MEDICAL TOURISM IN KALUGA REGION

LEARN HOW TO GET MEDICAL CARE IN KALUGA REGION
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MEDICAL TREATMENT IN KALUGA REGION. HOW DOES IT WORK?
MEDICAL TREATMENT IN KALUGA REGION 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 Kaluga region has an excellent cost-to-quality ratio

- **RUSSIAN CULTURE**
  - Discover rich national cultural heritage and history
GETTING MEDICAL TREATMENT IN KALUGA REGION

In the Kaluga Region 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 Kaluga Region for hospital admission.

Check a healthcare facility website for more information.
HOW TO GET MEDICAL CARE IN THE KALUGA REGION?

**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 Kaluga region!
STEP I

CHOOSE THE BEST HEALTH FACILITY ACCORDING TO THE MEDICAL PROCEDURE YOU ARE SEEKING
# CHOOSE YOUR RUSSIAN MEDICAL RESEARCH CENTERS

<table>
<thead>
<tr>
<th>CARDIOLOGY</th>
<th>TRAUMATOLOGY AND ORTHOPEDICS</th>
<th>NEUROLOGY AND NEUROSURGERY</th>
<th>OPHTHALMOLOGY</th>
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</thead>
<tbody>
<tr>
<td>City clinical hospital ‘Pine growth’</td>
<td>K.N. Shevchenko Kaluga regional clinical hospital emergency aid</td>
<td>Kaluga regional clinical hospital</td>
<td>Kaluga regional clinical hospital</td>
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<td>Kaluga regional clinical hospital</td>
<td>City clinical hospital ‘Pine growth’</td>
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<tr>
<td><strong>INTERNAL MEDICINE</strong></td>
<td>Kaluga regional clinical hospital <a href="http://kokb40.ru/">http://kokb40.ru/</a></td>
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<td></td>
<td>A.S. Khlyustina Kaluga city clinical hospital №4 <a href="http://4bol40.ru/">http://4bol40.ru/</a></td>
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<tr>
<td><strong>GYNECOLOGY AND OBSTETRICS</strong></td>
<td>Kaluga regional clinical hospital <a href="http://kokb40.ru/">http://kokb40.ru/</a></td>
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<td>K.N. Shevchenko Kaluga regional clinical hospital emergency aid <a href="http://bsmp40.ru/">http://bsmp40.ru/</a></td>
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<tr>
<td><strong>CHILDREN’S HEALTH</strong></td>
<td>Kaluga regional clinical children's hospital <a href="http://dob.kaluga.ru/">http://dob.kaluga.ru/</a></td>
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<td>Children's hospital <a href="http://detstvo-kaluga-new.ru/">http://detstvo-kaluga-new.ru/</a></td>
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<td><strong>ONCOLOGY</strong></td>
<td>Kaluga regional oncological dispensant <a href="http://oncokaluga.ru/">http://oncokaluga.ru/</a></td>
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<td><strong>REHABILITATION</strong></td>
<td>Kaluga regional clinical hospital <a href="http://kokb40.ru/">http://kokb40.ru/</a></td>
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<td></td>
<td>City clinical hospital ‘Pine growth’ <a href="http://sr40.ru/">http://sr40.ru/</a></td>
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<tr>
<td><strong>STOMATOLOGY</strong></td>
<td>Kaluga regional dental polyclinic <a href="https://www.kosp.ru/">https://www.kosp.ru/</a></td>
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<tr>
<td></td>
<td>Kaluga regional dental children's polyclinic <a href="http://www.kodsp.ru/">http://www.kodsp.ru/</a></td>
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<td><strong>ENDOCRINIOLOGY</strong></td>
<td>Kaluga regional clinical hospital <a href="http://kokb40.ru/">http://kokb40.ru/</a></td>
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<td>A.S. Khlyustina Kaluga city clinical hospital №4 <a href="http://4bol40.ru/">http://4bol40.ru/</a></td>
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<tr>
<td><strong>AESTHETIC MEDICINE AND COSMETOLOGY</strong></td>
<td>Kaluga regional clinical Venereal Diseases Dispensary <a href="http://okvd-kaluga.ru/">http://okvd-kaluga.ru/</a></td>
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</tbody>
</table>
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 KALUGA REGION
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

KALUGA

KALUGA (KLF)
- Bus station Kaluga-1
- Train station Kaluga-1
- Train station Kaluga-2

PUBLIC TRANSPORTATION

TAXI

YOU CAN GET TO THE CITY BY BUS, TROLLEY BUS, MINIBUS TAXI
http://transport.giskaluga.ru/

1. YOU CAN GET TAXI BY APPS (YANDEX.TAXI, UBER, GETT TAXI)
DON'T FORGET TO DOWNLOAD THEM BEFORE YOUR JOURNEY.
# TRAVEL APPs
to download before your trip
FOR IOS and ANDROID

<table>
<thead>
<tr>
<th>Public transportation and car rental (car sharing)</th>
<th>City maps</th>
<th>Attractions in Russia</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Car rental (car sharing): Bookingcar</td>
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</tbody>
</table>
ACCOMMODATION

ACCOMMODATION OPTIONS IF YOU ARE COMING FOR OUTPATIENT ADMISSION

https://www.booking.com/
https://www.tripadvisor.com/
https://www.airbnb.com/
https://kaluga.cian.ru/snyat-kvartiru/

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
<table>
<thead>
<tr>
<th>Purpose of Visit</th>
<th>The period of validity: up to 30 days</th>
<th>The period of validity: up to 90 days</th>
<th>The period of validity: up to 90 days</th>
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</thead>
<tbody>
<tr>
<td><strong>Tourist</strong></td>
<td>For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations</td>
<td>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).</td>
<td>For those who travel to Russia for emergency medical treatment or to visit a sick relative.</td>
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<tr>
<td><strong>Business</strong></td>
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<tr>
<td><strong>Private</strong></td>
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</tbody>
</table>
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 TELEPHONE NUMBERS
USEFUL AND EMERGENCY TELEPHONE NUMBERS

EMERGENCY

FEDERAL MIGRATION SERVICE OF RUSSIA

POLICE

112

8 (800) 350 23 69 * 381

112
CONTACT INFORMATION

Export of Medical Services Coordination Center

Federal Research Institute for Health organization and informatics of the Ministry of Health of the Russian Federation

127256, MOSCOW, DOBROLYUBOVA ST., 11

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OM@ROSMINZDRAV.RU

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