

Дата: 14.10.2020

Группа: 301А

Специальность: Акушерское дело

Тема: Health service in the Russian federation

Цель: расширение тематического словаря, развитие навыков поискового чтения

Задание лекции: перевести слова – будут в тексте.

Домашнее задание: письменно перевести текст о здравоохранении в акушерстве и гинекологии (**Women's healthcare in Russia**)

Сроки: до пятницы, 16.10.2020.

Words for translations

Russian healthcare system overview

Costs of healthcare in Russia

Health insurance in Russia

How to register for healthcare in Russia as an expat

Private healthcare in Russia

Doctors and specialists in Russia

Women's healthcare in Russia

Children's healthcare in Russia

Visiting the dentist

Hospitals in Russia

Health centers and clinics in Russia

Finding a Russian pharmacy and opening hours

Mental healthcare in Russia

Other forms of healthcare in Russia

Russian healthcare in an emergency

Useful resources

Text for reading

A guide on accessing healthcare in Russia as a foreigner, explaining the Russian healthcare system and how to find a Russian pharmacy, doctor or hospital. The Russian healthcare system might seem similar to other systems elsewhere in Europe, with both state and private health insurance available for accessing healthcare in Russia. In truth, though, understanding how the Russian healthcare system works and ensuring you have adequate health insurance coverage can be a confusing and time-consuming business for expats relocating to Moscow or elsewhere in Russia.

The Russian healthcare system

Healthcare in Russia is free to all residents through a compulsory state health insurance program. However, the public healthcare system has faced much criticism due to poor organizational structure, lack of government funds, outdated medical equipment and poorly paid staff.

Because of this, many expats in Russia choose private medical treatment which is widely available in many areas. Patients access doctors, dentists, and medical specialists through the state system or privately. In recent years, some state facilities have begun to offer private treatment to those with insurance. Some private providers also offer some public healthcare services.

The Russian Ministry of Health (министерство здравоохранения in Russian) oversees the Russian public healthcare system, and the sector employs more than two million people. Federal regions also have their own departments of health (e.g., Moscow Department of Health) which oversee local administration.

A Bloomberg report ranked Russian healthcare last out of 55 developed countries based on the efficiency of state healthcare systems. Russian citizens seem to be of a similar opinion, with only 2% saying they were proud of the Russian healthcare system in a 2016 survey by Moscow-based polling agency Levada Center.

While it is by no means perfect, healthcare in Moscow is far better than in many parts of Russia, where some 17,500 towns and villages across the country have no medical infrastructure to speak of.

Who can access healthcare in Russia?

Every Russian citizen and resident receives free public healthcare under the Russian healthcare system via Obligatory Medical Insurance (OMI).

Foreign residents in Russia, both permanent and temporary, can access public healthcare through OMI. Many expat residents are also covered by voluntary healthcare insurance (VHI) which is a supplementary insurance usually offered through employers.

Unemployed foreign citizens with a residence permit may be entitled to an OMI policy under certain conditions; you will need to check via a medical insurance company which is subscribed to the Russian healthcare system.

As of January 2016, the previous reciprocal healthcare agreement between the UK and Russia is no longer in effect, meaning that visitors to Russia from the UK need to take out private medical insurance. Other EU residents who carry a European Health Insurance Card (EHIC) should check with their home government whether they can access Russian healthcare before coming to Russia.

For non-EU citizens, you must check if your home country has a reciprocal healthcare agreement with Russia. Otherwise, you will typically need to show proof of healthcare coverage when applying for a Russian visa.

Costs of healthcare in Russia

Russia spent 5.27% of its annual GDP on healthcare in 2016. This is below the current global average of around 10%. It is also lower than all EU countries except Romania.

Employers finance OMI through contributions. Once you begin working in Russia, your employer will pay around 2–3% of your salary into a social tax, a percentage of which is paid into a national Russian healthcare fund. Once an employer pays this compulsory medical insurance, you have the right to free medical assistance from public Russian healthcare clinics.

Those who cannot contribute to OMI due to not working (e.g. unemployed, pensioners, children, those too ill to work) can still access free basic healthcare.

Health insurance in Russia

When you start working in Russia, your employer will register you for OMI and start making monthly contributions. Many employers also offer VHI coverage as part of their benefits package. This covers some treatments not included in OMI, such as dental care and some outpatient treatments.

Individuals in Russia can also take out separate private health insurance plans. Private insurance entitles you to the full range of healthcare services. With private insurance, you will usually have to pay upfront and claim a reimbursement from your insurance company.

Some insurance providers require pre-authorization, meaning that you must contact your insurance company before using medical services in Russia.

Some of the largest private health insurance companies in Russia include:

Allianz Care

Cigna Global

How to register for healthcare in Russia as an expat

If you are working in Russia, your employer will usually ensure you are properly registered for state healthcare in Russia.

You can also register for Russian healthcare yourself by visiting your local health center or doctor's surgery, although it is advisable to take a Russian speaker along with you. You will need to provide your:

passport or valid ID

Russian residence permit

proof of address

You can register your child on your OMI plan by supplying your passports, residence permit, and your child's birth certificate to the Ministry of Health (министерство здравоохранения).

Private healthcare in Russia

The private healthcare sector in Russia has grown over the past couple of decades, especially in the bigger cities such as Moscow and St Petersburg. To access private treatment, you will need to take out a private health insurance plan.

There are many private insurers operating in Russia that will cover treatments such as dental care, specialist care, and mental health treatments. You will usually need to pay fees upfront and claim a reimbursement.

Only around 5% of Russians use private healthcare but many more expat residents take out private health coverage. Private treatment is available without insurance but you will have to cover full costs yourself. A rough guide of general costs is:

\$25-50 for a consultation with a private GP or specialist;

between \$150-700 for private treatment

up to \$50 for a dental check-up;

between \$50-100 for an overnight stay in a private hospital

Doctors and specialists in Russia

Russia boasts some excellent doctors and specialists, although facilities in state hospitals are often substandard and waiting times can be very long. You can usually make an appointment by calling your clinic, and appointments are available both in the daytime and in the evening in some cases.

You can choose which family doctor (vratch) you register with, although if you're using a state healthcare scheme, you'll need to ensure your doctor is contracted to provide state healthcare. When you register with the doctor (and later when you visit), you should provide proof of your health insurance cover.

Some health centres (polyklinika) in Moscow are associated with hospitals in Moscow, and employ both GPs and specialists. As in many other countries, a family doctor can refer you for further treatment, or provide you with a prescription allowing you to pick up medicine at a Russian pharmacy.

As a foreign citizen, when visiting your family doctor, it makes sense to always have phone numbers for your insurer, the clinic, and your embassy in case something goes wrong. If you require the assistance of an English-speaking family doctor, read Expatica's guide on how to find English-speaking doctors abroad.

Women's healthcare in Russia

Women's healthcare in Russia includes access to gynecologists and maternity care services, although many expat women choose private health insurance to access a full range of services. Maternity care includes regular check-ups and childbirth classes. While most hospitals run classes in Russian, you can ask your international healthcare center about English-speaking pre-natal classes.

Contraceptives are easily available over-the-counter from pharmacies without a prescription. However, whereas these were often provided for free during the Soviet era, they usually have to be paid for nowadays. Emergency contraception formally requires a prescription, but you can often obtain this from a pharmacy without one. Both state and private clinics provide testing for sexually transmitted infections (STI), but availability varies across regions. Facilities are likely to be better in the more populated bigger cities.

There are no nationwide cancer screening programs in Russia. In cities such as Moscow, breast cancer screening and cervical cancer screening is carried out routinely.

Abortions are legal in Russia up to 12 weeks into the pregnancy. They can be carried out up to 28 weeks into the pregnancy in special cases, such as if there is a risk to the life or health of the mother.