

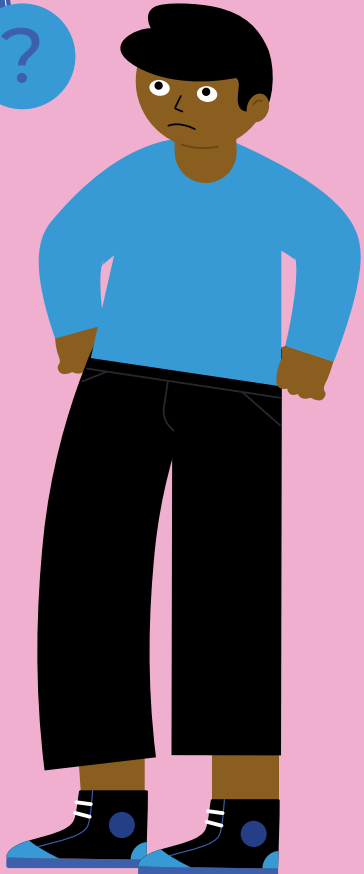
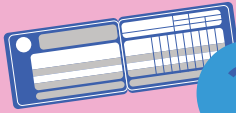
# Healthcare for dummies young adults!

Here's  
everything  
you need  
to know!

Taking care  
of your health  
can be  
complicated!



Healthcare professionals,  
reimbursements, Carte Vitale,  
where to go...





## ► What is Social Security? (the “Sécu”)

The Sécu helps you throughout life's major events: illnesses, accidents, pregnancies, unemployment, inability to pay your rent...

The Sécu includes the primary health insurance office (CPAM). The one in your department is your contact to discuss your health, medical care and, specifically, your refunds.



Everyone who works contributes to the Sécu. It is a solidarity-based system!



## ► What is universal healthcare protection (Puma) ?

Anyone who has lived in France for more than three months is entitled to the coverage of their healthcare fees.



## ► What is a mutuelle?

The Sécu does not always cover all of your healthcare expenses. Therefore, you can have a mutuelle (or complementary health insurance).

You can pay for it on a monthly or yearly basis, and **it refunds up to 100% of your healthcare fees.**



You will need to inform the Sécu of your mutuelle so that refunds are processed automatically.



## ► What is the Carte Vitale?

This small **green card proves that you are covered by social security.** When your Carte Vitale is scanned at the doctor's office or pharmacy, the information is automatically transferred to the Sécu.

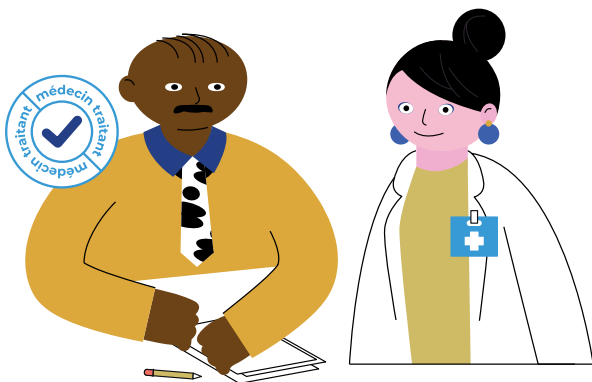


You need to systematically present your Carte Vitale to a healthcare professional.

Normally, you will receive a letter to order your first Carte Vitale when you turn 16 years old. If that doesn't happen or you lose your card, you can log on to your **Ameli account** (the Sécu's website) with your social security number and request another.

If you do not have an up-to-date temporary residency card, you cannot get a Carte Vitale. However, you can request AME (State medical assistance), which will allow you to access refunds or medical care.



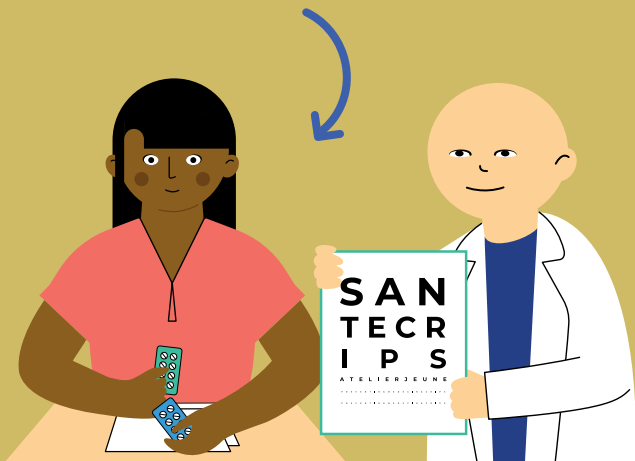


► **What are the differences between a médecin traitant (treating physician) and a médecin généraliste (general physician)?**

A treating physician ensures the coordination of your care and orients you towards other physicians (for example, cardiologist, dermatologist). Any physician, regardless of their specialty, can be your treating physician!

They can have their own office or be in a hospital. You must declare your treating physician to the Health insurance office. Your physician can do that for you during a consultation upon the presentation of your Carte Vitale. You can also fill out the declaration form, have your physician sign it and then mail it back to your CPAM.

**Generalist physicians take care of your overall health.** You go see them when you have symptoms or questions about your physical or mental health. They will meet all of your basic needs.





## ► How do I get refunded?

You have a treating physician

They give you a referral to go and see a specialist

**70%** of your expenses are refunded by the Sécu



**You do not have a treating physician**

or did not go see them first

**You go see a specialist without a referral**

**Your fees are refunded at 30 %**

**Some specialists can be consulted without a referral.** This is the case for gynecologists, dentists, ophthalmologists (and psychiatrists for people under the age of 26).

**Regardless of your situation, you can always be refunded:**

**1**

You present your Carte Vitale and your physician participates in a third-payer party system.  
→ **You pay nothing.**

**2**

You present your Carte Vitale, but your physician does not participate in a third-payer party system. ✘  
**You pay the fees, but are automatically refunded if you have given your bank information to the Sécu.**

**3**

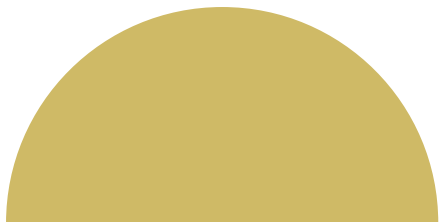
You have forgotten your Carte Vitale. ✘  
**You must ask for a treatment form and send it to the Sécu and your mutuelle.**



## ► How to make an appointment?

*There are many websites where you can:*

- find healthcare professionals,
- find their contact information and rates,
- make an appointment,
- save yourself a trip to the doctor's office and get a consultation over the phone. Payment and refund methods are the same as a physical consultation.



► **You can also go to free specialized centers:**

**Youth guidance centers:**

*= free, anonymous centers especially for you.*

*Examples:* youth health, information or vocational centers.

You can also talk about other topics such as training, employment or housing.

● **[filsantejeunes.com](https://filsantejeunes.com)**

A website dedicated to the health of young people between the ages of 12 and 25 years old / 0800 235 236 free and anonymous calls between 9 AM and 11 PM + a chat room is also available on their website.

## MY RIGHTS

### ● CCAS

The Social Action Community Center. There, you can **ask for administrative assistance**, specifically if you have a disability or not yet affiliated with the Sécu.

### ● Secu-jeunes.fr

This is the Sécu's website for young people. There, you can learn about **your rights**, procedures to carry out and all the tools that you might need according to your situation.

## DRUGS and ADDICTIONS

### ● CJC

Consultations for young users. This site welcomes and helps you (free of charge) **if you have questions about using drugs**. The CJsCs can also help assist your family and friends.

### ● Drogues-info-service.fr

Website for any questions regarding **psychoactive substances** + support hotline + online chat room and forum.

## SEXUALITY

### ● CPEF

Family Planning and Education Center. There, you may talk about questions related to **sexuality, contraception, abortions**. All this anonymously and free of charge, even if you are a minor.

### ● CeGIDD

Free information center for screening and diagnosis. There, you can **get screened** anonymously and free of charge, as well as meet with social workers, psychologists or sexologists.

### ● Onsexprime.fr

Website for all questions related to **young people's sexuality**.

## MENTAL HEALTH

### ● CMP

Medical Psychological Center. This establishment carries out consultations for **people suffering** from psychological issues: regardless of your means.

## HOW DO YOU SAY

doctor = médecin

midwife = sage-femme

nurse = infirmière

gynecologist = gynécologue

dentist = dentiste

ophthalmologist = ophtalmologue

psychiatrist = psychiatre

counsellor = psychologue

mental health = santé mentale

prescription = ordonnance

refund = remboursement

drugs = médicaments

screening tests = dépistages

abortion = avortement

complementary health insurance = mutuelle

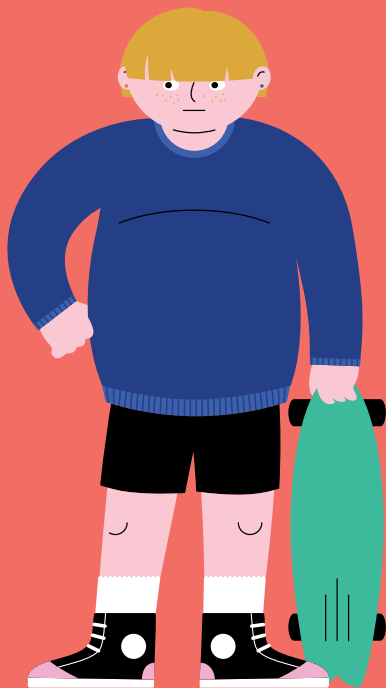
state medical assistance = assurance

maladie universelle

treating physician = médecin traitant

general physician = médecin généraliste

health insurance = assurance santé



## **NOTES**

Here you can write down  
your appointments,  
your treatments,  
your questions to ask  
during your next  
consultation.









