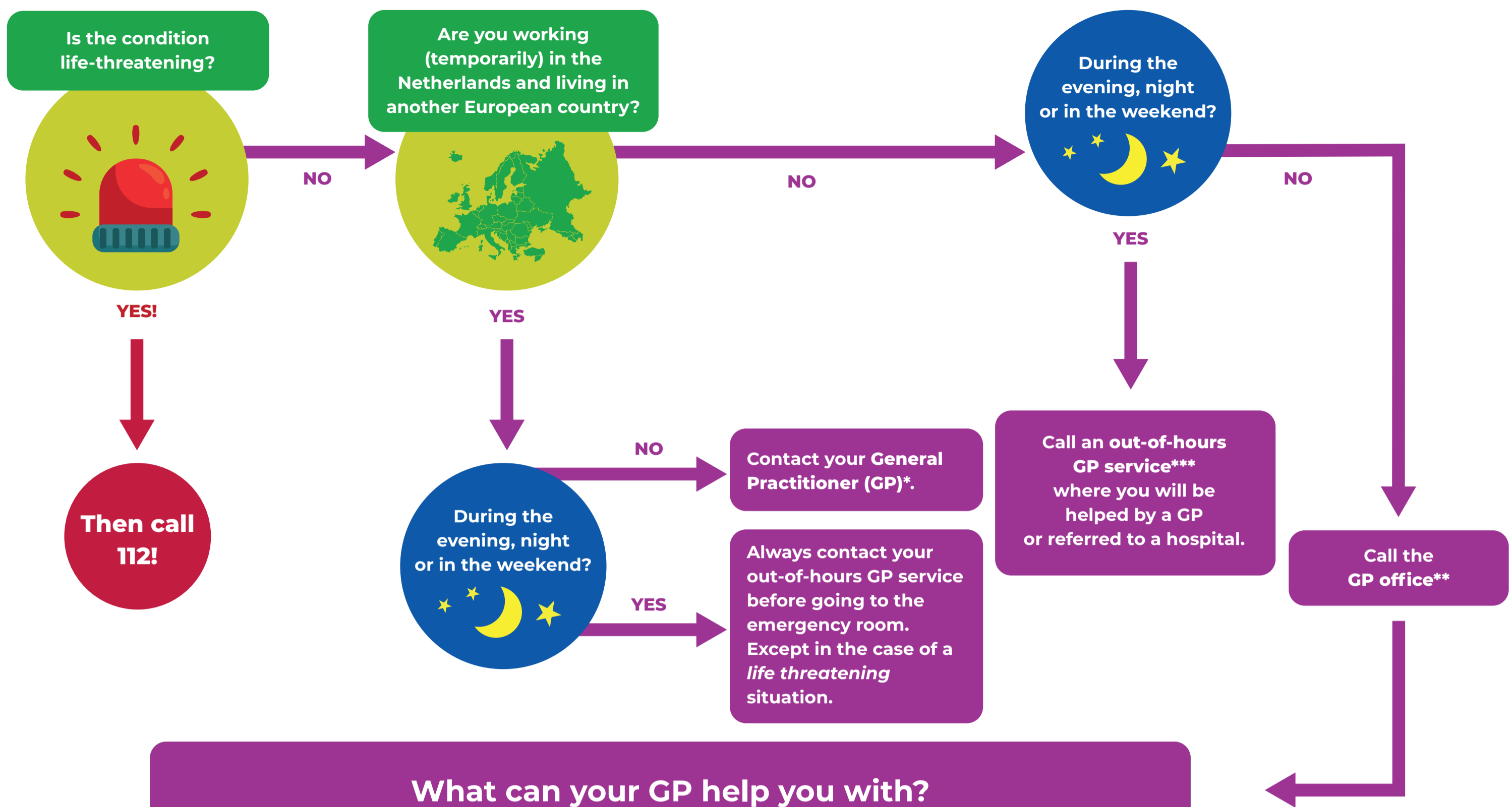


The healthcare rules for international workers



What can your GP help you with?

First aid

Minor surgical and procedures, such as touching up a wart.

Physical symptoms

Support during persistent illnesses

Such as diabetes, high blood pressure and asthma.

Illness prevention

Prevention is better than cure. Think of the flu vaccination or stopping smoking.

Stress

Difficulty sleeping, anxiety, stress and sadness



Health Insurance



In the Netherlands it is mandatory to have a Dutch health insurance for all people who live and/or work here. Many Dutch employers arrange health insurance for foreign employees through LTO Arbeidskracht. LTO Arbeidskracht is the largest Dutch agricultural and horticultural organization that organizes tailor-made health insurance for labor migrants.

Make sure that you arrange a health insurance for the time that you work here. Not having health insurance risks receiving a fine. You also have the risk of high medical costs, for example if you need treatment or have to stay in a hospital.

Contact details

- **GP office:** (huisartsenpraktijk)

- **out-of-hours GP service:** (huisartsenpost)

- or: www.kiesuwhuisarts.nl

What will the GP do during the appointment?

- Ask questions about your symptoms
- Perform a physical examination
- Giving advice
- Where necessary:
 - arrange blood tests or scans
 - prescribe medicines
 - Refer to another healthcare provider such as:
 - a dietician, physiotherapist, dentist or obstetrician
 - the specialist at the hospital

- **General Practitioner (GP):** a medical specialist for complaints, illness or pain.
- **GP office**:** the location where your primary care physician is located. This is where you can visit during the day.
- **out-of-hours GP service***:** a location where you can go in the evening or on weekends when the home health agency is closed.