



## What to tell new students about FSHS?

### \*Start using the Self service

Self is a student's personal channel for secure communication with FSHS. You can log in to Self using the Self button on the front page of the FSHS website. By clicking the button, you will be asked for your bank ID or mobile certificate to authenticate. Please check/update your contact information in the Self service. You can also check the boxes if you want to receive text message/email about your FSHS appointments or when you have received a new message from FSHS at the Self service. You can also check your security settings.

You can use the Self service to postpone/cancel your appointments or to book an appointment if you have received an appointment ticket elsewhere. The Self service also includes a tourist health form and a refill form for contraceptive prescription, for example. In addition, Self includes a chat channel for the assessment of the need for care / making appointments and a contact link for a remote appointment.

\***SäTKy**, the electronic health survey, is sent to all first-year students at Self. Please complete the health survey. After responding to the health survey, you will receive personal feedback on your health. Based on the feedback, you will be able to make an appointment with your public health nurse for a health meeting or dentist for a dental examination if needed. The first dental examination is free of charge.

\***Service points.** You can use any of the FSHS service points or have certain appointments remotely from your home computer. The addresses of the Helsinki Metropolitan Area Service Points are as follows:

**Helsinki:** Töölönkatu 37 A, 00260 Helsinki

**Espoo:** Otakaari 12, 02150 Espoo

Espoo office is open on weekdays from 9am to 11am.

The FSHS has a comprehensive website [www.yths.fi](http://www.yths.fi), which provides self-care advice and instructions for making appointments. The FSHS does not provide emergency services and all service points are open by appointment.

(You can take students past the FSHS Espoo Service Point and show them its location).

**\*Starting Point of Wellbeing** (Undergraduate Centre, Otakaari 1, Y199c) is open on weekdays at 9am-3pm.

See the Starting Point of Wellbeing schedule

<https://into.aalto.fi/display/fiopisk/Starting+Point+of+Wellbeing>. FSHS public health nurse is available at Starting Point of Wellbeing on Tuesdays and Thursdays and you can come by during the opening hours whenever you like. Starting Point of Wellbeing offers Aalto students advice and guidance in services related to wellbeing.

**\*You can also find FSHS on social media.** Facebook, Twitter, Instagram, YouTube. Follow the FSHS channel on social media. On social media, we keep you up to date and share current health information.