



Pihlajalinna

OCCUPATIONAL HEALTH PRICE LIST 2025

14.11.2024

PIHLAJALINNA OCCUPATIONAL HEALTH – PRICE LIST 2025

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 be part of building the working life of the future and more impactful occupational health services. The core of our service is a preventive occupational healthcare package tailored 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 the workplace

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, counseling services, as well as various training and work community activities.

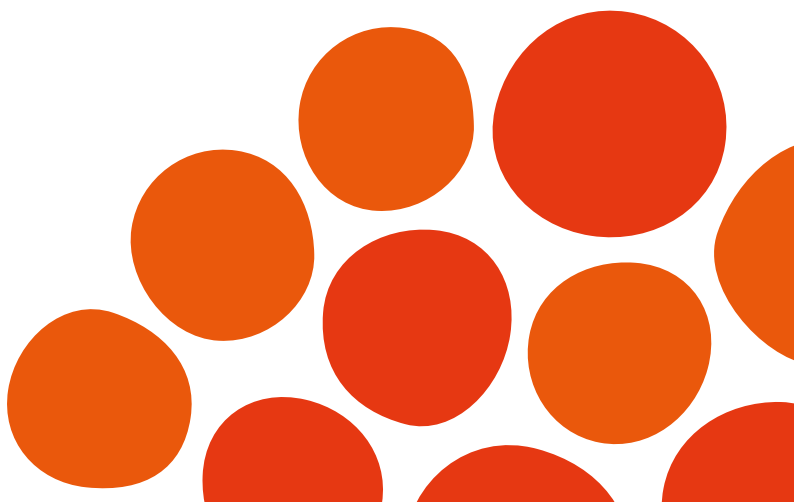
The work of occupational health professionals and experts

	Price/hour
Occupational health doctor*	255,90 €
Occupational health nurse	128,00 €
Occupational physiotherapist	134,20 €
Occupational psychologist	221,00 €
Capacity-to-work coach (social work specialist) **	176,70 €
Dietician	194,00 €

Group counselling and training for a work community **

	Price/hour
Occupational health doctor*	693,00 €
Occupational health nurse	321,30 €
Occupational physiotherapist	327,30 €
Occupational psychologist	596,70 €
Crisis work	463,40 €
Conflict resolution and support for improving organisational climate	463,40 €
Workplace mediation	463,40 €
Change management support for the workplace	463,40 €
Supervision for individuals and groups (arranged upon request and based on a quote)	starting from 207,10 €

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 problems and provides guidance on how to address them. The survey consists of three visits (survey, feedback and follow-up).

532,60 €/person

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

133,20 €/hour

Muscular fitness tests**

ask for a quote

Bicycle ergometer exercise test** (indirect)

149,10 €/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. Ask for a quote.

First aid refresher course, 4h

765,10 €/course

Emergency first aid, 8h

1153,50 €/course

First aid EA1, 16h

1942,10 €/course

Emergency medical care 4h, 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

FRC certification and registration fee

19,80 €/person

Our services for employees

Preventive and statutory occupational health service

Price/hour

Occupational health doctor*

255,90 €

Occupational health nurse

128,00 €

Occupational physiotherapist

134,20 €

Occupational psychologist

221,00 €

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

176,70 €

Dietician

194,00 €

Statements

Medical Statement B, short

108,00 €

Medical Statement B, long

162,00 €

Medical statement B, demanding, charged on a time basis

255,90 €/hour

Drug test statement**

45,00 €

Medical care with emphasis on occupational health

Doctor's appointment* (incl. phone calls)

Max 10 min.	44,50 €
Max 20 min.	73,00 €
Max 30 min.	112,00 €
Max 45 min.	149,00 €
Max 60 min.	211,00 €

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	36,80 €/event
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Occupational nurse's appointment

Under 15 min.	26,80 €
Under 20 min.	40,90 €
Under 30 min.	61,60 €
Under 45 min.	92,30 €
Under 60 min.	122,00 €

Nurse's appointments

Under 20 min.	36,23 €
Under 30 min.	52,50 €
Under 45 min.	73,50 €
Under 60 min.	108,00 €

Physiotherapist

	Price/hour
Self-referral to an occupational physiotherapist	139,80 €
Physiotherapy with focus on occupational health	139,80 €
Specialist physiotherapy (e.g. OMT physiotherapy)	152,06 €

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.	31,90 €/contact
Healthcare need assessment and sick leave certificate from a nurse	31,90 €/contact
General advice and guidance	14,90 €/contact
Occupational Doctor Chat, Mon-Fri 8am-10pm, max 15 min.	54,90 €/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

Mielen Pihlajalinna mental health service <i>Mielen Pihlajalinna mental health service is a low-threshold chat/telephone service supporting mental health. The service is provided by a psychiatric nurse</i>	112,40 €/hour
Brief therapy	121,00 €/hour
Short-term psychotherapy	165,00 €/hour
Stress management training, group **	283,60 €/person
Sleep coaching, individual	121,00 €/hour
Sleep coaching, group **	417,30 €/person
The coaching begins with a 60-minute survey meeting.	121,00 €/hour
Mielen Huoli webinars 45 min.**	650,00 €

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.

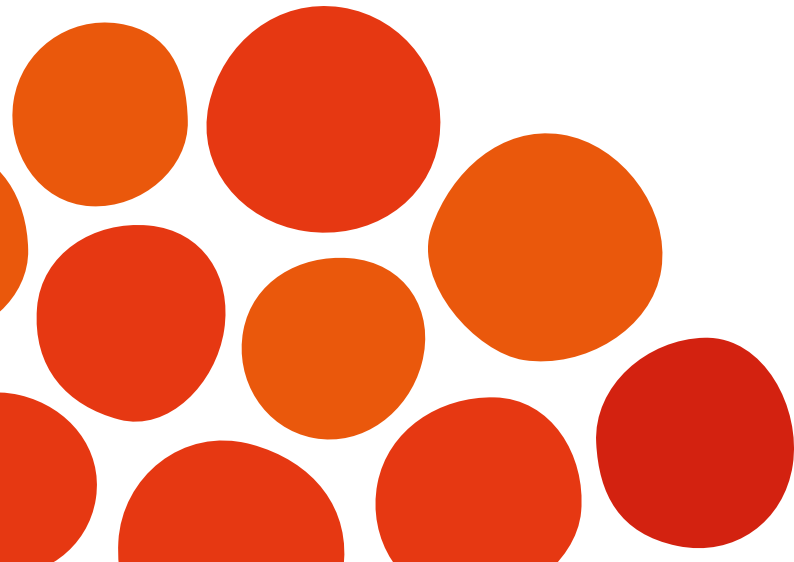
Questionnaire in place of health check**	27,20 €/person
<i>The content of the questionnaire is structured around the purpose.</i>	
Wellbeing survey **	15,80 €/person

Firstbeat wellbeing analyses **

Firstbeat Life **

3 months, 3-month assessment licence, includes the measuring instrument	198,80 €/person
12 months, 12-month assessment licence, includes the measuring instrument	283,00 €/person

Request an offer for groups.



FOREVER FITNESS CENTRE SERVICES**

Remote fitness 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	6,00 €/person/month
20-100 employees	4,00 €/person/month
More than 100 employees	2,00 €/person/month
More than 1,000 employees	ask for a quote

Remote break exercise sessions

Includes remote break exercise sessions with live instruction on Mondays and Thursdays at 13:00.

390,00 €/month

Fitness contracts

Fitness contract

Includes a sports card (gym + group exercise) and access to all Forever centres. The contract is valid for an indefinite period with two (2) months' notice. We offer contracts for companies with more than 5 employees. Pricing depends on the company size – each employee 20,00 €/person/month.

5-30 employees: payment for each employee 20,00 €/person/month

31-99 employees: payment based on the actual use or 60% of the number of employees at minimum.

More than 100 employees: payment based on the actual use or 40 % of the number of employees at minimum.

More than 1,000 employees: ask for a quote

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 gym membership and a €8 discount on a gym & group exercise 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!

Massage services

Forever Pihlajalinna's massage services are suitable either as a staff gift, as an ongoing service, as Forever's in-house service or as part of the occupational wellbeing day. Ask for a quote!

Contact details: yritysmyynti@foreverclub.fi

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	1877,00 €	156,42 €
Normal 9-month programme	1593,00 €	177,00 €
Mini 4-month programme	1227,00 €	306,75 €

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)	319,00 €	212,66 €
Normal (4 months)	737,00 €	184,25 €
Extensive extension (8 months)	1099,00 €	137,37 €
"Refresher" program, recommended after 6 months since any of the previous programs has ended.	107,00 €	

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	63,00 €

Request an offer for individual coaching or a larger group.

Digiterveys® tests and profiles

	Price/person
Health tests and profiles	Ask for a quote, also for groups
Genetest	140,40 €
Eatingstyle profile	50,95 €
Exercisestyle profile	50,95 €
Interaction profile	50,95 €

Digiterveys® Wellness Survey

	Price/person
less than 13 employees	21,90 €
13-49 employees	13,90 €
50-99 employees	9,50 €
100-299 employees	7,90 €
300-599 employees	6,40 €
600-799 employees	5,90 €
800-999 employees	Ask for a quote
1000-1500 employees	Ask for a quote

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.	509,00 €/report
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The prices of the wellbeing survey and report include the questionnaire and report. The time spent providing feedback on the results is charged based on the hourly rates of the occupational healthcare staff.

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.

Unused appointments or appointments cancelled contrary to the terms

Booked appointments need to be cancelled at least 24 hours before the appointment. If the person who booked the appointment does not show up to the appointment without cancelling it at least 24 hours before the appointment, the customer organisation will be charged according to the price list for the price of the standard appointment as an unused appointment. 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.

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 contract clinic) 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 (week days 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)

39,90 €/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), 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	94,00 €/company/year
4-10 employees	64,00 €/employee/year
11-50 employees	34,00 €/employee/year
Over 50 employees	20,50 €/employee/year
	General fee / entrepreneur / year 39,90 €
	Service fee / entrepreneur / year 73,90 €
Solo entrepreneur	

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 application

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	33,80 €
1046	S -AFOWS	Alkaline phosphatase	33,80 €
1155	U -BaktVi	Bacterial culture test	47,40 €
1216	S -CRP	C-reactive protein	40,80 €
1468	fP-Gluk	Glucose	33,80 €
1489	S -GT	Glutamyltransferase	33,80 €
6128	B -HbA1c	Blood haemoglobin A1c	70,80 €
2001	S -K	Potassium	33,80 €
1881	U -KemSeul	Chemical urinalysis	39,50 €
2143	S -Krea	Creatine level	33,80 €
2203	B -La	Sedimentation rate	27,80 €
2382	S -Na	Sodium	33,80 €
2474	B -PVK+T	Basic blood count and platelets	53,30 €
3642	S -PSA	Prostate-specific antigen	79,10 €
2608	F -SalmVi	Salmonella culture	45,70 €
3635	Ps-StrAAg	Streptococcus pyogenes (A), antigen	52,70 €
2703	Ps-StrVi	Streptococcus, throat swab culture	46,40 €
2832	S -TSH	Thyroid-stimulating hormone	72,70 €
2836	S -T4-V	Thyroxine, free	83,10 €
3696	B -TVK	Full blood count	78,50 €

Laboratory test packages

2245	Blood lipids	Lipid profile: fS-Kol, fS-Kol-HDL, fS-Kol-LDL, fS-Trigly	74,30 €
9126	Liver test package	Liver tests: WBC, HCT, RBC, HGB, E-MCV, E-MCH, E-MCHC, S-GT, S-ALAT, S-ASAT, S-CDT	120,10 €
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	156,20 €

Clinical physiological examinations

1270	Pt-EKG-12	ECG i.e. electrocardiogram	79,90 €
2682	Pt-FVSpirD	Spirometry and bronchodilators test	171,90€
1784	Pt-PolAMb	Ambulatory sleep polygraphy	495,00 €

Hearing test

E103		Audiogramma (hearing screening)	55,00 €
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Imaging

GD1AA	Native x-ray of lungs	153,20 €
DM1QA	Native x-ray of sinuses	150,90 €
NG1AA	Native x-ray of a knee	150,90 €
NF1AA	Native x-ray of a hip	150,90 €
NA3AA	Native x-ray of lumbar vertebrae	150,90 €
NA1AA	Native x-ray of cervical spine	150,90 €
NB1AA	Native x-ray of shoulder joint	160,40 €
JN1AE	Upper abdomen ultrasound	384,50 €
JN2AE	Lower abdomen ultrasound	384,50 €
NK1XE	Muscle or tendon ultrasound	339,60 €
NB1AE	Shoulder joint ultrasound	355,00 €
BA1AE	Thyroid ultrasound	315,30 €

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 www.hamrashohde.fi

OTHER GENERAL INFORMATION

Surcharges

Subcontracting surcharges**	40,00 €/invoice
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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 %.

Paper invoice surcharge**	15,00 €/invoice
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Kanta fee	3,70 €
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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 155,00 €/hour
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Paper transfers of medical records by an occupational health nurse**	Charged based on time spent 117,90 €/hour
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Recording sickness absences outside of occupational healthcare**	Charged based on time spent 117,90 €/hour
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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
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This price list is valid from 1 January 2025 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.