardless of public and private dentist care. Some find it useful to have a private dental care insurance. Children have the right to free dentist care until they turn 18 years old. Young adults between the age group of 18 to 20 years old have partial dental coverage. Students have some dental coverage depending on clinics in Norway.

## **What about my healthcare rights regarding regular glasses and contact lenses?**

This is not originally included in the public healthcare insurance in Norway. Children have the right to receive financial support depending on health conditions when residing in Norway. Contact NAV to receive guidance and information about it.

## **Where can I buy medicines and what kind of medicines can I buy in Norway?**

Medicines are sold in your local pharmacies in Norway. Pharmacy is called "Apotek" in Norwegian. If you need help about medicines, then ask your local Apotek for help!

## **Where can I find information and guidance about healthcare rights in Norway?**

Use the official English website to [www.Helsenorge.no](http://www.Helsenorge.no) to find more about this topic.

## **Can I contact Helsenorge to receive information and guidance in Norway?**

You can contact Helsenorge on the official telephone line to receive help from them.

## **Where can I receive information and guidance about healthcare rights in Rana?**

Use the official website [www.rana.kommune.no](http://www.rana.kommune.no) and go to the webportal Moving to Mo i Rana to find more information and guidance about this topic. You can also contact the Information Hub if you need individual guidance about this topic!