

נפש Nefesh  
בנפש B'Nefesh

# Understanding Israeli Healthcare

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# BITUACH LEUMI – THE NATIONAL INSURANCE INSTITUTE

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- A woman who is (62 to 65) -120
- A man who is 67 -120
- Mandatory contribution to Bituach Leumi.
- Residency requirement



# WHAT ARE YOUR CONCERNS?

Eligibility for Healthcare

How to Choose a Kupat Cholim

Switching your Kupah

Choosing your Medical Professional

Supplemental Health Care/  
Private Health Care

Cost

Nursing Care/  
Long Term Care

Maintaining Foreign Insurance

Medical Cannabis

Pharmaceutical Imports

Medication Availability

Mental Health

Proximity to  
Emergency Care

Logistics

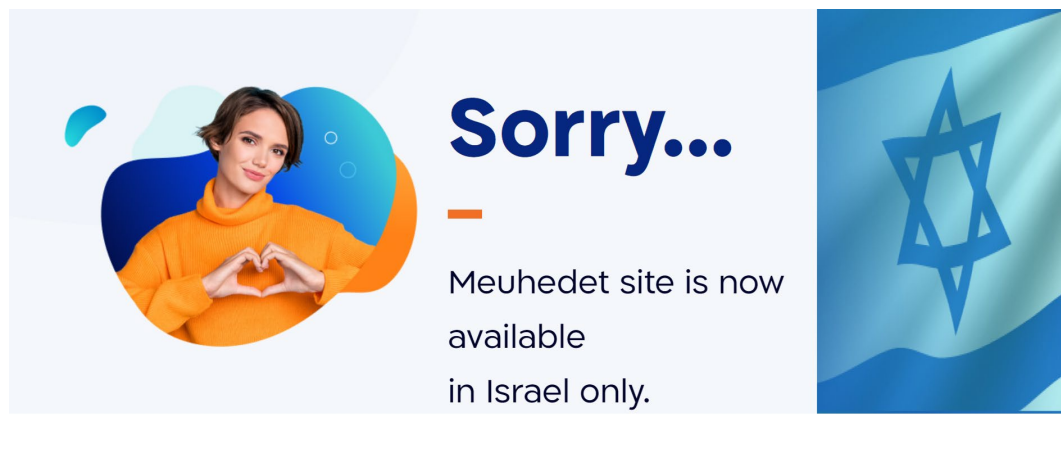
# ELIGIBILITY AND REGISTRATION

- Universal system for all regardless of age or pre-existing conditions
- Registration influenced by Aliyah Status
- Coverage begins immediately



# CHOOSING A KUPAT CHOLIM

- The choice is yours
- Switching your kupah
- Choosing your family doctor/ specialist



**Sorry...**

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Meuhedet site is now available in Israel only.

The advertisement features a woman in an orange sweater forming a heart shape with her hands, set against a blue and orange circular graphic. To the right is a blue background with the Star of David.



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# BEYOND BASIC INSURANCE

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- Basic
- Supplemental
- Nursing Care
- Long Term Benefit (Insurance)
- Foreign insurance
- Private Insurance



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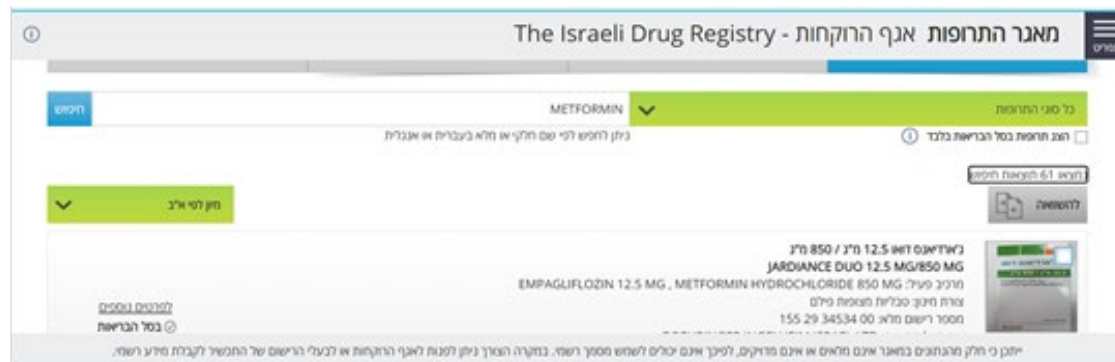
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# RESEARCHING MEDICAL NEEDS

- Pharmaceutical Imports
- Medical cannabis
- Availability and Eligibility
- Feeling Secure



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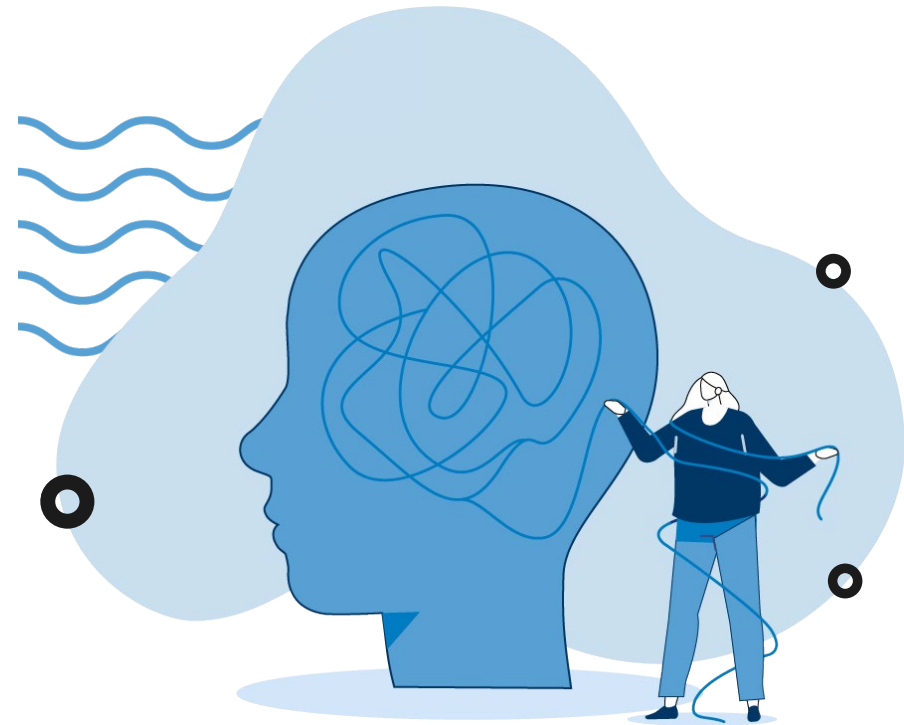
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# MENTAL HEALTH

- Kupat Cholim system
- Financial considerations
- Private therapies
- Get Help Israel
- Where to turn



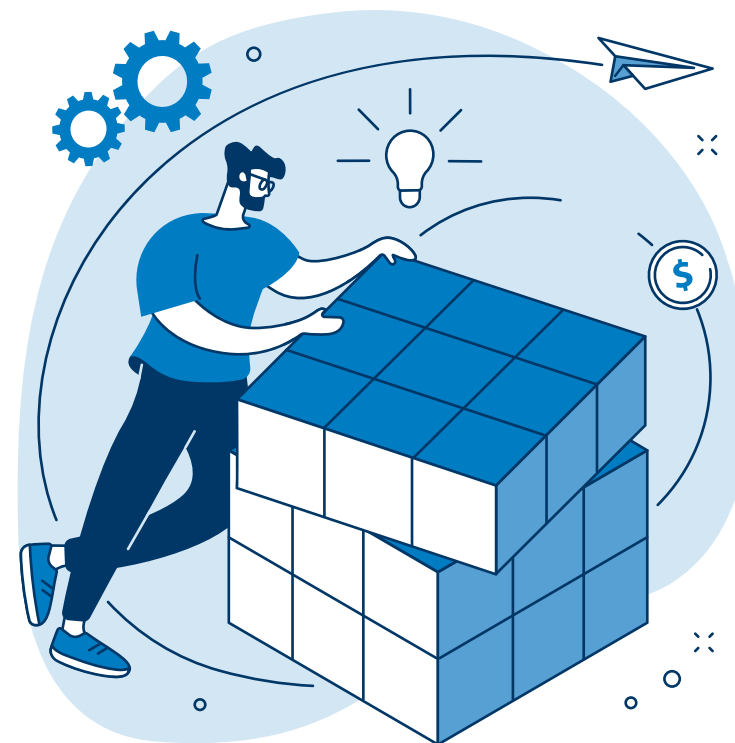
# HOW DOES IT WORK?

- Hafnaya
- Hitchayvut
- Making appointments
- Communication with your kupah
- Case management
- Communication with your family doctor
- After hours needs
- Emergency/urgent care
- 24-hour call center



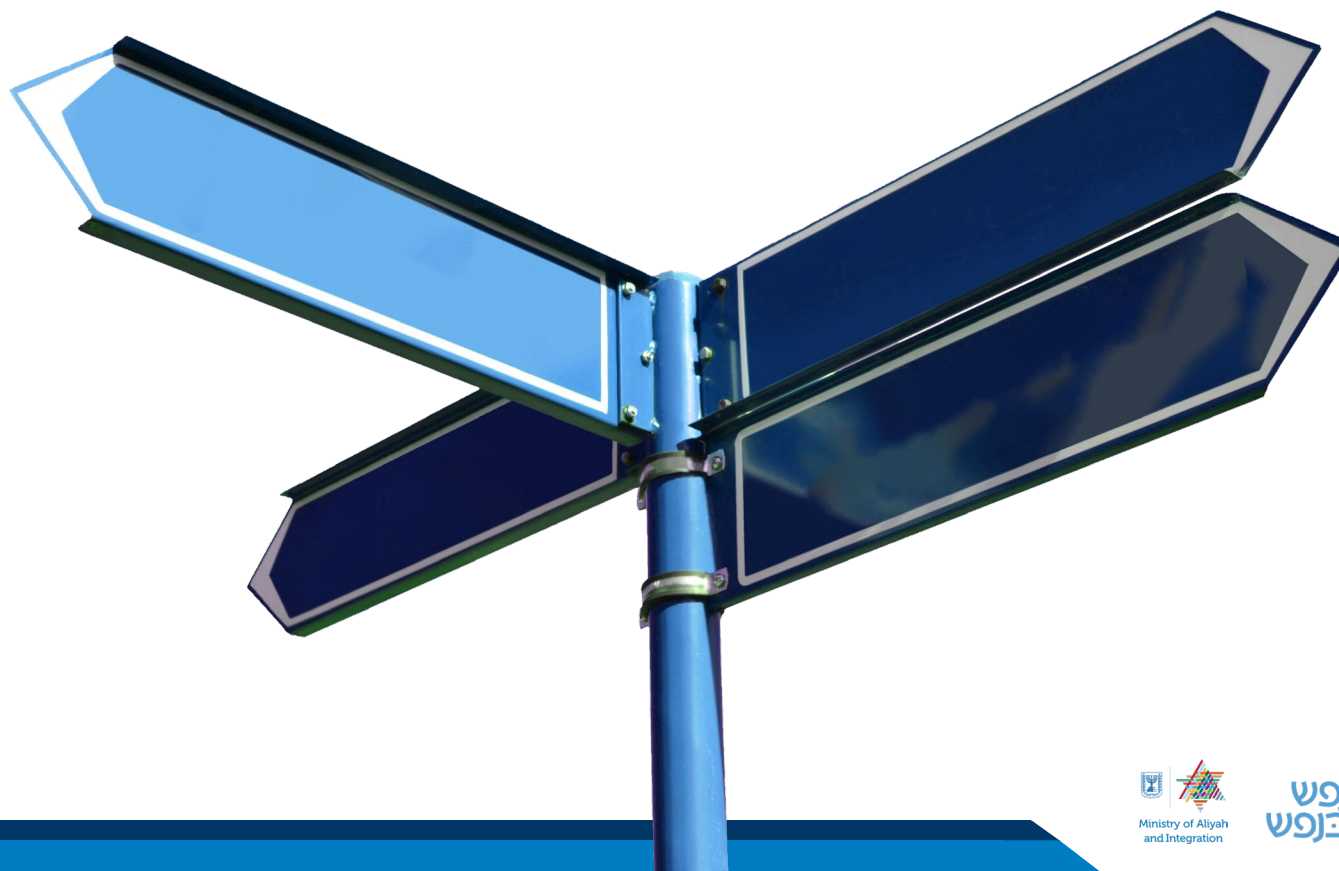
# POINTS TO PONDER

- When things are different
- Where to turn
- Language



# NEXT STEPS

- Plan
- Research
- Reset





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