



Pihlajalinna

PRICE LIST 2023

OCCUPATIONAL HEALTH SERVICES

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Our services to work communities

Our occupational health services support businesses and other organisations during times of change. 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. All services are provided through multi-professional cooperation. Services can be provided remotely where applicable.

Preventive occupational health services delivered by healthcare professionals and experts

	price / hour
Occupational health physician*	EUR 218.90
Occupational health nurse	EUR 108.10
Occupational health physiotherapist	EUR 116.30
Occupational health psychologist	EUR 194.00
Work ability coach, social care expert**	EUR 155.15
Dietician	EUR 166.45

Training and group activities**

	price / hour
Occupational health physician*	EUR 583.20
Occupational health nurse	EUR 270.30
Occupational health physiotherapist	EUR 275.40
Occupational health psychologist	EUR 502.20

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. Services can be provided as remote appointments or consultations where applicable.

Preventive occupational health services delivered by healthcare professionals and experts

	price / hour
Occupational health physician*	EUR 218.90
Occupational health nurse	EUR 108.10
Occupational health physiotherapist	EUR 116.30
Occupational health psychologist	EUR 194.00
Work ability coach, social care expert**	EUR 155.15
Dietician	EUR 166.45

Consultation with an occupational health physician*

Up to 10 min	EUR 38.60
Up to 20 min	EUR 65.30
Up to 30 min	EUR 98.15
Up to 45 min	EUR 145.90
Up to 60 min	EUR 194.20

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 31.50
Telephone or e-mail consultation, 10 min	EUR 34.00
Telephone or e-mail consultation, more than 10 min according to time spent	EUR 194.20 per hour

Statements

B statement	EUR 91.20
B statement, extended	EUR 137.60
B statement, very extended or demanding	EUR 227.85 per hour
Drug test statement**	EUR 37.80

Consultation with an occupational health nurse

Up to 15 min	EUR 22.90
Up to 20 min	EUR 34.90
Up to 30 min	EUR 52.20
Up to 45 min	EUR 77.60
Up to 60 min	EUR 103.20
Telephone or e-mail consultation, 10 min	EUR 22.70
Telephone or e-mail consultation, more than 10 min according to time spent	EUR 103.20 per hour

Nurse reception

Up to 20 min	EUR 30.10
Up to 30 min	EUR 44.90
Up to 45 min	EUR 62.50
Up to 60 min	EUR 91.90

Consultation with a physiotherapist

Physiotherapy up to 30 min	EUR 67.20
Physiotherapy up to 45 min	EUR 87.25
Physiotherapy up to 60 min	EUR 116.30
Special physiotherapy (e.g. OMT physiotherapy) up to 30 min	EUR 76.10
Special physiotherapy (e.g. OMT physiotherapy) up to 45 min	EUR 98.15
Special physiotherapy (e.g. OMT physiotherapy) up to 60 min	EUR 127.90

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 23.65
Sick leave certificates issued over the phone by a nurse	EUR 34.15
Manager counselling through the nurse service, starting 15 min	EUR 107.05 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**

Yritys10 service Includes a sports card (gym + group exercise) and a wellbeing portal, as well as an access to all Forever centres. The company purchases the service for the whole personnel. The contract is valid for an indefinite period with a notice period of two (2) months. Minimum staff size is 5. Learn more at <https://www.foreverclub.fi/palvelut-yrityksille/>

EUR 14 / person / month

over 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

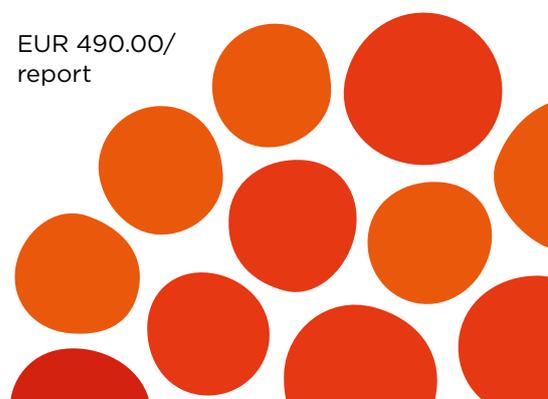
Digiterveys® Well-being survey

	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 29,50
1046	S -AFOS	Alkaline phosphatase	EUR 29.50
1155	U -BaktVi	Microbial culture	EUR 39.60
1216	S -CRP	C-reactive protein	EUR 35.55
1468	fP-Gluk	Glucose	EUR 29.50
1489	S -GT	Gamma-glutamyltransferase	EUR 29.50
6128	B -HbA1c	Haemoglobin-A1c	EUR 61.20
2001	S -K	Potassium	EUR 29,50
1881	U -KemSeul	Chemical screening	EUR 34.40
2143	S -Krea	Creatinine	EUR 29,50
2203	B -La	ESR	EUR 24.20
2382	S -Na	Sodium	EUR 29,50
2474	B -PVK+T	Standard blood count and platelet count	EUR 46.50
3642	S -PSA	Prostate-specific antigen	EUR 64.95
2608	F -SalmVi	Salmonella culture	EUR 38.60
3635	Ps-StrAAg	Streptococcus pyogenes(A), antigeeni	EUR 45.95
2703	Ps-StrVi	Streptococcus pyogenes (A), antigen	EUR 40.50
2832	S -TSH	TSH	EUR 58.20
2836	S -T4-V	Free T4 (thyroxine)	EUR 70.05
3696	B -TVK	Full blood count	EUR 66.90

Laboratory test packages

2245	Cholesterol and triglycerides	fS Lipids: S-Kol, S-Kol-HDL, S-Kol-LDL, fS-Trigly	EUR 64.90
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 104.85
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 136.45

Emergency and on-call examinations

1216P	B-CRPp	C-reactive protein, rapid test	EUR 50.20
2203P	B-Lap	ESR, rapid test	EUR 39.60
2360	S-MonAb-O	Mononucleosis antibody	EUR 60.10
1471P	P-Glukp	Glucose	EUR 32.55
4746	-InfABAg	Influenza rapid test	EUR 111.25
4113P	B-FiDDp	Fibrin D-dimer	EUR 71.40
4464	B-TnTp	Troponin T	EUR 74.55
4520P	P-TT-INRp	Thromboplastin time INR	EUR 37.45
1881P	U-Kemseup	Chemical screening of urine	EUR 35.10
2474P	B-PVK+Tp	Standard blood count + platelet count	EUR 47.20

Clinical-physiological examinations

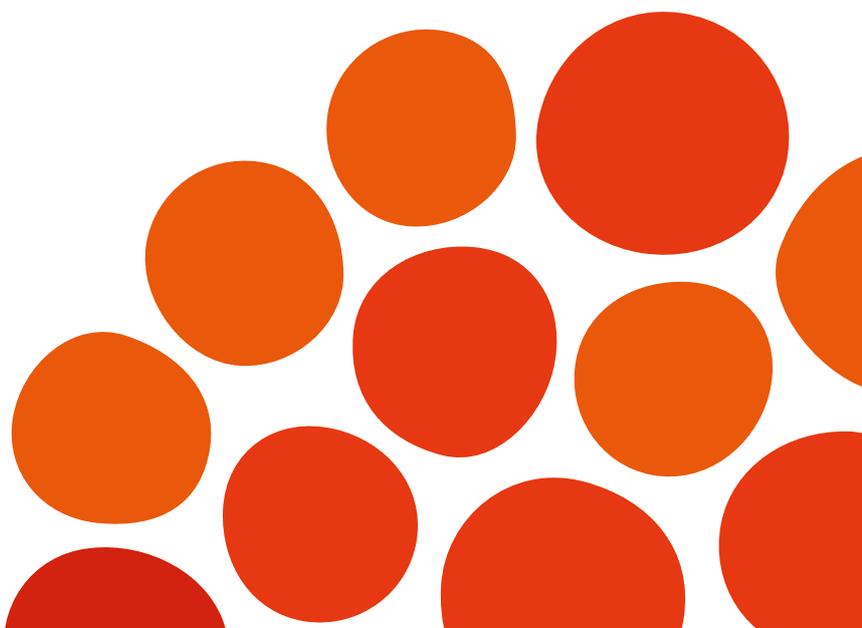
1270	Pt-EKG-12	ECG	EUR 71.80
2682	Pt-FVSPirD	Spirometry and bronchodilators test	EUR 141.75

Audiometric test

	E103	Audiogramma (hearing screening)	EUR 49.30
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Imaging

GD1AA	Chest X-ray	EUR 132.50
DM1QA	Sinus X-ray	EUR 132.50
NG1AA	Knee X-ray	EUR 123.80
NF1AA	Hip X-ray	EUR 123.80
NA3AA	Lumbar vertebrae X-ray	EUR 123.80
NA1AA	Cervical vertebrae X-ray	EUR 126.55
NB1AA	Shoulder joint X-ray	EUR 131.25
JN1AE	Upper abdominal ultrasound scan	EUR 326.55
JN2AE	Lower abdominal ultrasound scan	EUR 326.55
NK1XE	Muscle or tendon ultrasound scan	EUR 278.25
NB1AE	Shoulder joint ultrasound scan	EUR 283.50
BA1AE	Thyroid ultrasound scan	EUR 267.75



OTHER FEES

Basic fee (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).

Sole trader 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 30 %
Saturday 6 p.m. – Monday 7 a.m.	rise of 100 %
Evening and night shifts start at 21:00	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.

Coordination work** 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 August 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.