ACCESS TO PREGNANCY HEALTH CARE IN PORTUGAL

INFORMATION GUIDE

WHAT TO DO IF YOU HAVE ANY DIFFICULTY ACCESSING HEALTH CARE DURING PREGNANCY?

Contact:

NHS 24 Helpline [Linha SNS 24]:
808 24 24 24
Available 24/7

SOS Pregnancy Line:
808 201 139   **213 862 020**
Available on working days from 10 am to 6 pm

If you need **assistance with translation**, you should contact the Telephone Translation Service of the High Commission for Migrations (ACM, I.P.):
808 257 257   **218 106 191**
Available on working days from 9 am to 7 pm.

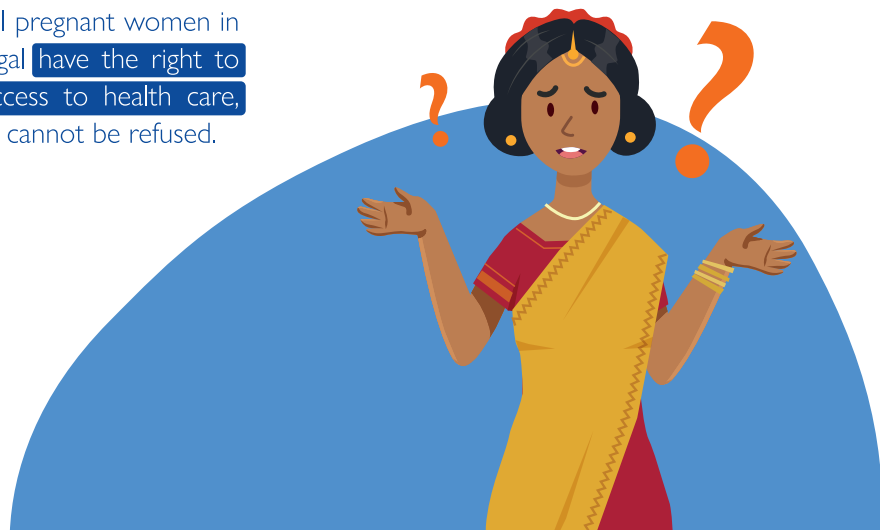ACCESS TO HEALTHCARE DURING PREGNANCY IN PORTUGAL

I'M PREGNANT, NOW WHAT?

Pregnant women should go to the Health Centre closest to their area of residence and make an appointment to start monitoring their pregnancy as early as possible, ideally by 12 weeks of pregnancy. First trimester screening is very important, so you should not postpone seeking health care. Throughout the pregnancy, regular examinations will be performed to assess the health status of both mother and baby.

WHAT DOCUMENTS SHOULD I PRESENT AT THE HEALTH CENTRE?

> Valid identification document, e.g. passport or residence permit;

> Residence certificate, issued by the Parish Council in your area of residence.

DO I HAVE ACCESS TO HEALTH CARE EVEN WITHOUT A VALID **ID NUMBER** AND RESIDENCE PERMIT?

Yes, all pregnant women in Portugal have the right to full access to health care, which cannot be refused.

DO I HAVE TO PAY FOR MEDICAL CARE?

No, Pregnant women are exempt from paying for health care during the monitoring of pregnancy, childbirth and puerperium (two months after childbirth);

> Pregnant women holding a valid residence permit;

> Pregnant women holding an agreement document on medical assistance and medication between their country and Portugal;

> Pregnant women who present a certificate of residence issued by the Parish Council in their area of residence.

WHERE SHOULD I GO WHEN I HAVE THE FIRST SIGNS OF LABOUR?

To the emergency room of the nearest hospital or maternity hospital.

After birth, the child will have access to child and adolescent health consultations up to the age of 18 (inclusive).