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The  
Wellbeing  
Team

# The National Health Service

## A brief guide

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# A brief guide to the National Health Service

The National Health Service (NHS) is the publicly funded healthcare system in the UK. If you are an international student (including EU students) on a Student Route Visa you have the same access to NHS health services as British citizens.

If you are on a short stay visa you may have to pay for some services. The above applies to spouses and dependents.

Health insurance is required whatever your visa status. Health insurance can cover health costs (for short stay study visa holders) and the cost of returning home.

There are some free services available to anyone residing in the UK, these are:

- emergency treatment in Accident and Emergency (but not inpatient care)
- contraception, testing and treatment for most sexually transmitted infections
- NHS Urgent Care Centre – assessment and treatment for health conditions that are urgent but non-life threatening
- compulsory psychiatric treatment
- treatment for certain communicable diseases

## Using the NHS

First register with a General Practitioner (also called a GP or family doctor). Usually GP's work in groups called a practice. Practices are often placed in Health Centres. You will need to register with a GP practice that covers the area where you live. If you are a home student, it's a good idea to register with a GP in the area you study, you can always see a GP as a temporary resident when you go home.

## What you need to register with a GP

To register you need proof of eligibility. This may be a visa or a letter from the university or employer stating the duration of your course/ stay, as well as proof of your address. Once you have registered with a GP you can use the NHS.

What does NHS registration entitle me to?

- Consultations with your GP
- Hospital treatment in Accident and Emergency
- Hospital treatment if referred by your GP
- Contraception services
- Maternity care

## How to register with a GP

You can register online with most GPs, including Cripps and Orchard Surgery. It's best to register as soon as possible (either just before you start or when you arrive at university). Remember to inform your GP if you change your address.

Details of GPs are available at

➤ [nhs.uk](https://www.nhs.uk)

## Medication

Sometimes you will be prescribed a course of medication. Take your NHS prescription to a pharmacy/chemist. You need to contribute towards paying for any medication you have been prescribed. Currently there is a standard charge of £9.65\* per course of prescription drugs.

## Prescription prepayment certificate (PPC)

If you know you'll have to pay for a lot of NHS prescriptions, you can save money by buying a prescription prepayment certificate (PPC):

- 3 month PPC : £31.25\*
- 12 month PPC : £110.60\*

A PPC covers you for all of your own NHS prescriptions, including dental prescriptions, no matter how many items you need. Sometimes your GP will recommend buying medication over the counter without a prescription as some medicines are cheaper this way.

For details on the area covered by the University of Nottingham Health Service:

➤ [unhs.co.uk](https://www.unhs.co.uk)  
☎ 0115 846 8888

For details on the area covered by the Orchard Surgery:

➤ [kegworth.net](https://www.kegworth.net)  
☎ 01509 674 919

## Choose the right service

- Ask your local pharmacist for advice about many common minor illnesses, such as diarrhoea, minor infections, headaches, sore throats, or travel health.
- Make an appointment with your GP if you are feeling unwell and it is not an emergency.
- Visit Nottingham Urgent Care Centre, if you have a minor illness or injury (cuts, sprains or rashes) and it can't wait until your GP surgery is open.
- If you need medical advice but its not urgent, you can call NHS 111 or go to [111.nhs.uk](https://www.111.nhs.uk)
- Call 999 if someone is seriously ill or injured and their life is at risk.

For health and wellbeing information, visit:

[nottingham.ac.uk/healthyu](https://www.nottingham.ac.uk/healthyu)

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