



**GP (General Practitioner = Family Doctor)** *You should register with a GP as soon as possible after your arrival in Cambridge, perhaps even on your first day, even if you do not expect to need medical support or treatment during your time here.* Please pick one from those available in the area by entering your Cambridge post code into the NHS Choices web page: <https://www.nhs.uk>. You can visit the practice to register or some practices are able to register you on-line. Please allow only one health issue per GP appointment, as each consultation with a GP is time-limited to 10 minutes.

**Long Term Health Conditions** *Bring with you documentary evidence from your doctor (in English) as confirmation for any existing long term health conditions.* If you have any long term health concerns, you should ask for an appointment to discuss your needs. The GP will give you relevant information about clinics, vaccines or prescriptions.

**Ongoing Medication** *If you are receiving medical treatment or taking medication, bring with you a doctor's certificate (in English) confirming the treatment and / or any medication you are receiving.* If you need ongoing medication in the UK, the GP reception will explain how they arrange repeat prescriptions for when you are anticipating your first supply of medication to run out. It can take up to 48hrs to obtain a repeat prescription. (Some practices have an arrangement with a local Chemist so that you can pick up the items from the Chemist, without taking the prescription from the practice to the Chemist yourself.)

GPs reserve the right not to prescribe certain medication and not all medication from outside the UK is available on the NHS. Your GP may not always be able to prescribe every medication you're taking, because it is not used here or because of NHS prescribing restrictions. If you have specialised medication or you are in any doubt, you are advised to bring a supply with you.

**Emergency NHS Treatment** UK NHS care and treatment can be given universally in an emergency. *In the UK, it is important to only use the Accident and Emergency department (A&E / ER / Casualty) of a hospital for the treatment of true life-threatening or limb-threatening conditions.* Always telephone 999 or 112 if someone is seriously ill or injured, and their life is at risk. Other illnesses and injuries are dealt with by:

- GPs (General Practitioner = family doctor)
- **NHS 111** by telephoning 111
- NHS 111 option 2, for mental health crisis assessment
- Your local **Pharmacists**

If attending hospital, you will need to take your passport, visa, IHS Reference number, and College letter of acceptance with you.

**Private Medical Insurance** *Addenbrooke's payment office advises all overseas students to take out private health insurance before coming to the UK* to cover the following potential health-related costs:

- Loss of fees if you are unable to complete your course
- Treatment and medical expenses not covered by the National Health Service
- Costs of returning home if a relative is taken ill
- Costs of a relative visiting you in the UK if you fall ill
- Returning to your home country for treatment

**NHS Entitlement** You are entitled to free National Health Service care and treatment whilst in the UK if your course is both full-time and lasts 6 months or more, or if you have paid your NHS immigration health surcharge (IHS) when applying for your visa.

If this is the case, entitlement also applies to your family members (spouse / civil partner and your children). To be entitled, family members are required both to live with you for the duration of your course (although settling-in time is permitted before you send for them) and to have the correct UK visas and IHS reference number. You are also entitled to specialist care from the NHS, as long as it is for the treatment of a condition that is not pre-existing, i.e. not a condition that existed before your entry to the UK.

**NHS Costs and Charges** NHS care and treatment are not entirely free, although children under 16 years old, or under 19 years old and in full-time education, are exempt from the following treatment charges:

- [Dental care](#) - heavily subsidised and dentists agree a price with you before beginning treatment. A checkup is around £23
- [Eye tests](#) - for some these are subsidised too, but most people have to pay for private tests
- NHS prescription charges - currently set at £9 for each item printed on the prescription, for example, any quantity of the same medication. This charge is paid to the Pharmacist when you go to the Chemist to collect your medication.

**Specialist NHS Treatment** Once registered with a GP at one of the local GP Practices / Surgeries, if specialist NHS care is needed, then this will be arranged by your GP. If attending hospital, you will need to take your passport, visa and College letter of acceptance with you.

**Dental Care** UK Dentists keep lists of regular patients to enable them to provide ongoing treatment and care both under the NHS and privately. *The College recommends that all students continue their dental care with a Cambridge dentist.* This avoids time taken obtaining treatment away from Cambridge and reduces the likelihood of emergency dental work being required, especially at a time when it would be most inconvenient when you are time-poor.

Students without a local dentist in Cambridge should choose from a [list of local dentists](#), via NHS Choices: <http://www.nhs.uk>

**More information** can be found from the University of Cambridge International Student office <http://www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information/healthcare> and the [British Council](#) <http://www.britishcouncil.org> has useful [Health Advice](#) for International Students.