

Your health in France, a user's guide

Studying in France means discovering a new culture... and a new healthcare system! As an international student, you can have your healthcare costs covered by Assurance Maladie, the French national health insurance system. Upon your arrival in France (and once you have enrolled at a higher education institution), you must register on the <https://etudiant-etranger.ameli.fr/> website. Find out more: [Campus France tutorials](#)

Registration is free and entitles you to a Social Security number. This number will enable you to receive subsequent reimbursements for your treatments throughout your studies.

- **International students (EU):**

Before arriving in France, you must apply to your home country's social security organisation for your European Health Insurance Card (EHIC). This organisation will continue to cover your healthcare costs in France.

- **International students (non-EU):**

Before arriving in France, you must obtain the following documents in digital format (documents required for your social security registration):

- proof of identity (passport);
- proof of civil status (birth certificate);
- a valid student visa.

Find out more: [Studying in France](#)

Top-up health insurance

Assurance Maladie, the French national health insurance system, covers a proportion of your healthcare costs. A top-up health insurance policy (in the form of a "mutuelle" or a parental, private or company insurance policy) covers some or all of the remaining costs, depending on the chosen policy. For people on low incomes, the "Complémentaire santé solidaire" scheme provides health cover without advance payment, including medical consultations, medicines, hospitalisation, glasses and dental and hearing aids. This assistance is means-tested, and may be free or with a reduced contribution depending on the situation.

Find out more: [The "Complémentaire santé solidaire" scheme](#)

Mental health: "Mon soutien psy" providing psychological support for all

If you are suffering from anxiety, emotional discomfort or stress, the "Mon soutien psy" ("My Psychological Support") scheme allows you to benefit from up to 12 psychological support sessions, fully paid for by Assurance Maladie and top-up health insurance schemes ("mutuelles"). No need for a prescription: simply make an appointment with one of the scheme's partner psychologists.

Find out more: ["Mon soutien psy"](#)

"Mes tips santé" ("My Health Tips"): the Instagram account for information on health and good habits for everyday life

Visit Assurance Maladie's Instagram account entitled ["Mes tips santé"](#) for a wholesome dose of health advice, prevention and good habits to help you understand and manage your health on a daily basis.