

What rights do I have as a migrant worker in terms of health?

- You have the right to go to ER – Emergency Room and be treated, no matter if you are legal or illegal,
- You have the right to have a state health insurance if you have a valid work contract,
- You have the right to a family doctor,
- You have the right to specialised care for free,
- You have the right to certain discounts for certain medication.

How can I exercise my rights?

- Make sure you have an active and valid work contract. If you do not know how to check this, we will explain.
- Check your CNP on this website: <https://siui.casan.ro/asigurati/>
- It should say:

Număr de verificare 665603

Serviciul Web a întors următorul mesaj:

- *Persoana selectată este asigurată*

PS: don t worry if your message is different. The website is far from perfect.

How to access a family doctor?

- Go to your employer.
- Ask him to give you ADEVERINTA DE SALARIAT (it means a document that proves that you are actively working at a company)
- After you have the ADEVERINTA, you can call any clinique and ask if they have free spots at family doctors.
- Once they confirm, you can go with your TRC and Adeverinta to their clinique.
- Congrats! You are now registered with a family doctor.

How do I see specialists?

- Call family doctor for schedule.
- Tell your doctor what's wrong.
- Usually, they are the first to prescribe a treatment, if it does not work, they will give you BILET DE TRIMITERE.

It should look like this:

Bilet de trimitere pentru investigații paraclinice decontate de CAS
Servicii de înaltă performanță – RMN

Serie **PK1**

1. Unitate medicală
CUI
Sediu (localitate, str., nr.)
Județul **A.S.M.B.**
Casa de asigurări
Nr. contract/convenție

2. Date de identificare asigurat
Asigurat la CAS: R.C.:
Nume
Prenume
Adresa **BUCUREȘTI nr 3**
CID/CNP/CE/PASS
COD CARD ASIGURAT

3. Cod diagnostic
Diagnostic **CHISTURI RENALE BILATERALE** P A/S C
Data trimiterii **15.03.2024**
Data reconfirmării
Semnătura medicului
Semnătura medicului
Cod parafă
Cod parafă

4.1. Tip investigație indicat

Poziția	Cod investigație	Investigații recomandate	Investigații efectuate
1		RMN ABDOMEN CU SC	
2		RMN PELVIS CU SC	
3			
4			

4.2. Date clinice și paraclinice care să justifice investigația:

4.3. Examen CT/RMN anterior: **DA/NU**

4.4. Observații speciale legate de pacient:

a) Greutate kg
b) Cooperare previzibilă Normală/Dificilă
c) Astm bronșic DA/NU
d) Suspiciune de sarcină DA/NU
e) Valve cardiace, ventriculare DA/NU
f) Dispozitive intrauterine DA/NU
g) Alte proteze DA/NU
h) Schije, gloanțe, obiecte metalice DA/NU
i) Proteze articulare, materiale de osteosinteză DA/NU
j) Meserii legate de prelucrarea metalelor (schije, obiecte metalice) DA/NU
k) Clipuri chirurgicale, materiale metalice de sutură DA/NU

l) Asistat cardiorespirator DA/NU
m) Antecedente alergice DA/NU
n) Crize epileptice DA/NU
o) Claustrofobie DA/NU
p) Proteze auditive DA/NU
r) Materiale stomatologice DA/NU
s) Corpi străini intraocular DA/NU

PREZENȚA UNUI PACEMAKER ESTE O CONTRAINDICAȚIE ABSOLUTĂ PENTRU EXAMINARE!!!

4.5. Substanță de contrast: **Da/NU**

5. Numele și semnătura persoanei desemnate de furnizorul de servicii paraclinice:

6. Data prezentării asiguratului
15.05.2024

Semnătura asiguratului

Tipărit la C.N. „Imprimeria Națională” S.A.

What to do with BILET DE TRIMITERE?

- You can **call** any clinique that has specialists that you need – both private and state.
- You should say **you have a referral (TRIMITERE)** for a cardiologist, for example.
- They will schedule a meeting for you.
- At the meeting, take your TRC and the referral.
- **IMPORTANT:** The referral usually lasts **ONLY 30 days**. After it expires, you cannot use it.

Useful medicine names:

FLU – Nurofen raceala si gripa (if your muscles hurt)

FLU – Sinufen (if your nose is stuffed)

HEADACHE – Aspirine

INDIGESTION - Smecta

STOMACHACHE – No-Spa/Gaviscon

TOOTHACHE - Ibuprofen

PS: Usually, if you don't know what to ask for, at pharmacies they can give you more expansive products. It is better to search before going.