



MEDICAL TOURISM IN THE TAMBOV REGION

LEARN HOW TO GET MEDICAL CARE IN THE TAMBOV REGION



CONTANTS

Medical treatment in the Tambov Region. How does it work?	3-6
Step I: Choose a health facility in Tambov Region.....	7-9
Step II: Contact a specialist from a chosen health Facility.....	10-11
Step III: Transportation and accommodation.....	12-15
Step IV: Apply for a visa.....	16-18
Step V: Welcome to Russia!	19-20
Contact information.....	21

Materials prepared by

Health Department of the Tambov
region

MEDICAL TREATMENT IN THE TAMBOV REGION.

HOW DOES IT WORK?

MEDICAL TREATMENT IN THE TAMBOV REGION IS



HIGH QUALITY

High quality medical care
meeting standards and
procedures for providing
medical care



THE BEST DOCTORS

Highly trained doctors,
nurses and other medical
specialists



LOW COST

Medical care in Russia
has an excellent
cost-to-quality ratio



ACQUAINTANC E WITH REGION CULTURE

You will get
acquainted with the
cultural and historical
heritage of the region.

GETTING MEDICAL TREATMENT IN THE TAMBOV REGION

IN THE TAMBOV REGION THERE ARE OUTPATIENT MEDICAL CARE AND INPATIENT MEDICAL CARE. HEALTHCARE FACILITY SPECIALISTS WILL PROVIDE ASSISTANCE WITH CHOOSING THE TYPE OF MEDICAL CARE YOU NEED.

OUTPATIENT MEDICAL CARE

GET YOUR HEALTH CHECK-UP WITHIN 2-3 DAYS WHILE YOU ARE ON VACATION (LEARN MORE ON THE WEBSITE OF THE MEDICAL ORGANIZATION YOU HAVE SELECTED)

СТАЦИОНАРНО

CHOOSE A HEALTH FACILITY ACCORDING TO THE MEDICAL PROCEDURE YOU ARE SEEKING AND COME TO RUSSIA FOR HOSPITAL ADMISSION (LEARN MORE ON THE WEBSITE OF THE MEDICAL ORGANIZATION YOU HAVE SELECTED)

HOW TO GET MEDICAL CARE IN THE TAMBOV REGION?



STEP I

Choose
a health facility



II СТУПЕНЬ:
STEP II

Get confirmation
from chosen
healthcare facility



STEP III

Select type
of transportation
and accommodation



STEP IV

Apply for
a visa

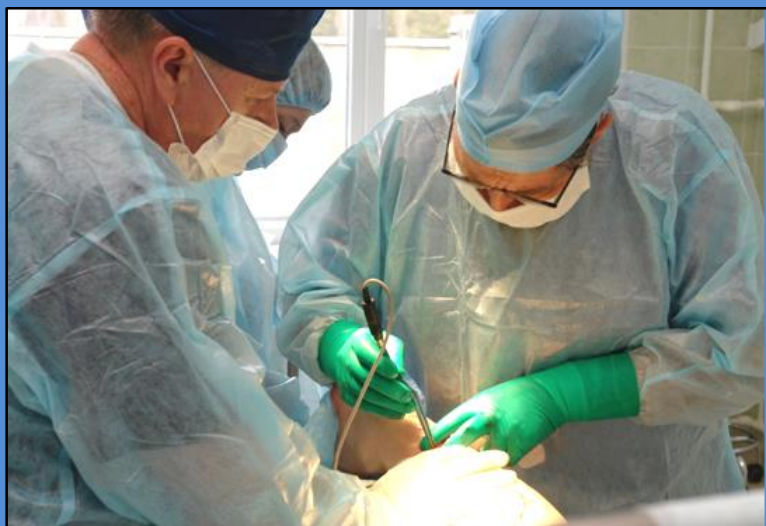


STEP V

Welcome to Russia!

STEP I

CHOOSE THE BEST HEALTH FACILITY ACCORDING
TO THE MEDICAL PROCEDURE YOU ARE SEEKING



CHOOSE YOUR TAMBOV MEDICAL RESEARCH CENTERS

CARDIOLOGY

Tambov Regional Clinical Hospital named after
V.D. Babenko - Regional Vascular Center
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

NEUROLOGY AND NEUROSURGERY

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

TRAUMATOLOGY AND ORTHOPEDICS

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

NEPHROLOGY

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

UROLOGY

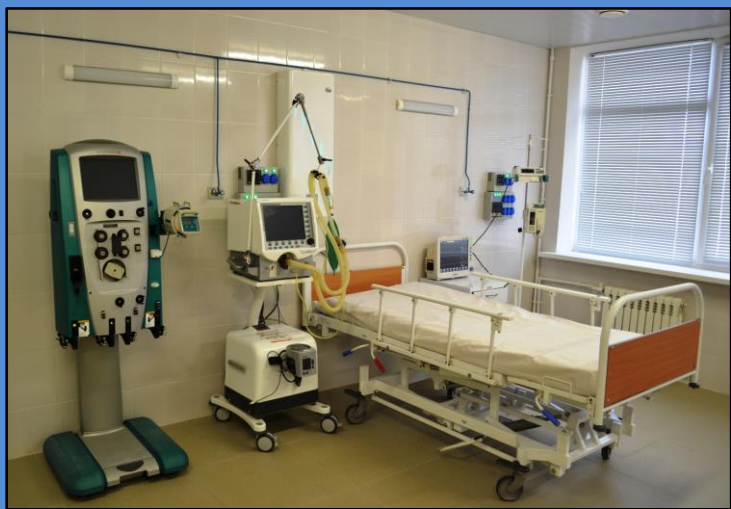
Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

GASTROENTEROLOGY

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov



CHOOSE YOUR TAMBOV MEDICAL RESEARCH CENTERS

SURGERY AND VASCULAR SURGERY

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

ENDOCRINOLOGY

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Tambov

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Tambov

GYNECOLOGY

City Clinical Hospital № 3 of Tambov
<http://www.gkb3-tambov.ru/> Tambov

OBSTETRICS

Tambov regional children's clinical hospital -
Perinatal Center
<http://www.odb.tambov.gov.ru/> Tambov

STOMATOLOGY

Tambov Region Clinical Dental Clinic
<https://tob.tmbreg.ru/> Тамбов

City dental clinic number 2 of Tambov
<https://tob.tmbreg.ru/> Тамбов

Tambov Regional Clinical Hospital named after
V.D. Babenko
<https://tob.tmbreg.ru/> Тамбов

Tambov regional children's clinical hospital
<http://www.odb.tambov.gov.ru/> Тамбов

STEP II

CONTACT A SPECIALIST FROM YOUR CHOSEN HEALTH FACILITY TO DECIDE ON THE FORM OF MEDICAL TREATMENT YOU NEED AND FOR PREPARING DOCUMENTS FOR YOUR VISIT TO TAMBOV REGION

1. CHECK OFFICIAL SITE OF THE OF MEDICAL ORGANIZATION
2. READ THE INFORMATION
3. MAKE A REQUEST THROUGH A PHONE CALL OR EMAIL
4. GET A CONFIRMATION FOR TREATMENT AND FOLLOW THE INSTRUCTIONS TO APPLY FOR A VISA

№	Наименование медицинской организации	Номер телефона	E-mail
1	Tambov Regional Clinical Hospital named after V.D. Babenko	8 (4752) 72-26-06	post@tob.tambov.gov.ru
2	Tambov regional children's clinical hospital	8 (4752) 58-11-88	post@odb.tambov.gov.ru
3	City Clinical Hospital № 3 of Tambov	8 (4752) 53-45-68	info@gkb3-tambov.ru
4	Тамбов Region Clinical Dental Clinic	8 (4752) 72-93-89	tosp@mail.ru
5	City dental clinic number 2 of Tambov	8 (4752) 72-93-63	stom2tambov@mail.ru

STEP III

SELECT THE BEST TYPE OF TRANSPORTATION
AND ACCOMMODATION IN TAMBOV REGION

TRANSPORTATION

- If you arrived in Tambov by plane:



- If you arrived in Tambov by trane:



TRAVEL APPs

to download before your trip

FOR IOS and ANDROID

Public transportation

1. Bus, trolleybus, cable car:

Yandex.Transport

City maps

1. Tambov city map:

Yandex.Maps

Google maps

2. Off-line city maps:

2GIS

Attractions in Tambov Region

1. City guide Apps:

Triposo

Redigo

2. Restaurant guide App:

TripAdvisor

ACCOMMODATION



ACCOMMODATION OPTIONS IF YOU
ARE COMING FOR OUTPATIENT ADMISSION

<https://www.booking.com/>

<https://www.tripadvisor.com/>

<https://www.airbnb.com/>

Please contact a tour operator or assistance companies if you need any assistance with organizing your trip.



ACCOMMODATION OPTIONS IF YOU
ARE COMING FOR INPATIENT ADMISSION

Contact a specialist from a health facility for information about your accommodation. Please do not forget to do it in advance.

STEP IV

APPLY FOR A RUSSIAN VISA

WHAT TYPES OF RUSSIAN VISAS ARE THERE?

TOURIST

PURPOSE OF VISIT: TARGET
TOURISM

**The period of validity:
up to 30 days**

For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations.

BUSINESS

PURPOSE OF VISIT:
MEDICAL TREATMENT

**The period of validity:
up to 90 days**

For those who visit Russia for medical treatment, health check-ups, medical advice with official invitation obtained from a health facility (except target tourism for the purpose of treatment and critical care).

PRIVATE

PURPOSE OF VISIT:
SPECIAL CASES

**The period of validity:
up to 90 days**

For those who travel to Russia for emergency medical treatment or to visit a sick relative.

Help with processing documents for entering Tambov Region



GETTING AN OFFICIAL INVITATION IN TAMBOV REGION

Once you get an approval for treatment, the health facility should obtain an official invitation and submit your documents to the Federal Migration Service of Tambov Region in order to register your migration.



APPLYING THROUGH TRAVEL AGENCIES OR TRAVEL ASSISTANCE COMPANIES

In case you need additional help with applying for a Russian visa, you can contact travel agencies or travel assistance companies.



STEP V

WELCOME TO RUSSIA!

EMERGENCY TELEPHONE NUMBERS

USEFUL AND EMERGENCY TELEPHONE

NUMBERS

EMERGENCY

**FEDERAL MIGRATION
SERVICE OF RUSSIA**

POLICE

112

**8 (800) 350 23 69
доб. 381**

8 (800) 222 74 47

Health Department of the Tambov
region

CONTACT INFORMATION

392000, Tambov, Soviet street, 106/M. Gorky Street,5

E-mail:

post@zdrav.tambov.gov.ru

CONTACT NUMBER

8 (4752) 79-25-12

8 (4752) 79-25-10

