

Pihlajalinna

OCCUPATIONAL HEALTH PRICE LIST 2024

PIHLAJALINNA OCCUPATIONAL HEALTH – PRICE LIST 2024

Preventive occupational health services to promote work capacity

Our occupational health services enable you to meet your legal obligations as an employer and also support your organisation's work capacity management. All our services are designed to be cost-effective. They are delivered by a dedicated, multidisciplinary occupational health team for your organisation. Where appropriate, our services can be flexibly provided remotely. The charge is generally based on time. (Occupational Health Care Act Section 12)

Our services for the work place

Our services for the work place include workplace health risk assessment, a joint action plan of services based on the assessment, and effective, work capacity management support for your organisation. This entails managerial support services, occupational health meetings, counselling services, as well as various training and work community activities.

The work of occupational health professionals and experts

	Price/hour
Occupational health doctor*	238,60 €
Occupational health nurse	117,90 €
Occupational physiotherapist	126,80 €
Occupational psychologist	211,50 €
Capacity-to-work coach (social work specialist) **	169,10 €
Dietician	181,40 €

Group counselling and training for a work community **

	Price/hour
Occupational health doctor*	635,70 €
Occupational health nurse	294,70 €
Occupational physiotherapist	300,20 €
Occupational psychologist	547,40 €
Crisis work (two coaches for debriefing sessions)	425,10 €
Conflict resolution and support for improving organisational climate	425,10 €
Change management support for the workplace	425,10 €

Supervision for individuals and groups
(separately agreed based on an offer)

starting from 190,00 €

If the lecture is recorded for later use by the customer, an extra 50% is added to the price.

Assessing physical ability

The quoted prices include feedback and written instructions.

TULETKO survey

The survey identifies personal risk factors for musculoskeletal problems and provides guidance on how to address them. The survey consists of three visits (survey, feedback and follow-up).

507,20 €/person

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

126,80 €/hour

Muscular fitness tests

ask for a quote

Bicycle ergometer exercise test (indirect)

(Muscular strength, mobility and aerobic fitness)

142,00 €/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 as well as a fee for a certificate of completion for each trainee. We also charge a fee for online training materials.

First aid refresher course, 4h	715,00 €/course
Emergency first aid, 8h	1078,00 €/course
First aid EA1, 16h	1815,00 €/course
Emergency medical care 4h, online training (independent study online)	53,90 €/person
Emergency first aid 8 h, online training	99,00 €/person
Emergency first aid course 8h, combination training (theory part online and 4 hours of contact/remote teaching)	1078,00 €/course
First-aid course EA1 16 h, combination training (theory part online and 8 hours of contact/remote teaching)	1850,00 €/course
FRC certification and registration fee	18,43 €/person

Our services for employees

Preventive and statutory occupational health service	Price/hour
Occupational health doctor*	238,60 €
Occupational health nurse	117,90 €
Occupational physiotherapist	126,80 €
Occupational psychologist	211,50 €
Capacity-to-work coach, social work specialist**	169,10 €
Dietician	181,40 €

Statements

Medical Statement B, short	99,50 €
Medical Statement B, long	150,00 €
Medical statement B, demanding, charged on a time basis	248,40 €/hour
Drug test statement**	41,30 €

Medical care with emphasis on occupational health

Doctor's appointment* (incl. phone calls)

Max 10 min.	42,10 €
Max 20 min.	71,00 €
Max 30 min.	106,50 €
Max 45 min.	159,00 €
Max 60 min.	211,00 €
Saturday extra	+30%
Sunday and public holiday extra	+100%

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	34,40 €/event
---	---------------

Occupational nurse's appointment

Under 15 min.	25,00 €
Under 20 min.	38,10 €
Under 30 min.	56,90 €
Under 45 min.	84,60 €
Under 60 min.	112,50 €

Nurse's appointments

Under 20 min.	34,50 €
Under 30 min.	50,00 €
Under 45 min.	70,00 €
Under 60 min.	105,00 €

Physiotherapist

Price/hour

Self-referral to an occupational physiotherapist	126,80 €
Physiotherapy with focus on occupational health	126,80 €
Specialist physiotherapy (e.g. OMT physiotherapy)	139,50 €

Occupational psychologist

Price/hour

Individual consultation	211,50 €
-------------------------	----------

Equipment and drugs

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

Pihlajalonna Nurse Service and Chat Service

Healthcare need assessment, includes advice and guidance on home treatment when necessary.	24,90 €/contact
Healthcare need assessment and sick leave certificate from a nurse	34,90 €/contact
General advice and guidance	12,90 €/contact
Manager's advice via the nurse service, priced in 15-min intervals	109,90 €/hour
Occupational Doctor Chat, Mon-Fri 8am-10pm, max 15 min.	52,00 €/contact
Occupational Doctor Chat, night 10pm-8am, max 15 min.	87,00 €/contact
Occupational Doctor Chat, weekends and public holidays 8am-10pm, max 15 min.	87,00 €/contact

MENTAL WELLBEING SERVICES

Worry in Mind mental health service <i>The Worry in Mind service is a low-threshold chat/telephone service supporting mental health. The service is provided by a psychiatric nurse</i>	105,00 €/hour
Brief therapy	113,00 €/hour
Short-term psychotherapy	149,00 €/hour
Stress management training, group **	265,00 €/person
Sleep coaching, individual	113,00 €/hour
Sleep coaching, group **	390,00 €/person
The coaching begins with a 60-minute survey meeting.	113,00 €/hour

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** 25,90 €/person

The content of the questionnaire is structured around the purpose.

Wellbeing survey ** 15,00 €/person

Firstbeat wellbeing analyses **

Firstbeat Life **

3 months, 3-month assessment licence, includes the measuring instrument 190 €/person

12 months, 12-month assessment licence, includes the measuring instrument 273,00 €/person

Request an offer for groups.

FOREVER FITNESS CENTRE SERVICES**

Forever Online service Includes access to the wellbeing portal and online sports classes for the whole personnel. Read more at <https://www.foreverclub.fi/lahetykset-etusivu/>

fewer than 20 employees 6 €/person/month

20-100 4 €/person/month

Over 100 2 €/person/month

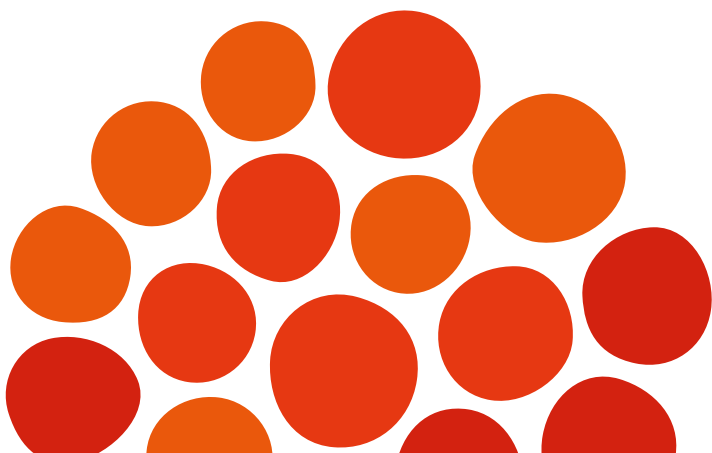
Over 1000 ask for a quote

Remote workplace workout sessions. Includes remote workplace workout sessions with live instruction on Mondays and Thursdays at 1pm. 390 €/month

Yritys10 service Includes a sports card (gym + group exercise) and the wellbeing portal, as well as 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. The minimum number of personnel is 5. Learn more at <https://www.foreverclub.fi/palvelut-yrityksille/>

Over 1000 person 14 €/person/month

Over 1000 person ask for a quote



DIGITERVEYS® -HOLISTIC WELLBEING SERVICE **

Digiterveys® Wellbeing programme

The program includes for example 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
Exclusive program 12-month programme	2 227,00 €	185,58 €
Normal 9-month programme	1 897,00 €	210,78 €
Mini 4-month programme	1 357,00 €	339,25 €

Extensions to Digiterveys® Programs

If a group or part of a group wants to continue the programme, longer programmes are also available. We recommend the refresher programme every six months after the end 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)	297,00 €	198,00 €
Normal (4 months)	619,00 €	154,75 €
Extensive extension (8 months)	1 099,00 €	137,38 €
"Refresher" program, recommended after 6 months since any of the previous programs has ended.	103,00 €	

Digiterveys® theme modul

Digiterveys® programme consists of theme modules that can also be acquired separately, with or without tests.

	Price/person
Prices start for 12-person groups at	59,00 €

Request an offer for individual coaching or a larger group.

Digiterveys® tests and profiles

	Price/person
Genetest	135,00 €
Eatingstyle profile	48,99 €
Exercisestyle profile	48,99 €
Interaction profile	48,99 €

Digiterveys® Wellness Survey

	Price/person
less than 13 employees	12,00 €
13-49 employees	10,00 €
50-99 employees	8,50 €
100-299 employees	7,60 €
300-599 employees	6,10 €
600-799 employees	5,70 €
800-999 employees	5,30 €
1000-1500 employees	5,10 €

Digiterveys® Wellness 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.

490,00 €/report

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 is entitled to charge an initiation fee of EUR 400.00 ** for a new contract to cover the costs of setting up the service. An initiation fee is charged if, due to the client company, it has not been possible to initiate a good occupational health practice (based on a workplace survey and action plan) within three months of signing the contract.

Failure to cancel appointments

If an employee is unable to attend an appointment they have booked and fails to cancel said appointment at least one day in advance, the client organisation is charged the full price of the appointment in accordance with the price list. Any health checks and company visits agreed with the organisation must be cancelled at least five (5) work days in advance. The billing basis for missing appointments is the time, which had been reserved for the health check or other activity.

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 client organisation. Coordination work is recorded 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 (week days and weekends)	100 % increase

Please note: does not apply to Doctor Chat.

Travel costs

Charged based on used time and means of transport. Travel time is charged at the start of every half hour.

General fee (reimbursed by Kela)

38,00 €/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

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), 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.

1-2 employees	185,00 €/company/year
---------------	-----------------------

3-4 employees	92,00 €/employee/year
---------------	-----------------------

5-10 employees	59,00 €/employee/year
----------------	-----------------------

11-50 employees	31,00 €/employee/year
-----------------	-----------------------

Over 50 employees	20,50 €/employee/year
-------------------	-----------------------

Solo self-employed (Reimbursed by Kela). Covers the general fee of €70 plus a wellbeing survey and, if necessary, an update of the action plan.	189,90€
---	---------

Additional services of the occupational health portal

Automatic information transfer	ask for a quote
--------------------------------	-----------------

Support for capacity-to-work app	ask for a quote
----------------------------------	-----------------



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	32,50 €
1046	S -AFOS	Alkaline phosphatase	32,50 €
1155	U -BaktVi	Bacterial culture test	45,50 €
1216	S -CRP	C-reactive protein	39,20 €
1468	fP-Gluk	Glucose	32,50 €
1489	S -GT	Glutamyltransferase	32,50 €
6128	B -HbA1c	Blood haemoglobin A1c	68,00 €
2001	S -K	Potassium	32,50 €
1881	U -KemSeul	Chemical urinalysis	37,90 €
2143	S -Krea	Creatine level	32,50 €
2203	B -La	Sedimentation rate	26,70 €
2382	S -Na	Sodium	32,50 €
2474	B -PVK+T	Basic blood count and platelets	51,20 €
3642	S -PSA	Prostate-specific antigen	76,00 €
2608	F -SalmVi	Salmonella culture	43,90 €
3635	Ps-StrAAg	Streptococcus pyogenes (A), antigen	50,60 €
2703	Ps-StrVi	Streptococcus, throat swab culture	44,60 €
2832	S -TSH	Thyroid-stimulating hormone	69,90 €
2836	S -T4-V	Thyroxine, free	79,90 €
3696	B -TVK	Full blood count	75,40 €

Laboratory test packages

2245	Blood lipids	Lipid profile: fS-Kol, fS-Kol-HDL, fS-Kol-LDL, fS-Trigly	71,40 €
9126	Liver test package	Liver tests: WBC, HCT, RBC, HGB, E-MCV, E-MCH, E-MCHC, S-GT, S-ALAT, S-ASAT, S-CDT	115,40 €
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	150,10 €

A&E tests

1216P	B-CRPp	C-reactive protein, rapid test	55,30 €
2203P	B-Lap	Sedimentation rate, rapid test	43,60 €
2360	S-MonAb-O	Mononucleosis antibody	66,20 €
1471P	P-Glukp	Glucose	35,90 €
4746	-InfABAg	Influenza rapid test	122,40 €
4113P	B-FiDDp	Fibrin D-dimer	78,60 €
4464	B-TnTp	Troponin T	82,10 €
4520P	P-TT-INRp	Prothrombin Time Test INR	41,20 €
1881P	U-Kemseup	Chemical urinalysis	38,70 €
2474P	B-PVK+Tp	Basic blood count and platelets	52,00 €

Clinical physiological examinations

1270	Pt-EKG-12	ECG i.e. electrocardiogram	77,00 €
2682	Pt-FVSpirD	Spirometry and bronchodilators test	169,80€

Hearing test

	E103	Audiogramma (hearing screening)	54,30 €
--	------	---------------------------------	---------

Imaging

GD1AA	Native x-ray of lungs	145,90 €
DM1QA	Native x-ray of sinuses	141,00 €
NG1AA	Native x-ray of a knee	141,00 €
NF1AA	Native x-ray of a hip	141,00 €
NA3AA	Native x-ray of lumbar vertebrae	141,00 €
NA1AA	Native x-ray of cervical spine	141,00 €
NB1AA	Native x-ray of shoulder joint	149,90 €
JN1AE	Upper abdomen ultrasound	359,30 €
JN2AE	Lower abdomen ultrasound	359,30 €
NK1XE	Muscle or tendon ultrasound	317,30 €
NB1AE	Shoulder joint ultrasound	331,70 €
BA1AE	Thyroid ultrasound	294,60 €



OTHER GENERAL INFORMATION

Surcharges

Subcontracting surcharges**		40,00 €/invoice
<p>When we organise and coordinate subcontracted occupational health services in a location where Pihlajalinna does not do business, we charge €40.00/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>		
Paper invoice surcharge**		15,00 €/invoice
Kanta fee	EUR 2.50	2,50 €
<p>Kanta fee, includes the e-prescription fee</p> <p><i>The Kanta fee is charged for an appointment or a remote appointment that is recorded in Kanta</i></p>		
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 2024 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.