

Welcome to Heltti's occupational health services!

Heltti member's checklist:

1

Register to MyHeltti
my.heltti.fi/hello

MyHeltti provides you all the information related to your well-being and health, and allows you to connect with Heltti's health care professionals. It works as a mobile app and as a web version. Get to know Heltti's services, digital libraries, and member benefits.

2A

In case of acute illness

For urgent matters, call **HelttiLinja** or message us via MyHeltti's **HelttiChat**. Messages left outside of service hours will be responded no later than the next working day, allowing you to continue the conversation in real-time.

HelttiLinja

020 1470 770

Mon-Fri 7-21, Sat-Sun 9-17



HelttiChat

my.heltti.fi or app

Mon-Fri from 8-16

2B

Non-urgent matters related to your work ability

You can also contact your company's dedicated Heltti nurse on the **Occupational Nurse message channel** in MyHeltti. Use this channel in non-acute issues relating to work ability and work wellbeing. Nurse will respond you in no more than two working days.

Did you know that up to 40% of inquiries are resolved during the first contact in Heltti?

Our experienced nurses help you with your situation by providing remote diagnoses when possible, offering health care guidance, and consult our doctors. If necessary, we can also schedule a remote or in-person appointment at Heltti or at our partner clinics.