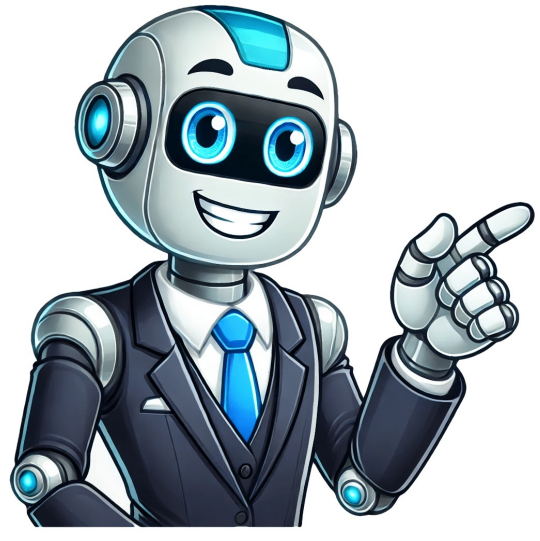


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## What time does patient first close

Beginning Saturday, October 1, 2022, Patient First’s hours of operation will change to 8:00 a.m. to 8:00 p.m. daily at its medical centers. Patient First medical staff will continue to treat patients on a walk-in, non-appointment basis, 365 days a year. Also on that date, Patient First’s telehealth hours will change to 8:00 a.m. to 6:00 p.m., Monday through Friday. Over the past three years, health care as a whole has experienced shortages in physicians, nurses, and other clinical staff. These shortages have been made worse by the increase in demand for health care services due to the COVID-19 public health emergency. At Patient First, our providers and staff have worked diligently under stressful conditions to treat patients throughout the pandemic. This adjustment to our hours of operation will permit Patient First to continue to provide convenient, friendly medical care on a reliable and consistent basis, as it has done for over 40 years. We are grateful to the dedicated Patient First providers and staff who have worked hard to give our patients the best service possible under difficult conditions. And we are grateful to our patients who continue to trust Patient First with their health care needs. Patient First is a convenient, cost-effective alternative to the emergency room for non-life-threatening conditions. We accept most major health insurance plans and file all claims on your behalf. In fact, the cost of services provided in the emergency department can be two to three times higher than the cost for the same services at Patient First. In addition, co-payment for urgent care services at Patient First is often less than half the co-payment for an emergency department visit. Feeling sluggish lately? Eating a balanced diet can help our bodies get the right nutrients it needs to fuel us throughout the day. Many foods that are rich in vitamins and antioxidants can assist your body’s natural ability to cleanse and detoxify itself. According to the Mayo Clinic, “As a bonus, fruits, vegetables and whole grains high in antioxidants are also typically high in fiber, low in saturated fat and cholesterol, and good sources of vitamins and minerals.” Add these nine foods to your plate to help you start feeling better: Asparagus Asparagus contains glutathione, a well-known antioxidant that promotes detoxification. It is also a good source of fiber, folate, iron, and vitamins A, C, E, and K, as well as being beneficial to those with high blood pressure. Asparagus is also known to promote kidney and bladder function. Broccoli Broccoli contains sulforaphane, which is great for fighting off infectious cells in our bodies. Eating broccoli also may help your body fight off cancer-inducing chemicals and boost the liver’s ability to regulate chemical levels in our bodies. Grapefruit Grapefruit is loaded with nutrients including vitamins A, C, and B1 and pantothenic acid, fiber, potassium, and biotin. Enzymes found in grapefruit may also break down the fat in your body to help promote weight loss. Please note that grapefruit may interact with some medications, so you should speak with your primary care provider before increasing your grapefruit intake. Avocado Avocados are loaded with antioxidants that help your body fight free radicals. A nutrient-dense food, avocados contain around 20 different vitamins and minerals that help decrease the risk of obesity, diabetes, and heart disease. Kale What’s the fuss over kale? Packed with amino acids that help keep your mind sharp, kale is beneficial for managing cholesterol too. Kale can also help with managing blood pressure and supporting the immune system. Artichokes Give your liver a break! Artichokes provide a wide variety of nutrients for your blood and liver. Two phytonutrients found in artichokes help the liver produce bile, which is important in the digestion of fats and the removal of harmful toxins. Collard greens Collard greens are rich in sulfur-containing compounds that support your body’s detoxification process. Not only are they high in vitamins K and A, but collard greens may also lower your risk of breast, colon, and lung cancers due to indole-3-carbinol. Beets Beets are a high-antioxidant vegetable that are also rich in nutrients. Beets contain betaine as well as a fiber called pectin that clears toxins that have been removed from the liver. In addition, beets can help lower blood pressure, prevent heart disease and stroke, help fight inflammation, and provide a boost to your immune system. Spinach Spinach is low in calories but packed with nutrients. Spinach contains vitamins A, C, E, and K, as well as thiamin, folate, calcium, iron, and magnesium – the list goes on! Flavonoid antioxidants in spinach help prevent cholesterol oxidation in the body. Your health care rights are based on your membership in the National Insurance Scheme. Your membership require that you have a legal stay in Norway, based on residence or employment. Either a mandatory or a voluntary membership. You can read about your rights according to your membership in the article about the Norwegian welfare system. The municipality is responsible to provide the necessary health care for its inhabitants. This is organized through assigning a regular doctor - a General Practitioner (GP) - to all inhabitants. Most public health services are accessed through your GP, who will refer you to further treatment when necessary. The Norwegian name for a GP is "fastlege", and the system is called "fastlegeordningen". Access to a General Practitioner (GP) Your General Practitioner (GP) is your main contact. If you need assistance during the daytime, you should contact your GP's office. With many GPs it is possible to book an appointment over the phone on the same day, if you call in the morning. In order to be assigned a GP, you need to be registered in the Population register (folkerregisteret) as a resident in Norway. In order for you to be considered resident, your stay in Norway must last, or be intended to last, for at least 12 months. When you are registered, you will automatically be assigned a GP. The Norwegian Health Economics Administration (HELFO) can assist you with a number of health related services, amongst other to find or change your regular GP, order European Health Insurance Card and reimbursement of medical expenses. For more information call The Norwegian Health Economics Administration (HELFO). The lines are open Monday-Friday from 8.00 a.m. until 3.30 p.m. Telephone number: +47 23 32 70 00 Find your GP's contact information and check which digital services they offer via Helsenorge.no (digital log in) Health services without a GP If there is a long processing time to get a national identity number, it will also take time for you to be assigned a GP. A temporary identification number (D number) does not give you a membership in the National Insurance Scheme. If you only have the right to a D number, you will receive necessary emergency medical assistance, but only those with a national identity number or a European Health Insurance Card are entitled to a general practitioner (fastlege, allmennlege). There are a few general practitioners who treat people without a regular doctor. Go to the City of Oslo's information about GPs who treat patients without their GP in Oslo If you need medical assistance while waiting you should contact The Norwegian Health Economics Administration (HELFO). The lines are open Monday-Friday from 8.00 a.m. until 3.30 p.m. Telephone number: +47 23 32 70 00 Go to Emergency services for information about contact points European Health Insurance Card If you are from an EEA-country or Switzerland, bring your European Health Insurance Card with you. The card proves that you have the right to emergency and necessary medical treatment in Norway. Go to helsenorge.no for benefits for EEA/EU citizens during a temporary stay Payment for health services Go to helsenorge.no for information about user fees for the various treatments, including dental care Antenatal care During pregnancy, all inhabitants of Oslo are offered free health service. You can decide to get your follow up through your GP, or through a midwife at your local health centre. Learn what kind of care is offered to expecting mothers and postpartum, and how to book an appointment. Baby and children health and development The health centre supports you in overseeing your baby and children's health and development from age 0-5. Check-ups contain physical, psychological and social aspects. Your address determines what health center you belong to. Information about what they can assist with, appointments, which health center you belong to. Interpretation You have the right to receive information about your health, illness and treatment in a language you understand. Go to helsenorge.no to read about interpreters in the health services Vaccinations Go to helsenorge.no to get general information about vaccines The City of Oslo provide the vaccine for Coronavirus for free, and you can also get information about registration of vaccination received abroad. Go to The city of Oslo's information about the Coronavirus vaccine Dental services Children receive free public dental treatment in Norway. Most adults have to pay their expenses for dental treatment themselves. There are some conditions/situations where the National Insurance scheme will cover some of the cost of treatment via HELFO. As an adult, you choose which dentist you want to use, the Norwegian word for dentist is tannlege. Go to helsenorge.no to read more about dental treatment and payment