

# Welcome to Heltti's occupational health services!

## Heltti member's checklist

1

**Register to MyHeltti**  
[my.heltti.fi/hello](https://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.

2

**In case of acute illness or matters related to work ability**

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

**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.