

Instruction: an obligatory medical check-up for foreign citizens

I. Prepare documents:

- Passport (original)
- Photocopy of the first page of the passport and your visa
- Notarised passport translation into Russian (original+ a photocopy of the page with the translation)
- Migration card (original+photocopy)
- Registration slip (original+photocopy)
- Check-up fee (5 900 roubles)

II. Visit #1

1. **Avoid taking antidepressants, drugs, sleeping pills and other similar substances before the visit.** If you take any medicine, don't forget to bring your prescription.
2. **Do not eat at least 2 hours before the visit, because you will take a blood test.**
3. Take your documents (see Section I)
4. Address: City Polyclinic #3 (Moscow, metro Маяковская, Ermolayevsky Pereulok, house 22/26, build. 1
Городская поликлиника № 3 (г. Москва, Ермолаевский переулок, д. 22/26, стр. 1); Monday-Friday, 8:00 – 15:30
5. Go to the 1st floor, room 107:
 - Submit your documents (see Section I)
 - When asked about a phone number, you can give the SIMO number +7 916 971 48 07, if you don't speak Russian
 - Sign consents for a voluntary HIV test and a voluntary medical check-up
 - Make the payment
 - Collect your medical records booklet and payment receipt
 - Get a list of rooms that you should visit
 - Find out the date and time of your Visit #2 (usually in 3-4 days)
6. Take tests:
 - Blood
 - Urine
 - Skin check
 - Chest X-ray

III. Visit #2

1. Go to the polyclinic #3 on the scheduled day and time.
2. Go to the 1st floor, room 110A and collect your medical check-up results (a medical summary certificate, HIV test result, a certificate from a narcologist).
4. Within 1 day after receiving the check-up results, please email a scan/photo of the documents to SIMO at international.study@hse.ru, putting 'Medical check-up documents' in the subject line.

If you have any questions about the procedure, please contact SIMO at international.study@hse.ru or by phone +7 916 971 48 07.