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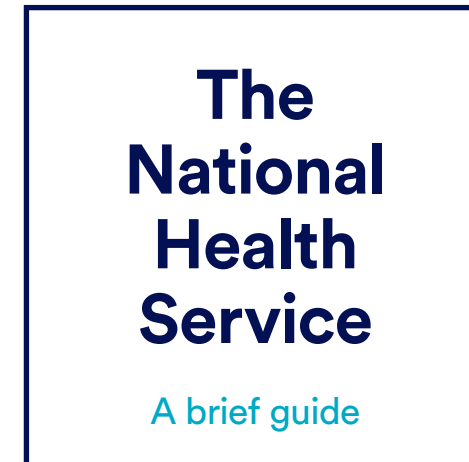
For health and wellbeing information, visit:
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t: +44 (0)115 951 4591

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HealthyU

A brief guide to the National Health Service

The NHS is the publicly funded healthcare system in the UK. If you are an International student you are eligible to use the NHS if you are:

- An EU student
- A non-EU student on a course lasting more than six months (three months if you register with the University of Nottingham Health Service)
- A non-EU student from a country with a reciprocal agreement
- A spouse or dependent of any of the above

If you do not qualify for NHS treatment, then you must make sure you take out the appropriate medical insurance. Certain NHS treatments are accessible to everyone, these are:

- Emergency treatment in Accident and Emergency (but not inpatient care)
- Contraception, testing and treatment for most sexually transmitted infections
- NHS Urgent Care Centre – assessment and treatment for health conditions that are urgent but non-life threatening
- Compulsory psychiatric treatment
- Treatment for certain communicable diseases

Using the NHS

First register with a General Practitioner (also called a GP or family doctor). Usually GP's work in groups called a practice. Practices are often placed in Health Centres. You will need to register with a GP practice that covers the area where you live. If you are a home student, it's a good idea to register with a GP in the area you study, you can always see a GP as a temporary resident when you go home.

Registering with a GP

To register you need proof of eligibility. This may be a visa or a letter from the University or employer stating the duration of your course/stay, as well as proof of your address. Once you have registered with a GP you can use the NHS.

What does NHS registration entitle me to?

- Consultations with your GP
- Hospital treatment in Accident and Emergency
- Hospital treatment if referred by your GP
- Contraception services
- Maternity care

Details of GPs are available at www.nhs.uk

Medication

Sometimes you will be prescribed a course of medication. Take your NHS prescription to a pharmacy/chemist. You need to contribute towards paying for any medication you have been prescribed. Currently there is a standard charge of £9* per course of prescription drugs.

Prescription prepayment certificate (PPC)

If you know you'll have to pay for a lot of NHS prescriptions, you can save money by buying a prescription prepayment certificate (PPC):

- 3 month PPC : £29.10*
- 12 month PPC : £104.00*

A PPC covers you for all of your own NHS prescriptions, including dental prescriptions, no matter how many items you need. Sometimes your GP will recommend buying medication over the counter without a prescription as some medicines are cheaper this way.

Where to register with a GP?

First year students will have had the opportunity to register on campus during welcome week with the University of Nottingham Health Service situated in Cripps Health Centre or the Orchard Practice at Sutton Bonington. If you didn't get round to registering don't worry you can register at any time.

For details on the area covered by the University of Nottingham Health Service:

w: unhs.co.uk

t: 0115 846 8888

For details on the area covered by the Orchard Practice:

w: kegworth.net

t: 01509 674 919

Choose the right service

- **Ask your local pharmacist for advice** about many common minor illnesses, such as diarrhoea, minor infections, headaches, sore throats, or travel health.
- **Make an appointment with your GP** if you are feeling unwell and it is not an emergency.
- **Visit a walk-in centre, minor injuries unit or urgent care centre** if you have a minor illness or injury (cuts, sprains or rashes) and it can't wait until your GP surgery is open.
- **Call NHS 111** if you urgently need medical help or advice but it's not a life-threatening situation. You can also call NHS 111 if you're not sure which NHS service you need.
- **Call 999** if someone is seriously ill or injured and their life is at risk.

* Correct June 2019



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