



FINDING YOUR WAY AROUND THE HEALTHCARE SYSTEM
IN ILLE-ET-VILAINE

5 GOOD Reflexes



1 I create my account on ameli.fr or msa.fr*



To update and verify all my personal information (address, bank details, telephone number, email address, etc.)



For international students:

> <https://etudiant-etranger.ameli.fr> and

activate my health account

2 I send my bank details to the Health Insurance or MSA*



To receive my reimbursements quickly to my own bank account

3 I take out supplementary health insurance



To supplement reimbursements from the National Health Service, I choose to remain on my parents' supplementary health insurance, or I take out supplementary health insurance. If I am under 29 years of age, and depending on my income, I may be eligible for Complémentaire Santé Solidaire (€0 or €8/month).

> Supplementary health insurance website:



4 I update my Vitale card at the pharmacy.



To be reimbursed for my healthcare costs quickly

5 I follow the Insta page "My health tips" page from the CPAM



To stay up to date about health news

> @mes_tips_sante



> Any questions?
Contact

3646

(Health Insurance platform)



**l'Assurance
Maladie**

Agir ensemble, protéger chacun

ILLE-ET-VILAINE

*For students covered by the agricultural scheme

MY FIRST AID KIT



- Thermometer
- Paracetamol
- Hydroalcoholic gel
- Bandages
- Compresses / adhesive tape / bandages
- Antiseptic such as Biseptine or chlorhexidine
- Saline solution in single-dose containers
- Tweezers
- Condoms
(100% covered for those under 26)
- Surgical masks



TIPS FOR
GASTROENTE
RITIS



Améli website



TIPS IN CASE OF
A BAD COLD



Améli website

the PHARMACISTS

LOCAL CONTACTS
NEAR YOU!



I CAN GO
TO THE PHARMACY FOR:

-  > **Advice + an initial opinion**
-  > **A diagnostic test** (tonsillitis, cystitis)
-  > **Get vaccinated**
-  > **Obtain emergency contraception** (free of charge and without a prescription)
-  > **A contraceptive refill**
(even with an expired prescription and less than a year old)

ADVANTAGES:

- > **Geographical proximity**
- > **No appointment necessary**
- > **Available all day, including Saturdays**
- > **I think of the on-call pharmacy: I call 3237 (€0.34/min) or I call the police (17)**



I NEED A CONSULTATION

NON-URGENT



- > TO CONSULT
A HEALTHCARE PROFESSIONAL

MY GENERAL PRACTITIONER

- > I will contact my GP
- > OR I consult another doctor and ask if they can become my GP
- > OR a GP can also provide a one-off consultation

OTHER PROFESSIONALS WITH DIRECT ACCESS

I can contact certain professionals directly. Some examples:

- > Gynaecologist
/ Midwife (gynaecological care available)
- > Dentist/stomatologist
- > Ophthalmologist
- > Osteopath
- > Psychologist
- > Psychiatrist (if I am between 16 and 25 years old)
- > Dietitian/ nutritionist
- > STI screening laboratory

OTHER MEDICAL PROFESSIONALS ON REFERRAL

For other professionals, I must first consult a general practitioner (if possible, my regular doctor),

Some examples:

- > Podiatrist/physiotherapist
- > Specialists: ENT, dermatologist, allergist, etc.

MY INSTITUTION'S HEALTH SERVICE

I can contact the health service of my higher education institution if one exists.



> HEALTH DIRECTORY

I consult the health directory: official list, by city, of healthcare professionals



> I consult the list of walk-in healthcare facilities



> I CONTACT 15

If I am unable to get a consultation quickly, he can help me find an appointment



I HAVE DECIDED TO MEET A PSYCHOLOGIST



for students

with **SANTÉ PSY ÉTUDIANT**

- > 12 sessions
- > No upfront costs
- > No prescription
- > With certified psychologists



For all audiences

with **MY PSYCHOLOGICAL SUPPORT**

- > 12 sessions
- > With advance payment
(then reimbursement by the CPAM (60%)
and possibly by supplementary health insurance/CSS (40%))
- > Without prescription
- > With certified psychologists



IN PRIVATE PRACTICE

- > Number of sessions not specified
- > With advance payment
(some mutual insurance companies offer reimbursement)
- > No prescription required
- > With psychologists

I CAN ALSO CONTACT



- > My institution's health service, if it has one
- > The University Psychological Support Service (BAPU) in my city (if there is one)



If I prefer to speak on the phone, I can call:

> 3114:

National suicide prevention number (I am suffering, I am worried about a loved one, I am affected by a suicide...) Free and available 24 hours a day, 7 days a week

> 0 800 737 800:

Listening, support and reporting service for students experiencing distress, violence or discrimination (CNAE)
Free and confidential

Reception

and general listening services:

> directory of support services for young people



I HAVE AN EMERGENCY!

Serious problem/
rapidly deteriorating



I NEED MEDICAL ADVICE

URGENTLY (within the next 12 hours)

> I call my GP or a general practitioner:

> list of professionals at
<http://annuaire.sante.ameli.fr/>



> THE HEALTH DIRECTORY

I consult the health directory: official list of healthcare professionals by city



> I call 15

for medical advice:

A doctor will give me urgent advice over the phone and tell me what to do, based on my situation and can help me find an appointment.



I HAVE A LIFE-THREATENING EMERGENCY

> I call 15

or 114 for deaf or hard-of-hearing people



I HAVE A MENTAL HEALTH EMERGENCY

"I am having suicidal or delusional thoughts and I feel overwhelmed"

"I am about to harm myself or someone else"



I will contact by telephone:

↳ **3114**
national
national
suicide
prevention
number

↳ **15**
to speak
to a doctor

or I go to the emergency room:

↳ at the nearest hospital
nearest



When it comes to health, **the**

BASeC'eSTAUSSI



MY DAILY HEALTH



My diet:

I can find advice on adopting good eating habits.



Améli website



My physical activity:

I discover many ways to exercise every day.



Améli website



My sleep:

I can assess my sleep and find a wealth of information.



Morphée Network



My emotional and sexual life:

I can find out about all the questions I have about sexuality.



questionsexualite.fr



MY REGULAR HEALTH CHECK-UPS

See a doctor at least once a year.



< I am entitled to my check-up
Prevention between the ages of 18 and 25



MY ORAL HYGIENE

MT'Dents scheme: the French health insurance system offers regular appointments, if necessary, for dental care for young people up to the age of 24, with no upfront costs.



Click here for more details!



MY SEXUALLY TRANSMITTED INFECTION SCREENING

STI screening in a laboratory without a prescription and 100% covered for 18-25 year olds (HIV, gonorrhoea, chlamydia, syphilis, hepatitis B)

→ I HAVE
THE RIGHT
TO TAKE
CARE OF
MYSELF



W Atelier Wunderbar

sse
Service
santé des
étudiant·es



**l'Assurance
Maladie**
Agir ensemble, protéger chacun
ILLE-ET-VILAINE

ars
Agence Régionale de Santé
Bretagne

VI-MARCH 25