



# MEHILÄINEN'S WORKING LIFE SERVICES

Price List for 2021



WORKING LIFE SERVICES

MEHILÄINEN

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# OCCUPATIONAL HEALTH CARE

## Proactive Occupational and Disability Prevention Services

Occupational health services include, among others, workplace surveys, the creation of action plans with the related negotiations and health examinations, and counseling and guidance of individuals/groups. Activities are carried out by a multi-professional team consisting of an Occupational Health Physician and an Occupational Health Nurse, as well as an Occupational Psychologist and an Occupational Physiotherapist. In cases where assessing working capacity is required, the team will be complemented by Specialists or Experts in Social Services, if necessary.

Occupational Health Nurse.....	100,10 €/per hour
Occupational Health Physician* .....	193,70 €/per hour
Occupational Physiotherapist .....	106,70 €/per hour
Occupational Psychologist .....	177,80 €/per hour
Work Coach, Expert in Social Services .....	137,40 €/per hour

### Targeted Group Guidance that Includes the Provision of Information and Counselling. The preparation time is included in the price.

Occupational Health Nurse.....	220,30 €/per hour
Occupational Health Physician* .....	535,70 €/per hour
Occupational Physiotherapist .....	234,80 €/per hour
Occupational Psychologist .....	533,70 €/per hour

## Other Proactive Services

### First Aid Training

Basic course in first aid, EA1 (16 x 45 min).....	1650,00 €/per course
Advanced course in first aid, EA2 (16 x 45 min).....	1650,00 €/per course
Course in emergency first aid (8 x 45 min).....	980,00 €/per course
Refresher course in first aid (4 x 45 min) .....	650,00 €/per course
Combination training EA1 (1650 e + alv 24 % + online payment 20 € + SPR registration fee 18,55 €) ..	2084,60 €/per course
Combination training 8 h (980 € + alv 24 % + online payment 10 € + SPR registration 18,55 €).....	1243,80 €/per course

### Health Status Tests Related to Working and Functional Capacity Evaluation

Extensive test (incl. elements such as muscular strength and mobility + aerobic fitness) ...	242,60 €/per instance
Concise test (muscle strength and mobility) .....	158,50 €/per instance
Bicycle ergometer test.....	119,30 €/per instance
Walking test.....	106,70 €/per hour
Compilation of an individual exercise plan .....	106,70 €/per hour

### Services Provided by an Occupational Psychologist

Group support for crises (2 therapists always present in severe cases)...	304,90 €/per hour/counselor
Conflict resolution and conciliation (in especially demanding situations always with two counselors) .....	304,90 €/per hour/counselor
Support in life-changing situations, e.g. cooperation negotiations.....	304,90 €/per hour/counselor

### Digital Services for the Monitoring of Sickness-Related Absences and for Disability Prevention Management

CorporateMehiläinen (includes, e.g., reporting) .....	Free of charge
WorkAbilityCompass and Superior's Compass.....	Please request a quote
Additional analyses and advanced analytics.....	Please request a quote

## Health Care Services

### Occupational Health Nurse

Appointment, up to 10 min .....	20,40 €
Appointment, up to 20 min .....	31,80 €
Appointment, up to 30 min .....	47,40 €
Appointment, up to 45 min .....	70,90 €
Appointment, up to 60 min .....	92,00 €
Counselling via telephone/e-mail/the OmaMehiläinen service.....	20,20 €/per instance
Phone calls over 10 minutes, according to the time used.....	92,00 €/per hour

### Occupational Health Physician\*

Appointment, up to 10 min .....	34,10 €
Appointment, up to 20 min .....	57,90 €
Appointment, up to 30 min .....	86,90 €
Appointment, up to 45 min .....	129,50 €
Appointment, up to 60 min .....	172,00 €
Counselling via telephone/e-mail/the OmaMehiläinen service.....	30,10 €/per instance
Phone calls over 10 minutes, according to the time used.....	172,00 €/per hour
Renewal of prescriptions (for 1-2 medications).....	27,50 €

### Statements and Certificates

Driving licence certificate.....	29,60 €/per instance
T certificate.....	34,80 €/per instance
A certificate .....	Free of charge
B statement, concise.....	79,90 €/per instance
B statement, extensive.....	117,30 €/per instance
B statement, highly demanding, charged for according to the time used* .....	182,90 €/per hour
Medical examination for seafarers.....	134,10 €/per instance
Drug test statement .....	33,80 €/per instance

### Doctor services at the Digital Clinic

Discussion .....	39,90 €
Renewal of prescriptions .....	27,50 €
Needs assessment.....	20,90 €

### Psychotherapy Services

Evaluation of the need for therapy, and the related consultations .....	177,80 €/per hour
Quick therapy 45 min (10 appointments).....	1778,00 €/per person
Quick therapy 45 min (20 appointments).....	3555,60 €/per person
IPT-G group therapy for depression (12 x 3 h and 15 min of group therapy) .....	3354,70 €/per person
The IPT-G process also includes a 1.5-year follow-up by a mood coach, to be invoiced separately.	

*\*The price for Specialist in Occupational Healthcare is 5 % higher than the informed price for Occupational Physician*

# OCCUPATIONAL WELL-BEING SERVICES

## Services for individuals

- Firstbeat lifestyle assessment (review appointment subject to a separate fee).....130,00 €/assessment
- Studies and tests (incl. DISC and 360 assessments) .....Please request a quote
- Stress management groups and other similar groups.....Please request a quote
- Work counselling and coaching (provided by an occupational psychologist) from.....225,00 €/per hour
- Coaching for management and superiors.....325,00 €/per hour
- Health examinations and wellbeing plans for key personnel.....Please request a quote

## Work community services

- Analysis, assessment, coordination and development of occupational wellbeing factors in cooperation with the employer through work method coaching, interactive skills training and customisation, for example .....Please request a quote
- Lectures, coaching and wellbeing service packages.....Please request a quote
- Analysis and development of cognitive ergonomics.....Please request a quote

## Services for management and leadership

- Coordination and performance of work ability and wellbeing efforts through wellbeing and change management, supervisor coaching and consultation, for example.....Please request a quote

Read more on occupational well-being services, groups and training in the health and well-being service store at: <http://kauppa.mehilainen.fi/>

VAT 24 % is added to the well-being services if necessary.

# OCCUPATIONAL DENTAL CARE

Service	Price €	Deductible €
Dental check-up.....	49 €.....	33,50 €
Dental X--ray of the teeth and jaws .....	103 €.....	94 €
Tartar removal .....	115-163 €.....	107-145 €
Dental fillings.....	87-238 €.....	77-215 €
Ceramic filling .....	234-587 €.....	217-587 €
Dental crown .....	517-632 €.....	517-632 €
Anaesthesia.....	33-34 €.....	30-31 €
Chipped tooth.....	87-238 €.....	77-215 €
Tooth extraction.....	99-667 €.....	89-605 €

# LABORATORY TESTS

## Basic Laboratory Examinations

Chemistry, haematology, microbiology

Code	Abbreviation	Name	Price (EUR)
1024.....	P-ALAT.....	Alanine aminotransferase.....	26,80 €
4084.....	cU-Alb-Mi.....	Albumin/microalbuminuria, collected urine.....	41,00 €
4587.....	P-AFOS.....	Alkaline phosphatase.....	26,80 €
3834.....	S-IgE-Ps.....	Allerg. immunoglobulin E, basic screening.....	69,70 €
5719.....	S-AllComE.....	Allergen IgE antibodies, screening and component specific analysis.....	157,10 €
4589.....	P-Amyl.....	Amylase, plasma.....	32,10 €
20705....	S-Apot.....	Apolipoproteins (LlipoB, -A1 and ratio B/A1).....	64,30 €
1137.....	S-B12-Vit.....	Vitamin B12.....	51,60 €
3442.....	F-BaktVi1.....	Bacteria, culture 1, faeces (Salm., Shig., Yers., Campy.).....	69,90 €
3443.....	F-BaktVi2.....	Bacteria, culture 2, faeces (Clostr., Staph. Candida).....	65,90 €
21088....	F-BaktVIP.....	Enteric bacteria, feces, detection of nucleic acids and culture.....	75,80 €
1155.....	U-BaktVi.....	Bacteria, culture, urine.....	37,80 €
2471.....	S-BopeAb.....	Bordetella pertussis, antibodies.....	66,40 €
3552.....	S-BorrAb.....	Borrelia, antibodies.....	78,10 €
1738.....	-CtGcNhO.....	Clamidia trach. + Neisseria gonorrh., detection of nucleic acid.....	73,60 €
4594.....	P-CRP.....	C-reactive protein.....	33,60 €
142.....	S-hCRP.....	C-reactive protein, sensitive.....	35,30 €
4101.....	S-CDT.....	Carohydrate deficient transferrin.....	60,00 €
1220.....	S-D-25.....	Vitamin D 25(OH).....	68,80 €
1395.....	S-Ferrit.....	Ferritin.....	47,70 €
4113.....	P-FIDD.....	Fibrin D-dimers.....	58,70 €
12510.....	B-Peth.....	Phosphatidylethanol.....	79,10 €
1468.....	fP-Gluk.....	Glucose.....	26,80 €
4597.....	P-GT.....	Glutamyl transferase.....	26,80 €
6314.....	F-HepyNhO.....	Helicobacter pylori, feces, detection of nucleic acids and sensitivity to clarithromycin.....	100,90 €
3950.....	S-HepyAb.....	Helicobacter pylori, antibodies.....	61,20 €
6128.....	B-HbA1c.....	Haemoglobin A1C, glycosylated.....	56,10 €
1608.....	S-HBsAb.....	Hepatitis B virus, S antigen, antibodies.....	53,70 €
3815.....	S-HCVAb.....	Hepatitis C virus, antibodies.....	62,40 €
4814.....	S-HIVAgAb.....	HI-virus, antigen and antibodies.....	45,00 €
10539....	U-DS6A.....	Drug test, 6 analytes.....	123,60 €
4746.....	Influenza A+B Ag.....	Influenza A+B viruses, antigen.....	52,90 €
1999.....	P-K.....	Potassium, plasma.....	25,20 €
10068....	P-Ca-albk.....	Calcium, albumin-corrected.....	48,50 €
7979.....	S-Kelia-Se.....	Celiac disease, screening (S-tTGAbA, S-IgA, when needed S-tTGAbG).....	83,50 €
7821.....	S-Kelia-M.....	Celiac disease, medium (S-IgA, S-EMAbA, S-tTGAbA, when needed S-tTGAbG)..	126,40 €
1881.....	U-KemSeul.....	Chemical screening, urine.....	19,00€
2124.....	U-hCG-O.....	Chorionic gonadotropin, qual., urine.....	44,80 €
2142.....	P-Krea.....	Creatinine.....	26,80 €
4614.....	B-Lakt-D.....	Lactose intolerance, DNA test.....	72,90 €
2203.....	B-La.....	Erythrocyte sedimentation rate.....	17,70 €

6027.....	P-Lipidit.....	Lipids (chol., non-HDL, LDL, triglycerides).....	60,50 €
21799.....	Pt-FIB-4.....	Liver fibrosis score calculator (trom, ASAT, ALAT).....	90,20 €
2360.....	S-MonAbO.....	Mononucleosis, antibodies (qual.).....	31,30 €
4522.....	S-MypAbM-O.....	Mycoplasma pneumoniae, IgM-antibodies (qual.).....	570 €
3622.....	P-Na.....	Sodium, plasma.....	28,40 €
7917.....	Ps-NieluAg.....	Throat infection antigens (S. pyogenes and adenovirus).....	63,30 €
6375.....	F-ParaNhO.....	Parasites, feces, detection of nucleic acid.....	110,90 €
2474.....	B-PVK+T.....	Basic blood count and blood platelets.....	42,00 €
10795.....	S-PSAtot+V.....	Prostate-specific antigen, total and free.....	82,10 €
1775.....	S-PuumAb.....	Puumala virus, antigen.....	86,80 €
7971.....	Np-RespPer.....	Respiratory infection antigens, from nasopharynx (5 pathogens).....	145,40 €
3550.....	S-RF.....	Rheumatoid factor.....	34,90 €
2608.....	F-SalmVi.....	Salmonella, culture.....	36,60 €
4744.....	S-CCPAb.....	Citrulline peptide, antibodies.....	47,40 €
3635.....	Ps-StrAAg.....	Streptococcus pyogenes A, antigen, throat.....	41,40 €
2703.....	Ps-StrVi.....	Streptococcus pyogenes A, culture, throat.....	36,60 €
143.....	S-Testo-vl.....	Testosterone, free, calculated (mass spectrometry).....	87,60 €
1949.....	S-TfR.....	Transferrin receptor, soluble.....	53,10 €
4520.....	P-INR.....	Thromboplastin time, INR.....	32,20 €
4464.....	B-TnT-O.....	Troponin T (qual.).....	52,30 €
4028.....	S-TPO-Ab.....	Thyroid peroxidase, antibodies.....	52,70 €
2832.....	S-TSH.....	Thyrotropin.....	57,70 €
2836.....	S-T4-V.....	Thyroxine, free.....	67,60 €
3696.....	B-TVK.....	Complete blood count.....	62,50 €
4533.....	P-Uraat.....	Urate, plasma.....	34,30 €
2985.....	S-YersAb.....	Yersinia, antibodies.....	45,90 €

## Health Examination Packages

7932.....	Examination 1 (no fasting).....	PVK+T, Lipidit, Apot, HbA1c, Krea, ALAT, GT.....	227,70 €
7933.....	Examination 2.....	B-PVK+T, fP-Lipidit, fP-Gluk, P-ALAT, P-GT.....	137,50 €
8965.....	Examination 2b (no fasting).....	B-PVK+T, P-Lipidit, P-ALAT, P-GT, B-HbA1c.....	139,00 €

## Pathology

4054.....	Ts-PAD-1.....	Tissue sample, histological examination, 1-3 samples from the same set.....	84,60 €
4054A..	Ts-PAD-1X3.....	Tissue sample, histological examination, 3 separate samples.....	167,70 €
4044.....	Pt-Papa-1.....	Pap smear.....	63,10 €
3053.....	-Syto.....	Pap smear (sample area must be stated).....	86,50 €

## Clinical Physiology and Neurophysiology

1270.....	Pt-EKG-12.....	ECG, 12 leads, resting.....	64,70 €
28581.....	Pt-PEF-PaO.....	PEF, series + no statement.....	81,20 €
6007.....	Pt-FVSpIDO.....	Flow volume spirometry and bronchodilation + no statement ...	95,40 €
1301.....	Pt-ENMG-1.....	Electroneuromyography, concise.....	290,20 €
1302.....	Pt-ENMG-2.....	Electroneuromyography, standard.....	402,40 €

# MEDICAL IMAGING EXAMINATIONS

## The Most Common X-Ray Examinations

Code	Name	Price (EUR)
	Native X-ray examinations of bones and joints .....	123,80 €
	Thorax, X-ray of the paranasal sinuses.....	123,80 €
HA1RA .....	Breast, mammography and ultrasonography .....	242,60 €

## The Most Common Ultrasound Scans

	Examinations of joint, tendon and soft tissues.....	283,50 €
BA1AE .....	Thyroid gland examination .....	254,20 €
JN1AE.....	Examination of the upper abdomen.....	318,50 €

# OTHER SERVICES AND FEES

## Annual General Fees

General fee per employee per year (subject to compensation by Kela).....	31,00 €
In addition to the general fee, an annual service fee, determined by the total number of employees, will be charged for each employee (not subject to compensation by Kela).	
1-3 employees .....	75,00 €
4-10 employees.....	50,00 €
11-50 employees .....	26,00 €
More than 50 employees.....	17,00 €

## Entrepreneurs With No Other Employees

Annual fees include:

A general fee per entrepreneur per year (subject to compensation by Kela) .....	31,00 €
Well-being discussion and updating of the action plan (subject to compensation by Kela).....	97,10 €
A service fee per entrepreneur per year (not subject to compensation by Kela) .....	57,00 €

## Kanta fee

Kanta fee (including electronic medicine prescription). .... 2,00 €/appointment or remote contact  
The fee applies to an appointment or remote contact, where an entry is made in the Kanta data repository

## eQuestionnaires

eQuestionnaires as part of a health check or as a wellbeing survey .....

20,60 €
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## Coordination Work

Coordination work by a coordinative occupational health nurse .....	100,10 €/per hour
Account managers' work .....	100,10 €/per hour
Key account physicians' work.....	203,40 €/per hour



## Record Transfers

Transfer of patient health records from Mehiläinen to another service provider.....128,00 €/per hour  
(charging is by the time used; minimum fee per 60 minutes)

Transfer of patient health records in paper form by the Occupational Health Nurse.100,10 €/per hour  
(charging is by time used; prices are given per 60 minutes)

Registering of sick-leave certificates from other service providers.....100,10 €/per hour

## Invoicing Fees

The service fee for consolidated invoicing is 6–8% + VAT of the invoice amount.

Paper invoice.....5,00 €/invoice

## Reception at the Customer's Premises

Occupational Health Nurse.....100,10 €/per hour

Occupational Health Physician\* .....193,70 €/per hour

Occupational Physiotherapist .....106,70 €/per hour

Occupational Psychologist .....177,80 €/per hour

## Evening and Weekend Work by the Occupational Health Nurse or Occupational Physiotherapist\*\*

Evening work, Mon.–Fri., 6pm–10pm .....15 % increase

Night work, 10pm–7am .....50 % increase

Saturday work, 7am–6pm.....20 % increase

Sunday work (from 6pm on a Saturday or the eve of a national holiday).....100 % increase

## Evening and Weekend Work by the Occupational Health Physician\*\*

Mon.–Fri., 7am–9pm, in accordance with the price list.....

Saturdays: 7am–6pm .....30 % increase

Evening and night work, Mon.–Fri., 9pm–7am .....100 % increase

Sat.–Sun., 6pm–7am (Monday morning) and national holidays .....100 % increase

## Evening and Weekend Work by the Occupational Health Psychologist\*\*

Mon.–Fri., 7am–9pm, in accordance with the price list

Saturdays: 7am–6pm .....30 % increase

Evening and night work, Mon.–Fri., 9pm–7am .....100 % increase

Sat.–Sun., 6pm–7am (Monday morning) and national holidays .....100 % increase

*\*The price for Specialist in Occupational Healthcare is 5 % higher than the informed price for Occupational Physician*

*\*\*Also applies to appointments at the customer's premises.*

**'No-Show' Appointments:** Uncancelled appointments are invoiced to the employee in question.

**Appointments:** Cancellations may be performed without charge on the previous day, at the latest; for later cancellations, half of the fee for the appointment time reserved will be charged.

**Workplace visits, surveys, and negotiations:** Cancellations may be performed without charge three working days before the visit, at the latest, for Mehiläinen's Working Life Services; for later cancellations, the entire fee will be charged.

**Targeted group guidance:** If the cancellation is performed two weeks beforehand, at the latest, only the work performed so far will be invoiced. For later cancellations, the entire agreed upon fee will be charged.

**Other:** Cancellations may be performed without charge on the previous day, at the latest.

**Travel Expenses:** If necessary, travel costs and time used for traveling, as defined in the State Travel Regulations, will be added to the charge.

**Equipment and Medicines:** Separate charges apply to equipment, medicines, and hospital facilities, etc. used in operations

*An employer can apply for reimbursement from Kela for occupational health care costs in accordance with the principles of good occupational health care. More information on occupational health care expenses reimbursed by Kela (in Finnish):*

**<https://www.kela.fi/tyonantajat-tyoterveyshuolto-korvattavat-kustannukset>**

*Unless otherwise stated in writing, the prices are exclusive of VAT. VAT is not charged for the sales of occupational health services that can be considered health care services, as specified in the VAT legislation. If taxable services or products are sold with health care services, VAT will be added to the prices of these services and products. If the sales are later deemed taxable, the vendor has the right to collect VAT from the buyer at the applicable tax rate.*

*This price list is valid from 1 January 2020, until further notice. Mehiläinen reserves the right to make changes to prices and services if legislation applicable to health care, decisions by public authorities, or research procedures are amended or if the cost level of occupational health care changes fundamentally.*



WORKING LIFE SERVICES

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MEHILÄINEN