

## Information about voluntary health checkups for all individuals who have applied for temporary protection in Finland

You should wear a face mask to every visit. Face masks are available on site.

All age groups are welcome to come for a health checkup.  
All visits are free of charge.

Address:  
Medimar  
Lövuddsvägen 4  
22120 Mariehamn

The health checkup requires at least two visits:

1. Drop-in: Tuesdays and Wednesdays between 13:00 and 15:00. You do not need to make an appointment. **Please bring your ID and UMA number.**

Blood samples (non-fasting) are collected at this visit. You will also receive a referral to the Lung x-ray clinic. We recommend that you go to the x-ray clinic (ÅHS) directly after the blood samples are collected. We will give you information about the x-ray examination.

At the drop-in visit you will be given an appointment time for the health checkup. You will be given a health questionnaire to take home and fill in for the health checkup. **You must visit our drop-in clinic before the health checkup (see point 2 below).**

**We ask that you fill in as much of the health questionnaire as possible (vaccinations and medication) in preparation for the health checkup. The lung x-ray should also be completed before the checkup.**

2. Health checkup (this visit takes about 45 minutes)  
You will go through the health questionnaire as well as test and x-ray results together with a nurse and an interpreter. If necessary, you will also be given vaccinations at this visit.