



MEDICAL TOURISM IN PENZA REGION

LEARN HOW TO GET MEDICAL CARE IN PENZA REGION

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organization and
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of Health of the
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**MEDICAL TREATMENT
IN PENZA REGION.
HOW DOES IT WORK?**

MEDICAL TREATMENT IN RUSSIA IS



HIGH QUALITY

High quality medical care
Meeting international
standards



THE BEST DOCTORS

Highly trained doctors,
nurses and other
medical specialists with
an international
experience



LOW COST

Medical care in
Russia has an
excellent
cost-to-quality ratio



RUSSIAN CULTURE

Discover rich national
cultural heritage and
history

GETTING MEDICAL TREATMENT IN RUSSIA

IN THE RUSSIAN FEDERATION THERE ARE OUTPATIENT MEDICAL CARE AND INPATIENT MEDICAL CARE. HEALTHCARE FACILITY SPECIALISTS WILL PROVIDE ASSISTANCE WITH CHOOSING THE TYPE OF MEDICAL CARE YOU NEED.

OUTPATIENT MEDICAL CARE

**GET YOUR HEALTH CHECK-
UP WITHIN
2-3 DAYS WHILE YOU ARE
ON VACATION**

Check a healthcare facility
website for more information

INPATIENT MEDICAL CARE

**CHOOSE A HEALTH FACILITY
ACCORDING TO THE MEDICAL
PROCEDURE YOU ARE
SEEKING
AND COME TO RUSSIA FOR
HOSPITAL ADMISSION**

Check a healthcare facility
website for more information

HOW TO GET MEDICAL CARE IN THE PENZA REGION?



STEP I

Choose
a health facility



STEP II

Get confirmation
from chosen
healthcare facility



STEP III

Select type
of transportation
and
accommodation



STEP IV

Apply for
a visa



STEP V

Welcome to
Russia!

STEP I

**CHOOSE THE BEST HEALTH FACILITY
ACCORDING TO THE MEDICAL
PROCEDURE YOU ARE SEEKING**

CHOOSE YOUR RUSSIAN MEDICAL RESEARCH CENTERS

CARDIOLOGY

GBUZ "Penza Regional Clinical Hospital
named after N.N. Burdenko“ **PNZ**
<https://burdenko.ru/>

GBUZ "Clinical Hospital № 6 named after
GA Zakharyin" **PNZ**
<https://hosp6.ru/>

TRAUMATOLOGY AND ORTHOPEDICS

GBUZ "Clinical Hospital № 6 named after
GA Zakharyin" **PNZ**
<https://hosp6.ru/>

NEUROLOGY AND NEUROSURGERY

GBUZ "Penza Regional Clinical Hospital
named after N.N. Burdenko“ **PNZ**
<https://burdenko.ru/>

OPHTHALMOLOGY

” GBUZ "Penza Regional Eye Hospital" **PNZ**
[https:// semash.ru/](https://semash.ru/)

CHOOSE YOUR RUSSIAN MEDICAL RESEARCH CENTERS

THERAPY

GBUZ "Clinical Hospital № 4"

<https://горбольница4-пенза.рф> PNZ

REHABILITATION

GBUZ "Clinical Hospital № 6
named after GA Zakharyin"

<https://hosp6.ru/> PNZ

GBUZ "Penza Regional Clinical
Hospital named after N.N.
Burdenko"

<https://burdenko.ru/> PNZ

ENDOCRINOLOGY

GBUZ "Penza Regional Clinical
Hospital named after N.N.
Burdenko"

<https://burdenko.ru/> PNZ

GBUZ "Clinical Hospital № 4"

<https://горбольница4-пенза.рф> PNZ

STEP II

**CONTACT A SPECIALIST FROM YOUR CHOSEN
HEALTH FACILITY TO DECIDE ON THE FORM
OF MEDICAL TREATMENT YOU NEED AND FOR
PREPARING DOCUMENTS FOR YOUR VISIT
TO RUSSIA**

1. CHECK THE SECTION "MEDICAL TOURISM" ON THE HEALTH CARE FACILITY WEB-SITE

2. READ THE INFORMATION

3. MAKE A REQUEST THROUGH A PHONE CALL OR EMAIL

4. GET A CONFIRMATION FOR TREATMENT AND FOLLOW THE INSTRUCTIONS TO APPLY FOR A VISA



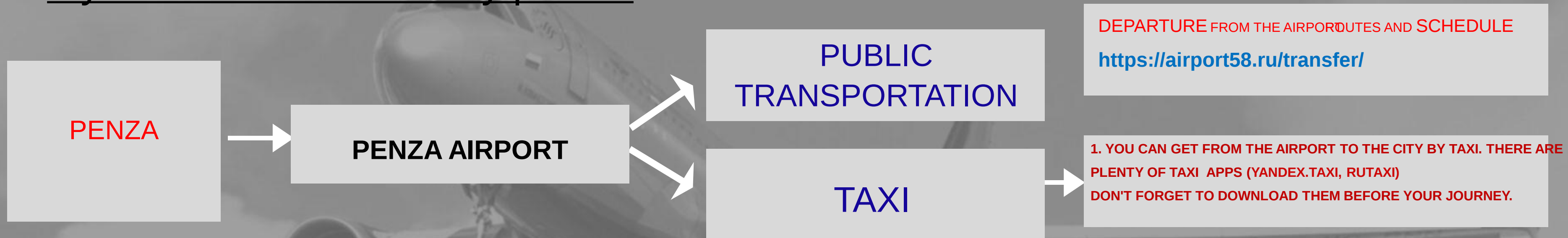
**If you have any questions do not hesitate to contact
Export of Medical Services Coordination Center**

STEP III

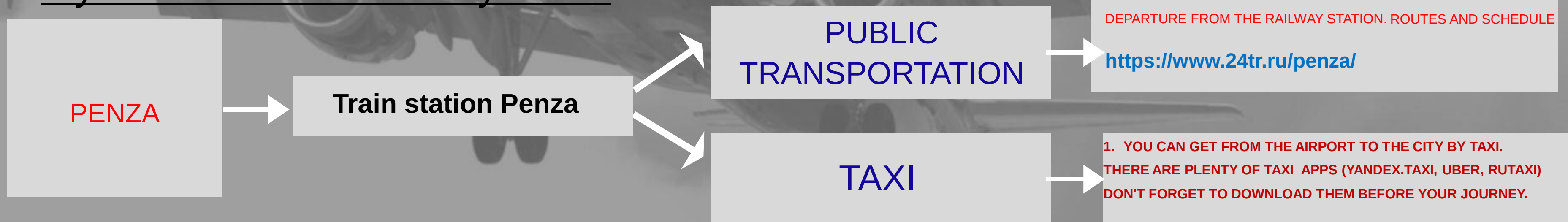
**SELECT THE BEST TYPE OF TRANSPORTATION
AND ACCOMMODATION**

TRANSPORTATION

If you arrived in Penza by plane :



If you arrived in Penza by train :



TRAVEL APPs

to download before your trip

FOR IOS and ANDROID

Public transportation and car rental (car sharing)

1. Bus, trolleybus, cable car:
Yandex.Transport
2. City maps:
Yandex.Metro
3. Car rental (car sharing):
BelkaCar
DeliMobil

City maps

1. Russian city maps:
Yandex.Maps
Google maps
2. Off-line Russian city maps:
2GIS

Attractions in Russia

1. City guide Apps:
Triposo
Redigo
2. Restaurant guide App:
TripAdvisor

ACCOMMODATION



ACCOMMODATION OPTIONS IF YOU
ARE COMING FOR OUTPATIENT ADMISSION

<https://www.booking.com/>

<https://www.tripadvisor.com/>

<https://www.airbnb.com/>

Please contact a tour operator or assistance companies if you need any assistance with organizing your trip.



ACCOMMODATION OPTIONS IF YOU
ARE COMING FOR INPATIENT ADMISSION

Contact a specialist from a health facility for information about your accommodation. Please do not forget to do it in advance.

STEP IV

APPLY FOR A RUSSIAN VISA

WHAT TYPES OF RUSSIAN VISAS ARE THERE?*

TOURIST

PURPOSE OF VISIT:
TARGET TOURISM

The period of validity: up to 30 days

For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations

BUSINESS

PURPOSE OF VISIT:
MEDICAL TREATMENT

The period of validity: up to 90 days

For those who visit Russia for medical treatment, health check-ups, medical advice with official invitation obtained from a health facility (except target tourism for the purpose of treatment and critical care).

PRIVATE

PURPOSE OF VISIT:
SPECIAL CASES

The period of validity: up to 90 days

For those who travel to Russia for emergency medical treatment or to visit a sick relative.

Help with processing documents for entering Russia



GETTING AN OFFICIAL INVITATION

Once you get an approval for treatment, the health facility should obtain an official invitation and submit your documents to the Federal Migration Service of Russia in order to register your migration.



APPLYING THROUGH TRAVEL AGENCIES OR TRAVEL ASSISTANCE COMPANIES

In case you need additional help with applying for a Russian visa, you can contact travel agencies or travel assistance companies.



STEP V

WELCOME TO RUSSIA!

EMERGENCY TELEPHONE NUMBERS

USEFUL AND EMERGENCY TELEPHONE NUMBERS

EMERGENCY

FEDERAL
MIGRATION SERVICE
OF RUSSIA

POLICE

112

**8 (800) 350 23 69
* 381**

8 (800) 222 74 47

CONTACT INFORMATION

Export of Medical Services Coordination
Center

*Federal Research Institute
for Health organization and informatics of
the Ministry
of Health of the Russian Federation*

127256, MOSCOW, DOBROLYUBOVA ST., 11

EMAIL ADDRESS

OM@ROSMINZDRAV.RU

PHONE NUMBERS

+7 (495) 618-07-92*103

+7 (495) 618-07-92*104