



Finnish Student Health Service FSHS – supporting your well-being

Congratulations on your study place! We at the FSHS are here to support your health and well-being throughout your studies. We provide general, mental and oral health services and look after well-being in student communities nationwide.

You have the right to use our services if you're studying for a Bachelor's or Master's degree in a higher education institution in Finland and have registered as an attending student for the semester.

Familiarize yourself with our services at fshs.fi. On our website, you can also find instructions on how to contact us, news, Health Information Resource and current information about your service unit. It is also useful to follow our channel @yths_fshs on Instagram.

Self is the student's own online service for health care issues at FSHS. You can use the Self online service for instance to manage your appointments, use chat services or access remote appointments. Start using Self as soon as you start studying!

The healthcare fee for students in higher education that students pay to Kela on their own initiative covers all FSHS services. Please note that some international degree students have been given different instructions regarding payment. Check the up-to-date instructions on Kela's website. We at the FSHS do not charge fees for appointments or services. Please, remember to reschedule or cancel your appointment if you are unable to arrive at your scheduled appointment. Hence, you will avoid the charge of an unattended appointment.

The digital FSHS Nutrition app offers coaching, podcasts, articles and a diverse range of other material you can use whenever or wherever you choose. You can download FSHS Nutrition on your mobile device via the Self online service.

The health examination for first-year students begins with the HealthStart questionnaire. The questionnaire will appear for you to answer in the Self online service within the first academic year.

Useful links:

yths.fi/bookingappointment
yths.fi/en/service-units
yths.fi/news
yths.fi/en/self-info
yths.fi/en/health-information
kela.fi/healthcare-fee
yths.fi/charges
yths.fi/healthstart

Have a good start to the academic year!