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Medical support

Medical care is guaranteed everywhere in Switzerland. There are many hospitals and doctors – the quality is very good. Waiting times for patients are usually short.

Here you will find an overview of how medical assistance is regulated in the canton of St.Gallen. If you have any medical questions, your health insurance company will also help you and can provide you with contact details.

Pharmacies

Pharmacists in Switzerland are highly qualified specialists in medicines.

They will advise you competently on health issues. They will recommend medication and help with the initial treatment of minor ailments and injuries.

Pharmacies are open during business hours (8.00-12.00, 14.00-18.00, Saturday until 16.00/17.00). There are emergency pharmacies where you can get medication at night or on Sundays and public holidays. At all pharmacies, a list of local emergency pharmacies hangs in the shop window.

Take your health insurance card with you when you buy medicines. Depending on the insurance, you will be reimbursed part of the costs.

Medical assistance

The [Hausarzt oder die Hausärztin](#) (🔗 [General practitioner in your own medical practice or in the medical center / family doctor](#)) is the first point of contact in the event of illness or accident. You will receive medical treatment in the family doctor's practice. They know your medical history and can help you quickly and effectively.

For an appointment, you must call the doctor's office in advance. Bring your health insurance card with you to every appointment.

In the case of more complex problems, you will be referred to a specialist. You can take your child to a paediatrician.

You can find a doctor here:

Medical directory Doctor FMH

Medical emergencies

In the event of an emergency (injuries, accidents, illnesses, etc.), contact your family doctor's office. If the doctor's office is not available, you can reach the emergency medical service around the clock.

In some cities there are also doctor's stations (= permanence) for emergencies where you do not need an appointment, e.g.:

- Permanence Polypraxis St.Gallen
- Permanence Rapperswil-Jona
- Emergency practice at Wil Hospital

Emergency medical service if the family doctor's practice is not available:

Children's emergency

Entire Canton of St.Gallen

0900 144 100

(CHF 2.90 / Min.)

Sarganserland

Pfäfers, Vadura, Vättis, Väsön, Valens, Bad Ragaz, Vilters, Wangs, Mels (with Heiligkreuz, Plons, Weissstannental), Sargans

0900 740 743

Werdenberg Azmoos, Buchs, Fontnas, Frömsen, Gams, Grabs, Gretschins, Haag, Malans, Oberschan, Räfis, Rans, Salez, Sax, Sennwald, Sevelen, Trübbach, Weite, Werdenberg	0900 740 742
Rhine Valley Rüthi, Oberriet, Eichberg, Hinterforst, Kriessem, Montlingen, Altstätten, Lüdingen, Marbach, Rebstein, Balgach, Heerbrugg, Berneck, Widnau, Diepoldsau, Au, St. Margrethen	0842 144 441
Rheineck Rheineck, Thal, Altenrhein, Eggensriet, Appenzell, Vorderland, Oberegg	0844 55 00 55
Rorschach Rorschach, Rorschacherberg, Goldach, Untereggen, Tübach, Mörschwil, Steinach	0900 144 144 (CHF 2.80 / Min.)
City of St.Gallen, Wittenbach, Engelburg, Abtwil	0900 144 144 (CHF 2.80 / Min.)
Gossau, Andwil, Arnegg, Waldkirch, Bernhardzell	0900 144 144 (CHF 2.80 / Min.)
Flawil, Degersheim	071 914 61 11
Uzwil, Nieder-Oberuzwil, Niederwil, Niederstetten, Oberbüren	071 914 61 11
Wil and surroundings Wil, Bazenhaid, Braunau, Bronschhofen, Busswil, Dietschwil, Gähwil, Hosenruck, Kirchberg, Müselbach, Rickenbach, Rossrüti, Schalkhausen, Schwarzenbach, Wilen, Wuppenau, Züberwangen, Zuzwil	071 914 61 11
Linth area 1: Rapperswil Jona	0848 144 111
Linth area 2: Kaltbrunn, Benken, Uznach, Schmerikon, Eschenbach, Goldingen, St. Gallenkappel, Emetschwil, Gommiswald, Rieden, Schänis, Weesen, Amden	0848 144 222
Toggenburg Ebnat-Kappel, Krummenau, Nesslau, Stein, Alt- und Neu St. Johann, Unterwasser, Wildhaus, Lütisburg Station, Mosnang, Bütschwil, Libingen, Lichtensteig, Wattwil, Krinau, Ricken incl. Neckertal, Oberhelfenschwil, Mogelsberg, Brunnadem, Schöngengrund, St. Peterzell, Hemberg	071 987 33 00

Emergency medical service if the family doctor's practice is not available:

Children's emergency	0900 144 100
Entire Canton of St.Gallen	(CHF 2.90 / Min.)
Sarganserland	0900 740 743
Pfäfers, Vadura, Vättis, Vasön, Valens, Bad Ragaz, Vilters, Wangs, Mels (with Heiligkreuz, Plons, Weisstannental), Sargans	
Werdenberg	0900 740 742
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Rhine Valley	0842 144 441
Rüthi, Oberriet, Eichberg, Hinterforst, Kriessem, Montlingen, Altstätten, Lüchingen, Marbach, Rebstein, Balgach, Heerbrugg, Berneck, Widnau, Diepoldsau, Au, St. Margrethen	
Rheineck	0844 55 00 55
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Rorschach	0900 144 144
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City of St.Gallen, Wittenbach, Engelburg, Abtwil	0900 144 144
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In serious cases, most hospitals have an emergency department.

Please call the **hospital** briefly beforehand to register. There you will be assessed and classified according to the urgency of your injury or illness.

In the event of a serious emergency, dial 144 for the emergency services.

Available around the clock:

Medical emergencies	144
Rescue helicopter REGA	1414
Children's Emergency Practice - Eastern Switzerland Children's Hospital	0900 144 100 (CHF 1.92/min)
Dental emergency service	0844 144 001
Poisoning emergency	145
Emergency aid after sexual violence	071 494 94 94

Hospital

If you need detailed examinations, surgery or therapy because of a health problem, you will be admitted to hospital.

In the canton of St.Gallen, hospitals are organised regionally:

- **Cantonal Hospital St.Gallen**
- **Hospital Region Rheintal, Werdenberg, Sarganserland**
- **Linth Hospital**
- **Hospital Region Fürstenland, Toggenburg**

In most cases, your family doctor will refer you to the hospital.

In the event of an emergency (injuries, accidents, illnesses, etc.), report to the emergency room of the hospital. Please call the hospital briefly beforehand to register. There you will be assessed and classified according to the urgency of your injury or illness.

Dentistry

If you have a toothache, the dentist will help you. You must pay the costs for the treatment yourself – unless you are specifically insured for it.

Regular appointments for examinations and preventive care are useful.

In case of emergencies outside opening hours, contact an emergency service:

List of emergency services

Note for refugees: The costs for necessary treatment are paid by the social welfare office of your municipality of residence. Ask the municipal office beforehand about a cost reimbursement.

Alternative medicine


Alternative medicine offers natural diagnostic procedures, healing methods and remedies. It is used as a supplement to treatment for physical and mental complaints. These include homeopathy, osteopathy and traditional Chinese medicine.

Alternative medicine, for example, is often used to treat hay fever, rheumatic diseases or other chronic diseases.


Red Cross Driving Service

Do you have a medical appointment? Is it difficult for you to use public transport or do you need a companion? Then the Red Cross driving service will help you.

Volunteers will accompany you to your medical appointment. You will be comfortably chauffeured in a private car.

 [Driving service of the SRC St.Gallen](#)

Advice centre for patients

The [Patientestelle Ostschweiz](#) ( non-profit organization) offers:

- Advice and support in the entire field of health care
- Information for patients of all ages about their rights and obligations and helps them to exercise and enforce their rights.
- Decision support before the start of treatment and before planned surgery
- Mediation in conflicts
- Advice on insurance issues, cost coverage, change of health insurance provider
- Clarification of treatment errors

> Patient Centre Eastern Switzerland



Health guides in 19 languages

The Swiss healthcare system in brief - a guide for migrants in Switzerland



Medical terms explained in several languages

German, English, Spanish, French, Italian, Japanese, Korean, Portuguese, Russian, Chinese, Arabic



Search for a doctor by place of residence / foreign language

Doctors near you



Doctor search by specialty

General Practitioners / Specialists / Surgeons / Dentists / Alternative Medicine



Emergency medical service 24/7

If the family doctor's practice is not available, contact the emergency doctor in your region.



Self-help groups

There are self-help groups on many topics / problems / questions.

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)

