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Doctor's Visit — Visiting a Doctor in Germany

A guide to visiting a doctor in Germany: how to find a Hausarzt, book an appointment, and what costs patients with public insurance incur.

Deutsche Begriffe: Arztbesuch | Hausarzt | Termin | Überweisung | Praxis

Doctor's Visit — Visiting a Doctor

How does it work?

- 1. Choose a Hausarzt** (general practitioner) — this is your main doctor
- 2. Call for an appointment** or use an app (Doctolib, Jameda)
- 3. Bring your insurance card** (Versichertenkarte)
- 4.** To see a specialist you need an **Überweisung** (referral)

How to find a doctor?

- Jameda.de — reviews + online booking
- Doctolib.de — online appointment scheduling
- arzt-auskunft.de
- Google Maps — "Hausarzt [your city]"

Find a doctor who speaks Polish!

Many practices have doctors or assistants who speak Polish. Search for:

- "polnischsprachiger Arzt"
- On Jameda filter by "Fremdsprachen" (foreign languages)

What to bring to your appointment?

- **Versichertenkarte** (insurance card)
- List of medications you take
- Previous test results (if you have them)

How much does it cost?

With public insurance (GKV):

- Visit to Hausarzt: **0€**
- Visit to specialist: **0€**
- Basic tests: **0€**

You must pay (Zuzahlung):

- Prescriptions: 5-10€ per medication
- Hospital: 10€/day (max 28 days/year)

No appointments available?

If your Hausarzt has no openings:

- 1. 116 117** — insurance hotline, they'll find you an appointment
- 2. Bereitschaftspraxis** — on-call clinic (evenings/weekends)
- 3. Notaufnahme** (emergency room) — only in emergencies!

Vocabulary:

| German | English |
|-----------------|-----------------|
| Termin | Appointment |
| Überweisung | Referral |
| Rezept | Prescription |
| Krankschreibung | Sick leave note |
| Blutabnahme | Blood draw |
| Impfung | Vaccination |

Important!

- Some doctors only accept patients with private insurance (PKV)
- Always check if the doctor has "Kassenzulassung" (accepts public insurance)

Editorial hamboorg.city · As of: April 2026 · Carefully prepared, regularly updated.
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