



MEDICAL TOURISM IN RUSSIA

5 STEPS

LEARN HOW TO GET MEDICAL CARE IN RUSSIAN FEDERATION

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MEDICAL TREATMENT IN RUSSIA

HOW DOES IT WORK?

MEDICAL TREATMENT IN RUSSIA 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 RUSSIAN FEDERATION?



STEP I

Choose a health facility



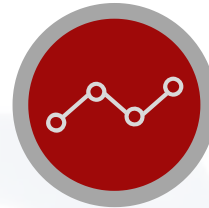
STEP II

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**

INTERNAL MEDICINE

National Medical Research Center for Preventive Medicine

<https://www.gnicpm.ru/> **MSK**

Almazov National Medical Research Center

<http://www.almazovcentre.ru/> **SPB**

GYNECOLOGY AND OBSTETRICS

National Medical Research Center for Obstetrics, Gynecology and Perinatology named after Academician V.I. Kulakov

<http://ncagp.ru/> **MSK**

CHILDREN'S HEALTH

National Medical Research Center for Children's Health

<http://nczd.ru/> **MSK**

National Medical Research Center for Obstetrics, Gynecology and Perinatology named after Academician V.I. Kulakov

<http://ncagp.ru/> **MSK**

ONCOLOGY

National Medical Research Radiological Center

<https://nmicr.ru/> **MSK**

N.N. Blokhin National Medical Research Center

<https://www.ronc.ru/> **MSK**

N.N. Petrov National Medical Research Center of Oncology

<https://www.niioncologii.ru/> **SPB**

D. Rogachev National Medical Research Center

<http://www.fnkc.ru/> **MSK**

REHABILITATION

National Medical Research Center for Rehabilitation and Balneology

<http://www.nmicrk.ru/> **MSK**

STOMATOLOGY

National Medical Research Center for Preventive Medicine

<https://www.gnicpm.ru/> **MSK**

Almazov National Medical Research Center

<http://www.almazovcentre.ru/> **SPB**

National Medical Research Center for Children's Health

<http://nczd.ru/> **MSK**

ENDOCRINOLOGY

National Medical Research Center for Endocrinology

<https://www.endocrincentr.ru/> **MSK**

AESTHETIC MEDICINE AND COSMETOLOGY

National Medical Research Center for Preventive Medicine

<https://www.gnicpm.ru/> **MSK**

Almazov National Medical Research Center

<http://www.almazovcentre.ru/> **SPB**

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

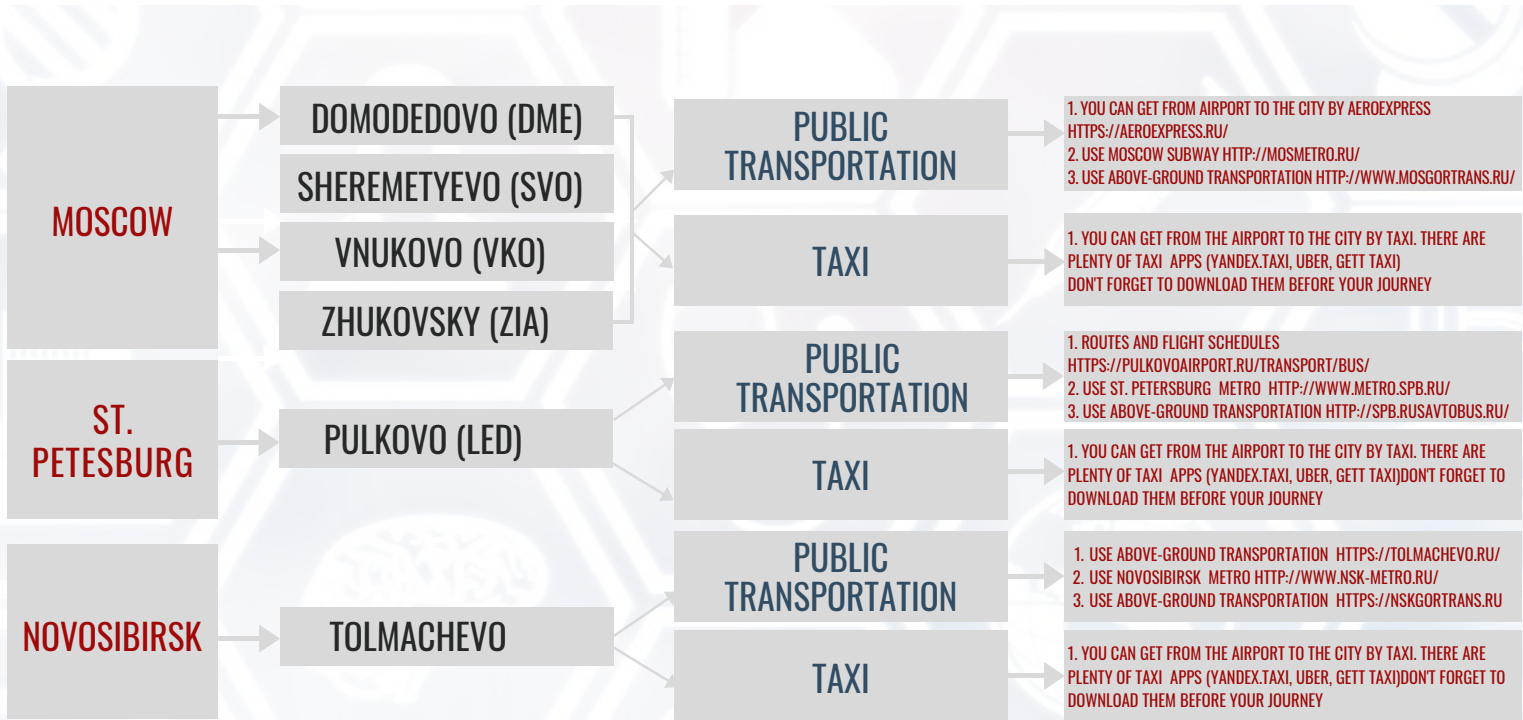


**IF YOU HAVE ANY QUESTIONS DO NOT HESITATE TO CONTACT
EXPORT OF MEDICAL SERVICES COORDINATION CENTER**

STEP III

**SELECT THE BEST TYPE OF TRANSPORTATION
AND ACCOMMODATION**

TRANSPORTATION



TRAVEL APPS TO DOWNLOAD BEFORE YOUR TRIP (FOR IOS AND ANDROID)

PUBLIC TRANSPORTATION AND CAR RENTAL (CAR SHARING)

1. Bus, trolleybus, cable car:

Yandex.Transport

2. City maps:

Yandex.Metro

3. Car rental (car sharing):

BelkaCar

DeliMobil

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



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

YOU HAVE VISA-FREE ENTRY OR A SIMPLIFIED VISA-REGIME IF YOU ARE A CITIZEN OF THE FOLLOWING COUNTRIES*

* The length of permissible stay in the Russian Federation in the case of visa-free entry has restrictions of up to 14 days, up to 30 days, and up to 90 days.

F A R - A B R O A D C O U N T R I E S

- | | | | |
|----------------------------|---------------|-----------------------|--------------------------------------|
| 1. Abkhazia | 15. Colombia | 29. South Korea | 43. Guyana |
| 2. Armenia | 16. Ecuador | 30. Mauritius | 44. Grenada |
| 3. Azerbaijan | 17. Serbia | 31. Cuba | 45. Laos |
| 4. Belarus | 18. Venezuela | 32. Macau | 46. Nauru |
| 5. Moldova | 19. Guatemala | 33. Montenegro | 47. UAE |
| 6. Kazakhstan | 20. Chile | 34. Serbia | 48. Palau |
| 7. Kyrgyzstan | 21. Israel | 35. Thailand | 49. Panama |
| 8. Tajikistan | 22. Macedonia | 36. Ecuador | 50. Paraguay |
| 9. Uzbekistan | 23. Nicaragua | 37. Mongolia | 51. Samoa |
| 10. The Ukraine | 24. Peru | 38. Seychelles | 52. Saint Vincent and the Grenadines |
| 11. South Ossetia | 25. Salvador | 39. Hong Kong | 53. Saint Kitts and Nevis |
| 12. Argentina | 26. Uruguay | 40. Bolivia | 54. Commonwealth of Dominica |
| 13. Bosnia and Herzegovina | 27. Fiji | 41. Brunei-Darussalam | 55. RSA |
| 14. Brazil | 28. Honduras | 42. Vanuatu | 56. Jamaica |

WHAT TYPES OF RUSSIAN VISAS ARE THERE?

TOURIST

PURPOSE OF VISIT: TARGET TOURISM

The period of validity:
up to 30 days

For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations

BUSINESS

PURPOSE OF VISIT: MEDICAL TREATMENT

The period of validity:
up to 90 days

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)

PRIVATE

PURPOSE OF VISIT: SPECIAL CASES

The period of validity:
up to 90 days

For those who travel to Russia for emergency medical treatment or to visit a sick relative

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 PHONE NUMBER

If you are in an emergency situation on the territory of the Russian Federation, you can ask for help by phone



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CONTACT INFORMATION

FOR QUESTIONS AND SUGGESTIONS

COORDINATING CENTER FOR THE DEVELOPMENT
OF THE EXPORT OF MEDICAL SERVICES

DOBROLUBOVA STR., 11
MOSCOW, RU 127256

EMAIL ADDRESS

EXPORT@MEDNET.RU

