



New Oleh Primer Guide

Welcome to Israel! Whether you have arrived with the assistance of Nefesh B'Nefesh, The Jewish Agency, or any other way, we at Leumit Health Services are here to provide new immigrants (olim) with world-class medical services from the moment you arrive in Israel.

The National Health Insurance law states that every citizen of the State of Israel is entitled to health care. They have put together a package (called a "basket") of basic health care services including doctor visits, laboratory services, imaging studies, hospitalizations, rehabilitation, paramedical services (speech therapy, occupational therapy, etc...) prescriptions and medical equipment to cover all of your basic health care needs. The health funds are the providers of these services. The basket of services is the same for all the health funds.

The coverage for this basic package is funded by proportionate monthly payments from your income to the National Health Insurance Fund (Bituach Leumi). If you are unemployed, retired or a student, there is a fixed monthly payment. New immigrants (olim) receive the basic health care package free for the first six months.

When olim or other citizens join the Leumit Health Fund, the services are provided in Leumit medical centers by Leumit providers or by private health care specialists who accept Leumit. The services are given free of charge or, at times, with an additional co-payment as set forth by the Health Insurance law.

What is the background and history of the Leumit Health Fund?

The Leumit Health Fund was established in 1933 before the establishment of the State of Israel. The same pioneers with the vision to establish a Jewish state are the ones who helped establish our health fund. It all started in the kitchen of one physician, Dr. Vinshal. This clinic was the first clinic to belong to the Fund, now Leumit has:

- 700,000+ members
- 2,500 medical and administrative staff members
- 370 medical centers
- 100 pharmacies

The Fund's first manager, Mr. Melamedowitz, determined that the Fund would be open to everyone, regardless of income, age or history of prior illness, and demanded that the employees and managers relate to the members of the Fund as acquaintances and not as numbers.

The Fund indeed continues to pursue this path: a Fund whose doors are open to all residents of Israel, including new immigrants (olim), city, kibbutz and settlement dwellers, the religious and ultra-religious, minority groups and secular Israelis.

Back in the 1930s, its founders determined that the uniqueness of the Leumit Health Fund would be expressed by offering its members the right to select the fund, physician and medical services of their choice – a uniqueness that has remained to this very day. Our guiding motto, "Taking care of your future health today," indicates our commitment to preventative health care as an integral part of our community service. The emphasis we put on healthcare excellence, service availability and extensive geographical coverage is all guided by our Director, Mr. Nissim Alon.

What are Leumit's advantages?

1. In The Marker, Israel's foremost business newspaper, Amongst all the Health Funds in Israel, Leumit was awarded the top award for service out
2. of all the other kupot in Israel.
3. Smaller staff to patient ratio means more personalized level of service.
4. 24-hour telephone triage ("Talk to Doc") with a doctor means access to your charts when you need it.
5. Extensive complementary medicine services with an unlimited number of visits at low subsidized rates.
6. Superior supplemental insurance package: Only through Leumit can YOU choose your own physician. Leumit stipulates that any specialist with more than five years experience in their respective field qualifies for reimbursement, whereas in the other kupot, you are bound to a limited
7. selection of specialists to choose from.
8. Leumit is THE ONLY kupa that does not cancel supplemental long-term health insurance after three to five years. If (God forbid) a person is infirm, Leumit will continue paying payments toward their long-term care costs for the life of the patient.
9. Leumit's policy is the only one of all the health funds that covers disability resulting from a traffic accident, a work accident, or a terrorist attack.
10. All visits to primary doctors (family physician, pediatrician, woman's physician) are free to all members (including olim)!
11. Leumit is affiliated with all 11 government hospitals, and is experienced with all hospital protocols.

Sounds great! How do I join the Leumit team?

It's easy! Just go to your local post office, tell them that you would like to sign up for Leumit, sign the form and that's it! Take the form that they give you to your local Leumit branch, and you will have immediate access to our great staff, laboratory services, medications, everything! You will also need to sign up for the supplementary insurance within the next month. The first three months of Gold or Silver supplemental insurance will be FREE to new olim.

If more personal attention is desired, please let us know, and we will coordinate a volunteer to help you at the post office. Once you have brought in your form, we recommend scheduling a preliminary appointment with your local Leumit doctor. This appointment will better facilitate a discussion of family history and allow you to get a better sense of how you can work together to achieve desired health care objectives. You can also discuss with them what services are available in the branch, what to do when the clinic is closed, and any and all other questions or concerns. Please know that we at Leumit are excited to work together with you and look forward to having your family join our family!

How does one navigate through the Israeli health system?

If you are in Leumit Health Services, it's easy! Just call our National Director of Olim Services, Amit Fix, at 052-6000258 to answer ANY question, ANY time! That being said, health care in Israel is quite well developed. While there may be individual medications or technologies that haven't yet arrived here, 98% of the care that you received in the US, Canada, England, Australia and other Western countries, you can get here.

Access to physicians, specialists, medications, radiology, is actually probably better in Israel than the US and other Western countries. The major differences are: 1) how much time a physician will spend with you, 2) the after hours access to your physicians, 3) the lack of continuity of care with your personal physician when you should need to be hospitalized, 4) the importance of supplementary health insurance.

Two important points to remember:

1. Immunizations and growth records for children are all done through Tipat Chalav, a government office which has a good track record of making sure everyone is immunized. However, your HMO and your physician have nothing to do with this part of your child's medical care, so you will need to update your pediatrician or family doctor of what happens at Tipat Chalav. Warning: tipat chalav nurses are known to exaggerate any possible issue that they find with your child. Don't take their criticism of your parenting too seriously and discuss any issue that they raise with your personal physician.
2. Remember that usually your OB/GYN that you have in the HMO will do your routine gynecology and obstetrics but will not be delivering your baby in the hospital. Deliveries are all done by midwives that work in the hospital. If you want your own physician to do the delivery, you will have to find out if they have privileges at the hospital (very few of them have privileges) and you will have to pay about \$2000-3000. Private deliveries are only done by physicians. Midwives are not authorized to do private deliveries.

In general, most people coming from Anglo countries want availability, access and choice when it comes to their medical care.

Your first choice will be in choosing which Kupat Cholim (Health Fund/HMO). There are four HMO's in Israel. In order of increasing size: Leumit, Meuhedet, Maccabi and Clalit. Each kupah has in benefits and downsides. Check out the details of each kupah before you decide and don't just rely on word-of-mouth. (Click here to see Leumit's Comparison of Services Offered by the 4 Kupot in the Beit Shemesh area). Issues to check out:

1. Primary care physician quality and availability: Pediatrics, Internists and OB/GYN. Remember that in Israel, most physicians are NOT available after their office hours close (usually 6 pm). Some HMO's have a generic nurse available for calls, others have nothing.
2. Office Hours
3. After hours services
4. Supplementary Insurance: medicine discounts, specialist discounts, overseas surgeries, transplants, etc. The most commonly used parts of the supplemental insurance are for medications, going to specialists in an expedited way (1 week instead of 3 months) and dental care. There are very, very wide variations in policies both in price and in services given. Leumit's comparison between the policies can be found in the Supplementary Insurance Guide by clicking [here](#).
5. Availability of technology (x-ray, ultrasound, hearing screening, rapid streps) locally and in Jerusalem
6. Availability of specialists locally and in Jerusalem
7. Availability of child development specialists and support staff (PT, OT, speech, feeding team)
8. Availability of alternative medicine options

Fortunately, health care in Israel is quite well developed. Access to physicians, specialists, medications, radiology, is better in Israel than the US and other Western countries.

How do I see a primary care doctor?

If you would like to see a primary care physician such as a pediatrician, internist or family doctor, you can look in the Leumit directory of physicians, choose a physician of your choice, call the clinic number in the directory and make an appointment through that branch. Once you are comfortable with the doctor and the branch, you can get a password from the secretary so you can make appointments online, or you can call the national call-in line which is open 7am-8pm and make an appointment via phone. Although not necessarily recommended, only in Leumit can you switch physicians as much as you like. Most primary care physicians in Leumit will see you on the same day that you call.

How do I see a specialist?

Regarding specialists, the procedure is similar to primary care doctors. You will need to find a name and phone number from the Leumit directory or be given a name and number by your primary care doctor. Most specialists in Leumit do not require a referral from a primary care doctor. Waiting times to see specialists vary, depending on the specialty and the location, so if you have difficulty, try another specialist in the same field or speak with your physician or local branch manager for assistance.

How do I fill my prescriptions?

Medicines tend to be less expensive in Israel than in most Western countries (a nice treat for new immigrants/olim!). There is usually a 13-shekel co-pay for most basic medications, but the cost may be higher for more expensive medications. No matter how expensive, the kupa covers 85% of the cost of medications in the basket of services. Signing up for the supplemental insurance plans can save you a significant amount of money on medications.

Filling a prescription involves taking the prescription WITH your magnetic card or temporary permit sheet to the pharmacy, paying the copay and receiving the medication. Note that you must bring your card or temporary permit when you go to the pharmacy. The temporary permit will be given to you after you sign up for Leumit and bring the sheet from the post office to your local Leumit branch. The branch will order you a permanent Leumit card and give you a temporary permit which is good until your permanent card arrives. Note that some medications can ONLY be bought at Leumit pharmacies. At the top of the prescription will be written: Leumit Pharmacy Only – בית מרקחת לאומית בלבד

Insider's tip: ask the doctor where you can fill the prescription so that you don't end up having to go to two pharmacies.

What should I do in an emergency situation?

If you have a concern that someone's life is in danger, then you should go to the closest emergency room. Please note that the basket of services covers emergency room visits ONLY under very specific circumstances. For example, if you have been referred by your physician, or you are hospitalized, you will be reimbursed for the visit.

If you are not concerned about a life threatening situation, then you should:

1. Try to contact your local doctor to get advice about coming to Leumit urgently.
2. If it is after hours then try going to a local Leumit urgent care center (list is available at your local Leumit branch).

3. Try to go to TEREM, which is a chain of urgent care centers around the country that have agreements with Leumit. A visit to a doctor at TEREM will cost you 36 NIS.
4. You can call the national doctor on call at "Talk to Doc": 1-700-507-507.

What is supplementary health insurance (Shaban), and why is it needed?

In Israel, The National Health Insurance law has compiled a Health Basket (basic health services) that the health funds are obligated to provide. At Leumit, we believe that you deserve more, as the Health Basket cannot meet all your medical needs. This is why we offer the opportunity to join Leumit Gold, the most advanced and comprehensive supplemental medical services (shaban) plan in Israel.

What additional benefits are provided by the Shaban?

The supplementary insurance will enable you to receive three types of benefits:

1. A higher standard of medical care – by choosing a physician from among Israel's top specialists, and by choosing a private hospital or medical service facility where you will undergo the procedure
2. Services in categories not covered by the Health Basket – for example, genetic testing, discounts on dental treatments, orthopedic products and vaccinations for members traveling abroad
3. Extensive treatments – even in areas covered by the Health Basket you will be entitled to receive additional treatments. For example, in the area of child development your child will be entitled to receive 30-45 additional treatments beyond

those mandated by the laws governing the Health Basket (physiotherapy / occupational therapy / speech therapy)

What am I entitled to receive?

Details of all the rights granted to members of the Shaban plan appear in the Shaban agreement for Leumit Health Fund Members. For your convenience, however, the following is a short summary regarding the services provided by Leumit Gold and Leumit Silver.

- Private surgery – includes the right to choose your own surgeon, the right to choose the hospital, and medical services provided prior to, during, and after surgery
- Surgery and transplants abroad – additional reimbursements for transplants or special treatments abroad Consultation with a consult specialist – for second opinions by a specialist in Israel and in some cases, a specialist abroad, the coverage entitles you to reimbursement
- Pregnancy and childbirth – prenatal tests, treatments, and assistive devices to ensure all goes well, including but not limited to fertility treatments, genetic testing, fetal scans, refund for childbirth overseen by a private obstetrician (Gold), childbirth preparation classes, home monitor, and post-natal convalescent care
- Pediatrics – including but not limited to, child development treatments, didactic assessment of learning disabilities, assessment of attention disorders, bedwetting treatments, nighttime house calls, and pediatric drugs
- Drugs not included in the Basket – Leumit Gold offers discounts on hundreds of drugs that are not covered by the Health Basket, including newly approved drugs Orthopedic products – discounts on insoles, back braces, elastic socks and similar products

- Hearing aids – additional benefits beyond benefits provided by health basket enabling the purchase of new generation hearing aids
- Preventative medicine – comprehensive check-ups, periodic physical examinations for preventative care, and a variety of screening tests for early diagnosis and treatment
- Psychotherapy – therapy sessions at a substantially reduced cost
- Vaccination for members traveling abroad – refund for consultation and vaccinations you receive at a traveler's' clinic
- Dental treatments – substantial discounts on dental treatments, orthodontics, and teeth cleaning at private dental clinics included in the arrangement
- Integrative medicine – a range of complementary treatments at extremely low deductible including but not limited to, homeopathy, chiropractic, reflexology, Chinese medicine and massage. Only Leumit offers an unlimited number of complementary treatments.

And remember, the first three months of Gold or Silver supplemental insurance will be FREE to new olim.

Leumit Maximum FOR LIFE – Additional Premium Coverage

About five years ago, Leumit launched a unique national insurance supplementary program called “Leumit Maximum FOR LIFE” in cooperation with the Harel Insurance Company. This policy covers important health items not covered in any of the kupot's regular supplementary insurance programs (such as Gold and Silver in Leumit). The policy includes coverage of: transplants abroad drugs outside the Health Basket special treatments and surgeries abroad. More specifically, the policy covers:

- Transplants: The policy includes bone marrow transplants from cord blood, intestinal transplants and ovarian transplants and assistance for bone marrow transplant donors.
- Medications: Coverage includes up to 1,000,000 NIS for needed medications, no co-pay for medications costing more than 10,000NIS, and coverage of medications that are approved abroad but not in Israel.
- Special treatments and surgeries: There is no monetary ceiling for special treatments and surgeries abroad. The policy is directly purchased from Harel.

Long-Term Health Care

The increase in life expectancy of long-term care patients underlines the need to look out for the future, and means that we have to ensure quality of life and a way of financing more years of life.

Beyond the emotional difficulties, the costs of caring for a person in need of long-term care are very high (from a few thousand to 20,000 shekels a month or more). In many cases, long-term care patients become a heavy financial burden, sometimes borne by their loving family for many years.

Who is responsible for long-term care patients in Israel?

The National Insurance Institute (Bituach Leumi)

Responsible for implementing the Nursing Care Law, which provides in house nursing care and assistance with everyday activities and running the household (limited to a maximum of 18 – 22 hours a week)

Who is eligible?

- Men aged 67+ and women aged 62+ only
- People living at home or in sheltered housing who are in need of another person's assistance, which is determined by one's inability to accomplish 3 out of 6 pre determined activities of daily living (A.D.L.), or emotional / mental breakdown
- People whose income is less than 150% of the average wage in the economy

Ministry of Health

Participates in the cost of hospitalization in nursing care institutions, only after close examination of the financial situation of the invalid, his or her spouse and their children. Those with no financial means eligible only after their children bear most of the expense.

What does Leumit's long-term health care insurance provide?

Leumit's long-term health care insurance is additional coverage that ensures nursing care and assistance to an individual and their family in the event that one becomes disabled beyond the limited assistance provided by governmental institutions and other health funds. Leumit's policy applies in many situations in which one is not entitled to nursing benefits under the nursing care law:

- People younger than the eligibility age
- People with above-average income
- People in nursing homes or hospitals

Leumit's policy provides coverage for the entire lifespan of the disabled, caring for his or her needs and easing the burden on the

family, while all other health funds provide assistance only up to 3 – 5 years from onset of disability.

Leumit's policy is the only one of all the health funds that covers disability resulting from a traffic accident, a work accident, or a terrorist attack. In emergencies, the special Leumit Nursing Call Center at Clal Health is at your service 24 hours a day.

Why should young people join this insurance?

Acceptance into the policy is conditional on a declaration of health, and so it is worth joining early, while you are still in good health. A long-term care policy not only covers nursing care in old age, but also the care required following a traffic accident or work accident. It is important to remember the statistics: 1 in 5 disabled persons in Israel is under the age of 40.

Being disabled is difficult, both for the patient and for their family and friends. The doctors and staff at Leumit are here to do whatever we can to assist, support, and guide families through their difficult times regardless of age or financial abilities.

Complementary Medicine

Within the medical field, there are several schools of thought that define the type of care given to a patient, among these are Conventional and Complementary Medicine.

Conventional Medicine (Western Medicine) is a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery.

On the other hand, Complementary Medicine (Eastern Medicine) is practiced using methods perceived to be more “natural” such as dietary supplements, vitamins, herbal preparations, special teas, acupuncture, massage therapy, magnet therapy, spiritual healing, and meditation.

At Leumit, we believe that by offering a combination of both Western and Eastern practices, popularly referred to as holistic medicine, we can provide our patients with a level of health care that is unparalleled in its ability to meet their individual needs while maintaining the highest level of care. In addition to the standard Conventional Medical practices, complementary medicine includes Homeopathy, Acupuncture, Tai-Chi, Shiatsu, Reflexology, Naturopathy, Yoga, Biofeedback and Chiropractic. A description of each technique can be found below.

ACUPUNCTURE

Acupuncture supports the ancient philosophy of recognizing the existence of universal energy. This energy (chi) flows through internal channels in the body called meridians. Chi is comprised of two complementary opposites: Yin and Yang. It is the goal of all eastern medicine to balance these energies within us. By using fine needles to apply pressure along the meridian channels, maximum balance is restored to one's body.

TAI-CHI

Tai-Chi is an ancient Chinese art of motion which enhances one's health and self defense capabilities. It is practiced by slowly going through a sequence of unique motions. The purpose of Tai-Chi is to return breathing to its natural rhythm. It assists in developing correct posture, flexibility, agility, coordination, concentration and

introspection. Additionally, it can relieve tension and alleviate pains in the knees, back, neck and joints.

SHIATSU

In Japanese Shiatsu means “pressure applied by the fingers”. In this massage technique, the practitioner uses his palms, fists, elbows, knees and feet to relieve the patient of stress, pain and other ailments. Pressure is applied along the energy lines (meridians) through which the energy (chi) flows to restore comfort and peace to the body.

REFLEXOLOGY

Reflexology is a treatment method which has been used for approximately 5000 years. This treatment focuses primarily on massaging the pressure points in and around the hands and feet. It is rooted in the belief that each pressure point correlates to a different part of one's body. By applying pressure to the area that correlates to the patient's pain, you re-establish a state of peace and well-being.

NATUROPATHY

Naturopathy involves nutritional consultations, which consists of providing nutritional advice, supplements, correct eating habits and natural herbal remedies. This method of treatment examines the person as a complete mind-body unit, taking heed of environmental factors, nutrition, activity level, lifestyle, hereditary and more. Naturopathy encourages the patient to become an active participant in the healing process and in maintaining future health.

YOGA

Yoga is an ancient Indian practice which has existed for thousands of years. In Sanskrit, yoga means “unification”. The purpose of yoga is to unify the body, mind, and soul through the use of motion, relaxation, flexibility and breathing exercises. These techniques aid in both mental and physical health, creating a purer mind and body. The respiratory aspects of yoga enhance the body’s functionality while relaxing the nervous system and increasing circulation.

BIOFEEDBACK

The biofeedback process utilizes computerized sensors to relay biological information about the patient. This feedback allows the patient to learn ways to control various physiological processes taking place in the body. This technique is best used for treatment of fear, tension, restlessness, psychosomatic problems, anxiety, migraines, attention deficit disorder, irritable bowel syndrome and more.

CHIROPRACTIC

Chiropractic medicine is defined as a system of diagnosis and treatment based upon the concept that the nervous system coordinates all of the body’s functions. Therefore, disease results from a lack of normal nerve function. It employs manipulation and specific adjustment of body structures such as the spinal column. Spinal cord displacement causes pressure on the body’s nerves. It is believed that this displacement causes problems not only in the back but can cause pain as far as the leg. Chiropractors therefore work to manipulate the spine with their hands to realign the vertebrae and relieve the pressure on the nerves. Chiropractic treatment is believed effective for muscle spasms of the back and neck, tension headaches, and some leg pain.

“LOVING HANDS”- BABY MASSAGE WORKSHOP

This workshop is intended for parents and their newborns. Touch is a child’s first language, and it is through our hands that we first speak and communicate to our child. The massage workshop consists of various massage and aromatherapy techniques aimed at strengthening the bond between parent and child. Additional benefits include preventing and alleviating colic, constipation, colds, and sleeping problems. Massage strengthens the baby’s immune and digestive systems and promotes the baby’s motor development. The workshop also provides parents with first aid tips and natural home remedies.

International Coverage with Leumit Passport

The National Health Insurance Law provides parameters for health coverage within the State of Israel only. Before you travel abroad, you should be sure to check each time that your health insurance will cover you in case of an emergency. “Leumit Passport” offers the ideal solution for travelers, the widest international coverage at the lowest possible price Leumit, in conjunction with Klal Bituach, Israel’s largest private insurance provider, brings you “Leumit Passport” coverage. Get world class medical service wherever you are. The cost of medical services abroad is very expensive and may expose you to many unexpected expenses. The program was designed to address, in real time, any needs that may arise when you are traveling. “Leumit Passport” includes coverage for accident, medical emergencies and all illnesses while you are abroad.

“Leumit Passport” coverage includes damage, theft or loss of your property while you are traveling abroad. “Leumit Passport” gives you the option to purchase additional insurance to cover a broad array of events such as extreme sports, pregnancy and other situations not

covered by the basic health basket coverage. “Leumit Passport” gives you the maximum coverage and peace of mind needed during travel abroad.

Leumit Advantages

Leumit was awarded the top service award from The Marker Newspaper. To reinforce what makes Leumit number one, below is a reminder of some of the major advantages you get when you sign up for Leumit today!

- Personalized Service
- 24/7 Doctor-Facilitated Customer Support
- Unlimited Complementary Subsidized Treatments
- Superior Supplemental Insurance Package – Choose Your Own Specialist!
- Lifetime Long-term Health Care Insurance Coverage
- The Only Insurance that Covers Major Accidents and Treatment After a Terrorist Attack
- All Primary Doctors (Family Physician, Pediatrician, Woman's Physician) Visits are Free
- Affiliated with All 11 Government Hospitals, Leumit is Experienced with All Hospital Protocols

Important Contacts

Police 100

Magen David Adom – Ambulance 101

Fire Department. 102

Electric Company 103

Bezeq Services 199

Poison Control Center 04-854-1900

Leumit Appointment Scheduler 1-700-507-507

Yad Sarah – General Number 02-644-4444

Terem – National Emergency Care 1-599-520-520

Minharot Hakotel/ Kotel Tunnel Tours and Sharsheret Hadorot Tour
Open Sun-Thurs until 7pm, Friday & holidays 7am-12pm

English Speaking Residents Association (ESRA)

49 Hanadiv Street Herzliya

Tel: 09-956-7098

Web Site: <http://www.esra.org.il>

Email: esra@trendline.co.il

Ra'anana Branch: Beit Fisher

5 Klausner Street Ra'anana:

Tel: 09-748-2957

Immigrants Pensioners National Association

10 Hanosea Street Netanya

Tel: 09-861-2820

Ministry of Absorption

Main Office: 2 Hakirya Street, Jerusalem

Tel: 02 675-2645

The Jewish Agency

17 Kaplan Street, Tel-Aviv

Tel: 03-693-0333

Nefesh B'Nefesh

Beit Ofer: 5 Nachum Hefzadi, Jerusalem

Jerusalem Tel: 02-659-5700

USA Tel: 1-866-4ALIYAH

Web Site: www.nbn.org.il

Email: nbnisrael@nbn.org.il

New Business Initiators (Immigrants) Association

84 Hashmonaim Street, Tel-Aviv

Tel: 03-563-1043

Tehilla the voluntary movement for religious Aliyah

86 Ben Yehuda Street, Tel-Aviv 63435

Tel: 972 (03) 523-2713

Fax: 972 (03) 527-9828

<http://www.tehilla.com/>

Tel-Aviv Email: ron@tehilla.com

United Hatzalah of Israel (Ichud Hatzalah)

78 Yirmiyahu St. P.O.B 36233 Jerusalem 91361

Tel. +972-2-5002020

Fax. +972-2-5002025

office@unitedhatzalah.org

Misrad Haklita/ Ministry of Absorption

Rechov Kaplin 2, Jerusalem (02) 675-2611

Mercaz Mayda/ Information line for Ministry of Absorption (03)
973-3333

Misrad Hapnim/ Ministry of Internal Affairs

Shlom Tzion Hamalka 1, Jerusalem

Open from sun-thurs 8am-12pm

T: (02) 629-0322

F: (02) 646-9523

For questions regarding a visa please call: (1700) 55-1111

Ben Gurion Airport (03) 975-5555

From a cell phone dial *6663

Gan HaTanachi

T: (02) 675-0111

F: (02) 643-6122

Safari, Ramat Gan – Information & Reservations

(03) 630-5328, 5327, or 5326

Ganeii Yehoshua (03) 642-0541

Ulpan (Hebrew Classes)

(02) 567-2050 - (02) 656-4834 - (02) 673-1293

Yad Vashem / Holocaust Museum, Jerusalem

(02) 644-3400

(02) 644-3712

Museum Bet Hatfusot (Diaspora Museum)

Tel Aviv University Campus Gate 2: Matitya Ramat Aviv

Open sun, tues, & thurs 10am-4pm, wed 10am-6pm, fri 9am-1pm

(03) 745-7800

(03) 745-7808

English Hebrew Online Dictionary

www.milon.co.il

www.dictionary.co.il

Link to Leumit Health Care Website:

<http://www.leumit.co.il/eng/homepage.asp>

if you have any trouble with this address go to www.leumit.co.il and select English to view the site in English.

Weights and Measurements

Distance

1 inch (in) - 2.54 cm

1 foot (ft) - 0.3 m

1 yard (yd) - 0.9 m

1 mile - 1.6 km

Weight

1 ounce 28.34 g

1 pound 453.6 g

2.2 pound 1 kg

Volume

1 Fluid ounce 29.6 ml

1 pint (16 fl oz) 0.47 liter

1 gallon 3.8 liter

Common medical words that are useful to know in Hebrew

חלב tipat chalav-governmental agency taking care of immunizations and growth

חולים קופת Kupat Cholim-HMO/Health fund taking care of all your medical problems

מגנטי Cartis Magneti-Health Fund Card-You will need this for every visit and will receive it in the mail after you sign up for a fund.

משלים Bituach Mashlim- Supplementary Health Insurance available through the HMO (and privately)

תרופה Trufot-Medications

מרקחת Beit Merkachat-Pharmacy

רופא Rofeh-Doctor

אחות Achot-Nurse

חולה Choleh -Sick or a sick person

בריא Bari-Healthy

חום Chom-Fever

שיעול Shi-ul-Cough

שלשול Shilshul-Diarrhea

הקאות Hakaot-Vomiting

מיובש Meyubash-Dehydrated

בית חולים Bayt Cholim-Hospital

טרם Terem-Urgent Care Center

Leumit Branches in Ramat Beit Shemesh

Tzeilim Branch

Nachal Tzeilim 6

02-966-9444

Sunday-Thursday: 8am-7pm

Friday: 8am-12pm

Dolev Branch

Nachal Dolev 62

02-992-2727

Sunday-Thursday: 8am-1pm

and 4pm-7pm

Friday: 8am-12pm

Motzei Shabbat:

Urgent visits only – no well visits

9- 10:30pm

Ramat Beit Shemesh Gimel Branch

Chabakuk 11

02-595-3777

Sunday-Thursday: 8am-1pm

and 4pm-7pm