



# MEDICAL TOURISM IN RUSSIA

*5 STEPS*

LEARN HOW TO GET MEDICAL CARE IN RUSSIAN FEDERATION

# CONTANTS

|  |       |
|--|-------|
| Medical treatment in Russia. How does it work?.....                    | 3-6   |
| <b>STEP I</b> Choose a health facility.....                            | 7-9   |
| <b>STEP II</b> Contact a specialist from a chosen health Facility..... | 10-11 |
| <b>STEP III</b> Transportation and accommodation.....                  | 12-15 |
| <b>STEP IV</b> Apply for a visa.....                                   | 16-19 |
| <b>STEP V</b> Welcome to Russia!.....                                  | 20-21 |



# **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

## 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.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/>

**MSK**

National Medical Research Center  
for Preventive Medicine

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

**SPB**

## 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

**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/> **SPB**

**D. Rogachev National Medical  
Research Center**

<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**

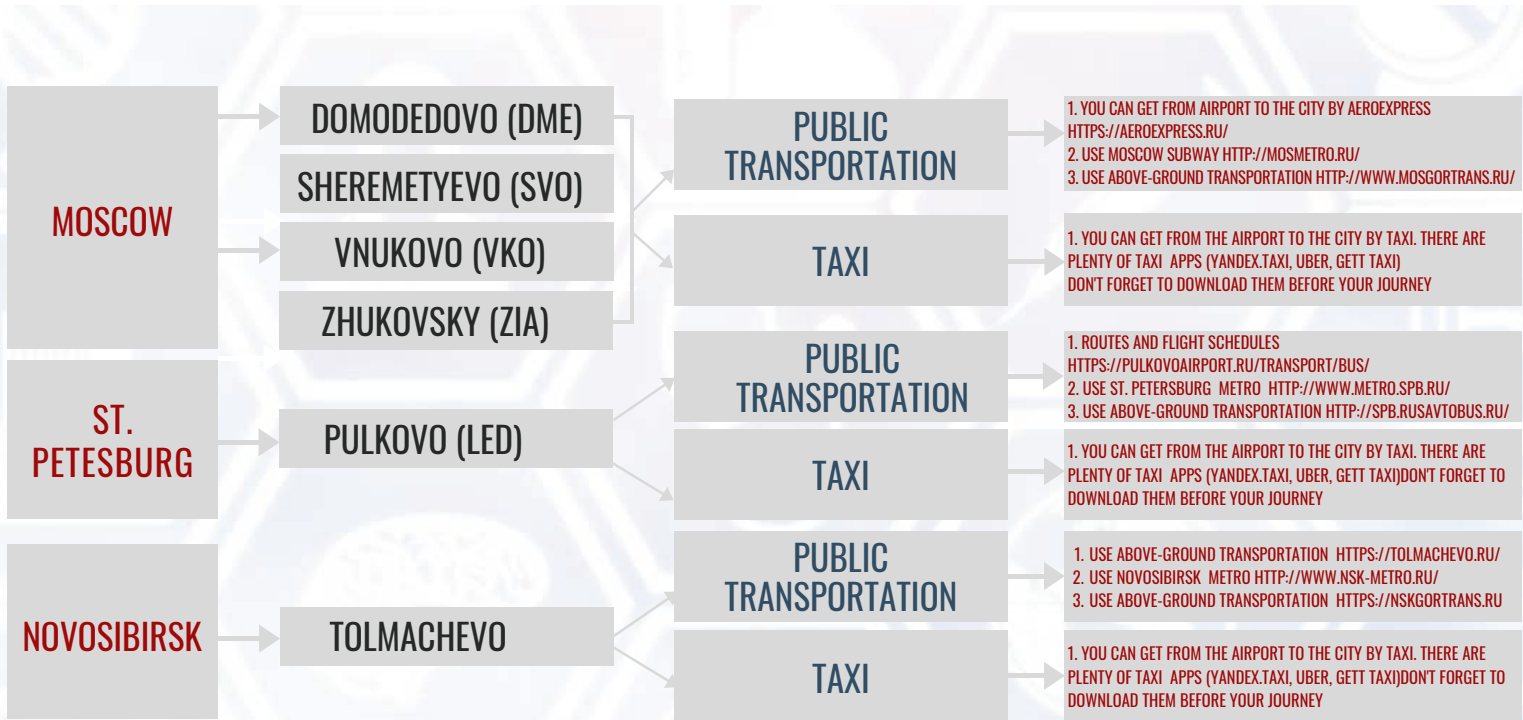


**IF YOU HAVE ANY QUESTIONS DO NOT HESITATE TO CONTACT  
EXPORT OF MEDICAL SERVICES COORDINATION CENTER**

# **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.

## F A R - A B R O A D C O U N T R I E S

- |                            |               |                       |                                      |
|----------------------------|---------------|-----------------------|--------------------------------------|
| 1. Abkhazia                | 15. Colombia  | 29. South Korea       | 43. Guyana                           |
| 2. Armenia                 | 16. Ecuador   | 30. Mauritius         | 44. Grenada                          |
| 3. Azerbaijan              | 17. Serbia    | 31. Cuba              | 45. Laos                             |
| 4. Belarus                 | 18. Venezuela | 32. Macau             | 46. Nauru                            |
| 5. Moldova                 | 19. Guatemala | 33. Montenegro        | 47. UAE                              |
| 6. Kazakhstan              | 20. Chile     | 34. Serbia            | 48. Palau                            |
| 7. Kyrgyzstan              | 21. Israel    | 35. Thailand          | 49. Panama                           |
| 8. Tajikistan              | 22. Macedonia | 36. Ecuador           | 50. Paraguay                         |
| 9. Uzbekistan              | 23. Nicaragua | 37. Mongolia          | 51. Samoa                            |
| 10. The Ukraine            | 24. Peru      | 38. Seychelles        | 52. Saint Vincent and the Grenadines |
| 11. South Ossetia          | 25. Salvador  | 39. Hong Kong         | 53. Saint Kitts and Nevis            |
| 12. Argentina              | 26. Uruguay   | 40. Bolivia           | 54. Commonwealth of Dominica         |
| 13. Bosnia and Herzegovina | 27. Fiji      | 41. Brunei-Darussalam | 55. RSA                              |
| 14. Brazil                 | 28. Honduras  | 42. Vanuatu           | 56. 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 PHONE NUMBER

If you are in an emergency situation on the territory of the Russian Federation, you can ask for help by phone



**112**

# CONTACT INFORMATION

FOR QUESTIONS AND SUGGESTIONS

COORDINATING CENTER FOR THE DEVELOPMENT  
OF THE EXPORT OF MEDICAL SERVICES

DOBROLUBOVA STR., 11  
MOSCOW, RU 127256

EMAIL ADDRESS

[EXPORT@MEDNET.RU](mailto:EXPORT@MEDNET.RU)

