

Health appointments & how to use your *Carte Vitale*



To receive better medical care and optimal reimbursements for your healthcare throughout your studies, take the following steps:

Appoint a doctor in France as your general practitioner to coordinate your healthcare with monitoring that matches your state of health and to receive better reimbursements (70% instead of 30%).

- **Your general practitioner is the one who:**

- knows you best, because he/she cares for you on a regular basis;
- guides your coordinated healthcare path (he/she is your preferred contact point to refer you to other healthcare professionals);
- manages your medical record by centralising all information relating to your care;
- provides you with personalised preventive care including, for example, vaccination checks, screening, help to stop smoking, etc.

- **How can I find a general practitioner?**

The **Ameli healthcare directory** lists all healthcare professionals and establishments (addresses, opening times, care provided and average rates).

[To learn more](#)

Use your Carte Vitale with healthcare professionals to receive quicker reimbursements and benefit from third-party payment. Your Carte Vitale contains all your rights and simplifies the procedure to receive healthcare reimbursements. The Carte Vitale can save you from paying for care or medicines up front: this is called third-party payment.

Good insurance is important in case of hospitalisation and to receive routine care

Although the Health Insurance Fund reimburses most of your healthcare expenses, there is still an amount left to pay. This is why we recommend taking out supplementary health insurance. If you have low income, with the Solidarity Supplementary health insurance, in most cases you will no longer be required to pay these healthcare expenses.

[To learn more](#)

If you experience difficulties in registering with the Health Insurance Fund, call 3646 (free service + standard call charge) Monday to Friday, 8:30 a.m. to 5:30 p.m. At your request, you can be put in touch with an English-speaking telephone advisor and make an appointment.

Where to learn more and how to contact "l'Assurance Maladie"

ameli.fr for information on news, entitlements and how to apply, reimbursements, and health

Your [ameli account](#) to use all of the services available through your personal account

The [forum ameli](#) for any general questions

By calling **3646** (no surcharge) Monday through Friday from 8:30 a.m. to 5:30 p.m.

In person, by going to your [local health insurance fund \(« CPAM »](#))

En accueil de la [caisse d'assurance maladie de votre lieu de résidence](#)