

## Why register with a local doctor (GP or General practitioner)?

As a new student you should register with a Cambridge GP as soon as you can when you first arrive in the city, that way you can receive emergency care if you need it and access health services quickly and easily while you're at University.

Cambridge GPs are experienced in dealing with students, and also in working with the University and Colleges. This is important if you are ill in the lead up to, or during your examinations and you need special exam arrangements or allowances to be made.

Although students are not permitted to register with both a Cambridge GP and one at home, you can register in Cambridge in term time and see your home GP during the vacations by completing a temporary resident form, or by simply re-registering with your home GP.

### How to request a student status letter

If you need a student status letter to register with your GP, please go to:

<http://www.hughes.cam.ac.uk/current-students/> and log in to your Personal Information Page using your User ID and Raven password, and click on the relevant heading to complete the request form.

### EEA nationals

Non-UK European Economic Area (EEA) nationals and their family should obtain a European Health Insurance Card (EHIC) before coming to the UK to access NHS services for free in the UK.

### Tier 4 students

Students on a Tier 4 student visa and coming to the UK for 6 months or longer will have paid an immigration health surcharge as part of their visa application fee. This entitles students to access NHS care free of charge in the same way as a permanent UK resident. This includes at the Doctor's surgery (known as General Practitioner or GP), a Healthcare Centre or in a hospital. You may need to pay for dental and optical treatment as well as for any medicine prescribed by the doctor and collected from a Pharmacy for which there is normally a standard charge of £8.20. If you need to have continued medication, you may find it cheaper to get a Prescription Pre-payment Certificate: [www.gov.uk/get-a-ppc](http://www.gov.uk/get-a-ppc)

Tier 4 students from Australia and New Zealand are exempt from the immigration health surcharge, as reciprocal agreements exist between the UK and these countries, and will be able to access NHS services, as outlined above, for free during their studies in the UK.

### Courses less than six months

If your course is for less than six months and you are from a non-EEA country, you are advised to take out medical insurance as you will be liable for NHS charges for the treatment you receive in the UK except in a medical emergency and this is limited. Some countries have a reciprocal agreement with the UK which may entitle you to some free healthcare on the NHS even if your course is less than six months but you should seek advice from the health authorities in your home country about what treatment will be covered.

### Long term health conditions

If you have a long term health condition, bring documentary evidence from the doctor in your home country (in English) and provide this when you register with a doctor in the UK. You may wish to ask for an appointment to discuss your needs. If you are receiving on-going 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 48 hours to obtain a repeat prescription. Prior to travelling to the UK, it is advisable to check with your transport provider what medications you are allowed to carry with you and what you can take through customs. GPs reserve the right not to prescribe certain medication and not all medication from outside the UK is available on the NHS. Your GP will sometimes be unable to prescribe the medication you are taking, because it is not used in the UK 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.

### Private Medical Insurance

It is your decision whether you also have private healthcare insurance. You may wish to consider this to cover the following potential health-related costs:

- Loss of fees if you are unable to complete your course;
- Costs incurred returning to your home country for treatment;
- Private medical treatment which may offer provision over and above the NHS healthcare treatment.

If you already have medical insurance in your home country, you may wish to check whether this can be extended to cover your stay in the UK.

### Emergency Medical Care

If you require urgent emergency medical assistance and are unable to travel to the hospital, dial 999 free from any phone and ask for the ambulance service. The nearest Accident and Emergency department is at Addenbrooke's hospital. If you need urgent treatment, but you are well enough to travel, you can also make your own way to the hospital's Accident and Emergency (A&E) department, or ask a friend to take you.

### Dental Care

Once you have registered with a GP you can also register with an NHS dentist. You will have to pay for some dental services.

### Optical Care

Eye care is provided by high street opticians, of which there are many in Cambridge. To purchase spectacles or contact lenses you will need a British eye prescription, which you get from the optician following a sight test. Sight tests can be arranged by contacting the optician directly. The cost of frames, lenses and contact lenses varies.

### Family and friends

Please note that family or friends visiting from abroad should take adequate health care insurance.