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Guidance

Healthcare for UK nationals living in Latvia

How to get state healthcare if you live, work or study in Latvia.

Published 23 September 2019

Last updated 31 December 2020 — see all updates

From:

Department of Health and Social Care (<https://www.gov.uk/government/organisations/department-of-health-and-social-care>), Foreign & Commonwealth Office (<https://www.gov.uk/government/organisations/foreign-commonwealth-office>), and Foreign, Commonwealth & Development Office (<https://www.gov.uk/government/organisations/foreign-commonwealth-development-office>)

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Stay up to date

This guidance will be updated if anything changes to how you get state healthcare in Latvia.

Sign up for email alerts (<https://www.gov.uk/email-signup/?topic=/world/living-in-latvia>)

This information is about living in Latvia. There's different guidance if you're visiting Latvia (<https://www.gov.uk/guidance/uk-residents-visiting-the-eueea-and-switzerland-healthcare>).

State healthcare in Latvia is run by the Latvian National Health Service (Nacionalais veselības dienests).

State healthcare is not usually free in Latvia. You may need to pay up front to use parts of the healthcare system.

UK nationals usually access the Latvian healthcare system in one of these ways:

- being employed or self-employed in Latvia and registering as a temporary resident
- private health insurance (it's common for Latvian employers to offer this)
- using a European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) for temporary stays
- registering a UK-issued S1 form with the Latvian National Health Service

Healthcare if you live and work in Latvia

You must register as a resident (<https://www.gov.uk/guidance/living-in-latvia>) if you're living in Latvia for more than 3 months.

You can only register as a resident if you're employed, self-employed or able to support yourself financially.

To begin with you must register as a temporary resident. You can only apply for permanent residency if you've been a Latvian resident for 5 years.

If you cannot register as a resident, you are not eligible for Latvian state healthcare. You need to take out private health insurance.

You may be entitled to a Latvian EHIC for travel, including visits to the UK.

You may also have the right to apply for a UK S1 if you start drawing a UK State Pension.

How to register for healthcare

You need to register with a GP (<https://www.veselibas.gov.lv/>) (website in Latvian).

Go to the GP practice to register and take your Latvian ID card, which you get when you register as a resident.

Show your ID card when you visit a doctor.

How much you'll pay

See a list of costs for healthcare services. (<http://www.vmnvd.gov.lv/en/cross-border-healthcare-contact-point/health-care-in-latvia/patient-contributions>)

If you pay more than around 570 euros a year for healthcare, you do not need to pay anything the following year. Keep all your receipts for healthcare so that you can apply for an exemption certificate from the Latvian National Health Service if you reach the limit.

Children, pregnant women and people on low incomes do not need to pay.

If your UK employer has sent you to Latvia temporarily ('posted workers')

A posted worker (<https://www.gov.uk/working-abroad/posted-workers>) is someone who is employed or self-employed in the UK, but temporarily sent to another European Economic Area (EEA) country.

UK posted workers can access healthcare in Latvia using a UK-issued EHCIC or an S1 form if Latvia opts in to posted worker arrangements as a part of the agreement with the EU. Latvia needs to confirm this by the end of January 2021.

If Latvia does not opt in to posted worker arrangements, you may need to do one or more of the following:

- join a local healthcare scheme
- cover the cost of your healthcare with private health insurance

HMRC has a helpline for National Insurance enquiries from non-UK residents

(<https://www.gov.uk/government/organisations/hm-revenue-customs/contact/national-insurance-enquiries-for-non-uk-residents>). They can answer questions about posted worker status and explain which documents you will need to get healthcare while posted.

UK-funded healthcare: using an S1 form in Latvia

There's different guidance if you have an S1 as a posted worker.

You may be entitled to state healthcare paid for by the UK if you're a Latvian resident (<https://www.gov.uk/guidance/living-in-latvia>) and receive a UK State Pension.

You may also be entitled to an S1 form if you're a frontier worker (someone who works in one state and lives in another). You must contact HMRC National Insurance enquiries (<https://www.gov.uk/government/organisations/hm-revenue-customs/contact/national-insurance-enquiries-for-non-uk-residents>) to find out if you're eligible.

If you've been living in Latvia since before 1 January 2021, you may also be entitled to an S1 if you receive some other 'exportable benefits'.

Not all UK benefits that can be claimed while abroad entitle you to UK-funded healthcare. Read more about claiming benefits if you move abroad (<https://www.gov.uk/claim-benefits-abroad/where-you-can-claim-benefits>) or contact Jobcentre Plus (<https://www.gov.uk/contact-jobcentre-plus>) to ask about a benefit.

Once you have an S1 form, you must register it on the Latvian system.

This will mean you and your dependants will be entitled to healthcare in Latvia on the same basis as a Latvian citizen.

You'll also get:

- a UK-issued EHCIC (<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-ehic-european-health-insurance-card/>) for travel
- planned treatments (<https://www.nhs.uk/using-the-nhs/healthcare-abroad/going-abroad-for-treatment/what-is-the-s2-route/>) in other EU countries

If you moved to the EU before 1 January 2021, you'll have access to the NHS in England when you're visiting.

Dependants and family members may be classified differently in Latvia than the UK.

Check with the local authorities when you register your S1 form.

How to get an S1 form

If you have a UK State Pension, you must request an application form by phone from NHS Overseas Healthcare Services.

NHS Overseas Healthcare Services

Telephone: +44 (0)191 218 1999

Monday to Friday, 8am to 6pm

Saturday, 9am to 3pm

How to use an S1 form in Latvia

You must register your S1 form by contacting the Latvian National Health Service cross border contact point (<http://www.vmnvd.gov.lv/en/cross-border-healthcare-contact-point>).

You must also show a copy of your S1 form every time you access healthcare to prove that you're entitled to healthcare on the same basis as a Latvian citizen.

Studying in Latvia

You can use an **EHIC** or GHIC (<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-ehic-european-health-insurance-card/>) to get medically necessary healthcare until the end of your study period.

Moving back to the UK

If you return to the UK you'll be able to use the NHS like any other UK resident.

Read more about using the NHS when you return to live in the UK (<https://www.gov.uk/guidance/using-the-nhs-when-you-return-to-live-in-the-uk>).

Published 23 September 2019

Last updated 31 December 2020 + show all updates

1. 31 December 2020

Updated sections on living and working in Latvia, using an S1 form in Latvia, posted workers and studying in Latvia. Changes reflect healthcare arrangements for people moving to Latvia under the new rules of the UK's deal with the EU.

2. 9 November 2020

Updated 2 sections: 'Healthcare if you're using an S1 form in Latvia' and 'Healthcare if you're studying in Latvia'. Students and people with a registered S1 in Latvia can now apply for a new UK European Health Insurance Card (EHIC) that will remain valid from 1 January 2021.

3. 23 September 2019

First published.

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Check how the new rules affect you (<https://www.gov.uk/transition>)

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- Healthcare for UK nationals living in Lithuania (<https://www.gov.uk/guidance/healthcare-in-lithuania>)
- Healthcare for UK nationals living in Slovenia (<https://www.gov.uk/guidance/healthcare-in-slovenia>)
- Latvia travel advice (<https://www.gov.uk/foreign-travel-advice/latvia>)

Detailed guidance

- Living in Latvia (<https://www.gov.uk/guidance/living-in-latvia>)

Collection

- Healthcare in the EU, Norway, Iceland, Liechtenstein and Switzerland (<https://www.gov.uk/government/collections/healthcare-in-the-eu-norway-iceland-liechtenstein-and-switzerland>)

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