MEDICAL SERVICES IN MOSCOW

Western medical care in Moscow can be expensive, difficult to obtain, and not always comprehensive. Some facilities offer quality services, but many restrict services to normal business hours and/or to members or people willing to pay for services in advance. Acceptance of insurance in lieu of prepayment is rare. Most patients pay in cash and receive reimbursement from their insurance companies upon their return to the United States. State medical care is officially free of charge, but the quality of service ranges from unacceptable to merely uncomfortable. However, Russian doctors often demand payment for disposable needles, medications, and some services. There are no foreign-run in-patient clinics in Moscow but rather space rented by them in regular Russian hospitals with improved conditions.

Medical evacuation to another country is an expensive option; the Embassy strongly urges all travelers who visit Russia to purchase traveler's medical insurance that includes coverage in the event that an evacuation is necessary.

In the event of an emergency, the U.S. Embassy will try to assist in arranging medical care for U.S. citizens. For assistance during working hours, please call (495) 728-5577. After 6:00 p.m., please call the Embassy duty officer at (495) 728-5000.

* * *The U.S. Embassy, Moscow assumes no responsibility for the professional ability or reputation of the persons or medical facilities whose names appear on the following list. This information sheet was revised in July 2016 and is subject to change without notice. If you notice any inaccuracies, please inform the American Citizen Services Unit so that we can update this information.

ENGLISH-SPEAKING DOCTORS, USER-PAY SERVICES

INTERMEDCENTER/AMERICAN CLINIC / Ambulance                     (495) 937-5757
www.intac.ru
Address: 26 Mira Prp., Bldg. 5

EUROPEAN MEDICAL CENTER / Ambulance                                  (495) 933-6655
Address: 5 Spiridonyevskiy Per., Bldg. 1

RUSSIAN SPEAKING ONLY DOCTORS, FREE SERVICES

MOSCOW CITY / Ambulance                                           03 or112 (calling from cell)
MOSCOW CITY PSYCHIATRIC / Ambulance                               (495) 620-4230
HOSPITALS and CLINICS
Foreign, and/or with foreign or foreign-trained staff, and/or foreign equipment

EUROPEAN MEDICAL CENTER (Metro Pushkinskaya)
American and European general practitioners, gynecology, ophthalmology, pediatrics, ENT, cardiology, psychiatry, dermatology, physical therapy. Vaccination programs. Emergency assistance 24 hours a day. In-patient and out-patient services, surgery, comprehensive laboratory, diagnostics. Direct billing with major insurance companies.
5 Spiridonievskiy Per., Bldg. 1; 7 Orlovskiy Per.
Tel. (495) 933-6655
Web: http://www.emcmos.ru/en/

INTERMEDCENTER/AMERICAN CLINIC (Metro Prospekt Mira)
Areas of expertise include pain management, pediatrics, gastroenterology, family medicine, obstetrics/gynecology, cardiology, neurology, dentistry.
1/6 4th Monetchikovskiy Per., Bldg. 3
Tel: (495) 937-5757

MEDSI
Address: multiple locations throughout Moscow City and Russia-wide
Tel. (495) 7-800-500, +8 (495) 357 4164
www.meds.ru

OAO MEDICINA (Metro Mayakovskaya)
Russian doctors provide emergency services, clinic consultations, vaccinations
Mon-Fri: 8.00-21.00; Sat: 9.00-15.00
10 2nd Tverskoy-Yamskoy Per.
Tel: (495) 995-0033,
Ambulance (495) 229-0003
Web: http://en.medicina.ru/

UNIMED LABORATORIES (Metro Dobryninskaya)
4 4th Dobryninskiy Per.
Tel: (495) 931-9976, (495)785-1025
Web: http://www.unimedlab.ru/english/index.htm

INVITRO LABORATORY
1 Nagatinskaya St. Building 14
Tel.: (495) 363-0363
Web: http://www.invitro.ru/
MAJOR MOSCOW HOSPITALS

BOTKIN HOSPITAL (Metro Dinamo)
For emergencies and after hours. This is the main Moscow hospital where foreigners are treated. Well-equipped by Russian standards
5 2nd Botkinskiy Pr.
Tel: (495) 945-0045/3519, (499) 762-6191 (reception), 8 (499) 762-6285/6286
Web: http://www.botkinmoscow.ru/

FILATOVSKY CHILDREN'S HOSPITAL NO. 13 (Metro Mayakovskaya)
15 Sadovaya-Kudrinskaya St.
Tel: (499) 254-9129
Web: http://13dgkb.ru/

DENTISTS

AMERICAN DENTAL CENTER (Metro Mayakovskaya)
5 1st Tverskaya-Yamskaya St.
Tel: (495) 730-4334

GERMAN DENTAL CARE (Metro Baumanskaya)
Mon-Fri: 9.00-21.00; Sat: 9.00-15.00
2 Volochaevskaya St., Bldg. 1
Tel: (495) 737-4466
Web: http://www.gdmc.ru/

EUROPEAN DENTAL CENTER (Metro Smolenskaya)
Dental care Full range of services, from cleanings and implantology to oral surgery, prosthesis and orthodontics. Dental laboratory.
Mon-Fri: 9.00-20.00; Sat: 9.00-16.00
6 1st Nikoloschepovsky Per., bldg. 1.
Tel: (495) 933-0002, night emergency: (495) 933-6655, (495)933-6645, (495)933-644

INTERMED (Metro Prospekt Mira)
Dentists and staff trained in Germany. On-site services include orthodontics, crowns, and repairs.
26 Durova St., Bldg. 1 and 6
Tel: (495) 785-0835, 636-2836
Web: http://www.imclinic.ru/services/stomatologija/
U.S. DENTAL CARE (Metro Okhotny Ryad & Teatralnaya)
*American Board-certified dentists and hygienists, English and Russian speaking. Direct billing and Corporate Membership available.*
Mon-Thu 8.00-20.00; Sat-Sun: 9.00-18.00
7/5 Bolshaya Dmitrovka St., Bldg. 2
Tel: (495) 933-8686

BERLIN DENTAL CLINIC
103/3-157 Vernadskogo Prp.
Mo-Fr 8.00-20.00, Sat 10.00-14.00
Tel.: (495) 434-2735
Web: [http://www.berlindental.ru/](http://www.berlindental.ru/)

**PSYCHOLOGISTS, PSYCHIATRISTS AND COUNSELORS**
*English speaking specialists*

EUROPEAN MEDICAL CENTER (Metro Pushkinskaya)
*Psychiatrist, psychotherapist. Available on house calls.*
5 Spiridonievskiy Per., bldg. 1
Tel: (495) 933-6655

INTERMEDCENTER/AMERICAN CLINIC (Metro Prospekt Mira)
Dr. Ivan Olegovich Kirillov, full time, +7-916-116-5613
26 Mira Prp., Bldg.5 /Grokholskiy Per.
Tel: (495) 937-5757

**PHARMACIES**
*Medicine Availability site [www.medlux.ru](http://www.medlux.ru)*

APTEKA.RU
Web [www.apteka.ru](http://www.apteka.ru)
E-mail: [help@theflyingpharmacy.com](mailto:help@theflyingpharmacy.com) , [pharmacist@theflyingpharmacy.com](mailto:pharmacist@theflyingpharmacy.com) , [sales@theflyingpharmacy.com](mailto:sales@theflyingpharmacy.com)

36.6
Numerous locations around Moscow
Tel: (495) 797-6366, (495) 797-8686
Web: http://www.366.ru

RIGLA PHARMACY
Numerous locations in town
Tel: (495) 231-1697
Web: www.rigla.ru

OPTICIANS

OCHKARIK
Numerous locations around Moscow
Tel: (495) 231-1001
Web: http://www.ochkarik.ru/

INTEROPTIKA (Metro Profsoyuznaya)
German/Russian joint venture. Does on-site prescriptions and lens production. Very large selection of imported frames.
63 Nakhimovskiy Prp.
Tel: (495) 779-49-44
Web: www.interoptika.ru

EUROPEAN MEDICAL CENTER (Metro Pushkinskaya)
Eye care ranging from eye exams to surgical treatment, including laser eye surgery (LASIK). 24 hour emergency.
5 Spiridonievskiy Per., Bldg. 1
Tel: (495) 933-6655

LENSMASTER (Metro Teatralnaya)
Eye exams with same modern equipment as in the United States as well as a large selection of frames with similar prices to those in the states. Also have accessories for contact lenses. Accept credit cards.
Numerous locations in Moscow
Tel: (495) 771-7526 ext. 103
Web: http://www.lensmaster.ru/

PRIVATE NURSES

OVRITON + MED
English speaking nurses available
Tel: (495) 760-0331, 8 (916) 446-9990, 8 (985) 969-85-05

**PRESIDENT-SERVICE**  
*English speaking nurses available*  
Tel: (495) 684-5205, (495) 684-1237, (495) 978-3101 (24 hours)  
Web: http://www.president-medical.ru/sestra.htm

**VALENTINA**  
*English speaking nurses not available*  
3 Gvardeyskaya St., Bldg. 2  
Tel: 8 (903) 720-3072, 8 (903) 960-8041, (495) 223-2375  
Web: www.medical-service.ru

**FANVAL**  
*English speaking nurses not available*  
Tel: (495) 972-8042  
Web: http://fanwal.ru/

**SPEECH THERAPY**

**ELLINGSEN AND ASSOCIATES, INC.**  
Mary Ellingsen, CCC-SLP  
*Speech therapy services via computer to students in their schools*  
Tel: USA 302-650-6437, 520-620-3415, 800-370-4910  
Web: http://www.onlinespeechtherapy.com/

**MEDICAL EVACUATION FROM MOSCOW**

**EUROPE ASSISTANCE CIS**  
11/10 Letnikovskaya St., Bldg. 3  
Tel: (495) 787-2179  
Web: www.europ-assistance.ru

**GLOBAL VOYAGER ASSISTANCE (GVA)**  
10 Raskovoy St., Bldg. 12  
Tel: (495) 775-0999  
Web: www.gvassistance.com

**INTERNATIONAL SOS 24 Hour Alarm Center (Assist 24)**  
Medical Evacuation & Ambulance Service.  
16 Dokukina St., Bldg. 1
AMR AIR AMBULANCE
8001 South Interport Blvd., Ste. 250
Englewood, CO 80112
24 Hour Dispatch Center
Tel: (800) 424-7060 U.S. toll free; international: 01 (720) 875-9182
Web: www.amr-airambulance.com

AMERICAN CARE AIR AMBULANCE
24 Hour Air-Evacuation Emergency Service
8775 Aero Dr., Suite #120
San Diego, CA 92123
Tel: 1 (954) 730-9300, 1 800-752-4195 Toll free (US and Canada); Fax: (858) 627-0534
Web: www.americancareairambulance.com

US AIR AMBULANCE
Global Air Response
Tel: 001-941-556-6717, Toll-free: 800-948-1214 (U.S.), 800-633-5384
Web: http://usairambulance.net/index.php

LIST OF MEDICAL FACILITIES THROUGHOUT RUSSIA

Available on www.yandex.ru and similar sites.