

HEALTHCARE SYSTEM IN NL



General Practitioner (GP)

In the Netherlands, your GP is your first stop for medical care. You can go to them for general health issues, check-ups, and advice. Need a specialist (like a dermatologist or psychologist)? You'll need a referral from your GP – without it, your health insurance usually won't cover the costs.

Good to know:

- All Dutch GPs are highly trained and regularly monitored.
- When you call, a doctor's assistant will often assess your situation first (triage) to decide if an appointment is needed.



How to find a GP

Find a GP as soon as you arrive in Rotterdam and if possible: register – don't wait until you're sick. You're free to choose a GP in your neighbourhood. Here's how to find one:

- Visit zorgkaartnederland.nl, enter your zip code and the word "huisarts" (GP).
- Check the list of GPs on the External Medical Network of Codarts (see QR code below).
- Ask your roommates or neighbours for recommendations.



Out-of-hours service: Huisartsenpost (HAP)

Need medical help in the evening, on weekends, or public holidays?

Call the HAP (out-of-hours service; see QR code below). Always make an appointment first – triage is also done here. The HAP includes a pharmacy.



Emergency & Hospitals

In urgent situations, you can go to the First Aid (EHBO) Accident & Emergency (Spoedeisende hulp, SEH) at any hospital, 24/7.

Life-threatening emergency? Call 112.



Medication

- With a prescription: get your meds at a pharmacy (apotheek).
- Without a prescription: buy basic meds like paracetamol at a pharmacy or drugstore (drogist) like Kruidvat or Etos.
- Alternative options: health stores like Holland & Barrett sell herbal remedies and supplements.



Useful tips

- Always check your insurance to see what is covered.
- You often pay upfront and claim the costs later – bring a payment method.
- Ask for an original receipt for insurance claims.
- For a full list of GPs, hospitals, and HAPs in Rotterdam, see the External Medical Network Co Performing Arts Health Centre.



**External Medical
Network**
(for Codarts students)

