



HEALTH GUIDE

for People with immigration history in the city of Wolfsburg



This health guide is available in several languages.

It can also be found at
www.wolfsburg.de

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Layout

Stadt Wolfsburg -Integrationsreferat

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This health guide provides up-to-date information on the health care system in Germany, on important preventive health check-ups and on what to do in medical emergencies.

In Germany, health care is provided on the basis of a health insurance system.

If you seek asylum in Germany, you initially are not medically insured. To remedy this situation, your health care is ensured by German public agencies providing you with a medical treatment voucher when you have to see a doctor. These agencies are, among others, the social services or public health departments. The health care services encompass treatment by a doctor or by a dentist as well as any necessary protective vaccinations and preventive check-ups that are required from a medical point of view.

As a rule, a medical treatment voucher is valid only for a short period of time. It is issued by the city administration Wolfsburg, Social and Health Division, when you are ill and is to be presented to the doctor.

Health insurance

Germany has a compulsory health insurance scheme including free choice of the health insurance provider. Normally, employees are covered by a statutory health insurance fund, or, if their income exceeds certain limits, they can opt for private insurance. Recipients of unemployment benefit I or II, or of social welfare benefit normally remain insured with their previous health insurance provider. The monthly insurance premium due is computed on the basis of the person's income and the general contribution rate levied by the person's insurance fund. Under certain circumstances, spouses who are not gainfully employed, and children and young adults under 25 are co-insured in the compulsory health insurance scheme, free of charge.

The electronic health care card replaces the medical treatment voucher and allows you to directly see your doctor without having previously to obtain a voucher from the agencies.

Every family member has a **healthcare card (Gesundheitskarte)**. All relevant data such as full name, date of birth and insurance number are recorded on the card. If you give your consent, your personal medical data will be stored on the card including your blood type, and any allergies and/or chronic illnesses. The health care card must be kept in a safe place and be presented at your first visit in each quarter of the year. The doctor will send his/her bill to your health insurance.

In addition to paying for medical and hospital care, the health insurance policy also covers the cost of prescribed medicines, prostheses, preventive health checkups, rehabilitation measures and cures. You will be asked to make a 10 percent **co-payment (Eigenanteil)** towards most medical services (minimum € 5, maximum € 10).

In the event of hospitalisation your co-payment will be € 10 a day for a maximum of 28 days per year, children and young people under the age of 18 are exempt.

Children and young people under the age of 18 are also exempt from co-payments for prescription medicines and appliances (e.g. hearing aids). For children and young people under 18 spectacle lenses will be paid for at the contract price, and the same applies to children up to the age of 14 even if there is no change in prescription (e.g. including a pair of sports glasses for school sport).



Sample healthcare card (front)



Pattern of health care card (reverse)

Pharmacies

In Germany, you buy drugs and surgical dressings at the pharmacy. There you obtain both drugs that are obtainable without prescription and drugs for which prescription is needed. For drugs which are only available on prescription, you need a doctor's prescription.

The pharmacists also counsel you on questions relating to your health.

In addition to the regular openings hours, the pharmacies also offer emergency service during the night and on weekends and public holidays. Information as to which pharmacy is open 24 hours is published in the local press or is put up on the pharmacies' doors.

Name, Vorname des Versicherten		geb. am		Bezugsdatum		Apotheken-Nummer / IK	
Rp. (Bitte Leerräume durchstreichen)		Datum		Gesamt-Brutto		Arzneimittel-/Hilfsmittel-/Heilmittel-Nr.	
				Faktor		Taxe	
Unterschrift des Arztes							

Dieses Rezept können Sie nicht zur Erstattung bei Ihrer gesetzlichen Krankenkasse einreichen. Allerdings können Sie diese Arzneimittelausgaben unter Berücksichtigung Ihrer persönlichen Belastungsgrenze bei Ihrer Steuererklärung geltend machen.

MA195

Name, Vorname des Versicherten		geb. am		Bezugsdatum		Apotheken-Nummer	
Versicherungsnummer		Personennummer		Gesamt-Brutto		Arzneimittel-/Hilfsmittel-/Heilmittel-Nr.	
Karte gültig bis		Datum		Faktor		Taxe	
Rp. (Bitte Leerräume durchstreichen)							
PKVh							
0723749A05151							

David Bihlmeier Vorlesung 2008/9 / 1. Auflage 1.13

Krankenkasse bzw. Kostenträger		Hilfs- / Tropf- / Spr.-St.- / Reiz- / Pfl.- / Mittel		Apotheken-Nummer / IK	
Name, Vorname des Versicherten		geb. am		Zusatzung	
Kostenträgerkennung		Versicherten-Nr.		Gesamt-Brutto	
Betriebsstätten-Nr.		Arzt-Nr.		Arzneimittel-/Hilfsmittel-/Heilmittel-Nr.	
Datum		Faktor		Taxe	
Rp. (Bitte Leerräume durchstreichen)					
Vertragsarztstempel					
bbbf					
Bei Arbeitsunfall auszufüllen					
Unfalltag		Unfallbetrieb oder Arbeitgebernummer		Abgabedatum in der Apotheke	
Unterschrift des Arztes					
Muster 16 (10.2014)					
0723749004					

Pattern of prescription



Pharmacies in Wolfsburg

Adler-Apotheke	Saarstr. 4	38440	WOB	Englisch, Italienisch
Apotheke am Hoffmannhaus	Westerstr. 6	38442	WOB	Englisch, Französisch
Apotheke am Klinikum	Sauerbruchstr. 13	38440	WOB	Englisch, Türkisch, Französisch
Bären-Apotheke	Reislinger Str. 16	38446	WOB	Russisch, Englisch
Drömling-Apotheke	Amtsstr. 7	38448	WOB	Englisch, Russisch
Flora-Apotheke	Schlesierweg 22 c	38440	WOB	Polnisch, Englisch
Galerie Apotheke	Porschestr. 45	38440	WOB	Englisch, Kurdisch, Türkisch, Russisch, Rumänisch, Italienisch
Hansa-Apotheke	Hansaplatz 12	38448	WOB	Russisch, Kurdisch, Englisch, Spanisch
Heidgarten-Apotheke	Meins 8-	38448	WOB	Russisch, Englisch
Mohren-Apotheke	Rothe Str. 23	38440	WOB	Englisch
Neue Apotheke	Detmeroder Markt 11	38444	WOB	Türkisch, Russisch, Arabisch, Englisch
Olympia-Apotheke	Kaufhofpassage 5/7	38440	WOB	Albanisch, Englisch, Türkisch, Russisch
Osterloh-Apotheke	Westerstr. 23	38442	WOB	Englisch, Italienisch, Russisch
Phönix-Apotheke	Schachtweg 27	38440	WOB	Englisch, Französisch
Phönix-Apotheke Ehmen	Mörser Straße 53	38442	WOB	Englisch, Russisch
Phönix-Apotheke-real,-	Brandgehaege 9	38444	WOB	Englisch, Russisch
Porsche-Apotheke	Porschestr. 41 E	38440	WOB	Englisch, Russisch
Reislinger Apotheke	Gerta-Overbeck-Ring11	38446	WOB	Englisch., Russisch, Italienisch
Spitzweg-Apotheke	Mörser Str. 49	38442	WOB	Englisch, Französisch
Stadt-Apotheke	Porschestr. 40	38440	WOB	Englisch, Russisch
Widukind-Apotheke	Goethestr. 59 a	38440	WOB	Englisch
Wolf-Apotheke	Brandenburger Platz 5	38440	WOB	Englisch, Russisch

*) These languages are spoken by the staff.

Consulting a doctor

Diagnosis and subsequent treatment of a sickness are normally the task of doctors who operate their own practice or work together with other doctor colleagues in a group practice. These doctors are called "resident physicians". They also write prescriptions for drugs and can refer their patients to a hospital for further treatment.

Resident physicians charge their services to the Social Services Department or to a statutory health insurance company. The patients may also pay themselves for the treatment by a doctor. Please bear in mind that in this case you have to bear the costs yourself and that the amounts you have paid directly to the doctor cannot be refunded afterwards.

Physicians have to comply with their medical secrecy obligations. They must not disclose the information entrusted to them to other parties. Particular infectious diseases such as tuberculosis and salmonella must be reported to the Health Care Department. Only in this way will it be ensured to prevent infectious diseases from spreading. This report does not affect the asylum procedure.

In Germany, a distinction is made between family physicians and medical specialists. (General) practitioners are always - but in some cases also internists are - family doctors. As a rule, you should first see a family doctor who will refer you to a specialist, if necessary.

For simple conditions such as colds, pain, indisposition accompanied by vomiting or diarrhoea you should see your family doctor. For some conditions it will, however, be reasonable to directly see a specialist, for example for undefined abdominal bleeding; in such a case, women should directly see a gynaecologist. In the case of eye injuries, you have to directly see an eye specialist, and if you have a painful tooth, a dentist. The same holds for children who in most cases are treated by a children's doctor.

If you cannot contact your doctor during the night, on weekends or on Wednesday afternoons, you may contact the medical emergency service, telephone number 05361 19292, Sauerbruchstrasse 7, 38440 Wolfsburg.

Patients can choose the doctor whom they trust. They can change their Doctor at the end of each quarter. However, it is recommended that patients have a **family practitioner (Hausarzt)**.

This is usually a general practitioner or a specialist in common internal medicine or, in the case of children, a paediatrician. Family practitioners make the initial diagnosis. They are familiar with the patient's medical history, and, if need be, may refer the patient to a specialist.

In this case the family practitioner will write out a **referral (Überweisungsschein)**:

Please make an appointment before consulting a doctor. Please cancel the appointment if you cannot keep it.

Important:

- **Health card (Gesundheitskarte)** which is proof of insurance coverage for doctor's visits, dental appointments or for hospital care.
- **Referral (Überweisungsschein)** for specialist.
- **Maternity pass book (Mutterpass)** for pregnancy.
- **Vaccination certificate booklet (Impfbuch)** and **preventive health checkup book (Kinderuntersuchungsheft)** for paediatricians.

If you are looking for a physician who speaks additional languages apart from the German language please take a look at

<http://www.arztauskunft-niedersachsen.de/arztsuche/index/action>

Hospital

You will be treated in a hospital only if treatment by a resident physician is not sufficient.

As a patient, you can choose the hospital where you want to be treated. For a hospital treatment (hospitalization), contact your doctor or the doctor treating for a briefing.

Krankenhaus New-Krankenhaus Privat/Hallesche-Nachfolge		Verordnung von Krankenhaustebehandlung (Aber bei medizinischer Notwendigkeit ausstehend)	
Name, Vorname des Versicherten Mustermann Martin		☐ Belegarzt- behandlung ☐ Notfall- behandlung ☐ Versorgung- sachen (IVG)	
Glaser Strasse 14 D 38448 Wolfsburg		Geburtsdatum, geographische Koordinaten	
Krankenkassennummer	Versicherten-Nr.	Geburts-	Datum
Behebungs-Nr. Nr. 072374900, 207859134	12.12.01		
Diagnose			
			
Unterschrift			
Verordnungsabnehmer / Unterschrift des Arztes			
Die Kostenverpflichtungserklärung gegenüber dem Krankenhaus bleibt der Krankenkasse vorbehalten; deshalb bleibt diese Verordnung vor Aufsuchen des Krankenhauses der zuständigen Krankenkasse vorlegen.			
Geschieht das nicht, so kann die Kostenübernahme durch die Krankenkasse abgelehnt werden; es sei denn, es liegt ein Notfall vor, und ein Leistungsanspruch besteht.			
Vom Krankenhaus auszufüllen: Krankenaufnahme erfolgt am (Tag)			
Unterschrift des Krankenhausarztes und Unterschrift			
Datum (Tag, Monat, Jahr)			

Krankenhaus bzw. Klinik: Privat/Hallesche-Nachrichten		Verordnung von Krankenhausbehandlung	
Name, Vorname des Versicherten Mustermann Martin		(Über bei medizinischer Notwendigkeit ausfüllen) ☐ Belgierärzt- behandlung ☐ Neutral	
Adresse Glaser Strasse 14 D 38448 Wolfsburg		☐ Unfall- ☐ Veranlassung: Krankenhaus werden (BVG)	
Krankenhausnummer Wolfsburger Str.		Nachrichtenschein, geeignete Krankenhaus-	
Geburtsdatum 12.12.01 12.12.01 12.12.01		Status	
Versicherungsnummer 072374900 207859134		(Barcode)	
Diagnose		(Barcode)	
Bitte dem Patienten gesondert mitgeben!		(Barcode)	
Untersuchungsgangnotiz		(Barcode)	
Befragte Maßnahmen v. B. Mediziner		(Barcode)	
Freigabe/Hinweise z. B. Abgang		(Barcode)	
Mögliche Befunde		(Barcode)	
Dieses Formular wurde mittels iLabstation in der Arztpraxis erstellt. Das Formular enthält keine auf dem Formular nicht enthaltenen Daten.		Muster-Dat. 15.10.2016 420 799 181	

Admission into Hospital

Go to the hospital without being referred only in case of emergency!

All costs for the stay and the treatment in the hospital will be taken over by your insurance. You as a patient have to pay a **contribution (Eigenanteil)** of € 10 per day for a maximum of 28 days per calendar year.

Information about Klinikum Wolfsburg by www.klinikum.wolfsburg.de.

Emergency Ambulance

In case of medical emergency, you will receive emergency care at the Wolfsburg Clinical Centre 24 hours a day.

What is to be done in case of acute emergency?

Every illness and injury which is so severe that it must be medically treated without delay constitutes a medical emergency. This may be a fracture of the leg, strong bleedings, breathing troubles, poisoning or sudden unconsciousness.

If you consider a situation to be life-threatening, you should immediately call the ambulance. In case of emergency, request help by telephone by calling **number 112**. Whether fixed line or mobile, you can reach this number throughout Germany without area code. Describe the type of emergency as precisely as possible.

The following information is of importance:

Where did it happen?

What happened?

How many people are injured or ill?

Which are the injuries/illnesses?

Wait for queries!

In case of poisoning, immediately call the **Emergency Poison Centre on 0551 19240!** End the call only when all important questions as to the type of emergency have been clarified!

Medical emergencies are, for example:

- acute breathing troubles
- acute chest pain
- acute abdominal pain
- acute dizziness
- accident and injury
- complications during pregnancy
- acute mental disorder
- acute suicide risk
- poisoning
- allergic shock
- consciousness disorder or coma

In these cases, you should directly request help by calling an emergency service, an emergency centre or a physician.

The motorways are equipped with **emergency phones** which connect you directly to the Rescue Coordination Centre, i.e. you do not dial a telephone number but only operate a lever. On the emergency call points the precise location is indicated.



Sick leave

After the third day of an employee's sick leave, a doctor's certificate must be provided to the person's employer. This **certificate of temporary disability (Arbeitsunfähigkeitsbescheinigung)** states the dates of the beginning and anticipated end of the temporary disability due to the person's illness. This certificate must be provided to the person's employer and to her/his health insurance company by the 3rd calendar day of the person's sick leave.

Nachname/Vorname Privat/Mallorca-Nationa		Arbeitsplatz/Arbeits- bezeichnung ☐ Erbschneidung ☐ Folgebuchhaltung	
Geburtsdatum 12.07.79			
Heutige Adresse Gleiser Strasse 14 D 36448 Wolfburg			
Geburtsort Wolfburg			
Geburtsnummer 717891134		10.11.16	
☐ Arbeitsort Arbeitsort (Haupt- oder Nebenort)	☐ dem Arbeitgeber zugeordnet		
arbeitend seit 1.8.11.16			
(unvollständig oder unfür die Arbeitszeit)		1.8.11.16	
befristet am 1.8.11.16			
Ausübung der Tätigkeit beim Arbeitgeber			

.....for the employer

Preventive health checkups

Even if you feel healthy, take advantage of the routine preventive health checkups. Preventive health checkups and standard immunizations are free of charge. The costs are covered by your health insurance.

Health checkups

Men and women over 35 can have biennial health checkups for coronary, circulatory, kidney and metabolic diseases. This means that conditions like hypertension and diabetes (diabetes mellitus) can be identified and treated at an early stage.

Early identification of cancer

Women over 20 and men over 45 can have annual health checkups aimed at identifying cancer at an early stage. Many types of cancer are completely curable if diagnosed and treated early. Please bear in mind: early diagnosis significantly increases the chance of curing the disease!

Vaccinations

Vaccinations effectively protect humans from diseases caused by bacteria and viruses. If a great many people are vaccinated against particular infectious diseases, the latter can no longer spread in the population. In Germany, recommendations have been issued as to when particular vaccinations should be carried out. Some vaccinations must be repeated several times to ensure effective protection. It may therefore be necessary to keep several appointments for vaccinations.

Maybe you have a vaccination passport listing all vaccinations you have received. If you do not yet have such a document, the vaccinator will issue such a vaccines booklet, or a vaccination certificate for the vaccination received.



Vaccines

Cover

Inside

The image shows the inside of the yellow booklet. On the left page, there is a table for recording vaccinations. The table has columns for 'Datum' (Date), 'Handelsname und Chargennummer des Impfstoffes (Vignette)' (Trade name and batch number of the vaccine (Vignette)), and 'Hersteller und batch no. of vaccine' (Manufacturer and batch no. of vaccine). Below this, there is a large grid for recording individual vaccinations. On the right page, there is a section for 'Vaccinations for adults' with instructions to enter the name of the vaccine and the batch no. in the corresponding column. Below this, there is a table with columns for 'Tollwut' (Rabies), 'Diphtherie' (Diphtheria), 'Polioepidemie' (Polio epidemic), 'Poliomyelitis' (Poliomyelitis), 'Masern, Mumps, Röteln (MMR)' (Measles, Mumps, Rubella), 'Tuberkulose' (Tuberculosis), and 'Pneumokokken' (Pneumococcus). To the right of this table, there is a section for 'Unterschrift und Stempel des Arztes' (Signature and stamp of the physician) and 'Signature et cachet du médecin'.

Pregnancy

Pregnant women should see their gynecologist on a regular basis from the beginning of the pregnancy. The doctor supervises the pregnancy and the development of the unborn child. This supervision includes examinations on a regular basis (e. g. blood tests, urine tests and ultrasound examinations), preparation for the birth, delivery and postnatal care. The gynecologist will issue a **mother's passport** providing all important information about the pregnancy.

Pregnant women should always keep their mother's passport on them so that they and their unborn children can be helped more easily in emergency situations. The mother's passport must be presented at every visit to a doctor, a hospital or a dentist. There are many drugs and some examinations which are not advisable for pregnant women.

The deliveries are supervised by midwives and by doctors. Midwives are important contact persons also before and after the birth.



Cover of maternity pass book

Name: _____ geb. am: _____
Vorname: _____
Wohnort: _____
Bei Namensänderung: Name: _____
Wohnort: _____

Laboruntersuchungen und Rötelschutz

Blutgruppenzugehörigkeit (s. auch Seite 2)
A B O
Rh pos. (D pos.) / Rh neg. (D neg.)
Rh pos. (D pos.) / Rh neg. (D neg.)
Rh pos. (D pos.) / Rh neg. (D neg.)

Diese Eintragungen erbiten den behandelnden Arzt nicht von seiner Sorgfaltspflicht (z.B. Kreuzprobe)

Datum der Untersuchung: _____
Protokoll-Nr. des Laboratoriums: _____

Antikörper-Suchtest
negativ ☐ positiv, Titer 1: _____
bzw. ☐ E/ml: _____
Immunität annehmen ja ☐ nein ☐
Datum der Untersuchung: _____
Protokoll-Nr. des Laboratoriums: _____
ggf. ergänzende serologische Untersuchungen: _____

Röteln-impfung
Nachweis über zwei erfolgte Röteln-impfungen liegt vor: ja ☐ nein ☐
Röteln-Antikörpertest
negativ ☐ positiv, Titer 1: _____
bzw. ☐ E/ml: _____
Datum der Untersuchung: _____
Protokoll-Nr. des Laboratoriums: _____
ggf. ergänzende serologische Untersuchungen: _____

Alter: _____ Jahre Gewicht vor SS-Beginn: _____ kg Größe: _____ cm
Gravida: _____ Para: _____
A. Anamnese und allgemeine Befunde/Erste Vorsorge-Untersuchung (s. auch Seite 5)
1. Familiäre Belastung (z.B. Diabetes, Hypertonie, Fehlbildungen, genetische Krankheiten, psychische Krankheiten) ja ☐ nein ☐
2. Frühere eigene schwere Erkrankungen (z.B. Herz, Lunge, Leber, Nieren, ZNS, Psyche) ggf. welche: _____ ja ☐ nein ☐
3. Blutungs-/Thromboseneigung ja ☐ nein ☐
4. Allergie, z.B. gegen Medikamente ja ☐ nein ☐
5. Frühere Bluttransfusionen ja ☐ nein ☐
6. Besondere psychische Belastung (z.B. familiäre oder berufliche) ja ☐ nein ☐
7. Besondere soziale Belastung (Integrationsprobleme, wirtsch. Probleme) ja ☐ nein ☐
8. Rhesus Inkompatibilität (bei vorangegangenen Schwangerschaften) ja ☐ nein ☐
9. Diabetes mellitus ja ☐ nein ☐
10. Adipositas ja ☐ nein ☐
11. Kleinfach ja ☐ nein ☐
12. Stillzeiten ja ☐ nein ☐
13. Schwangerschaft unter 18 Jahren ja ☐ nein ☐
14. Schwangerschaft über 35 Jahren ja ☐ nein ☐
15. Vielgebärende (mehr als 4 Kinder) ja ☐ nein ☐
16. Zustand nach Sterilisationsbehandlung ja ☐ nein ☐
17. Zustand nach Frühgeburt (vor Ende der 37. SSW) ja ☐ nein ☐
18. Zustand nach Mangelgeburt ja ☐ nein ☐
19. Zustand nach 2 oder mehr Fehlgeburten/Abbrüchen ja ☐ nein ☐
20. Totgeborenes Kind in der Anamnese ja ☐ nein ☐
21. Komplikationen bei vorangegangenen Entbindungen ggf. welche: _____ ja ☐ nein ☐
22. Komplikationen post partum ggf. welche: _____ ja ☐ nein ☐
23. Zustand nach Sectio ja ☐ nein ☐
24. Zustand nach anderen Uterusoperationen ja ☐ nein ☐
25. Rhesus Schwangerschaftsrisiko (weniger als 1 Jahr) ja ☐ nein ☐
26. Andere Besonderheiten ggf. welche: _____ ja ☐ nein ☐
Nach ärztlicher Bewertung des Kataloges A liegt bei der Erstuntersuchung ein Schwangerschaftsrisiko vor: ☐
Beratung der Schwangeren
a) Ernährung (u.a. Jodzufuhr), Medikamente, Genussmittel (Alkohol, Tabak und andere Drogen) ☐
b) Tätigkeit/Beruf, Sport, Reisen ☐
c) Risikoberatung ☐
d) Geburtsvorbereitung/Schwangerschaftsgymnastik ☐
e) Krebsfrüherkennungsuntersuchung ☐
f) Zum HIV-Antikörpertest ☐
g) Zur Zahngesundheit ☐

Maternity pass book with all relevant data

Children's health checkups

For each newborn child, women receive a planner with a schedule of all health checkups for their baby. In this planner all health checkups for children and young people up to their 14th year are recorded. Here is a checklist :



Health checkup planner for babies

Examination	Age of baby/ child
U 1	Immediately after babys birth
U 2	3rd-10th day of baby's life
U 3	4th-5th week
U 4	3rd-4th month
U 5	6th-7th month
U 6	10th-12th month
U 7	21st-24th month
U 7a	34th-36th month
U 8	46th-48th month
U 9	60th-64th month
J 1	13th-14th year

The health insurance companies will pay for newborn hearing screening at the maternity clinic or at the doctor's surgery.

It is of vital importance that you take your baby/child to the routine **health checkups (Vorsorgeuntersuchungen)**. In this way, any health conditions can be detected at an early stage.

Standard vaccinations (Impfungen) help protect babies and children against some dangerous illnesses. Parents concerned about any side effects of these injections should consult their paediatrician.

The health checkups and the standard vacciantions are free of charge.

Health Care Department

The Health Care Department is part of the public health care system whose tasks are defined by law. Its main tasks are infection protection and the hygiene control of the population.

In addition, the Health Care Department offers the following information and counselling services:

- counselling as regards tuberculosis
- consulting hours for HIV (tests and counselling)
- health care service for children and adolescents
- examination and expert services for public authorities
- consulting hours (travel medicine)
- dental services

For detailed information and contact data, see

<http://www.wolfsburg.de/leben/sozialesgesundheit/gesundheit>

Social psychiatry

The Sociopsychiatric Service offers assistance in mental crises and in the case of chronic mental illness. Not only the persons concerned but also their relatives, friends, acquaintances and workmates can contact the Sociopsychiatric Service.

This department is composed of a specialist physician for psychiatry and psychotherapy, a psychiatrist for children and adolescents as well as of social workers and social pedagogues and a curative educator. The members of the department are bound by the rules of professional secrecy. Consulting is free of charge.

For detailed information and contact data, see

<http://www.wolfsburg.de/newsroom/2015/02/12/19/27/sozialpsychiatrischer-dienst>

The psychiatric hospital responsible for Wolfsburg is the

AWO Psychiatriezentrum

Vor dem Kaiserdom 10

38154 Königslutter am Elm

Tel.: 05353 90-0

E-Mail: poststelle@awo-apz.de

Dental checkup

Adults should undergo an annual or preferably a six-monthly routine dental checkup; children aged 6–17 should have sixmonthly routine dental check-ups, even if they do not have any pain.

The subsidy for dentures may be increased if evidence is provided of the routine checkups (bonus booklet).

Children and young people between the ages of 6 and 18 will be offered a free **personal dental prophylaxis (Individual prophylaxe)** at the dental practice. Besides a thorough cleaning of the teeth, they are given information about correct brushing and fluoride treatment for the teeth. In addition any remaining molars are sealed to prevent caries.

Dental hygiene, especially regular tooth brushing, is as important as routine dental checkups. For further information about dental care, please consult your dentist.



BERATUNGSSTELLEN

donum vitae Wolfsburg

staatlich anerkannte Schwangeren und Schwangerenkonfliktberatungsstelle
für geflüchtete Frauen

(Daniela Opitz opitz@donumvitae.org)

Goethestr. 54

38440 Wolfsburg

Tel. 0 53 61-2 72 98 94

Email: wolfsburg@donumvitae.org

http://wolfsburg.donumvitae.org/Wir_sind_donum_vitae_Wolfsburg_Schwangerenberatung

Diakonisches Werk des Kirchenkreis Wolfsburg-Wittingen

Kirchenkreissozialarbeit Süd

Flüchtlingshilfe

Alexandra Fastnacht

Jenaer Straße 39 B

38444 Wolfsburg-Westhagen

Tel.: 05361 8918141

Email: fluechtlingsarbeit.wolfsburg@evlka.de

http://www.kirche-wolfsburg-wittingen.de/dienste/diakonie/kirchenkreissozialarbeit_sued

Stadt Wolfsburg - Geschäftsbereich Soziales und Gesundheit

Beauftragte für die Belange behinderter Menschen

Susanne Deimel

Porschestraße 49

38440 Wolfsburg

Tel. 05361 28-2908

Email: susanne.deimel@stadt.wolfsburg.de

<http://www.wolfsburg.de/leben/sozialesgesundheit/behinderung>

Ehe-, Familien- und Lebensberatung der Evangelischen Kirche

Laagbergstr. 50

38440 Wolfsburg

Tel: 05361 13162

Email: lebensberatung@wolfsburg.de

<http://www.lebensberatung-wolfsburg.de/index.html>

Stadt Wolfsburg – Gesundheitsamt

HIV- Sprechstunde (Test und Beratung)

Rosenweg 1a

38446 Wolfsburg

Tel. 05361 28-2020

Email: gesundheitsamt@stadt.wolfsburg.de

<http://www.wolfsburg.de/leben/sozialesgesundheit/gesundheit>



BERATUNGSSTELLEN

Aids-Hilfe Wolfsburg e.V.

Kleiststraße 13

38440 Wolfsburg

Tel. 05361 1 33 32

Email: aids-hilfe@wolfsburg.de

<http://www.aidshilfe-wolfsburg.de/>

AWO-Familienberatungszentrum Wolfsburg

Beratung zu Familienplanung, Schwangerschaft,
Geburt, Säuglings- und Kleinkindberatung

Bebelstraße 9

38440 Wolfsburg

Tel. 0 53 61 2 75 93 13

Email: fbz@awo-bs.de

Caritas Wolfsburg e.V.

Beratungsstelle für Schwangere und Familien

Antonius-Holling-Weg 8

38440 Wolfsburg

Tel. 05361 89009-20

Email: schwangerenberatung@caritas-wolfsburg.de

Diakonisches Werk Wolfsburg e.V.

Suchtberatungsstelle

Fachstelle für Sucht und Suchtprävention

Nordsteimker Straße 3

38446 Wolfsburg

Tel. 05361 501 1800

suchtberatung@diakonie-wolfsburg.de

Dialog e.V.

Fachstelle bei häuslicher Gewalt

Fachberatung bei sexuellem Missbrauch für Frauen und Männer

Mädchentreff – Rote Zora

Goethestraße 59

38440 Wolfsburg

Tel. 05361 8912300

Email: dialog@wolfsburg.de

<http://www.dialog-wolfsburg.de/>



BERATUNGSSTELLEN

Ehe-, Familien- u. Lebensberatung der Kath. Kirche

Kleiststr. 27
38440 Wolfsburg
Tel.: 05361 25325

Ev. Familienbildungsstätte (Fabi)

Im Haus der Kirche
An der Christuskirche 3a
38440 Wolfsburg
Tel. 05361 89333-10
Email: info@fabi-wolfsburg.de
www.fabi-wolfsburg.de

pro familia Schwangerenberatung

Stormhof 2
38440 Wolfsburg
Tel. 05361 25457
Email: wolfsburg@profamilia.de

Stadt Wolfsburg, Abteilung Prävention

Koordination Frühe Hilfen, Koordination Familienbegleitung,
Babybesuchsdienst und Elternschule
Birte Neitzel
Neuhäuser Straße 9, 38448 Wolfsburg
Tel. 05363 81303630
Mobil: 0151 54648107
Email: birte.neitzel@stadt.wolfsburg.de
www.wolfsburg.de/fruehehilfen

Jugend- und Drogenberatung Wolfsburg

Lessingstr. 27
38440 Wolfsburg
Tel. 0 53 61 27 90 0
Email: info@drogenberatung-wolfsburg.de
<http://www.drogenberatung-wolfsburg.de/kontakt>

Stadt Wolfsburg -Sozialpsychiatrischer Dienst

Rosenweg 1a
38446 Wolfsburg
Tel. 05361 28-2040
Email: sozialpsychiatrischerdienst@stadt.wolfsburg.de

Quellennachweis

- Hygienetipps

Mit freundlicher Genehmigung und Unterstützung der
Bundeszentrale für gesundheitliche Aufklärung (BZgA)
Maarweg 149-161
50825 Köln

Weitere Abbildungen zu beispielsweise Übertragungswegen und Hygienetipps
finden Sie auch im BZgA-Angebot unter

<http://www.infektionsschutz.de/mediathek/infografiken/>

- Formularmuster – Wolfsburger Arztpraxis

- Bilder <https://pixabay.com/de/>

- Textquellen

„Ratgeber Gesundheit für Asylsuchende in Deutschland“,
Bundesministerium für Gesundheit (Hrsg.)

Task Force Migration und Gesundheit

Referat Z24 „Migration, Integration, Demografie und Gesundheit“

11055 Berlin

Stand Februar 2016 (2. Auflage)

- „Gesundheitswegweiser -

Migrantinnen und Migranten im Landkreis Darmstadt-Dieburg“

Kreisausschuss des Landkreises Darmstadt-Dieburg (Hrsg.)

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64289 Darmstadt

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64823 Groß-Umstadt

Stand November 2014