

## Vårdval Halland

Vårdval Halland means that you can choose the health centre you want to access when you need health care. You can also choose some specialist outpatient clinics. All health centres and specialist outpatient clinics covered by Vårdval Halland have been checked and approved by Region Halland.

### Choose your health centre

In Halland you can choose which health centre you want to visit when you need care. You can choose between health centres that are private or are run by Region Halland. The health centre must provide you with health and medical care that does not require the resources of a hospital. It must also guide you towards the right specialist and psychiatric care.

Your choice involves an agreement between you and your health centre. The health centre you choose must be your primary choice when you need care. You can change health centres at any time.

Different members of a family can choose to attend different health centres. The parent or guardian of a child chooses the health centre for children and young people under 18.

### How to choose a health centre

- Fill in the form for choice of care and send it to the health centre you wish to belong to. The health centre will contact you within 14 days to tell you when they can take you as a patient.

Before you decide, you can find out more about the focus of the different health centres and the services they provide. Do you want to be registered with a health centre close to your home or close to where you work? What are their opening times? Which specialist skills do they have?

### Choose specialist outpatient clinic

In Halland you can choose specialist care for some diagnoses within skin care and adult psychiatry. Choice in more specialisations will be offered in the future.

You are welcome to contact a specialist clinic when it has been confirmed that you need specialist care. In the majority of cases a doctor at your health centre will make this confirmation and refer you to the specialist clinic. You can also contact a specialist clinic yourself, and write a self-referral.

You can choose from specialist clinics that are private or run by Region Halland, and you pay the same patient fee whether the clinic is public or private.

Specialist care of the following diagnoses is included under the Vårdval system:

Skin care: Eczema, psoriasis, itching, investigating birth marks

Adult psychiatry: Treatment of depression, bipolar disorder and the neuropsychiatric disorders ADHD and ADD.

### **How to choose a specialist clinic**

- You only choose a clinic when you need one. You can be referred by your doctor at the health centre or you can contact one of the specialist care clinics that are part of Vårdval Halland yourself.
- Your choice applies to the period in which you are ill or to the treatment concerned. You have the right to choose a new clinic as and when you wish to.
- You pay the same patient fee whether the clinic you choose is run privately or by Region Halland.

Information on the clinics that you can choose from is provided at [www.1177.se/varldval](http://www.1177.se/varldval).

