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## What to tell new students about FSHS?

\*Register for the Self online 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 home page of the FSHS website. When clicking this button, you will be asked for banking credentials or a mobile ID for identification. Please check or update your contact information in the Self online service. Please also tick the applicable boxes if you want to receive a text message or an email about your appointments for FSHS or when you have received a message from FSHS, and other security settings in the Self online service.

Through the Self online service, you can reschedule or cancel your appointments or book an appointment if you have received an appointment ticket via other channels. You can find, for example, the prescription renewal form for a contraceptive prescription and travel health advice form in the Self online service. Self also has a chat channel for an assessment of treatment need or booking an appointment as well as a link for a remote appointment.

\*An electronic health survey (SäTKy) is sent to all first-year students in the Self online service. Please complete the health survey. After you have completed the health survey, you will receive personal feedback on your health. If necessary, you will also receive a booking permission for a nurse for a health meeting or for a dentist for a dental examination on the basis of the survey. The first dental examination is free of charge.

\*Service units. FSHS offers services as digital and remote services as well as in a team of responsibility that has been appointed for each educational institution. The team of responsibility for the students at Aalto University Otaniemi campus is available at the street address Otakaari 12, 02150. You can also take care of certain office visits remotely from your home computer. FSHS has a comprehensive website [www.yths.fi/en/](http://www.yths.fi/en/) where you can find self-care instructions and booking instructions. FSHS does not have on-call services and all appointments need to be booked. (You can walk past the FSHS Espoo service unit with the students and show them where the service unit is located.)

\*Starting Point of Wellbeing point (Undergraduate Centre, Otakaari 1, Y199c). FSHS is also involved in Aalto University's Starting Point of Wellbeing service point. The Starting Point of Wellbeing provides students with advice and service guidance on questions related to wellbeing. Read more about the Starting Point of Wellbeing point and see the timetable <https://into.aalto.com/display/fiopisk/Starting+Point+of+Wellbeing>. For FSHS's part, the activity at the service point has been temporarily paused due to the COVID-19 situation.

\*You can also find FSHS on social media. Facebook, Twitter, Instagram, YouTube. Follow the FSHS channels on social media. We inform about current issues and share current health information on social media.