

# MEDICAL TOURISM IN RUSSIA

LEARN HOW TO GET MEDICAL CARE IN RUSSIAN FEDERATION

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Export of Medical Services  
Coordination Center  
Federal Research Institute  
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informatics of the Ministry  
of Health of the Russian  
Federation

**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 1

**CHOOSE THE BEST HEALTH FACILITY ACCORDING  
TO THE MEDICAL PROCEDURE YOU ARE SEEKING**

# CHOOSE YOUR RUSSIAN MEDICAL RESEARCH CENTERS

## CARDIOLOGY

National Medical Research Center for Cardiology  
<https://www.cardioweb.ru/> **MSK**

A.N. Bakulev National Medical Research Center  
of Cardiovascular surgery  
<https://bakulev.ru/> **MSK**

Almazov National Medical Research Center  
<http://www.almazovcentre.ru/> **SPB**

National Medical Research Center  
for Preventive Medicine  
<https://www.gnicpm.ru/> **MSK**

## TRAUMATOLOGY AND ORTHOPEDICS

Priorov National Medical Research Center for  
traumatology and orthopedics  
<https://www.cito-priorov.ru/> **MSK**

Meshalkin National Medical Research Center  
<https://www.meshalkin.ru/> **NSK**

## NEUROLOGY AND NEUROSURGERY

N.N.Burdenko National Research Center for  
Neurosurgery  
<https://www.nsi.ru/> **MSK**

A.N. Bakulev National Medical Research Center  
of Cardiovascular Surgery  
<https://bakulev.ru/> **MSK**

Almazov National Medical Research Center  
<http://www.almazovcentre.ru/> **SPB**

National Medical Research Center  
for Preventive Medicine  
<https://www.gnicpm.ru/> **MSK**

## OPHTHALMOLOGY

S.N. Fedorov National Medical Research Center  
“MNTK “Eye Microsurgery”  
<http://www.mntk.ru/> **MSK**



## INTERNAL MEDICINE

National Medical Research Center  
for Preventive Medicine

<https://www.gnicpm.ru/>

MSK

Almazov National Medical Research Center

<http://www.almazovcentre.ru/>

SPB

## GYNECOLOGY AND OBSTETRICS

National Medical Research Center  
for Obstetrics, Gynecology and Perinatology  
named after Academician V.I. Kulakov

<http://ncagp.ru/>

MSK

## CHILDREN'S HEALTH

National Medical Research Center  
for Children's Health

<http://nczd.ru/>

MSK

National Medical Research Center  
for Obstetrics, Gynecology and Perinatology  
named after Academician V.I. Kulakov

<http://ncagp.ru/>

MSK

## ONCOLOGY

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National Medical Research Radiological Center

<https://nmicr.ru/>

MSK

N.N. Blokhin National Medical Research Center

<https://www.ronc.ru/>

MSK

N.N. Petrov National Medical Research Center  
of Oncology

<https://www.niioncologii.ru/>

MSK

Dmitry Rogachev National Medical Research  
Center of Pediatric Hematology, Oncology and  
Immunology

<http://www.fnkc.ru/>

MSK

## REHABILITATION

National Medical Research Center for  
Rehabilitation and Balneology

<http://www.nmicrk.ru/>

MSK

## STOMATOLOGY

National Medical Research Center  
for Preventive Medicine

<https://www.gnicpm.ru/>

MSK

Almazov National Medical Research Center

<http://www.almazovcentre.ru/>

SPB

National Medical Research Center  
for Children's Health

<http://nczd.ru/>

MSK

## ENDOCRINOLOGY

National Medical Research Center for  
Endocrinology

<https://www.endocrincentr.ru/>

MSK

## AESTHETIC MEDICINE AND COSMETOLOGY

National Medical Research Center  
for Preventive Medicine

<https://www.gnicpm.ru/>

MSK

Almazov National Medical Research Center

<http://www.almazovcentre.ru/>

SPB

# 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**

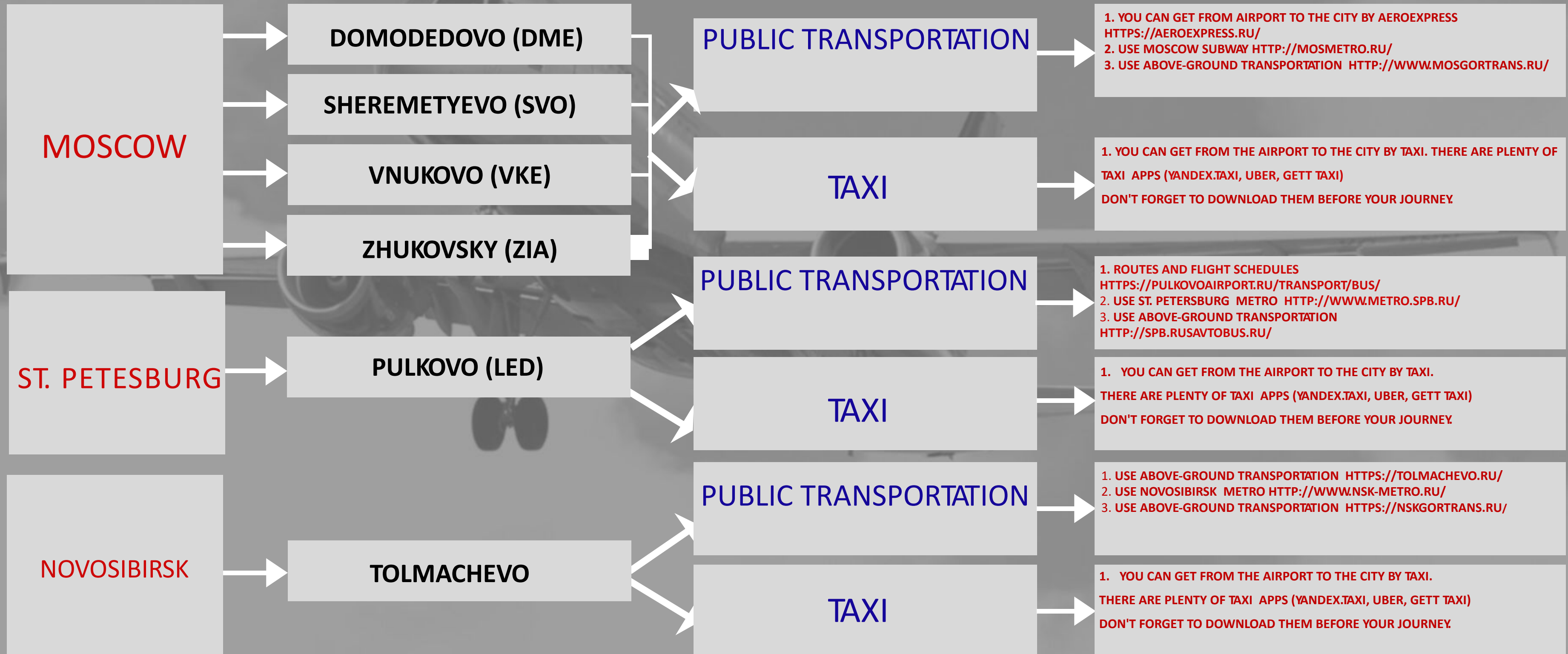


**If you have any questions do not hesitate to contact  
Export of Medical Services Coordination Center**

# STEP III

**SELECT THE BEST TYPE OF TRANSPORTATION  
AND ACCOMMODATION**

# TRANSPORTATION



# TRAVEL APPs

## to download before your trip

### FOR IOS and ANDROID

#### Public transportation and car rental (car sharing)

1. Bus, trolleybus, cable car:  
**Yandex.Transport**
2. City maps:  
**Yandex.Metro**
3. Car rental (car sharing):  
**BelkaCar**  
**DeliMobil**

#### City maps

1. Russian city maps:  
**Yandex.Maps**  
**Google maps**
2. Off-line Russian city  
maps:  
**2GIS**

#### Attractions in Russia

1. City guide Apps:  
**Triposo**  
**Redigo**
2. Restaurant guide App:  
**TripAdvisor**

# 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.

## FAR-ABROAD COUNTRIES

1. Abkhazia
2. Armenia
3. Azerbaijan
4. Belarus
5. Moldova
6. Kazakhstan
7. Kyrgyzstan
8. Tajikistan
9. Uzbekistan
10. The Ukraine
11. South Ossetia

## FAR-ABROAD COUNTRIES

1. Argentina
2. Bosnia and Herzegovina
3. Brazil
4. Colombia
5. Ecuador
6. Serbia
7. Venezuela
8. Guatemala
9. Chile
10. Israel
11. Macedonia
12. Nicaragua
13. Peru
14. Salvador
15. Uruguay
16. Fiji

## FAR-ABROAD COUNTRIES

17. Honduras
18. South Korea
19. Mauritius
20. Cuba
21. Macau
22. Montenegro
23. Serbia
24. Thailand
25. Ecuador
26. Mongolia
27. Seychelles
28. Hong Kong
29. Bolivia
30. Brunei-Darussalam
31. Vanuatu
32. Guyana

## FAR-ABROAD COUNTRIES

33. Grenada
34. Laos
35. Nauru
36. UAE
37. Palau
38. Panama
39. Paraguay
40. Samoa
41. Saint Vincent and the Grenadines
42. Saint Kitts and Nevis
43. Commonwealth of Dominica
44. RSA
45. Jamaica

# WHAT TYPES OF RUSSIAN VISAS ARE THERE?\*

## TOURIST

PURPOSE OF VISIT: TARGET  
TOURISM

**The period of validity: up to  
30 days**

For those who visit Russia for  
tourism purposes on a specialized  
tour for health check-ups or  
medical consultations

## BUSINESS

PURPOSE OF VISIT: MEDICAL  
TREATMENT

**The period of validity: up to  
90 days**

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).

## PRIVATE

PURPOSE OF VISIT:  
SPECIAL CASES

**The period of validity: up to  
90 days**

For those who travel to Russia for  
emergency medical treatment or  
to visit a sick relative.

# 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**

**8 (800) 222 74 47**

## CONTACT INFORMATION

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