



# Online doctor from Hjemmelegene

Doctor's appointment within 20 minutes

From February 1, 2023, you can start using digital medical services from Hjemmelegene.

Here you can quickly and easily contact experienced GPs when you need it, no matter where you are.

Online doctor's appointments are included in your health insurance from If and Vertikal Helse, and can be used at no extra cost.

## Online doctor for adults and children

Hjemmelegene is a Norwegian medical service, which since its inception has performed more than 100,000 consultations at home, digitally and at companies.

The digital doctor's appointment can be done on a PC, mobile or tablet, and you can talk to a doctor within 20 minutes of booking an appointment.

With the help of video, the doctor can assess the symptoms, so that you get sound advice and recommendations tailored to you.

The medical service from Hjemmelegene can be used by you who are insured and your children under the age of 18.

## The type of help you can receive:

- Treatment and follow-up of medical issues, which do not require physical examinations

- Renewal of prescriptions for most regular medications
- Referral to a medical specialist or further examinations if necessary

## How to get started

- Go to the Hjemmelegene's website: [hjemmelegene.no/forsikring](https://hjemmelegene.no/forsikring)
- Log in with your BankID and the agreement number of the company's health insurance
- Briefly describe what you need help with

After booking, you will receive a message with a link to the video room where you will meet the doctor.

## Opening hours

Hjemmelegene's digital medical service is open daily at 7:00 am - 10:00 pm throughout the year.

If you need medical advice and guidance outside of these opening hours, you can contact our medical advisory service at 21 49 24 01. Here you will meet experienced nurses who can answer your questions about health and illness.

*From February 1, you can no longer use Kry through your health insurance.*

Would you like to know more?

See [vertikalhelse.no/digital-legg](https://vertikalhelse.no/digital-legg)

