



Teams Live info session recording of 24 March and link for participating in the live session on 26 March

The video recording about the COVID-19 epidemic, made on Tuesday 24 March 2020 is available via the link. The next Teams Live is scheduled for Thursday, 26 March 2020 at 2:00 p.m. Click the link to access the invitation.

During the information session, we will review the current status of the coronavirus pandemic and talk about the ways in which Mehiläinen has prepared for this situation and made changes to its service production.

Recording of the COVID-19 info session on Tue 24 March (in Finnish)

Teams Live Thu 26 March at 2:00 p.m. (in Finnish)

We will centralise the care of patients with respiratory tract infections to reduce the risk of infection

During the coronavirus epidemic, we will centralise the care of patients with respiratory tract infections at special clinics to control the spread of the virus. This will ensure high standards of care and safe treatment for customers using our services for other purposes.

From this week on, we will only provide care for patients with respiratory tract infections in Digital Clinic, by telephone, via remote appointments and in Mehiläinen's separate respiratory tract infection clinics. By the end of this week, approximately 25 special clinics will be open around Finland.

At present, the following respiratory tract infection clinics serve our customers: Helsinki Töölö and Forum, Vantaa Myyrmäki, Nummela, Salo, Turku Kauppiaskatu, Pori, Tampere, Jyväskylä, Seinäjoki, Vaasa, Kuopio, Oulu and Rovaniemi.

This week, we will open the following new respiratory tract infection clinics: Vantaa Kielotie, Hämeenlinna, Uusikaupunki, Lahti, Kouvola, Kokkola, Äänekoski, Kajaani, Mikkeli, Iisalmi, Joensuu and Ylivieska.

We will step up and expand the special services in future as needed. Up-to-date information of the clinics will be available on our website by the end of this week. We will also inform all our private customers about what to do in case of respiratory tract symptoms.

Until further notice, our workplace and factory clinics will operate as usual, except that customers suffering from symptoms of respiratory tract infections cannot use the clinics' services. Customers who contact these clinics with respiratory tract symptoms will be advised to contact Digital Clinic or our telephone service. Customers requiring a visit to the clinic in person or any examinations will be referred to the nearest respiratory tract infection clinic or, if necessary, the local public health care service.

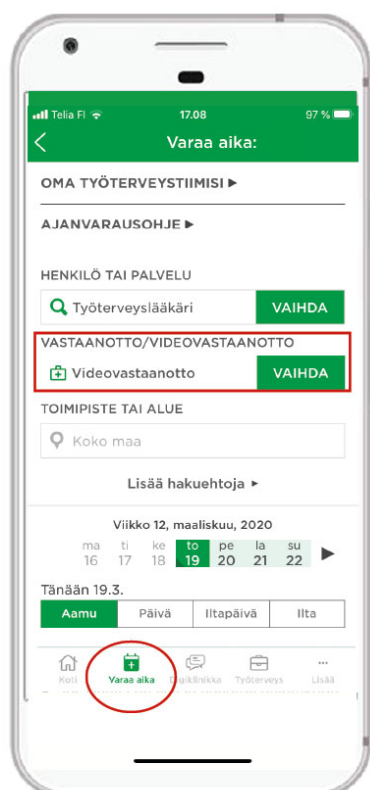
Depending on demand and local resources, we may have to close individual workplace clinics. However, we will inform the company in question in due course.

Guidelines and tips for remote work

Due to the prevailing exceptional situation, a considerably higher number of people than usual are working remotely. Therefore, we have enclosed an occupational physiotherapist's guidelines for remote work ergonomics and an occupational health psychologist's general tips for remote workers. Feel free to share these with your employees. If needed, our occupational health teams will also provide assistance in questions relating to working remotely.

Guidelines for remote work ergonomics (in Finnish)

Tips for remote work (in Finnish)



Video appointments make occupational health care services more flexible

We have introduced occupational health professionals' video appointments on a broad basis. Video appointments with your occupational health care service provider can be accessed with a smartphone or a computer.

You can book a video appointment with your occupational health care service provider via the OmaMehiläinen app or through Mehiläinen online booking by logging in to the Occupational Health tab and selecting "video appointment". For customers using the OmaTyöterveys-telephone service, video appointments will be available at a later date.

Video appointment is an easy-to-use service. Occupational health care video appointments are ideal for appointments with an occupational health physician, occupational health nurse, occupational psychologist and occupational physiotherapist if no physical examination is required.

[Read more about the service in Finnish.](#)

For more information, instructions and advice on how to protect your staff from the coronavirus, please contact your occupational health physicians and nurses. The Finnish Institute of Occupational Health website also has a set of guidelines for workplaces. As the current situation is changing rapidly, we recommend you actively follow the information released by the authorities, [the Finnish Institute for Health and Welfare](#), your local public sector health care provider and [Mehiläinen](#).

**Kind regards,
Mehiläinen Working Life Services**

*this is a service message for our corporate customers.