



# Erasmus+

## Factsheet 8 – Health and Insurance



### 1. Health and Travel Insurance (This information is subject to change, pending BREXIT)

- EU nationals should apply for a European Health Insurance Card (EHIC) in your home country and bring this with you.
- The EHIC entitles the owner to state-provided medical treatment on the same basis as a resident of the country visited. In the UK this means free access to a doctor (General Practitioner), free hospital care and prescriptions at the standard charge (currently £8.20).
- All students should also take out comprehensive travel insurance to cover both health and travel emergencies.

### 2. What to do if I am ill?

- If you're feeling unwell you can ask a pharmacist for advice on medication or book an appointment to see a GP (see sections 3 and 4). If you are too ill to attend classes you should contact your tutor(s) by email.
- If you have an urgent but not life-threatening health issue you can phone the free, 24-hour NHS Helpline on 111. They will ask questions about the health issue, make recommendations and, if necessary, book you an appointment or transfer you directly to the people you need to speak to:  
<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>
- In an emergency you should phone **999** and ask for an ambulance.
- If you regularly take a medicine, bring a letter from your doctor as it may not be available in the UK. You may also wish to bring a supply of the medicine with you.

3. Doctors
<ul style="list-style-type: none"> <li>• If you are here for six months or more you should register with the National Health Service as soon as you arrive in case you suddenly need medical treatment.</li> </ul>
<ul style="list-style-type: none"> <li>• If you are not registered you may be referred to a local walk-in clinic.</li> </ul>
<ul style="list-style-type: none"> <li>• Many University students live in the catchment area for Orchard Medical Practice <a href="http://www.orchardmedicalpractice.nhs.uk/">http://www.orchardmedicalpractice.nhs.uk/</a></li> </ul>
<ul style="list-style-type: none"> <li>• If you visit a doctor and are prescribed a medicine the standard charge for each prescription item is £8.20. Prescriptions are sometimes dispensed at the doctors' surgery or by a pharmacy (see below).</li> </ul>

4. Pharmacies
<ul style="list-style-type: none"> <li>• There are two main types of dispensing pharmacy in the UK, high street pharmacies and in-store pharmacies (usually in larger supermarkets).</li> </ul>
<ul style="list-style-type: none"> <li>• High street pharmacies include chains like Boots, Lloyds, Numark as well as independent pharmacies. Many of these will sell a wide range of goods as well as dispensing medicines.</li> </ul>
<ul style="list-style-type: none"> <li>• The four main supermarket chains* will often have a dispensing pharmacist in their larger branches (*Asda, Morrisons, Sainsbury's, Tesco).</li> </ul>
<ul style="list-style-type: none"> <li>• Many common medicines are available to buy from smaller supermarkets, 'corner shops', petrol stations etc.</li> </ul>
<ul style="list-style-type: none"> <li>• Please note: the largest pack size of paracetamol that shops can sell is 16 tablets (pharmacies can sell packs of 32) and the highest strength of ibuprofen tablets that shops can sell is 200mg (pharmacies can sell tablets at 400mg strength)</li> </ul>
<ul style="list-style-type: none"> <li>• The nearest pharmacy to campus is Aqua Pharmacy <a href="http://aquapharmacy.co.uk/">http://aquapharmacy.co.uk/</a> located underneath Athena Hall</li> </ul>

5. Dentists and opticians
<ul style="list-style-type: none"> <li>• To register with an NHS dentist see here for dentists who are currently accepting NHS fee paying adults: <a href="http://www.nhs.uk/Service-Search/Dentist/LocationSearch/3">http://www.nhs.uk/Service-Search/Dentist/LocationSearch/3</a></li> </ul>
<ul style="list-style-type: none"> <li>• If you require urgent treatment contact your usual dental practice. If you do not have a regular dentist, contact NHS 111 for advice on where you can get urgent care.</li> </ul>
<ul style="list-style-type: none"> <li>• Emergency dental treatment will deal with the problem at hand and the fee for the initial treatment is currently £18.80.</li> </ul>
<ul style="list-style-type: none"> <li>• An eye test at an optician can cost between £20-30 unless you find a special offer.</li> </ul>
<ul style="list-style-type: none"> <li>• There are many high street opticians offering eye tests, repairs to glasses etc. It is best to shop around or take recommendations from staff or friends.</li> </ul>

6. General help
<ul style="list-style-type: none"> <li>• For any course-related problems contact your tutor/the Academic Coordinator. For any other issues you can contact the Study Abroad Adviser, Jemma Stock.</li> </ul>