Pihlajalinna

OCCUPATIONAL HEALTH PRICE LIST 2027

28.10.2026

PIHLAJALINNA OCCUPATIONAL HEALTH PRICE LIST 2027

Preventive occupational health services to promote work capacity

Our customer-oriented and needs-based approach to occupational healthcare promotes health and work ability cost-effectively. Our task is to build the working life of the future with more effective occupational health services. The core of our service is a preventive occupational healthcare package that corresponds to your needs that you can complement with the occupational health-oriented medical services of your choosing. Our occupational health services meet the employer obligations required by the law.

All our services are designed to be cost-effective and are delivered by a dedicated, multidisciplinary occupational health team for your organisation. The services can be provided flexibly as remote services, where applicable.

Our services for work communities

Our services for work communities include workplace surveys, putting together a joint action plan and assessing effectiveness, work capacity management support for your organisation, management support, occupational health meetings, advice and guidance as well as various lectures, coaching sessions and workplace events.

VAT Policy

Prices are presented in euros and exclude value-added tax. VAT will be added to the price in accordance with the VAT legislation in force at the time and other guidelines issued by the Finnish Tax Administration.

The work of occupational health professionals and experts	Price/hour
Occupational health doctor*	276,00 €
Occupational health nurse	138,00 €
Occupational physiotherapist	144,00 €
Occupational psychologist	238,00 €
Work ability coach, social work specialist	190,40 €
Dietician	209,00 €

** The fee for a specialist in occupational medicine is 5% higher than the fee for an occupational health physician stated in this price list.*

Group guidance and training for a work community	Price/hour
Occupational health doctor*	690,00 €
Occupational health nurse	345,00 €
Occupational physiotherapist	360,00 €
Occupational psychologist	595,00 €
Work ability coach	476,00 €
Crisis services for groups	499,00 €
Workplace mediation	498,80 €
Work guidance for individuals and groups (separately agreed based on a tender)	starting from 120,30 €

Prices include preparation work. If the lecture is recorded for the customer for later use, is held in a foreign language or is held outside normal working hours, the price will be increased by 50%.

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Assessing physical ability
The quoted prices include feedback and written instructions.

TULETKO survey The survey identifies personal risk factors for musculoskeletal disorders and provides guidance on how to address them. The survey consists of three visits (survey, feedback and follow-up).	573,00 €/person
Walk tests, charged on a time basis, the number of participants and execution are planned as per need.	143,40 €/hour
Bicycle ergometer exercise test (indirect)	161,00 €/person

First aid training
Ask for a quote.

Emergency First Aid, 4 h (classroom training, webinar)	765,10 €/course
Emergency First Aid 6 h (classroom training, webinar)	940,42 €/course
Emergency first aid, 8 h (classroom training, webinar)	1153,50 €/course
First aid EA1, 16 h (classroom training, webinar)	1942,10 €/course
Emergency first aid 4 h, online training	67,70 €/person
Emergency first aid 8 h, online training	106,00 €/person
Basic Course EA1 16 h, online training	169,00 €/person
Emergency first aid course 8 h, combination training (theory online and 4 h of classroom training or remote instruction)	1153,50 €/course
First aid course EA1 16 h, combination training (theory online and 8 h of classroom training or remote instruction)	1942,10 €/course
First aid EA2, 8 h (classroom training, webinar)	1153,50 €/course
Certificate card when ordered afterwards	18,90 € /person

Mileage compensation from the nearest Pihlajalinna location is added to the price. The mobile certificate is included in the course price.

Our services for employees

Preventive and statutory occupational health service	Price/hour
Occupational health doctor*	276,00 €
Occupational health nurse	138,00 €
Occupational physiotherapist	144,00 €
Occupational psychologist	238,00 €
Work ability coach, social work specialist	190,40 €
Dietician	209,00 €

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Statements

Medical Statement B, standard	115,00 €
Medical Statement B, long	149,00 €
Medical Statement B, demanding, charged on a time basis	276,00 €/hour
Drug test statement	48,60 €

Medical care with emphasis on occupational health

Doctor's appointment* (in person or remotely)	
Max 10 min.	48,00 €
Max 20 min.	79,00 €
Max 30 min.	121,00 €
Max 45 min.	155,00 €
Max 60 min.	219,50 €

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Prescriptions (doctor)	
Prescription renewal request, 1–3 drugs	40,00 €/event
Vaccinating (vaccine charged separately)	46,50 €/visit

Occupational nurse's appointment	
Under 15 min.	29,00 €
Under 20 min.	44,00 €
Under 30 min.	66,00 €
Under 45 min.	99,00 €
Under 60 min.	131,00 €

Nurse's appointments	
Under 20 min.	39,00 €
Under 30 min.	57,00 €
Under 45 min.	79,00 €
Under 60 min.	116,00 €

Physiotherapist	Price/hour
Self-referral to an occupational physiotherapist	150,00 €
Physiotherapy with emphasis on occupational health	150,00 €
Specialist physiotherapy (e.g. OMT physiotherapy)	164,00 €

Equipment and drugs

We charge separately for any instruments, equipment, supplies and drugs used in procedures.

Pihlajalinna Nurse Service and Chat Service	
Healthcare need assessment includes advice and guidance on home treatment and, when necessary, a sick leave certificate issued by a nurse	34,00 €/contact
Nurse's remote appointment (phone and chat)	34,00 €/contact
General advice and guidance	16,00 €/contact
Occupational Doctor Chat, Mon–Fri 7am–11pm	59,00 €/contact
Occupational Doctor Chat, 11pm–7am	94,00 €/contact
Occupational Doctor Chat, weekends and public holidays 7am–11pm	94,00 €/contact

MENTAL WELLBEING SERVICES

Mielen huoli -appointment A Mielen huoli -appointment is a low-threshold appointment that supports the wellbeing of an individual's mind	122,00 €/hour
Brief therapy	130,00 €/hour
Short-term psychotherapy	176,00 €/hour
Sleep coaching, group The sleep coaching group price includes a private survey visit before the group starts. If participation in the group is cancelled, the survey visit is charged separately (125,90 €).	517,30 €/person
Mielen Pihlajalinna -webinars 45 min. *A recorded webinar is subject to a 50% additional charge.* *The possibility of recording must be confirmed separately.*	676,00 €

Please note: Mental wellbeing services are typically not eligible for Kela reimbursement.

OTHER PREVENTIVE SERVICES

Surveys	

Surveys carried out in connection to development and coaching projects are implemented on agreement. The quoted prices include the questionnaires and the report. The time spent analysing results and providing feedback is charged based on the hourly rates of each expert group within occupational health.

Work Ability-Focused Health Assessment	15,00 €/respondent
Questionnaire in place of health check The content of the questionnaire is structured as needed.	29,50 €/person
Work wellbeing survey	16,70 €/person

Firstbeat wellbeing analyses	
Firstbeat Life	
3 months, 3-month assessment licence, includes the measuring instrument	214,40 €/person
12 months, 12-month assessment licence, includes the measuring instrument	304,40 €/person

Request an offer for groups.

FOREVER FITNESS CENTRE SERVICES

Fitness contract
Employees gain access to all 19 Forever fitness centers across Finland through the My Forever app. The corporate membership includes gym facilities as well as center-specific group exercise and body care services.

Forever Töölö, Herttoniemi, Varisto, and Lahti additionally offer the opportunity to use the AI-powered Biocircuit equipment, which makes training easy, enjoyable, and efficient.

Pricing for the fitness agreement is based on the number of members (minimum of 3 people), and the contract is valid until further notice with a two-month termination period.

Billing is based on active memberships	25,00 €/person/month

Prices VAT 0%.

Fitness benefit
Forever Pihlajalinna's exercise contract for the fitness benefit is widely used by companies, organisations and communities. It entitles you to a €4 discount on the Basic gym membership and an €8 discount on the Premium membership. No expenses to the employer.

Wellbeing day
Forever's occupational wellbeing day introduces the positive impacts of exercise from many perspectives. We offer knowledge, activities and pleasant interactions all in one. You can choose between a half or full occupational wellbeing day. Ask for a quote!

Sports day
Sports day for companies, which can include various racket sports in one of our locations. We have racket sports centres in Vantaa's Hiekkaharju, Espoo's Matinkylä, Turku and Lappeenranta. The sports day can also be combined with other exercise, services and lectures. Ask for a quote!

Coaching services
Forever Pihlajalinna offers personalised and high-quality coaching services to individuals and small groups. Coaching services are suitable for both beginners and seasoned trainers. Ask for a quote!

Contact details: yritysmyynti@foreverclub.fi

TERMS AND CONDITIONS AND CHARGING CRITERIA

Occupational health professionals and specialists are generally charged on a time basis. The total duration depends on the time the expert spends reviewing the patient's medical history and recording information in the patient information system or organisational reports. As a rule, the minimum charge for preventive occupational health work aimed at a work community/organisation is 30 minutes and for individual work 15 minutes.

The service provider has the right to charge an initiation fee of 400,00 € for a new contract if, for reasons attributable to the customer company, it has not been possible to initiate operations according to good occupational healthcare practices (based on a workplace survey and action plan) within three months of signing the contract. The payment will cover the expenses of establishing the service.

Service reactivation fee

Reactivation fee of an occupational health agreement in cases in which the agreement was terminated by Pihlajalinna due to the customer's unpaid bills after the customer was sent email notices about the matter. We will charge 400,00 € to reopen an occupational health agreement.

Appointments cancelled contrary to the terms/no-show appointments

Scheduled appointments shall be cancelled 24 hours before the start of the appointment. If the person who booked the appointment does not show up to the appointment and has not cancelled it at least 24 hours beforehand, the customer organisation will be charged for the reserved time according to the price list. An invoicing fee will be added. Any appointments agreed with the organisation must be cancelled at least five (5) working days before the appointment. The basis of charging for an unused appointment or appointments cancelled contrary to the terms is the booked time.

Processing fee

The processing fee 14,90 € is charged together with the invoice for a no-show appointment or an appointment cancelled contrary to the cancellation policy. The processing fee consists of the cost of background work and services related to the booking service and processing of cancellations, such as the maintenance of digital services. In addition, the processing fee covers the invoicing costs.

VAT policy

VAT is not charged on the sale of occupational healthcare services that are considered healthcare and medical services under the VAT Act. To the extent that taxable services or products are sold alongside healthcare services, VAT will be added to the prices. Examples of VAT-liable occupational healthcare services include services directed at the organisation. If a sale is subsequently deemed taxable, the seller has the right to charge the buyer VAT at the applicable tax rate.

Pricing of occupational health specialist services

When a service is provided by an occupational health specialist, 5% is added to the price.
These have been marked with an *.

Group training

We invoice group training in advance. If a participant cancels their participation fewer than 10 days before the start of the training, we charge 50% of the price of the training session if no satisfactory illness-related reason is provided. If the participant is unable to attend a training session, no alternative training will be organised; instead, the coach provides the content of the session to the person for independent learning.

Coordination work for occupational health	Price/hour
Coordination of occupational healthcare for a national or multi-site (more than one occupational health contract statuses) customer organisation. Coordination work is described in the action plan.	by preventive specialist work / professional group

Evening and weekend extras	
On Saturdays from 7am to 6pm	30% increase
Saturdays 6pm – Monday 7am	100% increase
Evening and night shifts from 9pm	100% increase
Public holidays (weekdays and weekends)	100% increase

Please note: does not apply to Doctor Chat.

Travel costs

Charged based on time spent and means of transport. Travel time is charged at the first half hour according to the hourly rates specific to the occupational group.

General fee (reimbursed by Kela)	43,00 €/employee/year

The general fee includes: Maintaining register data in the data system, nationwide customer service and maintaining online booking systems, registration and advisory staff services, archiving health data in the data system and archiving written medical data and invoicing functions.

Service fees (not reimbursable by Kela)

The occupational health service fee is charged annually based on the number of employees in the company. The service fee includes invoicing services (excluding subcontracting invoicing surcharge and paper invoices as well as invoices for appointments cancelled contrary to terms and uncancelled appointments), archiving services, the opportunity of employees to view their own data via the Health application, reporting on the PihlajalinnaTyöterveys platform, maintenance of personnel data and other content.

1–3 employees	97,80 €/ employee/year
4-10 employees	66,60 €/employee/year
11-50 employees	35,40 €/employee/year
Over 50 employees	24,00 €/employee/year
Entrepreneur's occupational health	229,00 €/entrepreneur/year

The annual fee includes the general fee, annual wellness survey and an annual update to the action plan (KL1). Other services are charged according to use.

Additional services of the PihlajalinnaTyöterveys platform

Data transfer connection

The purpose of the data transfer connection service is to transfer the basic staff data and any self-reported absences of employees from the customer's data systems to Pihlajalinna's data systems automatically.
Ask for a quotation.

Work ability support app

Pihlajalinna's work ability support application is an additional tool on the PihlajalinnaTyöterveys platform, available to all customer organisations, for managers' day-to-day work ability management. The work ability support application facilitates impactful cooperation to support work ability management. Ask for a quotation.

EXAMPLES OF PRICES OF TESTS UNDER OCCUPATIONAL HEALTHCARE GP SERVICES

Clinical chemistry, haematology and microbiology tests

Test services

Laboratory tests

1026	S -ALAT	Alanine aminotransferase	36,00 €
1046	S -AFOS	Alkaline phosphatase	36,00 €
1155	U -BaktVi	Bacterial culture test	51,00 €
1220	S-D-25	Vitamin D	104,00 €
1216	S -CRP	C-reactive protein	44,00 €
1395	S-Ferrit	Ferritin	77,00 €
1468	fP-Gluk	Glucose	35,20 €
1489	S -GT	Glutamyltransferase	36,00 €
6128	B -HbA1c	Blood haemoglobin A1c	76,00 €
2001	S -K	Potassium	36,00 €
1881	U -KemSeul	Chemical urinalysis	42,00 €
2143	S -Krea	Creatinine level	36,00 €
2203	B -La	Sedimentation rate	30,00 €
2382	S -Na	Sodium	36,00 €
2474	B -PVK+T	Basic blood count and platelets	57,00 €
3642	S -PSA	Prostate-specific antigen	85,00 €
2608	F -SalmVi	Salmonella culture	49,00 €
3635	Ps-StrAAg	Streptococcus pyogenes (A), antigen	57,00 €
2703	Ps-StrVi	Streptococcus, throat swab culture	50,00 €
2832	S -TSH	Thyroid-stimulating hormone	78,00 €
2836	S -T4-V	Thyroxine, free	90,00 €
3696	B -TVK	Full blood count	84,00 €

Laboratory test packages

2245	Blood lipids	fS-Kol, fS-Kol-HDL, fS-Kol-LDL, fS-Trigly	80,00 €
9400	Liver test package	S-AFOS, S-GT, S-Bil, S-FIB-4, S-ALAT, S-ASAT, B-Trom	119,00 €
9951	Screening package for health check	B-PVK+T, fP-Gluk, fS-Kol, fS-Kol-HDL, fS-Kol-LDL, fSTrigly, S-ALAT, S-GT, Krea	168,00 €

Clinical physiological examinations

1270	Pt-EKG-12	ECG i.e. electrocardiogram	86,00 €
2682	Pt-FVSpirD	Spirometry and bronchodilator test	185,00 €
1784	Pt-PolAMb	Ambulatory sleep polygraphy	533,00 €

Hearing test

E103	Audiogram (hearing screening)	59,00 €

Imaging

GD1AA	Chest X-ray	165,00 €
DM1QA	Sinus X-ray	162,00 €
NG1AA	Knee X-ray	162,00 €
NG1BA	Knee X-ray, extensive	195,00 €
NF1AA	Hip X-ray	162,00 €
NA3AA	Lumbar spine X-ray	162,00 €
NA1AA	Cervical spine X-ray	162,00 €
NB1AA	Shoulder X-ray	173,00 €
NB1BA	Shoulder X-ray, extensive	195,00 €
JN1AE	Upper abdominal ultrasound	414,00 €
JN2AE	Lower abdominal ultrasound	414,00 €
NK1XE	Muscle or tendon ultrasound	365,00 €
NB1AE	Shoulder ultrasound	382,00 €
BA1AE	Thyroid ultrasound	339,00 €
NA3BG	Lumbar spine MRI	427,00 €
NG1CG	Knee and/or lower leg MRI, extensive	427,00 €
AA1DG	Head MRI, very extensive	554,00 €

OTHER GENERAL INFORMATION

Surcharges

Subcontracting invoicing fee	41,60 €/invoice

When we arrange and coordinate occupational health services through subcontractors in a location where Pihlajalinna has no operations, we charge 41,60 €/invoice for handling subcontracting invoicing. In addition, if we coordinate occupational health services through subcontractors in locations where Pihlajalinna could provide its own services, we charge a subcontracting general fee (not reimbursable by Kela). The fee is based on the subcontracting prices, to which VAT is added.

Paper invoice surcharge	15,60 €/invoice

Kanta fee	4,00 €

Kanta fee, includes the e-prescription fee
Kanta payment will be charged for all contacts that are recorded in the Kanta repository.

Information transfer on customer request and a report for a Kela claim, a minimum charge of 60 minutes	Charged based on time spent 138,00 €/hour
Transfer of paper-based health records by an occupational health nurse	Charged based on time spent 138,00 €/hour
Recording sickness absences outside of occupational healthcare	Charged based on time spent 138,00 €/hour

This price list is valid from 1 January 2027 until further notice. We reserve the right to change our prices due to increased costs resulting from legislation and/or regulatory requirements. Please note that the availability of services varies between branches. The Kela reimbursements for occupational healthcare are implemented in accordance with the legislation in force.