# EDGALTOURS. IN MOSEOW REED

### LEARN HOW TO GET MEDICAL CARE IN MOSCOW REGION



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

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# MEDICAL TREATMENT IN MOSCOW REGION. HOW DOES IT WORK?

# MEDICAL TREATMENT IN MOSCOW 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 RUSSIAN FEDERATION?



**STEP I** Choose a health facility



**STEP II** Get confirmation from chosen healthcare facility



**STEP III** Select type of transportation and accommodation







### **STEP V** Welcome to Russia!

# STEP

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

# CHOOSE YOUR RUSSIAN MEDICAL **RESEARCH CENTERS**

### CARDIOLOGY

**MOSCOW REGION STATE BUDGETARY HEALTHCARE INSTITUTION «Krasnogorsk** City Hospital №1» Krasnogorsk https://1kgb.ru/

**MOSCOW REGION STATE BUDGETARY HEALTHCARE INSTITUTION «Mytishchi City Clinical hospital**» **Mytishchi** http://мгкб.pф/

**MOSCOW REGION STATE BUDGETARY** HEALTHCARE INSTITUTION «Dubna City Dubna **Hospital**» http://www.dcgb.ru/

### **GYNECOLOGY AND OBSTETRICS**

**MOSCOW REGION STATE BUDGETARY HEALTHCARE INSTITUTION «Moscow** regional perinatal center» **Balashiha** www.mopc.ru/

MOSCOW REGION STATE BUDGETARY **HEALTHCARE INSTITUTION «Moscow Regional Mother and Child Center»** http://nf-pc.ru/rus/home/ **Naro-Fominsk** 

**MOSCOW REGION STATE BUDGETARY HEALTHCARE INSTITUTION «Dubna City** Dubna **Hospital**» http://www.dcab.ru/

### TRAUMATOLOGY **AND ORTHOPEDICS**

**MOSCOW REGION STATE BUDGETARY** HEALTHCARE INSTITUTION «M.F. Vladimirsky Moscow Regional Research and Clinical Institute (MONIKI)» **MSK** http://www.monikiweb.ru/

**MOSCOW REGION STATE BUDGETARY** HEALTHCARE INSTITUTION «Moscow **Regional Pediatric Clinical Trauma and** Orthopedic Hospital» **MSK** http://modohbvl.ru/

### **OPHTHALMOLOGY**

**MOSCOW REGION STATE BUDGETARY HEALTHCARE INSTITUTION «M.F.** Vladimirsky Moscow Regional Research and Clinical Institute (MONIKI)»

http://www.monikiweb.ru/

MSK

MOSCOW REGION STATE BUDGETARY **HEALTHCARE INSTITUTION «Krasnogorsk** City Hospital №1» **Krasnogorsk** https://1kgb.ru/

### **NEUROSURGERY**

**MOSCOW REGION STATE BUDGETARY** HEALTHCARE INSTITUTION «Podolsk City **Clinical Hospital»** 

http://muzpgkb.ru/

**MOSCOW REGION STATE BUDGETARY** HEALTHCARE INSTITUTION «Krasnogorsk City Hospital №1» Krasnogorsk https://1kgb.ru/

### REABILITATION

**MOSCOW REGION STATE BUDGETARY HEALTHCARE INSTITUTION «M.F.** Vladimirsky Moscow Regional Research **Podolsk** and Clinical Institute (MONIKI)» MSK http://www.monikiweb.ru/

> **MOSCOW REGION STATE BUDGETARY** HEALTHCARE INSTITUTION «Petrovo-Dalnee Local hospital»

http://rehab-pd.ru/

**Petrovo-Dalnee** village

### CHILDREN'S **HEALTHCARE**

MOSCOW REGION STATE BUDGETARY **HEALTHCARE INSTITUTION «Moscow Regional mother and Child Care center»** http://mocomd.ru/ Lyubertsy 9

# 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 10

### **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 II

### SELECT THE BEST TYPE OF TRANSPORTATION AND ACCOMMODATION

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## TRANSPORTATION

### MOSCOW REGION

**DOMODEDOVO (DME)** SHEREMETYEVO (SVO) VNUKOVO (VKO) **ZHUKOVSKY (ZIA)** 

PUBLIC **TRANSPORTATION** 

TAXI

### **1. YOU CAN GET FROM AIRPORT TO THE CITY** BY AEROEXPRESS HTTPS://AEROEXPRESS.RU/ 2. USE MOSCOW SUBWAY HTTP://MOSMETRO.RU/ **3. USE ABOVE-GROUND TRANSPORTATION** HTTP://WWW.MOSGORTRANS.RU

**1. YOU CAN GET FROM THE AIRPORT TO THE CITY** BY TAXI. THERE ARE PLENTY OF TAXI APPS (YANDEX.TAXI, UBER, GETT TAXI) DON'T FORGET TO DOWNLOAD THEM BEFORE YOUR JOURNEY.

## TRAVEL APPs to download before your trip FOR IOS and ANDROID

Public transportation and car rental (car 1. Bus, trolleybus, cable car:

### **Yandex.Transport**

2. City maps:

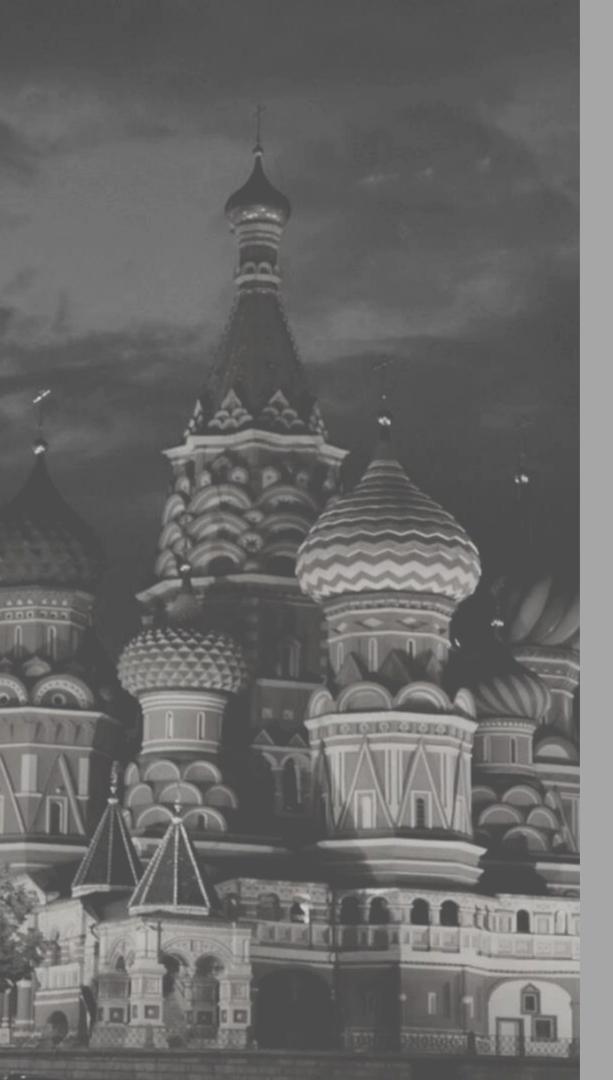
### Yandex.Metro

3. Car rental (car sharing): BelkaCar City maps

 Russian city maps: Yandex.Maps Google maps
Off-line Russian city maps: 2GIS

### **Attractions in Russia**

### City guide Apps: Triposo Redigo 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** 

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

# ARE COMING FOR INPATIENT ADMISSION

# STEP IV APPLY FOR A RUSSIAN VISA

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## 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



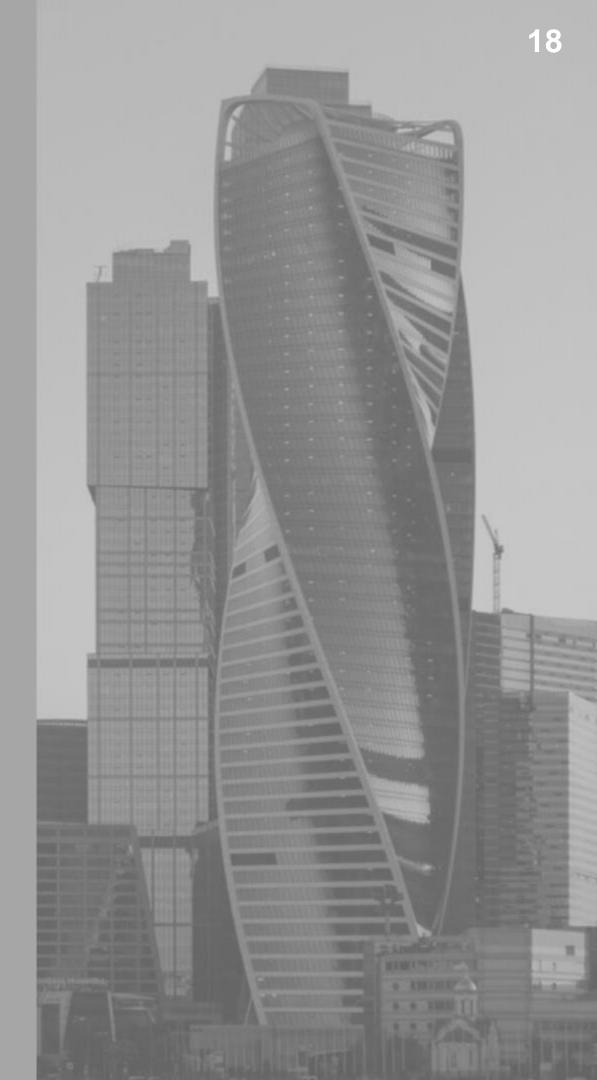
### **GETTING AN OFFICIAL INVITATION**

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



### 8 (800) 350 23 69 \* 381

### POLICE

### 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