

# Guidelines for Sammen Health Fund

## Requirements for all applications

- *Documentation for paid semester fee for the semester(s) you had the expenses. Documentation must include your name and can be for ex. transcript from StudentWeb with your name, payment confirmation from educational institution, screenshot with receipt for paid semester fee with your name from digital student ID, etc.*
- *Please note that overriding for all parts of the guidelines is that the expenses cannot be older than 6 months. Treatments must be done in Norway.*

## Expenses from psychologist, psychiatric policlinic, psychotherapy with a psychiatrist:

You are entitled to a healthcare exemption card (Frikort) once you have paid a certain amount in user fees when receiving healthcare services. When you present your exemption card, you do not have to pay user fees for the remainder of the calendar year. There are two exemption card schemes for health care services. For more information, check [helsenorge.no](https://helsenorge.no).

Psychological treatment under HELFOS' self-sufficiency is refundable. This applies to treatment by psychologist specialists who have an agreement with the municipality and treatment at DPS (District Psychiatric Center). Psychotherapy given by a psychiatrist is also refundable. Approved expenses are covered from the first NOK to the deduction limit. Expenses must be documented with HELFO receipt.

## Expenses from dentist:

Receipt with specified date of treatment and confirmation from the dentist that only necessary treatment has been given. Expenses under NOK kr. 1500,- does not qualify for a refund. This refund does not apply to students in Bergen, as they have their own dental services with discounts.

Note that as of 2023, applicants who reach the age of 21 - 26 in the year of treatment, will be entitled to an extended county dental healthservice (50 percent). Check the website of your county (fylkeskommune).

These applicants must therefore use this county-level dental service, before one can apply for 50% in support from the health fund for the remaining amount.

If an applicant entitled to this dental healthservice chooses to get non-public treatment, the support from the health fund will be a maximum of 25%.

The maximum amount of support is NOK 10,000 per year. Approved expenses can therefore not exceed NOK 20,000. Support for braces, dental implants or cosmetic dentistry will not be given.

## Expenses from dental injury:

Dental repairs of injuries caused by an accident, or a fall, requires documentation from a doctor or a dentist. The documentation needs to contain information about whether insurance or the public covers parts of or the whole treatment. The maximum amount of support is NOK 20,000 per year. Approved expenses can therefore not exceed NOK 40,000.

## Expenses related to transportation:

Documentation from a doctor, which confirms that you cannot use public transport between your home and your educational institution because of an injury or an illness. Taxi bills needs to contain the date, address, and the educational institutions address. The support applies to 1 return journey (round trip) per day. Weekend travel is not eligible. Support is granted for a maximum period of four weeks. Of approved expenses, the support will be 50 %.