



## Teams Live information session on Thursday 16 April

We are organising a Teams Live information session at 2 p.m. on Thursday 16 April. Click the link below to participate. In the information session, we will go over 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. The other link takes you to a recording of last week's session on 9 April.

[Teams Live information 16 April 2020](#)

[Recording, Teams Live 9 April 2020](#)

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## Concern about my own coping -chat to support occupational health services

Your occupational health agreement includes both traditional appointments and remote appointments with an occupational health nurse. The Concern about my own coping -chat (previously called Huolikulma) also allows employees to have a discussion with an occupational health nurse, even outside regular business hours. The chat is open Monday to Sunday from 8 a.m. to 8 p.m., and is provided by Digital Clinic in the OmaMehiläinen app.

Due to the COVID-19 epidemic, many people are concerned about how they will cope, their health and their loved ones and would like to talk about the situation with a health care professional. Employees often book an appointment with a physician or use Digital Clinic for these issues even though a discussion with an occupational health nurse trained for the task (mood coach) by means of a remote connection would be more appropriate. **In other words, the Concern about my own coping -chat is an alternative way of attending the occupational health nurse's guidance and counselling appointments.** The service is considered a preventive occupational health care service (Kela1) and charged according to the occupational health nurse's hourly fee specified in your occupational health agreement. [Learn more.](#)

Implemented a year ago, our **the Concern about my own coping -chat enables a cost-effective, flexible and easily accessible nurse support service.** The effectiveness of the chat is based on offering help in real time, preventing minor coping issues or concerns from building up into major issues. Our experience shows that customers also find it easier to put their concerns and mindset into words in a chatroom than in a face-to-face appointment, meaning that counselling over the chat takes, on average, less time than actual appointments. The service also reduces costs resulting from appointments with a physician through the staggering of treatment, and the discussion helps direct the customer to the correct further treatment with their occupational health team, if necessary.

**If your company wishes to prevent the use of this service channel, please contact us via e-mail by Monday 20 April at [tt-sopimustiimi@mehilainen.fi](mailto:tt-sopimustiimi@mehilainen.fi).**

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## Antibody testing at Mehiläinen

Last week, we announced the start of antibody testing at Mehiläinen. In the coronavirus antibody tests, blood is examined for antibodies against the coronavirus COVID-19. Antibodies are a sign of a current or recent infection caused by the coronavirus. Regardless of having contracted the virus, the test result may be negative if the quantity of antibodies has not had time to increase or if the body has not produced measurable quantities of antibodies. Current research also shows that contagiousness or the duration of potential immunity cannot be directly evaluated on the basis of antibodies.

At the moment, antibody tests are used to support the diagnostic work of doctors, and the doctor determines the necessity and the correct use of an antibody test. The primary test used on patients showing symptoms is a coronavirus test using a nose and throat sample (PCR), conducted by Mehiläinen under the criteria of the Finnish Institute for Health and Welfare and WHO. With patients showing no symptoms, antibody testing may help diagnose a past infection, if targeted correctly. We confirm positive antibody test results with a supplementary method that improves the reliability of the results. The attending physician always evaluates the significance of the result. At this stage of the epidemic, antibody tests are not viable for screening large groups of people.

**If you wish to add the option of antibody testing to your occupational health agreement, please send your request to [tt-sopimustiimi\(a\)mehilainen.fi](mailto:tt-sopimustiimi(a)mehilainen.fi).** Antibody test is not included in the occupational health contracts. The price of antibody testing is EUR 59, including an antibody test (so-called instant test) and, in the event of a positive result, a supplementary confirmation of antibodies in a laboratory. For the time being, the instant test cannot be ordered separately. For more information, please contact your occupational health team and visit [our website](#).

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### For updated information and instructions, see our website

Our website contains comprehensive information relating to the epidemic. For example, we are frequently updating [the frequently asked questions](#) section and introducing new services and articles to support your employees. You can contact us by email at [yrityspaattajat@mehilainen.fi](mailto:yrityspaattajat@mehilainen.fi)

For more information, instructions and advice on how to protect your staff from the coronavirus, please contact your occupational health nurses and physicians. 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 to our corporate customers

