



# Pihlajalinna

OCCUPATIONAL HEALTH PRICE LIST 2026

1.5.2026

# 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.

### 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*	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 €

### Group guidance and training for a work community

	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 from 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)	155,35 €/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, 4 h	765,10 €/course
Emergency first aid, 8 h	1153,50 €/course
First aid EA1, 16 h	1942,10 €/course
Emergency medical care 4 h, online training (independent study online)	57,70 €/person
Emergency first aid 8 h, online training	106,00€/person
Emergency first aid course 8h, combination training (theory part online and 4 hours of contact/remote teaching)	1153,50 €/course
First-aid course EA1 16 h, combination training (theory part online and 8 hours of contact/remote teaching)	1979,50 €/course
First aid EA2, 8 h	1153,50 €/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 €
Work ability 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 €/event
<b>Vaccinating</b> (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
Wellbeing survey	16,50 €/person

#### Firstbeat wellbeing 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 400,00 € 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 preventive 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

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.

### Price/hour

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)

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 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, Occupational Health Portal reporting, maintenance of personnel data and other content. The management of the occupational health portal is charged separately

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.

Entrepreneur's occupational health is for those with a self-employed persons' pension insurance YEL. There is a separate product and price list for those with a pension insurance for agricultural entrepreneurs MYEL.

### 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. 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	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	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 bronchodilator test	178,80€
1784	Pt-PolAMb	Ambulatory sleep polygraphy	514,80 €

**Hearing test**

E103	Audiogram (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 €



## OTHER GENERAL INFORMATION

### Surcharges

<b>Subcontracting surcharges</b>	41,60 €/invoice
<p>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 %.</p>	
<b>Paper invoice surcharge</b>	15,60 €/invoice
<b>Kanta fee</b>	4,00 €
<p>Kanta fee, includes the e-prescription fee <i>Kanta payment will be charged for all contacts that are recorded in the Kanta repository.</i></p>	
<b>Information transfer on customer request and a report for a Kela claim, a minimum charge of 60 minutes</b>	Charged based on time spent 155,00 €/hour
<b>Paper transfers of medical records by an occupational health nurse</b>	Charged based on time spent 117,90 €/hour
<b>Recording sickness absences outside of occupational healthcare</b>	Charged based on time spent 117,90 €/hour
<b>Work related to the management of the user rights of and changes to the occupational health portal</b>	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.

