

## **TELECONSULTATIONS OF GENERAL MEDICINE AND PEDIATRICS?**



**NOW, IT'S  
POSSIBLE**



## WHAT IS IT?

Vida Cascais is a new platform of the Municipality of Cascais, which provides the necessary services and support for all its citizens to ensure a better quality of life. You will find here, in a faster and more efficient way, all the answers provided by a network of local services in health and well-being, employability and social area.

With the launch of the network of **Local Health and Social Solidarity Services (SL3S)** Cascais opens a new era of support and care for its citizens. It complements and adds value and responses to Central State policies.

This innovative network is based on values such as Proximity, Solidarity and Quality of Service for all residents of the municipality. It is based on a humanistic approach to society and places the citizen at the center of all Public Policies. This pioneer network now offers universal and free coverage, to all its residents, in the area of health services.

What services the SL3S offers? **Teleconsultations of general medicine and pediatrics**, with the possibility of home delivery of medicines. All completely free of charge.

These services are complementary to a wide range of already existing services such as food support, school support, adapted transport, health checkups, serological tests, among others. All services are available just one click away at **vida.cascais.pt** or by telephone call through the **Cascais phone Line 800 203 186**.

**IN CASCAIS, WE STAND FOR EACH OTHER.**



Know the conditions at **vida.cascais.pt**



## FREE MEDICAL SERVICES FOR RESIDENTS WITH “VIVER CASCAIS” CARD

### Teleconsultations of General and Family Medicine

General and Family Medicine consultations will be held, free of charge, within a maximum period of 30 minutes, 24/7 every day of the year. This includes free home delivery of medication and ambulance transport if doctor determined so.

Partner: Permanent Medical Service

### Pediatric teleconsultations

Pediatric consultations will be carried out free of charge within a maximum period of 3 hours, 24/7 every day of the year. On weekdays, between 4 pm and 9 pm, calls are answered within a maximum of 60 minutes. This includes free home delivery of medication and ambulance transport if doctor determined so.

Partner: Permanent Medical Service

### Health Cabin

In-cab teleconsultation solution for people over 18 years old. This consultation is provided free of charge by a general and family medicine doctor, with the possibility of carrying out complementary diagnostic tests and automatic check-up.

Partner: Médis health insurance

**Optionally, holders of “Viver Cascais” card have access, for a special price, to services of a doctor (€45) and a nurse (from €30).**



### HOW CAN I USE IT?

1. If you do not have “Viver Cascais” card yet, please register at [vida.cascais.pt](http://vida.cascais.pt)
2. If you already have “Viver Cascais” card, please contact the **Cascais phone Line - 800 203 186** and select **option 2**.

## OTHER SERVICES

You can find all the offers provided by the Municipality of Cascais in the Health, Welfare, Citizenship and Social area on the Vida Cascais Platform.

### Health and Wellness

SERVICE NAME	DESCRIPTION
<b>Cascais without Diabetes</b>	Awareness-raising program with the aim of controlling the growth in the incidence of diabetes and ensuring the quality of life of patients
<b>Access to medicine</b>	The program is aimed at citizens with lower social and economic resources, in case of chronic, sudden, endemic disease and related to the aging process
<b>Support for people with HIV/AIDS</b>	Program of support, recovery, social reintegration, and support for the reorganization of the socio-professional life of infected citizens
<b>Support for homeless people</b>	Integrated response for intervention with citizens identified as homeless
<b>Cascais Take Care - program for informal caregivers</b>	Support measures for informal caregivers in the context of rest, training, and access to psychotherapeutic support programs
<b>Specialized Therapeutic Support Program</b>	Access to specialized consultations in Educational Psychology, Speech Therapy and Family Intervention, among others, for children and young people between 0 and 18 years old
<b>Tele-assistance</b>	Response in emergency situations and support in loneliness, aiming at the well-being and improvement of the quality of life of citizens in case of vulnerability and dependence

SERVICE NAME	DESCRIPTION
<b>Transport adapted for people with reduced mobility</b>	Transport adapted for people with reduced mobility, within the scope of social inclusion, to travel to therapeutic activities, work and/or school, as well as services
<b>Oral Health</b>	Monitoring and medical-dental treatment for citizens in a situation of socio-economic vulnerability
<b>Blood donations</b>	Blood collection service at “Espaço do dador” in partnership with the Portuguese Institute for Blood and Transplantation
<b>S Space</b>	Free Psychology, Nutrition, Medicine, and Nursing consultations for citizens between 10 and 30 years old
<b>External Automatic Defibrillation Council Network</b>	Existence of external automatic defibrillators in various public services, schools, sports clubs, and all Municipal Police vehicles
<b>Affordable masks</b>	Availability of free (TNT) and affordable (FFP2) masks through several partner entities and automatic dispensers.
<b>Serological tests</b>	Carrying out tests to screen for the existence of Coronavirus to the entire population, upon prior registration

## Social area and Citizenship

SERVICE NAME	DESCRIPTION
<b>Social workshop</b>	Carrying out small repairs/adaptations in private homes that are decisive for the well-being of citizens aged 65 or over and/or in a situation of temporary or permanent dependence
<b>Home Support Service - SAD</b>	Provision of care/services to residents without family support in a situation of physical or psychological dependence, who are at home and who cannot guarantee the basic needs of daily life
<b>Food Support Program</b>	Daily food service (lunch and snack), for preschool and primary school students, according to the socioeconomic situation of the households
<b>School bus</b>	Free access to school transport for all students, through the municipal road public transport network
<b>Food Support</b>	Monitoring and supporting the basic substantial needs of people and families in situations of social vulnerability
<b>Request for Social Support under the Cascais Waters Protocol</b>	Better economic accessibility regarding water consumption by citizens who belong to a large household or those with lower incomes
<b>Active Job Search</b>	Answers in the area of differentiated training and/or qualification for citizens in a situation of socio-professional vulnerability - Support in the active search for employment, training and socio-professional inclusion

SERVICE NAME	DESCRIPTION
<b>Loqui - Literacy Program</b>	Answers within the scope of education that aims to work on reading, writing and calculation skills in non-schooled adults, as well as teaching Portuguese to foreigners
<b>Programs and Projects in the area of active aging</b>	Prevention of loneliness and isolation for senior citizens through training programs, physical activity, among others, in partnership with various entities in the municipality
<b>Seniors in action</b>	Promotion of active aging, through regular physical activity and health education sessions
<b>School meals</b>	Food support (lunch) for all pre-school, primary-school, middle-school and secondary school students, in levels A and B of School Social Action
<b>Social Scholarships - Nurseries and Kindergartens</b>	Attribution of Social Scholarships to families with children between 3 and 5 years old, allowing them to enroll in private kindergartens in case they are unable to do so in the public ones

These are some of the services you can find on the Vida Cascais platform. Discover the rest at [vida.cascais.pt](https://www.vida.cascais.pt)



**LINHA**  
CASCAIS **800 203 186**

*Cascais phone Line*



cascais.pt