



# Pihlajalinna

OCCUPATIONAL HEALTH  
PRICE LIST 2026

1.12.2025

## PIHLAJALINNA OCCUPATIONAL HEALTH PRICE LIST 2026

### 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.

The work of occupational health professionals and experts	price/hour
Occupational health doctor*	€266.20
Occupational health nurse	€133.20
Occupational physiotherapist	€139.60
Occupational psychologist	€229.90
Work ability coach, social work specialist**	€183.80
Dietician	€201.80
<b>Group guidance and training for a work community**</b>	price/hour
Occupational health doctor*	€720.80
Occupational health nurse	€334.20
Occupational physiotherapist	€340.40
Occupational psychologist	€620.60
Work ability coach	€477.00
Crisis services	€482.00
Conflict resolution and support for improving organisational climate	€482.00
Workplace mediation	€482.00
Support with change for managers and work communities	€482.00
Work guidance for individuals and groups (separately agreed based on a tender)	starting €215.40

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



## 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).

€554.00/person

Walk tests\*\*, charged on a time basis, the number of participants and execution are planned as per need.

€138.60/hour

Muscular fitness tests\*\*

ask for a quote

Bicycle ergometer exercise test\*\* (indirect)

€195.00/person

## 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. Ask for a quote!

First aid refresher course, 4h

€765.10/course

Emergency first aid, 8h

€1.153.50/course

First aid EA1, 16h

€1.942.10/course

Emergency medical care 4h, online training (independent study online)

€57.70/person

Emergency first aid, online 8h

€106.00/ person

Emergency first aid course 8h, hybrid training (theory part online and 4 hours of in-person/remote teaching)

€1.153.50/course

First-aid course EA1 16h, hybrid training (theory part online and 8 hours/in-person course/remote teaching)

€1.979.50/course

First aid EA2, 8h

€1.153.50/course

Certification and registration fee of the Finnish Red Cross

€19.80/person

## Our services for employees

### Preventive and statutory occupational health service

price/hour

Occupational health doctor\*

€266.20

Occupational health nurse

€133.20

Occupational physiotherapist

€139.60

Occupational psychologist

€229.90

Capacity-to-work coach, social work specialist\*\*

€183.80

Dietician

€201.80

### Statements

Medical Statement B, short

€112.40

Medical Statement B, long

€168.50

Medical statement B, demanding, charged on a time basis

€258.40/hour

Drug test statement\*\*

€46.80

## Medical care with emphasis on occupational health

### Doctor's appointment\* (incl. phone calls)

Max 10 min.	€46.30
Max 20 min.	€76.00
Max 30 min.	€116.50
Max 45 min.	€155.00
Max 60 min.	€219.50

### Specialist appointment

Doctor-specific prices. Specialist consultations are agreed in the action plan. Consultations with a specialist require a referral from an occupational doctor.

### Prescriptions (doctor)

Prescription renewal request, 1–3 drugs	€38.30
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**Vaccinating** (vaccine charged separately) €46.50

### Occupational nurse's appointment

Under 15 min.	€27.90
Under 20 min.	€42.60
Under 30 min.	€64.10
Under 45 min.	€96.00
Under 60 min	€126.90

### Nurse's appointments

Under 20 min.	€37.80
Under 30 min.	€54.60
Under 45 min.	€76.50
Under 60 min.	€112.40

### Physiotherapist

Price/hour

Self-referral to an occupational physiotherapist	€145.40
Physiotherapy with emphasis on occupational health	€145.40
Specialist physiotherapy (e.g. OMT physiotherapy)	€158.20

### 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 when necessary.	€33.20/contact
Healthcare need assessment and sick leave certificate from a nurse	€33.20/contact
General advice and guidance	€15.50/contact
Occupational Doctor Chat, Mon–Fri 7am–11pm	€57.10/contact
Occupational Doctor Chat, 11pm–7am	€90.50/ contact
Occupational Doctor Chat, weekends and public holidays 7am–11pm	€90.50/ 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

€118.00/hour

### Brief therapy

€126.00/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 huoli webinars 45 min. \*\*

€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.

### Questionnaire in place of health check \*\*

*The content of the questionnaire is structured as needed*

€28.30/person

### Wellness survey \*\*

€16.50/person

### Firstbeat well-being analyses \*\*

#### Firstbeat Life \*\*

3 months, 3-month assessment licence, includes the measuring instrument

€206.80/person

12 months, 12-month assessment licence, includes the measuring instrument

€292.40/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
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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](mailto: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\*\* 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 appointments 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 payable on sales of occupational health services that are considered health and medical services under the Value Added Tax Act. Where taxable services or products are sold alongside health services, VAT is added to the prices. If the sale is later deemed taxable, the seller is entitled to charge the buyer VAT at the applicable rate.

**In this price list, the prices of services marked with \*\* are generally subject to VAT.**

### 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 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\*\*

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

Saturdays from 7am–6pm	30% increase
Saturdays 6pm to Monday 7am	100% increase
Evening and night shifts from 9pm	100 % increase
Public holidays (week days and weekends)	100 % increase
Please note: does not apply to Doctor Chat.	100 % increase

### 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)

€41.50/employee/year

The general and service fees include: 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 reimbursed 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 uncanceled appointments), archiving services, the opportunity of employees to view their own data via the Health application, Occupational Health Portal reporting, maintenance of personnel data and other content. The management of the occupational health portal is charged separately.

Employees 1–3	€97.80/employee/year
Employees 4–10	€66.60/employee/year
Employees 11–50	€35.40/employee/year
More than 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 occupational health portal\*\*

#### 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 addition to the Occupational Health Portal, which is intended as a tool for managers to manage work ability. The work ability support application facilitates impactful cooperation to support work ability management. Implementation starting €1,500.00 + €0.30/month/employee



## EXAMPLES OF EXAMINATION PRICES UNDER OCCUPATIONAL HEALTHCARE GP SERVICES

### Clinical chemistry, haematology and microbiology tests

#### Test services

##### Laboratory tests

1026	S -ALAT	Alanine aminotransferase	€35.20
1046	S -AFOS	Alkaline phosphatase	€35.20
1155	U -BaktVi	Bacterial culture test	€49.30
1216	S -CRP	C-reactive protein	€42.40
1468	fP-Gluk	Glucose	€35.20
1489	S- GT	Glutamyltransferase	€35.20
6128	B -HbA1c	Blood haemoglobin A1c	€73.60
2001	S-K	Potassium	€35.20
1881	U -KemSeul	Chemical urinalysis	€41.00
2143	S -Krea	Creatine level	€35.20
2203	B -La	Sedimentation rate	€28.90
2382	S -Na	Sodium	€35.20
2474	B -PVK+T	Basic blood count and platelets	€55.40
3642	S -PSA	Prostate-specific antigen	€82.30
2608	F-SalmVi	Salmonella culture	€47.50
3635	Ps-StrAAg	Streptococcus pyogenes (A), antigen	€54.80
2703	Ps-StrVi	Streptococcus, throat swab culture	€48.30
2832	S -TSH	Thyroid-stimulating hormone	€75.70
2836	S -T4-V	Thyroxine, free	€86.50
3696	B -TVK	Full blood count	€81.60

##### Laboratory test packages

2245	Blood lipids	Lipid profile: fS-Kol, fS-Kol-HDL, fS-Kol-LDL, fS-Trigly	€77.30
9126	Liver test package	Liver tests: WBC, HCT, RBC, HGB, E-MCV, E-MCH, E-MCHC, S-GT, S-ALAT, S-ASAT, S-CDT	€124.90
9951	Screening package for health check	B-PVK+T, fP-Gluk, fS-Kol, fS-Kol-HDL, fS-Kol-LDL, fS-Trigly, S-ALAT, S-GT, Krea	€162.40

##### Clinical physiological examinations

1270	Pt-EKG-12	ECG i.e. electrocardiogram	€83.10
2682	Pt-FVSpirD	Spirometry and bronchodilators test	€178.80
1784	Pt-PolAMb	Polysomnography, ambulatory	€514.80

##### Hearing test

E103	Audiogramma (hearing screening)	€57.20
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## Imaging

GD1AA	Native x-ray of lungs	€159.40
DM1QA	Native x-ray of sinuses	€157.00
NG1AA	Native x-ray of a knee	€157.00
NF1AA	Native x-ray of a hip	€157.00
NA3AA	Native x-ray of lumbar vertebrae	€157.00
NA1AA	Native x-ray of cervical spine	€157.00
NB1AA	Native x-ray of shoulder joint	€166.90
JN1AE	Upper abdomen ultrasound	€399.90
JN2AE	Lower abdomen ultrasound	€399.90
NK1XE	Muscle or tendon ultrasound	€353.10
NB1AE	Shoulder joint ultrasound	€369.20
BA1AE	Thyroid ultrasound	€327.90
NA3BG	MRI scan of the lumbar vertebrae	€454.00
NG1CG	Extensive MRI of the knee and/or lower leg	€485.00
AA1DG	Extremely extensive MRI of the head	€535.00

## Oral healthcare services

We are partnered with Hohde for our oral healthcare services. You can find the price list for the oral healthcare services provided by Hohde at <https://www.hammashohde.fi/>.

## OTHER GENERAL INFORMATION

### Surcharges

#### Subcontracting surcharges\*\*

€41.60/invoice

When we organise and coordinate subcontracted occupational health services in a location where Pihlajalinna does not do business, we charge €41.60/invoice for managing the subcontract invoicing. VAT is added to the price. In addition, if we coordinate subcontracted occupational health services in locations where Pihlajalinna would be able to offer its own services, we charge a subcontracting general fee (not reimbursable by Kela). The fee is based on the subcontracting prices plus VAT %.

#### Paper invoice surcharge\*\*

€15.60/invoice

#### Kanta fee

€4.00

Kanta fee, includes 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, €155.00/hour

#### Paper transfers of medical records by an occupational health nurse\*\*

Charged based on time spent, €117.90/hour

#### Recording sickness absences outside of occupational healthcare\*\*

Charged based on time spent, €117.90/hour

#### Work related to the management of the user rights of and changes to the occupational health portal \*\*

Charged based on time spent, €117.90/hour

This price list is valid from 1 January 2026 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.