



# HEALTHY

## IN MAASTRICHT

Being and staying healthy is an important condition for a successful study. Tips to be prepared if you get health problems:



- Make sure you have a good health insurance.
- The healthcare system in the Netherlands is different than you are used to in your own country. When you have a medical issue you first go during office hours to a General Practitioner, called 'huisarts' in Dutch. The 'huisarts' will help you by giving advice and treatment. If needed, the 'huisarts' will refer you to a specialist in the hospital.
- Therefore, find a 'huisarts' in your area and sign up. An overview of general practitioners in Maastricht and the surrounding area can be found on the website [hapmaastricht.nl](http://hapmaastricht.nl) under the heading Students and Expts.
- In case of a medical emergency outside office hours, you can contact the 'Huisartsen Spoedpost'. For more information, visit: [hapmaastricht.nl](http://hapmaastricht.nl).

# Good luck with your study!



More information about health issues:



General practices



Huisartsen  
**Spoedpost**  
Maastricht & Heuvelland