



MEDICAL TOURISM IN THE YAROSLAVL REGION



LEARN HOW TO GET MEDICAL CARE IN THE YAROSLAVL REGION

CONTANTS

Medical treatment in the Yaroslavl region. How does it
work? _____ 3-6

Step I: Choose a health facility in the Yaroslavl region
_____ 7-8

Step II: Contact a specialist from a chosen health
Facility _____ 9-10

Step III: Transportation and accommodatio __ 11-14

Step IV: Apply for a visa _____ 15-17

Step V: Welcome to Russia! _____ 18-19

Contact information _____ 20

Materials prepared by
Export of Medical
Services Coordination
Center
Federal Research
Institute
for Health organization
and informatics of the
Ministry
of Health of the Russian
Federation

MEDICAL TREATMENT IN THE YAROSLAVL REGION.

HOW DOES IT WORK?

MEDICAL TREATMENT IN THE YAROSLAVL REGION IS



HIGH QUALITY

High quality medical care
Meeting international
standards



THE BEST DOCTORS

Highly trained doctors,
nurses and other
medical specialists with
an international
experience



LOW COST

Medical care in Russia
has an excellent
cost-to-quality ratio



RUSSIAN CULTURE

Discover rich national
cultural heritage and
history

GETTING MEDICAL TREATMENT IN RUSSIA

IN THE RUSSIAN FEDERATION THERE ARE OUTPATIENT MEDICAL CARE AND INPATIENT MEDICAL CARE. HEALTHCARE FACILITY SPECIALISTS WILL PROVIDE ASSISTANCE WITH CHOOSING THE TYPE OF MEDICAL CARE YOU NEED.

OUTPATIENT MEDICAL CARE

**GET YOUR HEALTH CHECK-
UP WITHIN
2-3 DAYS WHILE YOU ARE
ON VACATION**

Check a healthcare facility
website for more information

INPATIENT MEDICAL CARE

**CHOOSE A HEALTH FACILITY
ACCORDING TO THE MEDICAL
PROCEDURE YOU ARE
SEEKING
AND COME TO RUSSIA FOR
HOSPITAL ADMISSION**

Check a healthcare facility
website for more information

HOW TO GET MEDICAL CARE IN THE YAROSLAVL REGION?



STEP I

Choose
a health facility



STEP II

Get confirmation
from chosen
healthcare facility



STEP III

Select type
of transportation
and
accommodation



STEP IV

Apply for
a visa



STEP V

Welcome to
Russia!

STEP I

**CHOOSE THE BEST HEALTH FACILITY
ACCORDING TO THE MEDICAL
PROCEDURE YOU ARE SEEKING**

MEDICAL AID PROFILES AND MEDICAL CENTERS YAROSLAVL REGION

GYNECOLOGY AND OBSTETRICS

GBUZ YA "Regional Perinatal Center"

<http://opcyar.ru/>

YAROSLAVL

GBUZ YAO "Regional Children's Clinical
Hospital"

<http://odkb76.ru>

YAROSLAVL

TRAUMATOLOGY AND ORTHOPEDICS

GAUZ YAO Clinical Emergency Hospital
named after N.V. Solovyov

<http://bolnica-solovyeva-76.ru/>

YAROSLAVL

GBUZ YO Yaroslavl Regional Clinical Hospital
of War Veterans-International Center for the
Elderly" Healthy Longevity

<http://okgvv-mc.ru/>

YAROSLAVL

OPHTHALMOLOGY

State Budgetary Health Institution Regional
Clinical Hospital

<http://yokb.RF/>

YAROSLAVL

CARDIOLOGY

State Budgetary Health Institution Regional
Clinical Hospital

YAROSLAVL

<http://yokb.RF/>

NEUROLOGY AND NEUROSURGERY

State Budgetary Health Institution Regional
Clinical Hospital

<http://yokb.RF/>

YAROSLAVL

STEP II

**CONTACT A SPECIALIST FROM YOUR CHOSEN
HEALTH FACILITY TO DECIDE ON THE FORM
OF MEDICAL TREATMENT YOU NEED AND FOR
PREPARING DOCUMENTS FOR YOUR VISIT
TO RUSSIA**

1. CHECK THE SECTION "MEDICAL TOURISM" ON THE HEALTH CARE FACILITY WEB-SITE

2. READ THE INFORMATION

3. MAKE A REQUEST THROUGH A PHONE CALL OR EMAIL

4. GET A CONFIRMATION FOR TREATMENT AND FOLLOW THE INSTRUCTIONS TO APPLY FOR A VISA



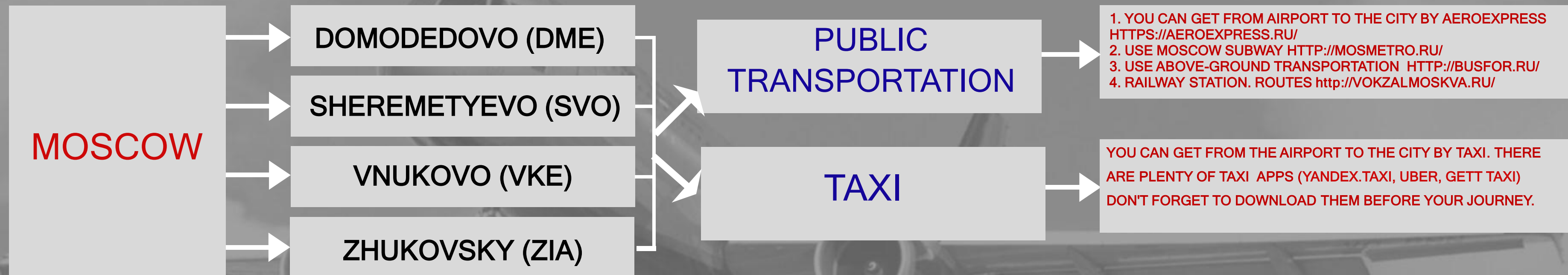
**If you have any questions do not hesitate to contact
Export of Medical Services Coordination Center**

STEP III

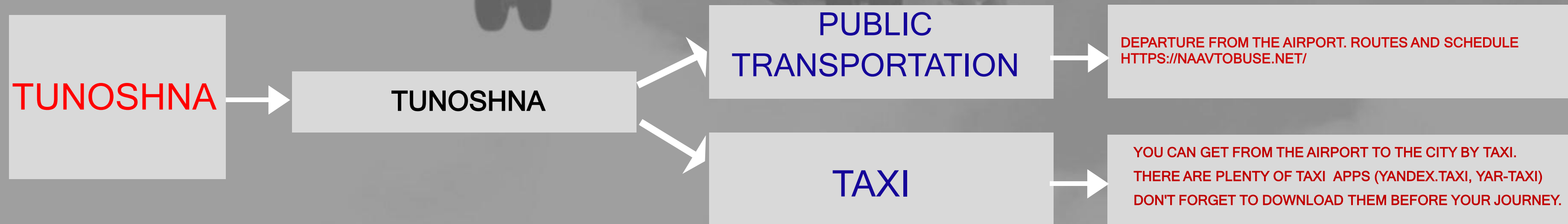
**SELECT THE BEST TYPE OF TRANSPORTATION
AND ACCOMMODATION**

TRANSPORTATION

If you arrived in Moscow by plane:



If you arrived in the village Tunoshna, Yaroslavl region by plane:



TRAVEL APPs

to download before your trip

FOR IOS and ANDROID

Public transportation and car rental (car sharing)

1. Bus, trolleybus, cable
car:

Yandex.Transport

2. City maps:

Yandex.Metro

3. Car rental (car sharing):

BelkaCar

DeliMobil

City maps

1. Russian city maps:

Yandex.Maps

Google maps

2. Off-line Russian city
maps:

2GIS

Attractions in Russia

1. City guide Apps:

Triposo

Redigo

2. Restaurant guide App:

TripAdvisor

ACCOMMODATION



ACCOMMODATION OPTIONS IF YOU
ARE COMING FOR OUTPATIENT ADMISSION

<https://www.booking.com/>

<https://www.tripadvisor.com/>

<https://www.airbnb.com/>

Please contact a tour operator or assistance companies if you need any assistance with organizing your trip.



ACCOMMODATION OPTIONS IF YOU
ARE COMING FOR INPATIENT ADMISSION

Contact a specialist from a health facility for information about your accommodation. Please do not forget to do it in advance.



STEP IV

APPLY FOR A RUSSIAN VISA

WHAT TYPES OF RUSSIAN VISAS ARE THERE?*

TOURIST

PURPOSE OF VISIT:
TARGET TOURISM

The period of validity: up to 30 days

For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations

BUSINESS

PURPOSE OF VISIT:
MEDICAL TREATMENT

The period of validity: up to 90 days

For those who visit Russia for medical treatment, health check-ups, medical advice with official invitation obtained from a health facility (except target tourism for the purpose of treatment and critical care).

PRIVATE

PURPOSE OF VISIT:
SPECIAL CASES

The period of validity: up to 90 days

For those who travel to Russia for emergency medical treatment or to visit a sick relative.

Help with processing documents for entering Russia



GETTING AN OFFICIAL INVITATION

Once you get an approval for treatment, the health facility should obtain an official invitation and submit your documents to the Federal Migration Service of Russia in order to register your migration.



APPLYING THROUGH TRAVEL AGENCIES OR TRAVEL ASSISTANCE COMPANIES

In case you need additional help with applying for a Russian visa, you can contact travel agencies or travel assistance companies.



STEP V

WELCOME TO RUSSIA!

EMERGENCY TELEPHONE NUMBERS

USEFUL AND EMERGENCY TELEPHONE NUMBERS

EMERGENCY

FEDERAL
MIGRATION SERVICE
OF RUSSIA

POLICE

112

8 (800) 350 23 69
* 381

8 (800) 222 74 47

CONTACT INFORMATION

Export of Medical Services Coordination
Center

*Federal Research Institute
for Health organization and informatics of
the Ministry
of Health of the Russian Federation*

127256, MOSCOW, DOBROLYUBOVA ST., 11

EMAIL ADDRESS

export@mednet.ru

