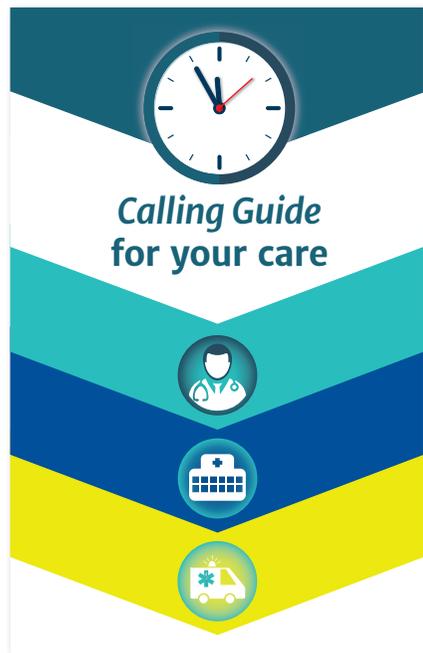


Calling guide always at hand

With the Calling Guide you always have the right numbers nearby. The GP, after-hours medical clinic and regional ambulance service are ready to help.



➤ Calling guide in 3 steps

1. Read the folder carefully.
2. Call the right medical care provider.
3. Follow the telephone instructions.

initiated by



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Calling guide for your care

Who can help
you when?



➤ General Practitioner



➤ First point of contact

Your GP is your first point of contact if you have health issues. He or she is available during office hours. You can make an appointment at the doctor's office, but the GP can also make (urgent) house calls.

Call the GP when:

- You have questions about your health.
- You have physical or psychological symptoms.

➤ Enter your GP's phone number here:

➤ After-hours medical clinic



➤ Urgent cases outside of office hours

The after-hours medical clinic (AHMC) is there for urgent cases. The AHMC can be reached in the evening, at night and over the weekend. Only call the AHMC if you have a health problem that cannot wait until your own GP or his/her replacement is available. If necessary, the AHMC will refer you to the emergency room. A visit to the emergency room is subject to a deductible.

Call the after-hours medical clinic if:

- A health problem cannot wait until your own GP or his/her replacement is available.
- Urgent care is required in the evening, at night or over the weekend.

➤ Enter your AHMC's phone number here:

➤ Regional ambulance service



➤ A life-threatening situation

The national emergency phone number is for emergency assistance where every second matters. The ambulance service is available 24 hours a day.

Call an ambulance in the event of:

- Severe shortness of breath or loss of consciousness.
- Chest pain.
- Sudden paralysis, speech problems and/or a drooping mouth.
- Heavy blood loss.

➤ National emergency phone number:

112