LEARN HOW TO GET MEDICAL CARE IN THE PSKOV REGION
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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 I

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://vlkcgb.ru/
Velikiye Luki

TRAUMATOLOGY
AND ORTHOPEDICS
GBUZ PO «Pskov Regional Clinical Hospital»
https://pskovokb.ru/
Pskov
GBUZ PO «Velikiye Luki interdistrict hospital»
https://vlkcgb.ru/
Velikiye Luki

STOMATOLOGY
GAUZ PO «Dental clinic»
http://pskovoblstom.ru/
Pskov
GAUZ PO «Velikiye Luki Dental Clinic»
https://stomavl.ru/
Velikiye Luki

GYNECOLOGY AND
OBSTETRICS
GBUZ PO «Pskov Perinatal Center»
http://www.pskovrody.ru/
Pskov

COSMETOLOGY
GBUZ PO «Dermatovenerologic dispensary of the Pskov region»
https://pskovkvd.moy.su/
Pskov

NEUROLOGY
AND NEUROSURGERY
GBUZ PO «Pskov Regional Clinical Hospital»
https://pskovokb.ru/
Pskov
# CHOOSE YOUR PSKOV MEDICAL RESEARCH CENTERS

## THERAPY

<table>
<thead>
<tr>
<th>Center</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>GBUZ PO «Pskov Regional Clinical Hospital»</td>
<td><a href="https://pskovokb.ru/">https://pskovokb.ru/</a></td>
</tr>
<tr>
<td>GBUZ PO «Velikiye Luki interdistrict hospital»</td>
<td><a href="https://vlkcgb.ru/">https://vlkcgb.ru/</a></td>
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## REHABILITATION

<table>
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<tr>
<td>GBUZ PO «Pskov Regional Clinical Hospital»</td>
<td><a href="https://pskovokb.ru/">https://pskovokb.ru/</a></td>
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## ENDOCRINOLOGY

<table>
<thead>
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<tbody>
<tr>
<td>GBUZ PO «Pskov Regional Clinical Hospital»</td>
<td><a href="https://pskovokb.ru/">https://pskovokb.ru/</a></td>
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## PSYCHIATRY

<table>
<thead>
<tr>
<th>Center</th>
<th>Website</th>
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<tbody>
<tr>
<td>GBUZ PO «Pskov Regional Psychiatric Hospital No. 1»</td>
<td><a href="http://bogdanovo-pskov.ru/">http://bogdanovo-pskov.ru/</a></td>
</tr>
<tr>
<td>GBUZ PO «Velikiye Luki interdistrict hospital»</td>
<td><a href="https://vlkcgb.ru/">https://vlkcgb.ru/</a></td>
</tr>
</tbody>
</table>
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

1. ROUTES AND FLIGHT SCHEDULES
HTTPS://AZIMUTH.AERO/RU/

2. USE TRANSPORTATION
HTTPS://WWW.PSKOVBUS.RU/

PSKOV (PKV)

PSKOV RAILWAY STATION

PUBLIC TRANSPORTATION

TAXI

PSKOV

PUBLIC TRANSPORTATION

TAXI

VELIKIYE LUKI RAILWAY STATION

VELIKIYE LUKI

PUBLIC TRANSPORTATION

TAXI

USE TRANSPORTATION
HTTP://WWW.VELIKIELUKI.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.

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 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 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?*

<table>
<thead>
<tr>
<th>TOURIST</th>
<th>BUSINESS</th>
<th>PRIVATE</th>
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<tbody>
<tr>
<td>PURPOSE OF VISIT: TARGET TOURISM</td>
<td>PURPOSE OF VISIT: MEDICAL TREATMENT</td>
<td>PURPOSE OF VISIT: SPECIAL CASES</td>
</tr>
<tr>
<td>The period of validity: up to 30 days</td>
<td>The period of validity: up to 90 days</td>
<td>The period of validity: up to 90 days</td>
</tr>
<tr>
<td>For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations</td>
<td>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).</td>
<td>For those who travel to Russia for emergency medical treatment or to visit a sick relative.</td>
</tr>
</tbody>
</table>
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
112

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

OM@ROSMINZDRAV.RU

PHONE NUMBERS

+7 (495) 618-07-92*103
+7 (495) 618-07-92*104