MEDICAL TOURISM IN RUSSIA

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
# 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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</table>
| National Medical Research Center for Cardiology  
https://www.cardioweb.ru/ | Priorov National Medical Research Center for traumatology and orthopedics  
https://www.cito-priorov.ru/ | N.N. Burdenko National Research Center for Neurosurgery  
https://www.nsi.ru/ | S.N. Fedorov National Medical Research Center “MNTK “Eye Microsurgery”  
http://www.mntk.ru/ |
| A.N. Bakulev National Medical Research Center of Cardiovascular surgery  
https://bakulev.ru/ | Meshalkin National Medical Research Center  
https://www.meshalkin.ru/ | A.N. Bakulev National Medical Research Center of Cardiovascular Surgery  
https://bakulev.ru/ | MSK |
| Almazov National Medical Research Center  
http://www.almazovcentre.ru/ | NSK | Almazov National Medical Research Center  
http://www.almazovcentre.ru/ | MSK |
| National Medical Research Center for Preventive Medicine  
https://www.gnicpm.ru/ | | National Medical Research Center for Preventive Medicine  
https://www.gnicpm.ru/ | |
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<th>Category</th>
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<td>Almazov National Medical Research Center for Obstetrics, Gynecology and Perinatology named after Academician V.I. Kulakov</td>
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<td>National Medical Research Center for Children’s Health</td>
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<td>ONCOLOGY</td>
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<td><a href="https://nmicrru.ru/">https://nmicrru.ru/</a></td>
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<td>N.N. Blokhin National Medical Research Center of Oncology</td>
<td><a href="https://www.ronc.ru/">https://www.ronc.ru/</a></td>
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<td></td>
<td>N.N. Petrov National Medical Research Center of Oncology</td>
<td><a href="https://www.nioncologii.ru/">https://www.nioncologii.ru/</a></td>
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<tr>
<td></td>
<td>Dmitry Rogachev National Medical Research Center of Pediatric Hematology, Oncology and Immunology</td>
<td><a href="http://www.fnkc.ru/">http://www.fnkc.ru/</a></td>
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<tr>
<td>REHABILITATION</td>
<td>National Medical Research Center for Rehabilitation and Balneology</td>
<td><a href="http://www.nmicrk.ru/">http://www.nmicrk.ru/</a></td>
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<tr>
<td>STOMATOLOGY</td>
<td>National Medical Research Center</td>
<td><a href="https://www.endocrincentr.ru/">https://www.endocrincentr.ru/</a></td>
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<td>Almazov National Medical Research Center</td>
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<tr>
<td>ENDOCRINOLOGY</td>
<td>National Medical Research Center for Endocrinology</td>
<td><a href="https://www.endocrincentr.ru/">https://www.endocrincentr.ru/</a></td>
</tr>
<tr>
<td>AESTHETIC MEDICINE AND COSMETOLOGY</td>
<td>National Medical Research Center for Preventive Medicine</td>
<td><a href="https://www.gnicpm.ru/">https://www.gnicpm.ru/</a></td>
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<td><a href="http://www.almazovcentre.ru/">http://www.almazovcentre.ru/</a></td>
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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

1. YOU CAN GET FROM AIRPORT TO THE CITY BY AEROEXPRESS HTTPS://AEROEXPRESS.RU/
2. USE MOSCOW SUBWAY HTTP://MOSMETRO.RU/
3. USE ABOVE-GROUND TRANSPORTATION HTTP://WWW.MOSGORTRANS.RU/

1. YOU CAN GET FROM THE AIRPORT TO THE CITY BY TAXI. THERE ARE PLENTY OF TAXI APPS (YANDEX.TAXI, UBER, GETT TAXI)
DON'T FORGET TO DOWNLOAD THEM BEFORE YOUR JOURNEY.

1. ROUTES AND FLIGHT SCHEDULES HTTPS://PULKOVOLAIRPORT.RU/TRANSPORT/BUS/
2. USE ST. PETERSBURG METRO HTTP://WWW.METRO.SPB.RU/
3. USE ABOVE-GROUND TRANSPORTATION HTTP://SPB.RUSAVTOBUS.RU/

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DON'T FORGET TO DOWNLOAD THEM BEFORE YOUR JOURNEY.

1. USE ABOVE-GROUND TRANSPORTATION HTTPS://TOLMACHEVO.RU/
2. USE NOVOSIBIRSK METRO HTTP://WWW.NSK-METRO.RU/
3. USE ABOVE-GROUND TRANSPORTATION HTTPS://NSKGORTRANS.RU/
# 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>
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</table>
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.

<table>
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<tr>
<th>FAR-ABROAD COUNTRIES</th>
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<tr>
<td>2. Armenia</td>
<td>2. Bosnia and Herzegovina</td>
<td>18. South Korea</td>
<td>34. Laos</td>
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<td>10. The Ukraine</td>
<td>10. Israel</td>
<td>26. Mongolia</td>
<td>42. Saint Kitts and Nevis</td>
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<td></td>
<td>12. Nicaragua</td>
<td>28. Hong Kong</td>
<td>44. RSA</td>
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<td></td>
<td>15. Uruguay</td>
<td>31. Vanuatu</td>
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<td></td>
<td>16. Fiji</td>
<td>32. Guyana</td>
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WHAT TYPES OF RUSSIAN VISAS ARE THERE?*

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<tr>
<th>TOURIST</th>
<th>BUSINESS</th>
<th>PRIVATE</th>
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<td><strong>PURPOSE OF VISIT: TARGET TOURISM</strong></td>
<td><strong>PURPOSE OF VISIT: MEDICAL TREATMENT</strong></td>
<td><strong>PURPOSE OF VISIT: SPECIAL CASES</strong></td>
</tr>
<tr>
<td>The period of validity: up to 30 days</td>
<td>The period of validity: up to 90 days</td>
<td>The period of validity: up to 90 days</td>
</tr>
<tr>
<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>
</tr>
</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: 112
- FEDERAL MIGRATION SERVICE OF RUSSIA: 8 (800) 350 23 69 * 381
- POLICE: 8 (800) 222 74 47
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

EMAIL ADDRESS
OM@ROSMINZDRAV.RU

PHONE NUMBERS
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+7 (495) 618-07-92*109