

FRENCH HEALTH SYSTEM - HOW TO USE IT WELL

1- SELECT A GENERAL PRACTITIONER - GP

**He is your main guide for your medical follow-up and that of your family
(also called 'family doctor')**



How to select a GP?

- Ask advice to the [Welcome Volunteers](#) network, **colleagues** and **parents** of your kids' friends
- Establish some **links with your neighbors** and **local people** around you
- A list of English speaking doctors is available **on IDM** or may be asked from your **Consulate**

N.B: Prepare your **health records** (try to have the generic name and a translation of the information concerning any chronic diseases)



How to see a GP?

- **Without or on appointment**, with an online system: www.doctolib.fr
- **Basic fees:** Adult = 25€ / Children from 0 to 6: + 5 € - [French social security](#)
- The family doctor takes care of **adults and children including vaccination**