

How To Register on The Portuguese National Health Service

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Portuguese NHS entitlement is SOLELY based on residency & nothing else whatsoever and as soon as you are a resident, you're then entitled to register on the NHS system & be issued with a SNS/Utente number & register with your local Centro de Saude (health centre) & get the same care as any Portuguese person & it should be noted that whilst residency is attained when (for example) Stage 2 of the D7 is granted the NHS will usually not turn away those on Stage 1 of the D7 visa.

To do that, you go to your local Centro de Saude (Health Centre) present your residency card or document + passport + NIF number & Attestado de Residencia (instructions on how to obtain those last two are in the files section) & then request to be given an SNS/Utente number & once you have that then you are entitled to the State Healthcare & then ask to register with a particular GP although it should be noted that some surgeries do have a shortage of Doctors so seeing the same Doctor on every occasion might not be a reality in some areas.

If you are in receipt of a UK state pension or an EU member state pension, you'll be required to provide an S1 form (or national equivalent) from that member state & you obtain that from the department that pays the state pension & this document simply refers to which EU member state eventually pays for your treatment & you then take the (2 copies) of the S1 + proof of being paid that state pension to your social security office, obtain a social security number (3 PDFs in the files on how to do that) & then the Social Security dept will post 1 copy + another document back to you which you then hand in to your local Centro do Saude/Health Centre.

Note that once you are a resident of Portugal then it is your **Constitutional Right** to have full State Healthcare as per the link below & if you are refused that right then I suggest you show them that link & if they still refuse you then request their complaints book & you will find full details of that issue in Consumer Rights In Portugal in the files section of this group.

https://www.acm.gov.pt/-/o-que-devo-fazer-se-houver-uma-recusa-na-prestacao-de-cuidados-de-saude-?fbclid=IwAR3eNq0sU4P-5etWsSkvXXJd2HwkWlrEa1XydCFek-ysbPFPVTA2n_enJbA

Now the variables:

Portugal sometimes suffers from acute variable bureaucracy syndrome where individual civil servants interpret the rules any way they wish.

A couple of examples are some Doctor's surgeries might ask you to provide a social security number before you can register but this is no longer required for

retirees and/or non workers etc but if you're going to work or are in receipt of a UK or EUMS state pension then you need one anyway so easier to go with the flow & just get one from the SS office.

If you're not going to work & the SS office refuse to issue a number then just tell the person at the Doctor's office to call the SS office & let them sort it out between them.

If a registered resident of Portugal who is not receiving a UK or EUMS state pension intends to visit another EU member state for any reason they should obtain a Portuguese EHIC card before they leave home & this ensures that they will not be charged for any medical care they might need in those other EU member states & if they are in receipt of a UK state pension then they should obtain a GHIC card from the UK & if from another EUMS then they should obtain an EHIC card from the member state that pays the pension.

Documents required to register are:

- 1) Passports.
- 2) Residency card, document or CRUE aka Residencia.
- 3) Attestado.
- 4) NIF number/ Tax registration document.

Note

UK residents planning to visit the EU are advised to obtain the UK GHIC card which is the equivalent of the EU EHIC card.

There are several other info pieces in the files section that refer to various aspects of NHS registration including the full act which is obviously in Portuguese so you might need a translator program to fully understand it.

Right to reside EU PPT holders & partners

http://www.sef.pt/portal/v10/en.aspx/apoiocliente/detalheApoio.aspx?fromIndex=0&id_Linha=4351

UK entitlement to PT NHS with/without SS number

<https://www.gov.uk/guidance/living-in-portugal>

How to register on the PT NHS in Portuguese & English

https://www.ers.pt/pages/438?news_id=1203

If you need to complain about not getting registered on the PT NHS system:

<https://www.ers.pt/pt/utentes/livro-de-reclama%C3%A7%C3%B5es/?fbclid=IwAR2BzgsYbzyUgrK3r3F2vFl8cak7CeGHE-bwMuY5IEIINcMmwereZNxDd-4>

You can apply for your Portuguese EHIC card here:

<https://www.portaldocidadao.pt/en/web/direcao-geral-da-seguranca-social/cartao-europeu-de-seguro-de-doenca-da-seguranca-social-renovacao>

NOTE:

The above links were active on day of publication but may become inactive at a later date & if they do then you will need to search that same site for the new links.

At the time of writing it is possible to apply for your Utente/SNS number online by following the process below but be warned this is a new process & relatively untried but certainly worth giving it a try & if it fails, you might have to resort to the old school method of doing it in person.

Send an email to lxcentral.inscricoes@arslvt.min-saude.pt with the following details of each applicant.

Name

Date of Birth

Phone number

Email address

Home address (including post code) in Portugal

Household kinship (father, mother, son, daughter...)

And attach the following documents to the e-mail of each person applicant.

Copy of ID (Passport or residency card)

NIF number (if you have one)

NISS number (if you have one)

NOTE:

The e-mail lxcentral.inscricoes@arslvt.min-saude.pt only applies to residents in the following *freguesias* (parishes) of Lisbon: Areeiro, Arroios, Beato, Campo de Ourique, Estrela, Marvila, Misericórdia, Olivais, Parque das Nações, Penha de França, Santa Maria Maior, Santo António and São Vicente.

If you live elsewhere in Portugal then you need to locate the appropriate email address on the link below & follow the same process.

<https://www.sns.gov.pt/sns/pesquisa-prestadores/>

UK passport holders who are newly in receipt of a UK state pension need to obtain the S1 from the UK Dept of Works & Pensions IF (note the big IF) they are working or intend to work & if not working or intending to work they must obtain the S1 & GHIC card from the UK National Health Service & both can usually be done via email to the respective department which you find with the help of that nice Mr Google & in either case the information you will need to provide is:

- 1) Date of birth
- 2) Date you are entitled to receive the UK state pension.
- 3) Date you obtained or intend to obtain residency in Portugal.
- 4) UK Social Security number.
- 5) Whether you are in receipt of any other State Pension.
- 6) Full address in Portugal.

Also note that if the person is also in receipt of a national benefit from the USA it is a national benefit & therefore NOT a state pension & such people would be well advised not to confuse the terminology as if they do then they will have endless trouble trying to register on the NHS here.