

# Welcome as a customer to Mehiläinen's occupational health services!

You and your colleagues are your company's most important asset. That's why we at Mehiläinen Occupational Health Services want to take care of you and your ability to work.

Our experienced specialists work customer-oriented, adhering to high quality standards and continuously developing their expertise. At Mehiläinen, life has been our mission since 1909.

## We are delighted to start this collaboration with you!

We offer you comprehensive occupational health services throughout Finland. In addition, you have access to the OmaMehiläinen service, where you can easily manage your affairs regardless of time or place.

### How do I book an appointment as an occupational health customer?

From September 1, 2026, Mehiläinen's 24/7 appointment booking channels will be at your disposal. Remember to select "Occupational Health Services" as your service role.

You can book an appointment via [online booking](#) or through [OmaMehiläinen](#):

- For appointments with an occupational health nurse or occupational physiotherapist without a referral.
- If you have received a referral for an appointment with an occupational health psychologist.
- If you have already received a referral for laboratory tests or imaging.

You also have access to our phone service's callback feature, which operates 24/7 at 010 414 0222 (local/mobile call charge).

### Where can I find my occupational health team and Mehiläinen clinic information?

You can view the details of your company's designated occupational health team in the OmaMehiläinen service. You can turn to your occupational health team for all matters related to your health and ability to work. In the service section, you will also find Mehiläinen clinic information and arrival instructions.

A well-being person enjoys their work, and that's why we want to do our best to support both your mental and physical well-being. We are here for you. A warm welcome as a Mehiläinen customer!



## OmaMehiläinen service streamlines your affairs

You can easily download OmaMehiläinen to your phone from the app store. With OmaMehiläinen's Digital Clinic, you can handle your matters remotely, regardless of time or place.

### In OmaMehiläinen, you will find, among other things:

- The Digital Clinic, where our specialists serve you remotely 24/7.
- Your company's designated occupational health team and the clinics included in your agreement.
- Your visit history and health information.
- A comprehensive, free video library to support well-being and coping.
- Useful Mobile Benefits for maintaining health and well-being with Mehiläinen.

Learn more about the OmaMehiläinen service at: [mehilainen.fi/omamehilainen](https://mehilainen.fi/omamehilainen)

