

You and your health

When you have a residence permit and a place of residence in Denmark, you are entitled to free treatment in most of the healthcare system. Read more about how you are examined and treated in this leaflet.

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Health insurance card

When you are granted a residence permit in Denmark, you will receive a health insurance card from the municipality and will get a doctor. You need to use the health insurance card when you go to a doctor, an emergency room or a hospital. The health insurance card contains the contact details of your doctor and your civil registration number, which is a unique identification number.

Your doctor

- Anyone living in Denmark is assigned a doctor who can be contacted in case of illness. Your own doctor can find out what is wrong with you and treat you for the most common diseases.
- You should always book an appointment before visiting your doctor. This also applies if you become acutely ill during your doctor's opening hours. Your doctor's telephone number is stated on your health insurance card.

Chronic illness

- If you have a chronic illness, your doctor can help you continue the right treatment. The doctor also prescribes the medicine you need.

Pregnancy

- If you are pregnant, or think you are pregnant, you should contact your doctor as soon as possible.
- If you need further information on pregnancy and childbirth, you can read more in the Danish Health Authority's leaflet [New in Denmark – pregnancy and birth](#).

Children

- All children are offered regular preventive health check-ups by a doctor from when they are five weeks old and until they reach the age of five.
- All new parents are offered home visits by a health visitor who can help with breastfeeding and other questions about how to care for your baby.
- You can read more about the offers available for children in the leaflet '[New in Denmark. Health Guidelines for Parents with Small Children](#)' and in '[Healthy children in a new country](#)' published by the Danish Health Authority.

Mental illness and traumas

- If you get symptoms of mental illness, such as depression, anxiety or a psychological reaction to unpleasant events, you need to consult your own doctor. Your doctor can often help you.

Interpreter

- If you do not understand Danish, you have the right to an interpreter for consultations with your doctor, a specialist or in hospital. Your doctor will book an interpreter.

Vaccination

- In Denmark, all children are offered free vaccination against ten different diseases, including measles, polio and diphtheria. These diseases have been chosen because they are serious and often occur in children who are not vaccinated. The vaccinations are free of charge and voluntary. The vaccinations are given by your own doctor. Contact your own doctor to book an appointment or for more information. [You can also read more here.](#)

- Adults who have not been vaccinated against measles, mumps and rubella can be vaccinated free of charge. COVID-19 vaccination is also offered free of charge.

Medicine

- If you need medicine, you should contact your doctor, who can write a prescription for the medicine you require. You can then go to the pharmacy and buy your medicine. Some types of medicine, such as aspirin and antihistamine tablets, can be bought without a prescription in pharmacies or supermarkets.

Hospitals

- If you need to be examined or treated at a hospital, you always need a referral from your own doctor, a specialist or the out-of-hours medical service. For non-urgent treatment, you need an appointment for the examination.

Emergency room/emergency centre

- If you suffer an acute injury or become acutely ill and this is not life-threatening, you must always call your own doctor or out-of-hours medical service. Your doctor or the out-of-hours medical service emergency will refer you to the emergency room/emergency centre.

112

- If you urgently need an ambulance, call 112. This could, for example, be if a person suddenly becomes very ill, is unconscious or has been seriously injured. When calling 112, you must explain who you are, what has happened, where and when the incident took place and where you are calling from.
- 112 is an emergency number – only call 112 if urgent help is needed.

Dentist

- Children and young people under 18 years of age have access to free dental treatment. Usually, children in Denmark receive a letter with an invitation to a preventive examination with a dentist when they are ½ - 1 years old. At the first visits, the focus is on preventing dental disease and explaining to the child and parents how best to look after the child's teeth. If your child has dental problems earlier, you can contact the municipality's paediatric dentists. Ask your health visitor, if necessary.
- Adults who have reached the age of 18 have access to dental treatment with private dentists or dental hygienists. You need to call to book an appointment with the dentist yourself and you pay part of the bill yourself.

The out-of-hours dental service offers urgent dental treatment for adults and children outside normal opening hours, for example in case of toothache and minor dental injuries. The service is free of charge for children and adolescents under 18 years of age. Adults must pay for such urgent dental treatment.

Important telephone numbers

Urgent need for help: 112

Your doctor's number: Is stated on your health insurance card

**The out-of-hours medical service
(In case of illness outside your doctor's opening hours):**

- Capital Region of Denmark: **1813**
- Central Denmark Region: **70 11 31 31**
- North Denmark Region: **70 15 03 00**
- Region Zealand: **70 15 07 00**
- Region of Southern Denmark: **70 11 07 07**

Links to leaflets



New in Denmark:
Pregnancy and birth



New in Denmark:
Health Guidelines for
Parents with Small
Children



Healthy children
in a new country



Info about
vaccination