



Overview of



Scan the QR code or go to www.helsami.no to learn more. HelsaMi is also available as an app for mobile devices.



A brief introduction of HelsaMi:

What is HelsaMi?

- By using the app or entering HelsaMi on a browser you can get an overview of your medical information and can communicate with health care workers.

Is my information safe within HelsaMi?

- Yes. You can log on using ID-porten in the same way as you use it to access a variety of public services.

How can I use HelsaMi?

- See upcoming and past appointments
- See information from your medical record and test results
- Letters and messages
- Videoconsultations
- And more...

Do I have to use HelsaMi?

- No, if you prefer to use the telephone and letters in the mail as before, you are welcome to choose that.

Who can use HelsaMi?

- For those who are 16 or older and who receive health care from hospitals, municipalities and GPs using HelsaMi. See the list of providers at www.helsami.no.
- You can also get access on behalf of children or close relatives.



What do I get in HelsaMi that I don't get in Helsenorge?

- In HelsaMi you can see information from your medical record, for instance after visit summaries after consultations and hospital stays, plus more.
- You get to communicate with different providers in the health and welfare services.

See other languages:

