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Guidance

Healthcare for UK nationals living in Norway

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

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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 Norway.

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

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

If you've been living in Norway since before 1 January 2021, your rights to access healthcare in Norway will stay the same for as long as you remain resident.

This guidance explains what you need to do in Norway depending on your circumstances.

Anyone registered as a resident in Norway has a right to access the Norwegian state healthcare system.

State healthcare in Norway is not completely free. Healthcare costs are covered by both the state and through patient contributions (user fees).

UK nationals usually access the Norwegian healthcare system (called Helfo (<https://helsenorge.no/other-languages/english>)) in one of these ways:

- making contributions to the National Insurance Scheme through their employer or as a self-employed person
- using a UK passport for temporary stays
- taking out private health insurance
- registering a UK-issued S1 form with the National Insurance Scheme

Healthcare if you live and work in Norway

You must register as a resident (<https://www.gov.uk/guidance/living-in-norway#visas-and-residency>) if you're living in Norway for more than 3 months.

Once you're a resident, you're entitled to state healthcare on the same basis as a Norwegian citizen.

If you're employed or self-employed, you'll make contributions to the National Insurance Scheme (<https://www.nav.no/en/home/rules-and-regulations/membership-of-the-national-insurance-scheme>).

Once you're a resident you may also be entitled to a Norwegian European Health Insurance Card (EHIC) for travel.

If you were living Norway before 1 January 2021

If you've been living in Norway since before 1 January 2021, your rights to access healthcare in Norway will stay the same for as long as you remain resident.

This means you may also be entitled to:

- a Norwegian EHIC for travel, including visits to the UK
- a UK S1 if you start drawing a UK State Pension

How to register

You first need to register as a resident (<https://www.gov.uk/guidance/living-in-norway#visas-and-residency>) in Norway. You'll receive a Norwegian ID number. This is the same number you'll use for healthcare access.

If you're employed, your employer will sign you up to the National Insurance Scheme automatically. You'll make contributions through your payroll.

If you're self-employed, you first need to register your business on the national register (<https://www.brreg.no/>) (website in Norwegian). You can then sign up to the National Insurance Scheme (<https://www.nav.no/en/home/rules-and-regulations/membership-of-the-national-insurance-scheme>).

Once you've joined you'll be able to access healthcare services through the Norwegian state healthcare system, Helfo (<https://helsenorge.no/foreigners-in-norway>).

Give your Norwegian ID number when you register with a GP and each time you have an appointment.

To be referred to a specialist you need to see your GP first.

How much you'll pay

State healthcare in Norway is not completely free. You may have to pay some of the cost of any treatment.

Find out how much you'll need to pay for health services (<https://helsenorge.no/betaling-for-helsetjenester>) (in Norwegian).

If you're a hospital inpatient, treatment is free. There are charges for outpatient treatment.

If you have an occupational health injury, Helfo may cover the full cost of your treatment.

Dentists and dental hygienist fees will vary as they can set their own prices.

Once you've spent a certain amount on state healthcare in a calendar year, you can get an exemption card ('frikort') (<https://helsenorge.no/foreigners-in-norway/exemption-card-for-public-health-services>).

Your exemption card means the National Insurance Scheme will cover most of your user fees for the rest of the calendar year.

If your UK employer has sent you to Norway 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.

You can use your UK passport to access healthcare in Norway on the same basis as a Norwegian citizen.

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 Norway

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

If you've been living in Norway since before 1 January 2021, you may be entitled to state healthcare paid for by the UK if you're a Norwegian resident (<https://www.gov.uk/guidance/living-in-norway>) and receive either:

- a UK State Pension

- 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.

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.

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

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

You'll also get:

- a UK-issued EHIC for travel
- planned treatments in other EU countries

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

Dependants and family members are classified differently in Norway 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 Norway

You must register your S1 with the Norwegian state healthcare service Helfo. Send your S1 form to:

Helfo
Postboks 2415
3104 Tønsberg

Give your Norwegian ID number each time you access healthcare. This will prove that you're an S1 holder and are entitled to healthcare on the same basis as a Norwegian citizen.

EHIC if you have a registered S1

You need to get a new UK-issued EHIC that's valid for travel from 1 January 2021.

Apply now for your new **EHIC** on the NHS website (<http://www.nhs.uk/ehic>)

Studying in Norway

If you're a student you can use your UK passport to access healthcare in Norway on the same basis as a Norwegian citizen.

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>).

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1. 31 December 2020

Updated sections on living and working in Norway, using an S1 form in Norway, posted workers and studying in Norway. Changes reflect healthcare arrangements for people moving to Norway from 1 January 2021, including use of UK passports to access healthcare during temporary stays.

2. 9 November 2020

Updated 2 sections: 'Healthcare if you're using an S1 form in Norway' and 'Healthcare if you're studying in Norway'. Students and people with a registered S1 in Norway 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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- [Healthcare for UK nationals living in Estonia](https://www.gov.uk/guidance/healthcare-in-estonia)
- [Healthcare for UK nationals living in Lithuania](https://www.gov.uk/guidance/healthcare-in-lithuania)
- [Healthcare for UK nationals living in Switzerland](https://www.gov.uk/guidance/healthcare-in-switzerland)
- [Healthcare for UK nationals living in Malta](https://www.gov.uk/guidance/healthcare-in-malta)
- [Norway travel advice](https://www.gov.uk/foreign-travel-advice/norway)

Detailed guidance

- [Living in Norway](https://www.gov.uk/guidance/living-in-norway)

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- 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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