



# Pihlajalinna

PRICE LIST 2023

OCCUPATIONAL HEALTH SERVICES

# PRICE LIST 2023 OCCUPATIONAL HEALTH SERVICES

## Our services to work communities

Our occupational health services support businesses and other organisations during times of change. The usual services include cooperation on the level of the organisation, planning of activities, workplace surveys, work ability support for the customer organisation, support for senior management and supervisors in matters related to work ability, occupational safety and health activities and counselling and advising as well as occupational health meetings and various training and work community activities.

### Preventive occupational health services delivered by healthcare professionals and experts

	price / hour
Occupational health physician*	EUR 209.45
Occupational health nurse	EUR 101.95
Occupational health physiotherapist	EUR 107.70
Occupational health psychologist	EUR 179.65
Work ability coach, social care expert**	EUR 155.15
Dietician	EUR 158.50

### Training and group activities\*\*

	price / hour
Occupational health physician*	EUR 540.00
Occupational health nurse	EUR 265.00
Occupational health physiotherapist	EUR 270.00
Occupational health psychologist	EUR 465.00

### Work community work

	price / hour
Crisis work (group debriefing discussions with two leaders EUR 390 per leader)	EUR 390.00
Conflict resolution, support for improving the work atmosphere	EUR 390.00
Support for supervisory work	EUR 390.00
Support during times of change for work communities and supervisors	EUR 390.00
Mentoring for individuals and groups <i>Mentoring is agreed upon with a separate offer</i>	starting from EUR 190.00

### First aid training\*\*

In addition to the course prices, we charge a certification and qualification registration fee according to the valid price list of the Finnish Red Cross as well as a certificate card fee for each trainee. We also charge a fee for online training materials.

	price
First aid refresher course, 4 h	EUR 685.00 per course
Emergency first aid, 8 h	EUR 980.00 per course
First aid EA1, 16 h	EUR 1 650.00 per course
Emergency medical care 4 h, online training (independent study online)	EUR 49.00 per person
Emergency medical care course 8 h, combination training (theoretical instruction online and 4 hours of contact/remote teaching)	EUR 980.00 per course
First-aid course EA1 16 h, combination training (theoretical instruction online and 8 hours of contact/remote teaching)	EUR 1650.00 per course

## Our services to employees

Our services offered to employees are designed to maintain and support work ability in various ways. The services include health examinations, counselling and advising, medical care services, assessment of rehabilitation need and work ability, referral to rehabilitations and a cause- and risk-oriented operating model for preventing musculoskeletal disorders.

### Preventive occupational health services delivered by healthcare professionals and experts The services can be provided in person or via a video connection

	price / hour
Occupational health physician*	EUR 209.45
Occupational health nurse	EUR 101.95
Occupational health physiotherapist	EUR 107.70
Occupational health psychologist	EUR 179.65
Work ability coach, social care expert**	EUR 155.15
Dietician	EUR 158.50

### Consultation with an occupational health physician\*

The services can be provided in person or via a video connection.

Up to 10 min	EUR 37.50
Up to 20 min	EUR 63.00
Up to 30 min	EUR 93.90
Up to 45 min	EUR 140.35
Up to 60 min	EUR 186.85

### Health App chat doctor

Health App chat doctor 7 a.m. – 11 p.m., max. 10 min	EUR 31.00
Health App chat doctor, night-time 11 p.m. – 7 a.m., max. 10 min	EUR 62.00
Health App chat doctor, weekends and mid-week holidays 7 a.m. – 11 p.m., max. 10 min	EUR 62.00
Health App chat doctor 7 a.m. – 11 p.m.	EUR 46.50
Health App chat doctor, night-time 11 p.m. – 7 a.m.	EUR 87.00
Health App chat doctor, weekends and mid-week holidays 7 a.m. – 11 p.m.	EUR 87.00

### Prescription or telephone call (physician)

Renewing a prescription, 1–3 medications	EUR 29.50
Renewing a prescription, more than three medications	EUR 38.00
Telephone or e-mail consultation, 10 min	EUR 33.00
Telephone or e-mail consultation, more than 10 min according to time spent	EUR 186.85 per hour

### Statements

B statement	EUR 88.00
B statement, extended	EUR 133.00
B statement, very extended or demanding	EUR 217.00 per hour
Drug test statement**	EUR 32.90

**Consultation with an occupational health nurse**

The services can be provided in person or via a video connection.

Up to 15 min	EUR 21.80
Up to 20 min	EUR 32.20
Up to 30 min	EUR 48.70
Up to 45 min	EUR 73.00
Up to 60 min	EUR 98.40
Telephone or e-mail consultation, 10 min	EUR 21.80
Telephone or e-mail consultation, more than 10 min according to time spent	EUR 98.40 per hour

**Consultation with a physiotherapist**

Physiotherapy up to 30 min	EUR 65.10
Physiotherapy up to 45 min	EUR 84.70
Physiotherapy up to 60 min	EUR 110.20
Special physiotherapy (e.g. OMT physiotherapy) up to 30 min	EUR 72.45
Special physiotherapy (e.g. OMT physiotherapy) up to 45 min	EUR 93.45
Special physiotherapy (e.g. OMT physiotherapy) up to 60 min	EUR 121.80

**Supplies and medication**

We will charge for tools, medications and facility fees related to the operations separately.

**Pihlajalinna's Nurse Telephone Service and chat**

Assessment of the need for care, includes counselling and care instructions	EUR 22.50
Sick leave certificates issued over the phone by a nurse	EUR 32.50
Manager counselling through the nurse service, starting 15 min	EUR 101.95 per hour

**QUESTIONNAIRES, ASSESSMENTS AND SURVEYS****Electronic surveys**

Survey replacing the health examination**	EUR 25.90 per person
The survey is created according to customer's needs	
Wellbeing at work survey**	EUR 15.00 per person

**Firstbeat well-being analyses \*\*****Firstbeat Life \*\***

3 months, 3-month assessment licence, includes the measuring instrument	EUR 190.00 per person
12 months, 12-month assessment licence, includes the measuring instrument	EUR 273.00 per person

**Request an offer for groups.**

### TULETKO survey

The survey identifies personal risk factors for musculoskeletal problems and helps prevent them. The survey consists of an examination, feedback visit and follow-up.

EUR 408.00 per person

### Fitness assessment \*\*

Muscle strength test (personal) EUR 116.70 per person

Muscle strength test for a group ask for a quotation

Walking test, invoicing by time/professional; the number of participants and test method determine how many professionals are needed to conduct the test. EUR 109.15 per hour

Bicycle ergometer exercise test (indirect) EUR 127.35 per person

### MENTAL WELL-BEING SERVICES

The Worry in Mind service, starting 15 min  
*The Worry in Mind service is a low-threshold chat/telephone service supporting mental health. The service is produced by a psychiatric nurse.* EUR 24.90

Brief therapy EUR 105.00 per hour

Stress management training, group \*\* EUR 241.00 per person

Sleep coaching, individual EUR 611.70 per person

Sleep coaching, group \*\* EUR 297.50 per person

The coaching begins with a survey meeting (60 min)  
*Please note. Mental well-being services do not usually entitle the patient to Kela reimbursement* EUR 101.95 per person

### FOREVER FITNESS CENTRE SERVICES\*\*

**Forver Online service** Includes access to the well-being portal and online sports classes for the whole personnel. Read more at the address <https://www.foreverclub.fi/lahetykset-etusivu/>

less than 20 employees EUR 6 / person / month

20-100 EUR 4 / person / month

over 100 EUR 2 / person / month

over 1,000 request a quote

**Yritys10 service** Includes a sports card (gym + exercise classes), well-being portal and activating events determined according to the size of the company during the contract period. The company purchases the service for the whole personnel. The contract is valid for now, with a notice period of two (2) months. The minimum fee for the service is EUR 100 per month. Link to further information <https://www.foreverclub.fi/palvelut-yrityksille/>

fewer than 10 employees EUR 100 / month

more than 10 employees EUR 10 / person / month

more than 1,000 employees request a quote

## DIGITERVEYS® - HOLISTIC WELLBEING SERVICE

### Digiterveys® Wellness program

The program includes an Oura ring and Polar activity meter, a variety of wellbeing assessments, profiles and tests, as well as group and personal coaching. The programme prices are for 12-person groups. Request an offer for a smaller group.

	price/person	price/person/ month
Extensive program (12 months)	2227,00 €	185,58 €
Normal program (9 months)	1897,00 €	210,78 €
Mini program (4 months)	1357,00 €	339,25 €

### Extensions to Digiterveys® Wellness Programs

If a group or part of a group wants to extend the programme, longer programmes are also available. We recommend the refresher programme every six months after the conclusion of the basic or continuation programme. This helps you maintain the achieved well-being level. The continuation programme prices are for 12-person groups. Request an offer for a smaller group.

	price/person	price/person/ month
Mini extension (1 1/2 months)	EUR 297.00	EUR 198,00
Normal extension (4 months)	EUR 619.00	EUR 154,75
Extensive extension (8 months)	EUR 1099.00	EUR 137,38
"Refresher" program, recommended after 6 months since any of the previous programs has ended	EUR 103.00	

### Digiterveys® programme's theme module

Digiterveys® programme consists of theme modules that can also be acquired separately, with or without tests.

	price/person
Starting price for groups of 12 people.	EUR 59.00

Request an offer for individual coaching or a larger group.

### Digiterveys® Gene Test

	price/person
DNA Test for Personal Wellbeing	EUR 135.00

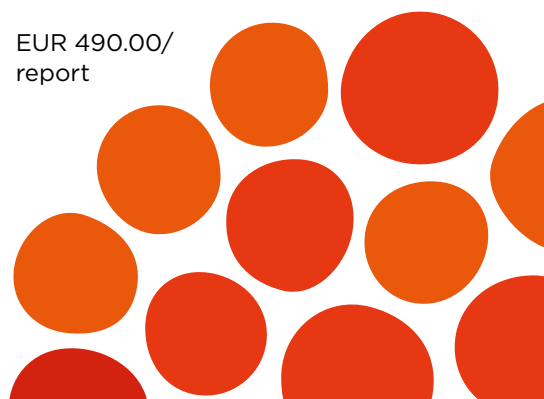
### Digiterveys® Well-being survey

	price/person
less than 13 employees	EUR 12.00
13-49 employees	EUR 10.00
50-99 employees	EUR 8.50
100-299 employees	EUR 7.60
300-599 employees	EUR 6.10
600-799 employees	EUR 5.70
800-999 employees	EUR 5.30
1000-1500 employees	EUR 5.10

### Digiterveys® Wellbeing Report

Organization's Wellbeing Report. For data privacy reasons, at least 10 people need to fill in the survey before a report can be created.

EUR 490.00/  
report



## Examinations

### Laboratory tests

1026	S -ALAT	Alanine aminotransferase	EUR 28.65
1046	S -AFOS	Alkaline phosphatase	EUR 28.65
1155	U -BaktVi	Microbial culture	EUR 38.45
1216	S -CRP	C-reactive protein	EUR 34.50
1468	fP-Gluk	Glucose	EUR 28.65
1489	S -GT	Gamma-glutamyltransferase	EUR 28.65
6128	B -HbA1c	Haemoglobin-A1c	EUR 58.00
2001	S -K	Potassium	EUR 28.35
1881	U -KemSeul	Chemical screening	EUR 33.40
2143	S -Krea	Creatinine	EUR 28.70
2203	B -La	ESR	EUR 24.10
2382	S -Na	Sodium	EUR 28.55
2474	B -PVK+T	Standard blood count and platelet count	EUR 45.15
3642	S -PSA	Prostate-specific antigen	EUR 63.05
2608	F -SalmVi	Salmonella culture	EUR 37.50
3635	Ps-StrAAg	Streptococcus pyogenes(A), antigeeni	EUR 44.60
2703	Ps-StrVi	Streptococcus pyogenes (A), antigen	EUR 39.35
2832	S -TSH	TSH	EUR 56.50
2836	S -T4-V	Free T4 (thyroxine)	EUR 68.00
3696	B -TVK	Full blood count	EUR 64.50

### Laboratory test packages

2245	Cholesterol and triglycerides	fS Lipids: S-Kol, S-Kol-HDL, S-Kol-LDL, fS-Trigly	EUR 61.80
9126	Liver health package	S-LiverT: B-leuk, B-HKR, B-Eryt, B-Hb, E-MCV, E-MCH, E-MCHC, S-GT, S-ALAT, S-ASAT, S-CDT	EUR 99.85
9951	Screening package for a health examination	B-PVK+T, fP-Gluk, S-Kol, S-Kol-HDL, S-Kol-LDL, fS-Trigly, S-ALAT, S-GT, Krea	EUR 129.95

**Emergency and on-call examinations**

1216P	B-CRPp	C-reactive protein, rapid test	EUR 47.80
2203P	B-Lap	ESR, rapid test	EUR 37.70
2360	S-MonAb-O	Mononucleosis antibody	EUR 57.20
1471P	P-Glukp	Glucose	EUR 31.00
4746	-InfABAg	Influenza rapid test	EUR 105.95
4113P	B-FiDDp	Fibrin D-dimer	EUR 68.00
4464	B-TnTp	Troponin T	EUR 71.00
4520P	P-TT-INRp	Thromboplastin time INR	EUR 35.65
1881P	U-Kemseup	Chemical screening of urine	EUR 33.40
2474P	B-PVK+Tp	Standard blood count + platelet count	EUR 44.95

**Clinical-physiological examinations**

1270	Pt-EKG-12	ECG	EUR 68.35
2682	Pt-FVSpirD	Spirometry and bronchodilators test	EUR 135.00

**Audiometric test**

	E103	Audiogramma (hearing screening)	EUR 46.95
--	------	---------------------------------	-----------

**Imaging**

GD1AA	Chest X-ray	EUR 126.20
DM1AA	Sinus X-ray	EUR 103.00
NG1AA	Knee X-ray	EUR 117.90
NF1AA	Hip X-ray	EUR 117.90
NA3AA	Lumbar vertebrae X-ray	EUR 117.90
NA1AA	Cervical vertebrae X-ray	EUR 120.50
NB1AA	Shoulder joint X-ray	EUR 125.00
JN1AE	Upper abdominal ultrasound scan	EUR 311.00
JN2AE	Lower abdominal ultrasound scan	EUR 311.00
NK1XE	Muscle or tendon ultrasound scan	EUR 265.00
NB1AE	Shoulder joint ultrasound scan	EUR 270.00
BA1AE	Thyroid ultrasound scan	EUR 255.00





## OTHER FEES

<b>Basic fee</b> (eligible for Kela reimbursement)	EUR 33.85 per employee per year
--	---------------------------------

### The basic fee includes:

- administration of health data in electronic health record system
- administration of corporate data in electronic health record system
- appointment-related office fee, including services of the assisting personnel at the occupational health centre related to signing up, guidance, booking a new appointment and maintaining the facilities. The employer can apply for Kela reimbursement for the basic fee.

### The service fee:

1-4 employees	EUR 179.00 per company per year
5-10 employees	EUR 53.80 per employee per year
11-50 employees	EUR 25.20 per employee per year
Over 50 employees	EUR 16.70 per employee per year

### The service fee includes:

- invoicing services, excluding subcontracting invoice surcharge and paper invoice surcharge
- archiving services (both in electronic and paper format, scanning of paper documents for the electronic health record system)
- employees' access to their own appointment history and test results using the Pihlajalinna site
- occupational healthcare reporting, maintenance of personnel data and other occupational healthcare portal contents (the maintenance of user rights will be charged separately).

<b>Sole trader</b>	EUR 189.90 per year
--------------------	---------------------

This includes the EUR 70 basic fee as well as the wellbeing survey and, if necessary, updates to the action plan.

- administration of health data in electronic health record system
- administration of corporate data in electronic health record system
- appointment-related office fee, including services of the assisting personnel at the occupational health centre related to signing up, guidance, booking a new appointment and maintaining the facilities. The employer can apply for Kela reimbursement for the basic fee.

### Weekend surcharge

Saturday from 7 a.m. to 6 p.m.	rise of 35 %
Saturday 6 p.m. – Monday 7 a.m.	rise of 100 %
Midweek holidays and holidays	rise of 100 %
Evening and night work Mon-Fri from 9 p.m. to 7 a.m.	rise of 100 %

NB: This does not apply to the Health App chat doctor service.

<b>Coordination work**</b>	price / hour
----------------------------	--------------

Coordination undertaken by an occupational health nurse/ account manager for accounts based in several locations.	EUR 101.95
Coordination and expert work by an occupational health physician	EUR 209.45
Coordination and expert work by an occupational health physiotherapist	EUR 107.70
Coordination and expert work by an occupational health psychologist	EUR 179.65

## INVOICE SURCHARGES

### Subcontractor invoice surcharge\*\*

EUR 40.00 per invoice

We charge EUR 40.00 per invoice for managing subcontractor invoicing when we organise and coordinate subcontracted occupational health services in areas with no Pihlajalinna operations. In addition, if we coordinate occupational health services as subcontracting in locations where Pihlajalinna operations are available, we charge a basic subcontracting fee (not reimbursable by Kela). The amount is based on subcontracting rates with added VAT.

### Paper invoice surcharge\*\*

EUR 15.00 per invoice

### Kanta fee

Including the e-prescription fee

EUR 2.50 per appointment or remote contact

*The Kanta fee will be charged for each appointment or remote contact that is recorded in Kanta*

### Data transfers, minimum charge 60 min\*\*

charged according to the time spent, EUR 141.00 per hour

### Transfers of patient health information on paper by the occupational health nurse\*\*

charged according to the time spent EUR 110.00 per hour

### Entering sickness absences recorded outside occupational healthcare\*\*

charged according to the time spent EUR 110.00 per hour

### Work related to the management and changes of user rights of the occupational healthcare portal

charged according to the time spent EUR 110.00 per hour

## OTHER SERVICES AND POLICIES

### Occupational healthcare portal additional services:

Automatic data transfer

request a quote

Work ability support

request a quote

### Missed appointments

If the employee who has booked an appointment fails to arrive at the agreed reception without canceling it at least one day in advance, the company will be charged the price of a standard appointment according to the price list as an uncanceled visit. Health checks and company visits agreed with the company must be canceled five (5) business days before the agreed time. The invoicing basis for non-cancellable time is the time that was reserved for health checks or other activities.

### VAT policy

In accordance with the Value Added Tax Act, VAT will not be charged on occupational health services that are considered healthcare or medical services. However, VAT will be charged on taxable services and products sold in connection with healthcare services. If the sale is later considered taxable, the seller has the right to collect VAT from the buyer in accordance with the current VAT rate.

**The services marked with \*\* on this price list are normally subject to VAT.**

### Pricing for specialists in occupational healthcare

When the service is provided by a specialist, the price will be increased by 5%.

**These services are marked with \*.**

### Group training

We invoice group training in advance. If a participant cancels their participation under 10 days before the start of the training, we charge 50% of the price of the training session if no satisfactory certificate of sick leave is provided. If the participant is unable to attend a training session, no alternative training will be organised; instead, the trainer provides the content of the session to the person for independent learning.

## GENERAL INFORMATION

This price list will be valid starting from 1 January 2023 and will remain valid until further notice. We reserve the right to amend our fees in response to cost rises due to legislative and/or regulatory changes. Please note that not all services are available in all areas. Kela makes the decisions on the reimbursement of occupational health services.