

The Health Care System in Germany

Overview

General Information
General Practitioners/Pediatricians
Medical Specialists
Dentists
Hospitals
Other Information

General Information

The German Health Care System is mainly centered on general practitioners. That means, normally general practitioners are consulted first. To receive medical treatment you need an insurance pass. Currently, you still need to retrieve this pass at the Social Assistance Office ('Sozialamt'), from Monday to Friday between 11 and 12 am. At the Social Assistance Office you will also receive some advice concerning the type of doctor you should go to. Your insurance pass will be valid for 3 months. General practitioners in Haltern work at their practices and have different opening hours. Some of them work with appointments – so please make sure in advance when you can consult the doctor. Additionally, every doctor's office has an open consultation hour where acute illnesses and injuries are treated. Important: Please bring along someone who speaks your language and German. Sometimes it is also useful to call a translator.

Preventive Checkups

Doctors can also help to sustain your health and to recognize illnesses at an early stage, when you as a patient do not feel sick yet. You can use dental prevention checkups every 6 months. Children should regularly visit the dentist as well.

Pregnant women should contact a gynecologist at an early stage and visit his or her practice regularly. Newborn babies receive a checkup at the hospital on their 1st day, their parents obtain a yellow book for medical checkups. The following preventive appointments are listed in this little book. When children get older the time span between two checkups increases. The last regular medical checkup for minors takes place at the age of 17. Other preventive medical examinations do not depend on the age of the patient. Please ask your general practitioner for recommended checkups and vaccinations:

Women aged	20 and older: cervical cancer prevention
	30 and older: manual examination (breast cancer)
	50 and older: x-ray examination (breast cancer)
Men aged	45 and older: preventive cancer examination of sexual organs
General	35 and older: skin cancer checkup
Recommen-	35 and older: general examination
dations	50 and older: stool sample (bowel cancer)
	55 and older: colonoscopy