

We have found a GP for you!

You have been referred by:

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This is your new GP practice:

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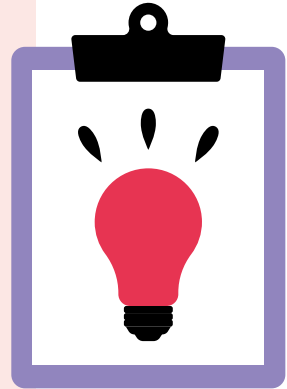
Register with your new GP practice *within 2 weeks.*

We all have the right to healthcare!



In the Netherlands, everyone has one regular GP practice. A GP practice has doctors, nurses and assistants who listen to you and want to help you. You can go to your GP practice with questions about your health, for check-ups, minor injuries, prescriptions for medication, and when you are ill.

Tips for registering



- Go to the reception desk of the GP practice within 2 weeks to register. Do this even if your symptoms have already passed. Do not wait to register until you have new symptoms.



- It is safe to register with a GP practice. Doctors never share your information with others. This is called professional confidentiality.



- It is safe to share your address, but it is not required. A GP practice can also register you without an address.



- If possible, bring the following with you:
 - an ID card with your name on it and/or:
 - your medical record (on paper or via HealthEmove). If you have neither, you can still register.
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How does it work at **the GP?**



- It often takes a few days before you can see the GP. So do not wait too long to make an **appointment** when you are ill. If your symptoms get worse, call again.
- When you call for an appointment, the assistant will always ask for your **name** and **date of birth**. They do this with everyone, not only with people who are uninsured.
- If you need an **interpreter**, mention this when making the appointment.
- An appointment at the GP practice lasts **15 minutes**.
- During the appointment, the GP may ask **questions** about how you live, where you live and how you work. This helps the GP understand your situation better, but you do not have to answer everything.
- Everything you discuss with the assistant and the GP is **confidential**. They are not allowed to tell others what you have shared. This is called professional confidentiality.
- In the Netherlands, GPs are not quick to prescribe **medication**. Often, symptoms go away even without medication. Medication is not free in the Netherlands, but there are schemes available if you do not have enough money.
- If necessary, the GP can refer you to the **hospital**. Without a referral from the GP, you cannot make an appointment at the hospital.
- A GP practice may ask whether you can pay something (for example € 20). If you do not have any **money**, you can say so. The GP will still help you.
- Is the GP practice **closed** but you really need medical care? Call the Huisartsenspoedpost Amsterdam (out-of-hours GP service) on 088 00 30 600. Or go to the Emergency Room (Spoedeisende Hulp / SEH) of a hospital.



Do you have questions about registering with your new GP or about healthcare in the Netherlands? Contact the Red Cross or Doctors of the World.



Red Cross

WhatsApp Helpdesk:
+31 9 70 10 28 69 64

Doctors of the World

From Monday to Thursday,
from 09:30 to 12:00:
+31 85 109 48 00
WhatsApp Helpdesk:
+31 6 82 06 66 86

**We all
have the
right to
healthcare!**

More information

- **City Rights App:**
<https://www.heretosupport.nl/portfolio-collections/projects/project-title-2>
- **Hushu House:**
hushuhouse.org
- **Doctors of the World:**
<https://doktersvandewereld.org/need-help>
- **Red Cross:**
<https://www.rodekruis.nl/wat-doen-wij/hulp-in-nederland/ondersteuning-ongedocumenteerde-migranten/>