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## HEALTHCARE

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### 1. Health Insurance / Premiums

Healthcare in Switzerland is renowned worldwide for its quality. The number of physicians' per capita is one of the highest in the world. Physicians are knowledgeable in modern techniques, and many have studied abroad for a few years. Hospitals, both public and private, are operated with efficiency and supplied with the newest equipment. So foreign residents will find the same, or better standards here as the ones they are accustomed to.

Health insurance is compulsory. So if you are resident in the Canton or spend more than three months here, it is a legal obligation to acquire insurance for any accidents or medical costs which may occur. It is worth comparing the premiums of the various healthcare providers / insurers, as monthly premiums vary not only to what level of cover you require but also by age, sex, place of residence etc.

It is also worth finding out from your employer whether they cover your occupational and non-occupational accident insurance. If so, this will reduce your personal premiums. However, it is important to make sure you and your family have accident insurance, whether it is private or paid for by your employer.

If you become unemployed, it is important to contact the authorities to ensure that you receive the relevant benefits and that your health insurance premiums are maintained.

Payment for medical invoices must be made directly to the healthcare professional. You must send the original invoices and receipts to the insurer to be reimbursed.

Depending on your financial circumstances, it may be possible to receive financial assistance with your compulsory health insurance premiums. This contribution is called "Individuelle Prämienverbilligung" and applications must be submitted before 30th April each year.

All insured persons who are entitled to assistance with premiums (on the basis of the available tax data) will be contacted directly in mid-February. In addition, application forms can be requested. Canton Zug - Health Directorate, PO Box 455, 6301 Zug. Tel: 041 728 35 04 / [info.gd@gd.zg.ch](mailto:info.gd@gd.zg.ch)

Links:

[www.comparis.ch](http://www.comparis.ch) (online comparison site - to compare various insurers and premiums)

[http://zg.ausgleichskasse.ch/schalter\\_fmonline.aspx?UID=32](http://zg.ausgleichskasse.ch/schalter_fmonline.aspx?UID=32) (For information on premium application form and eligibility)

### 2. Hospitals, doctors & pharmacies

The Canton ensures that its residents have access to appropriate medical care and that sufficient places for long-term care are available.

The Zug Cantonal Hospital has a 24 - hour accident and emergency admissions department for children and adults. Take along your medical insurance information to assist with the admissions procedure for patients.

The Psychiatric Out-patient service for young people (APD.-KI) and adults offers advice, assistance, therapy and information on mental health issues. The APD KI is a public institution and works on behalf of the Health Directorate of the Canton.

The pharmacy service in the train station remains open outside of normal hours, and on Sundays and holidays from 10:00 to 18:00 (Tel. 041 720 10 00).

There is a Dental Emergency Service (Tel 0844 22 40 44), which provides information about the emergency dentist on call. In the dental outpatient centre, you can register for emergency treatment: Poststrasse 15,Zug (tel 041 710 91 70).

There are a number of foreign-language doctors, dentists and psychotherapists in Canton Zug:  
[www.zug.ch/behoerden/volkswirtschaftsdirektion/economic-promotion/economy-23/lists-and-directories/...doctors...dentists.../file](http://www.zug.ch/behoerden/volkswirtschaftsdirektion/economic-promotion/economy-23/lists-and-directories/...doctors...dentists.../file)

Links:

[www.zgks.ch](http://www.zgks.ch) (Zuger Kantonsspital)  
[www.zentralspital.ch](http://www.zentralspital.ch) (Central Hospital Baar, opening in August 2008)  
[www.hirslanden.ch](http://www.hirslanden.ch) (Andreas Klinik, Private Clinic)  
[www.klinik-adelheid.ch](http://www.klinik-adelheid.ch) (Adelheidstraße clinic, rehabilitation clinic with cantonal Mandate)  
[www.pkzs.ch](http://www.pkzs.ch) (Psychiatric Clinic Oberwil)  
[www.zug.ch/gesundheit/87\\_p0\\_04.htm](http://www.zug.ch/gesundheit/87_p0_04.htm) (hospital list of the Canton)  
[www.zug.ch](http://www.zug.ch) / ODA (Out-patient psychiatric service) Rathausstrasse 1, 6340 Baar, Tel 041 723 66 00 / Hours: Mon - Fri: 8.00. 12:00 / 13:30 to 17:30

Info: Nursing home list - [www.zug.ch/gesundheit/download/pflegeheimliste\\_07.pdf](http://www.zug.ch/gesundheit/download/pflegeheimliste_07.pdf)

### 3. Other Emergencies

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Rescue by helicopter * Rega/Air Glacier	1413/1415
Emergency road service	140
The Helping Hand	143
Telephone support for the young	147
Doctor on Duty	+41 (0)41 211 14 14

\* Rega provide emergency assistance in Switzerland and abroad- they are a member of the red cross and operate emergency rescue by road and air. We recommend membership of this non profit organisation: <http://www.rega.ch/en>

### 4. Mental Health

For all questions about mental health issues, and in case of difficulties with family, children, addiction, alcohol, etc. visit the Council website below for help. You can also find information about (foreign)

psychiatrists and psychotherapists.

Agency: Health, Department of Health, Department of Mental Health, Tel 041 728 35 16

Link: [www.psychische.health-zug.ch](http://www.psychische.health-zug.ch)

Info: Zuger alliance against depression [www.zug.ch / health / download / buendnis\\_magazin.pdf](http://www.zug.ch/health/download/buendnis_magazin.pdf)

## 5. Addiction counselling

The addiction counselling is a focal point for youths, adults and their carers. You will receive information, advice and assistance with addiction vulnerability, dependence and drug abuse. The counselling service is free and confidential.

Agency: Health, Department of addiction counselling, Tel 041 728 35 16

Link: [http://www.zug.ch/suchtberatung/110\\_00.htm](http://www.zug.ch/suchtberatung/110_00.htm)

Various publications [www.zug.ch/gfp/111\\_0p\\_allg.htm](http://www.zug.ch/gfp/111_0p_allg.htm)

## 6. Prevention and Health Promotion

The public health department can answer your questions regarding health promotion and prevention in many areas:

Agency: Health, Department of Prevention and Health Promotion Phone 041 728 35 16 or [gesundheitsamt@gd.zg.ch](mailto:gesundheitsamt@gd.zg.ch)

Link:

[http://www.zug.ch/gesundheitsamt/108\\_0k.htm](http://www.zug.ch/gesundheitsamt/108_0k.htm)

Info: Various Publications:

[www.zug.ch/gfp/111\\_0p\\_allg.htm](http://www.zug.ch/gfp/111_0p_allg.htm)

## 7. Self Help groups.

These groups are organised to enable people with similar issues to meet and share their experiences. Through discussion with likeminded people they are able to work through problems and realise they are not alone. Self-help groups work independently and are not led by professionals. The group members are seeking both help and support in a strictly confidential environment.

Link:

[www.selbsthilfegruppen.ch](http://www.selbsthilfegruppen.ch) (list of existing groups)

[www.eff-zett.ch/fachstellen/kontaktstelle-selbsthilfe](http://www.eff-zett.ch/fachstellen/kontaktstelle-selbsthilfe) (list existing groups and establishing a group)

Info:

Frauenzentrale , Tirolerweg 8, 6300 zug, tel 041 725 26 15