



# **MEDICAL TOURISM IN THE PSKOV REGION**

LEARN HOW TO GET MEDICAL CARE IN THE PSKOV REGION

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Federation

**MEDICAL TREATMENT  
IN PSKOV REGION.  
HOW DOES IT WORK?**

# MEDICAL TREATMENT IN PSKOV 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 PSKOV 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 1

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

# CHOOSE YOUR PSKOV MEDICAL RESEARCH CENTERS

## CARDIOLOGY

GBUZ PO «Pskov Regional Clinical Hospital»

<https://pskovokb.ru/>

Pskov

GBUZ PO «Velikiye Luki interdistrict hospital»

<https://vlkcg.ru/>

Velikiye Luki

## STOMATOLOGY

GBUZ PO «Dental clinic»

<http://pskovoblstom.ru/>

Pskov

GBUZ PO «Velikiye Luki Dental Clinic»

<https://stomavl.ru/>

Velikiye Luki

## TRAUMATOLOGY AND ORTHOPEDICS

GBUZ PO «Pskov Regional Clinical Hospital»

<https://pskovokb.ru/>

Pskov

GBUZ PO «Velikiye Luki interdistrict hospital»

<https://vlkcg.ru/>

Velikiye Luki

## COSMETOLOGY

GBUZ PO «Dermatovenerologic dispensary of the Pskov region»

<https://pskovkvd.moy.su/>

Pskov  
Velikiye Luki

## GYNECOLOGY AND OBSTETRICS

GBUZ PO «Pskov Perinatal Center»

<http://www.pskovrody.ru/>

Pskov

## NEUROLOGY AND NEUROSURGERY

GBUZ PO «Pskov Regional Clinical Hospital»

<https://pskovokb.ru/>

Pskov



# CHOOSE YOUR PSKOV MEDICAL RESEARCH CENTERS

## THERAPY

GBUZ PO «Pskov Regional Clinical Hospital»

<https://pskovokb.ru/>

Pskov

GBUZ PO «Velikiye Luki interdistrict hospital»

<https://vlkcgб.ru/>

Velikiye Luki

## REHABILITATION

GBUZ PO «Pskov Regional Clinical Hospital»

<https://pskovokb.ru/>

Pskov

## PSYCHIATRY

GBUZ PO «Pskov Regional Psychiatric Hospital No. 1»

[http://bogdanovo-pskov.ru /](http://bogdanovo-pskov.ru/)

Pskov

## ENDOCRINOLOGY

GBUZ PO «Pskov Regional Clinical Hospital»

<https://pskovokb.ru/>

Pskov

GBUZ PO «Velikiye Luki interdistrict hospital»

<https://vlkcgб.ru/>

Velikiye Luki

# 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**

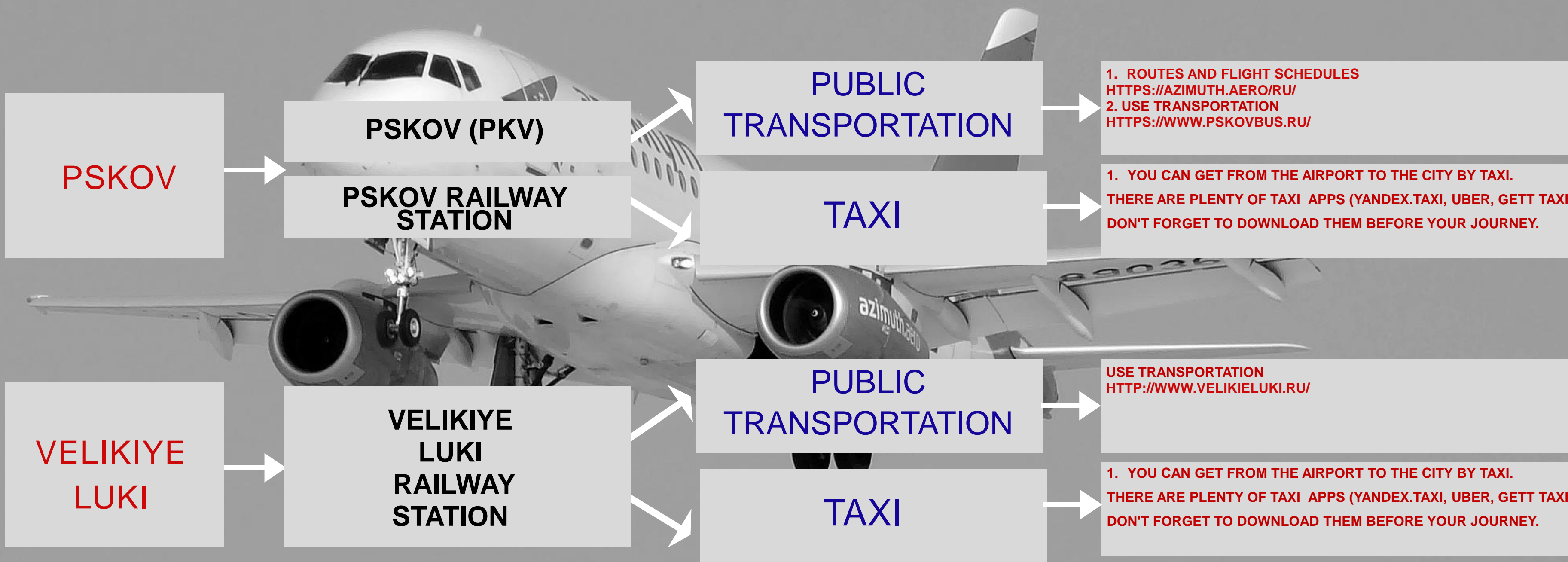


**If you have any questions do not hesitate to contact  
Export of Medical Services Coordination Center**

# STEP III

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

# TRANSPORTATION



# TRAVEL APPs

to download before your trip

## FOR IOS and ANDROID

**Public transportation and car rental (car sharing)**

1. Bus: **Yandex.Transport**

**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

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