

The background image shows the exterior of a multi-story building, likely a medical clinic. A prominent blue sign above the entrance reads 'ПОЛИКЛИНИКА №2' in white Cyrillic letters. The building has a mix of light-colored and reddish-brown walls. A dark car is parked on the street in front of the building. The overall scene is captured in a slightly dim, possibly dusk or dawn, lighting.

# MEDICAL TOURISM IN THE TAMBOV REGION

**LEARN HOW TO GET MEDICAL CARE IN THE TAMBOV REGION**

# SITY DENTAL CLINIC №2 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



## ACQUAINTANCE WITH REGION CULTURE

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

# GETTING MEDICAL TREATMENT IN

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)**

# HOW TO GET MEDICAL CARE IN THE SITY DENTAL CLINIC №2?



STEP I

SELECT DENTAL  
SERVICES



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

SELECT DENTAL SERVICES

# DENTAL SERVICES

therapeutic  
dentistry

orthopedic  
dentistry

surgical dentistry

periodontics

implantation

orthodontics

oral hygiene

bleaching

aesthetic dentistry

orthopantomography

Children's  
appointment

# 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

**Department №1**



**City dental clinic №2**  
**Moskovskaya, 74**  
**branch – Studenetskaya**  
**emb. 7**

**8 (4752) 47-44-43**  
**8 (4752) 47-68-59**

**Department №2**



**City dental clinic**  
**№2**  
**Morshanskoe**  
**highway 22**

**8(4752)53-59-31**

**Department №3 (for children)**



**City dental clinic №2**  
**Internatsionalnaya 84**

**8(4752)72-35-12**

# 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**

**112**

**FEDERAL MIGRATION  
SERVICE OF RUSSIA**

**8 (800) 350 23 69  
доб. 381**

**POLICE**

**8 (800) 222 74 47**

# City dental clinic №2

## CONTACT INFORMATION

392000, Tambov, Moskovskaya, 74

E-mail:

[stom2tambov@mail.ru](mailto:stom2tambov@mail.ru)

CONTACT NUMBER

8 (4752) 72-93-49

8 (4752) 71-82-66