

Healthcare

At the start of the academic year, we encourage you to take out private health insurance which will cover you for the first few months until you join the French social security system.

Once you have arrived and completed your enrolment at Université Paris-Saclay, you can apply for social security.

Before departure / Upon arrival

APPLYING FOR HEALTH INSURANCE

• You have an employment contract in France

PhD students and researchers holding a 'Passeport-Talent Chercheur' or 'Scientifique-Chercheur' visa must apply for health insurance with the CPAM in Paris (Caisse Primaire d'Assurance Maladie - national healthcare agency) in order to receive a social security number.

You should send Form S1106 'demande d'ouverture des droits à l'assurance maladie' (application for entitlement to health insurance) and supporting documents to the following address:

Assurance Maladie
SRI/Talents
75948 PARIS Cedex 19

NB: Remember to bring your birth certificate with you translated into French by a sworn translator as it will be required for registration.

Contact the Human Resources office:

- In some cases, the employer will take care of the application.
- If you are accompanied by your spouse and/or children, depending on their situation, they can also be covered by your healthcare insurance.

• You do not have an employment contract in France

You are considered a student by the CPAM

- Non-salaried PhD students are considered to be students by the CPAM. If you are registering for the first time at a French higher education institution, you can apply for healthcare insurance directly online at www.etudiant-etranger.ameli.fr
- You are a European student: before you arrive in France, you must apply for a European Health Insurance Card from your insurer in your home country.

If you are coming to study for a period of less than 3 months, you should be covered by your home country health insurance or by private insurance.

REIMBURSEMENT OF MEDICAL EXPENSES

The CPAM will give you a provisional social security number. This entitles you to health insurance but you will have to pay medical fees in advance which will be subsequently reimbursed based on your medical records.

You will then be given a permanent social security number and a Carte Vitale (insurance card). You should then:

• Nominate an attending practitioner (GP):

In France, in order to have access to specific care (except for gynaecology, ophthalmology, stomatology medicine and psychiatry for the under-25s) and to be reimbursed at a higher rate, you must have an attending practitioner. He/she is the first person you see to assess your health. He/she will ensure your medical follow-up. You can nominate your GP during your first consultation.

• Create your personal account

Activate your Ameli account at www.ameli.fr and fill in or update your personal details: postal address, bank details, attending practitioner.

- **Remember to update your Carte Vitale** regularly. This can be done in pharmacies on the terminals provided for this purpose.

TOP-UP HEALTH INSURANCE

The health insurance scheme reimburses 70% of your health expenses if you consult your GP. To be reimbursed 100%, you must take out a top-up health insurance (also called *mutuelle*) which will reimburse the remaining 30%.

To find supplementary health insurance companies, you can search directly on the internet and use an online comparative tool to get the ideal rate depending on your needs (dental, optical, etc.).

During your stay

MENTAL HEALTH

Moving to another country can be quite an emotional upheaval (isolation, unhappiness, homesickness, etc.) Do not hesitate to talk about it with others.

• You are a PhD student

The various departments and member institutions of Université Paris-Saclay offer students free preventive counselling as part of preventative healthcare. Go through the medical centre at your school to make an appointment.

Free and anonymous services are also available in France:

- Nightline Saclay: +33 (0)01 85 40 20 10
Open 7 days a week from 9.00 pm to 2.30 am
A free listening, support and information line run by students trained in active listening for students.
- University counselling offices (BAPU - Bureaux d'aide psychologique universitaire)
BAPU consultations are 100% covered by social security organisations and can take place in English.

For further information:

<https://www.soutien-etudiant.info/>

• You are a researcher or lecturer (assistant professor)

Contact your employer's occupational health department. Your GP can also help you with this and refer you to specialists.

- **The Réassurance programme** by the Science Accueil association (Université Paris-Saclay partner) is aimed at

foreign students and researchers who are struggling to fit in, are homesick or anxious.

USEFUL AND EMERGENCY CONTACTS

• Health Insurance Contact Centre

Call 3646 to get information on your rights and procedures, ask a question about your file, report a change in your situation or check your reimbursements.

• **The University Department of Preventive Medicine and Health Promotion, SUMPPS** (*Service Universitaire de Médecine Préventive et de Promotion de la Santé*) welcomes students from Université Paris-Saclay constituent faculties and institutes free of charge. The SUMPPS team is there to help you complete your studies in the best physical, mental and social circumstances. The team includes doctors, nurses, psychologists, a dietician, a tabacologist, a public health officer and a management assistant.

Contact: sante-etudiants@universite-paris-saclay.fr

To find out who your contacts are in your department, constituent faculty or institute, go to the Université Paris-Saclay website and the [Médecine Préventive \(Preventive Medicine\)](#) page.

• Disability Department

If you have a temporary or permanent health problem, do not hesitate to contact the disability department of your institution. This department can help you benefit from extenuating circumstances for your studies or work, in complete confidence. Find all the contacts of the disability department and liaison officers for students and staff on the following page:

<https://www.universite-paris-saclay.fr/vie-de-campus/handicap/contacts-handicap>

• Emergency numbers

Police: 17

Fire services: 18

Emergency medical services (Service d'aide médicale d'urgence - SAMU) 15

Terminology

CPAM: Caisse Primaire d'Assurance Maladie (national healthcare agency). State organisation which manages health insurance rights in France

Ameli: official website of the CPAM

APASO: Association pour la prévention, l'accueil, le soutien et l'orientation (Association for prevention, reception, support and guidance). - apaso.fr

AAF: Association Addictions France (addictions-france.org)

BAPU: Bureaux d'aide psychologique universitaire (University psychology counselling offices)