

How do you access sexual and reproductive health care?

Sexual and reproductive health care is part of the universal right to health and must be guaranteed through access to quality, primary and specialized health services for the entire population.

Why?

- **If you want to get pregnant or you are already pregnant**, you can receive free advice from the health care system to plan the follow-up of the pregnancy and your state of health, specifying the birth plan you decide on, as well as resolving any doubts that might arise in this regard. You have the right to decide when and how you want to be a mother.
- **If you do not want to become pregnant or are pregnant and do not want to continue the pregnancy**, you can also receive advice on different contraceptive methods or, in the event of an unwanted pregnancy, access to a voluntary termination. This is a right that no one can question or pressure you. The health system has the duty to give you all the information and guarantee access to the procedure for voluntary termination of the pregnancy. It is also obliged to attend to any doubts or questions you may have, looking after your health and your well-being throughout the process.

How?

Go to your health centre with your health card. If you do not have one or find any barriers to accessing these services, remember that pregnancy care is a universal right of the Catalan health system, which includes the voluntary termination of pregnancy. Do not hesitate to insist on your right to universal health care.

If you need to be accompanied during the process, you can contact:

- **L'Associació de Drets Sexuals i Reproductius - Centre Jove d'Atenció a les Sexualitats**. You will find sexual and reproductive health care services by calling 934 151 000, sending a WhatsApp to 687 74 86 40 or by visiting www.lassociacio.org and www.centrejove.org.
- **La PASUCat / Jo Si Sanitat Universal**. by calling 632 159 165 or writing to: josi.sanitatuniversal@gmail.com or lapasucat@gmail.com.

Access to the Catalan public health system in situations of migration

A project by:



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See the complete guide at: raisa.dretalasalut.org

Access routes to the Catalan Public Health System

In Catalonia there are two systems that recognise the right to health care:

 **The National Social Security Institute (INSS)**

 **CatSalut**

You always have the right to receive health care through these two routes:

- Emergencies: if you are not insured or do not have the financial resources, you can formally declare it. Care will be given until medical discharge or when the cause of the medical condition has been alleviated.
- International protection applicants and victims of human trafficking.



The National Social Security Institute (INSS)

You have the right to access if any of the following circumstances apply:

- If you are a worker or a pensioner affiliated to the National Social Security Institute (INSS).
- If you have a residence permit or a dependent beneficiary of people insured by the INSS.
- If you are registered in Spanish territory for a period of three months or more.
- If you are a citizen of the European Union, the European Economic Area or countries with a bilateral agreement and you can demonstrate, through your consulate, that you do not have Health cover in your own country.

THE CATSALUT SYSTEM

If none of the above circumstances apply, you can gain access through the following channel:



People registered in a municipality of Catalonia from the first day of registration.



If you do not have a permanent address, you can apply for registration without a permanent address in your municipality. Registration is a right, although not all municipalities guarantee it.



People who cannot prove their identity.

Apply for an affiliation number with the National Social Security Institute:
www.seg-social.es



Apply for a health card at your CAP (primary care centre) or on the Catsalut website:

www.catsalut.gencat.cat



Register at the Citizen Help and Information Offices (OAC) of your City Council.



Request the document "Informe de Coneixement de Residència" (ICR) from your City Council's Citizen Service Office (OAC).



Apply for the health card at your CAP (Primary Care Centre) through the CatSalut agreement with the Red Cross:

www.tinyurl.com/Conveni-CatSalut-CreuRoja

