Icelandic Health Insurance (IHI) wishes to point out that all information regarding your benefits can be found on the IHI Benefits Portal, which is on the IHI website: www.sjukra.is.

IHI is making targeted efforts to improve its electronic systems in line with its customers' needs. All correspondence from IHI is stored in the Benefits Portal, where users can keep track of the benefits to which they are entitled, including IHI payments for specialist providers, dental care, and drugs. It is now possible to apply for the EHIC through the IHI Benefits Portal. This is part of IHI's commitment to environment-friendly operations, with reduced use of paper and postal mail. However, we will continue to send postal mail to those who do not have access to electronic communications.

1. **Register on the Benefits Portal (my pages)**
   Go to www.sjukra.is and click on Réttindagátt.

2. **When the menu appears, you will have to choose which form of identification you want to use for the portal.**
   If you do not have an Íslykill password, click on "Request Íslykill here". Enter your national ID number (kennitala), and the Íslykill will be sent to your online bank. You can obtain the Íslykill by logging in to your online bank. The password can be found under "Bank statements -> Online documents" or "Statements -> Online statements". If you then go directly to www.island.is, you must click on the tab "Íslendingstorg" and select Health Insurance.

**How to apply for the European Health Insurance Card**

In order to apply for the EHIC, click on Applications at the left of the screen (see screenshot). Then click on European Health Insurance Card. Further instructions can be found on the application page.

If you lose your EHIC or do not receive it before you begin your travels, you can apply for a temporary card. The temporary card carries the same validity as the EHIC.

After you have applied for the EHIC, you can apply for a temporary card on the application page. The process is the same. When the application for the temporary card has been processed, a printable PDF document will be posted to the Benefits Portal under Skjöll-bréf.
The European Health Insurance Card

The European health insurance card (the EHIC card) is used if the cardholder becomes ill or suffers an accident during a stay in another EEA member state. The card entitles the holder to medically necessary healthcare services during a temporary stay within the EEA.

Upon presenting the card, the cardholder receives medical services at the same cost as people insured in the host country.

Citizens of Iceland and other EEA member states who are domiciled and insured in Iceland are entitled to an EHIC.

The EHIC is valid in all EEA member states and Switzerland.

General cardholders’ EHICs are valid for three years, and pensioners’ cards are valid for five years.

When the card expires, the user must renew it.

The card and its use are subject to EEA regulations on the social security system and any rules set pursuant to such regulations.

Users can apply for the card through the Individuals’ Benefits Portal (see instructions on reverse).

The EHIC is valid only at service providers that have a contractual agreement with the authorities in the country in question. It cannot be used for services purchased from private providers.

It is now possible to download a smartphone app that explains health insurance benefits to EHIC holders in many languages, including Icelandic. The app can be downloaded on the Icelandic Health Insurance website: www.sjukra.is

Applicants who do not receive their EHIC before travelling or who lose their card can apply for a temporary card. It is only necessary to apply for a temporary card if an emergency occurs during travel. The temporary card is valid in the same countries as the EHIC and has a maximum validity period of 90 days.

www.sjukra.is