

The user's view of Helsenorge
Last updated: 16.12.2025

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About Helsenorge

Helsenorge is a public website for residents of Norway. It provides information on a variety of health-related issues, and you can log in to use the digital health services.

The content is provided by various contributors in the healthcare sector, and Norsk helsenett is responsible for the maintenance and development of Helsenorge.

You can read more about our collaborators and their responsibilities here: [Contributors \(information in Norwegian\)](#).

What would you like to do?



Appointments



Prescriptions



Inbox

See all services



Healthcare information in English

Everyone living in Norway is entitled to essential medical services.

[Find information about your rights, our digital health services and other selected topics here. →](#)



Are you a foreigner in Norway? Do you know your healthcare rights?

[Your rights as an employee, student, tourist, pensioner, refugee or asylum seeker →](#)



From pills to patches, condoms to implants. Choosing a contraceptive can be difficult. Make an informed choice for your sexual health.

[Explore the options available to find one that fits you →](#)

The user's view of Helsenorge

Helsenorge in English and other languages

Some information and services will appear in Norwegian even though you have chosen Helsenorge in English.

[Click here to see available information in English](#)

[Click here to see available information in other languages](#)

Information in English

Here you will find an overview of some of the central health rights and services in Norway.

Where to get help

The ABC of healthcare in Norway >

Help services in your municipality >

Help if you are struggling with mental health >

Violence and abuse >

More about your rights

General health rights in Norway >

Health rights for foreigners in Norway >

Health rights abroad >

Rights of next of kin >

Payment for health services >

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One portal for secure digital healthcare

Helsenorge allows you to participate in decision-making and monitoring regarding your own health, as well as help your close ones.

Some services can be used on behalf of your children and persons who have given you power of attorney.

You can use Helsenorge on your phone, tablet or computer.

Follow-up in the health service



Inbox

Messages and letters from the health service.



Appointments

Scheduled appointments with health services.



Småbarnsliv

Barnets utvikling de to første leveårene.



Referrals

Referrals to hospitals and specialists.



Patient records

Electronic health records from the hospital.



Shared health information

View your registered health information, check usage log or restrict access.



Change General Practitioner

Find a new regular doctor, or get on the waiting list.



Choose a treatment centre

Waiting times for specialist health care.



Research and screening

Health surveys and clinical trials.



Health Contacts

Practitioners and services to contact.

Overviews



Prescriptions

Prescription drugs and medical aids.



Vaccinations

Overview of registered vaccines.



Test results

Results of tests and examinations.



Illnesses and critical information

Important information to medical personnel.



Organ donor card

Digital card for organ donation.



Documents

Personal documents stored on Helsenorge.



Tools

Apps, videos and other self-help tools for better health.

Applications and refund



Exemption card and user fees

Registered fees and exemption card status.



Patient travel

Apply for coverage for travel to medical care.



European Health Insurance Card

Valid in the EEA and Switzerland.



Apply for refunds from Helfo

Request a refund or change your account number

Quality and management



Health registers

Information and use of health registers.



Report side effects

Report side effects on medicines and vaccines.



Notify of serious adverse events

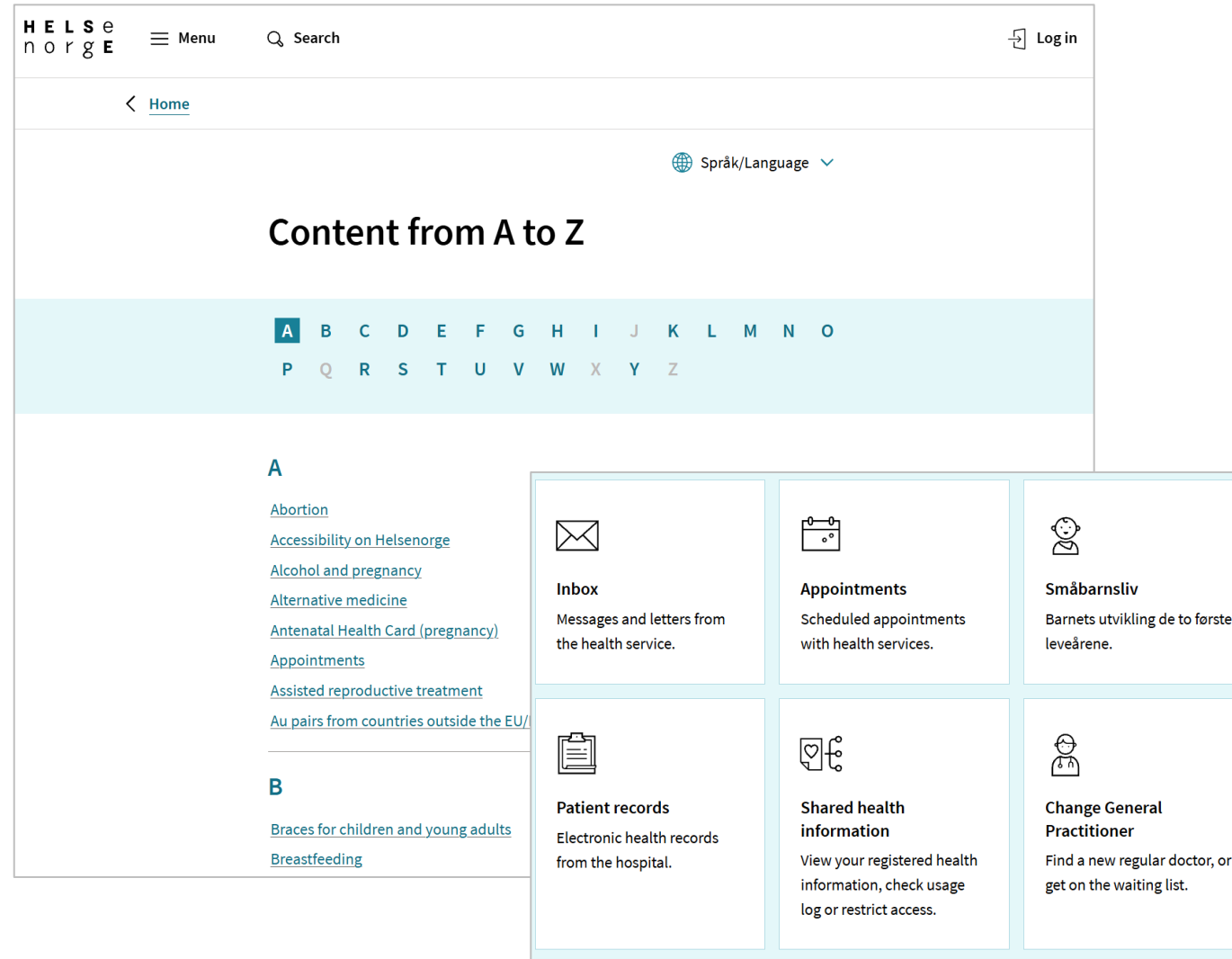
Report serious adverse events in the health service.

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What is available on Helsenorge

Information pages, where you find quality-assured health information on a variety of topics.

Self-service solutions, that give you access to various health-related services.



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The front page of Helsenorge

On the front page you'll find entrances to a selection of the digital services that Helsenorge provides, as well as some currently relevant articles.

If you click one of the service boxes, you'll get more information about that service.

What would you like to do?



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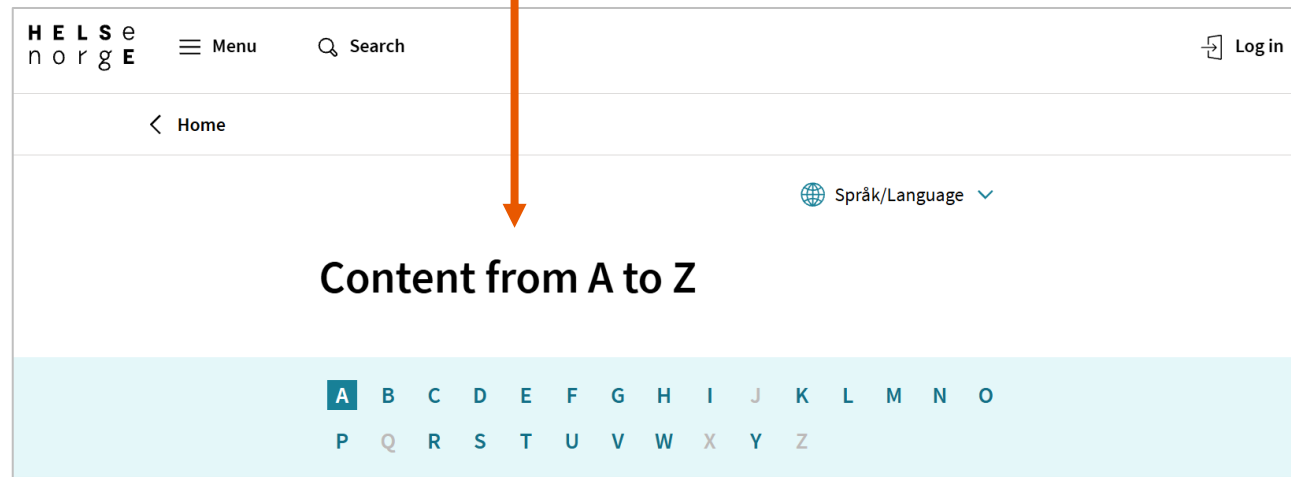
[Explore the options available to find one that fits you →](#)

The user's view of Helsenorge

Quality-assured content (1 of 2)

Helsenorge has information about many different health-related topics.

You can either use the search bar or see the A-Z (English) table of contents.



The user's view of Helsenorge

Quality-assured content (2 of 2)

Under many of the topics there is a lot of various information. You will also find useful links.

At the bottom of each article, you will find information about who has contributed to the article and quality-assured the content.

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Childbirth

Information about the different phases of childbirth, pain relief, choosing where to give birth, and possible complications.

Childbirth

- The different phases of childbirth >
- When your waters break (in Norwegian) >
- Induced labour (in Norwegian) >
- Caesarean section
- Epidural and pain relief during labour
- Forceps or vacuum delivery
- Fetal monitoring

Content provided by [Haukeland University Hospital](#)

✓ [How to cite this article](#)

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Log in to access self-service solutions

The first time you log in to Helsenorge, you need to choose **level of consent**.

The choices you make, regarding access and consent, can be **changed** later.

You can also **withdraw** your consent to use Helsenorge.

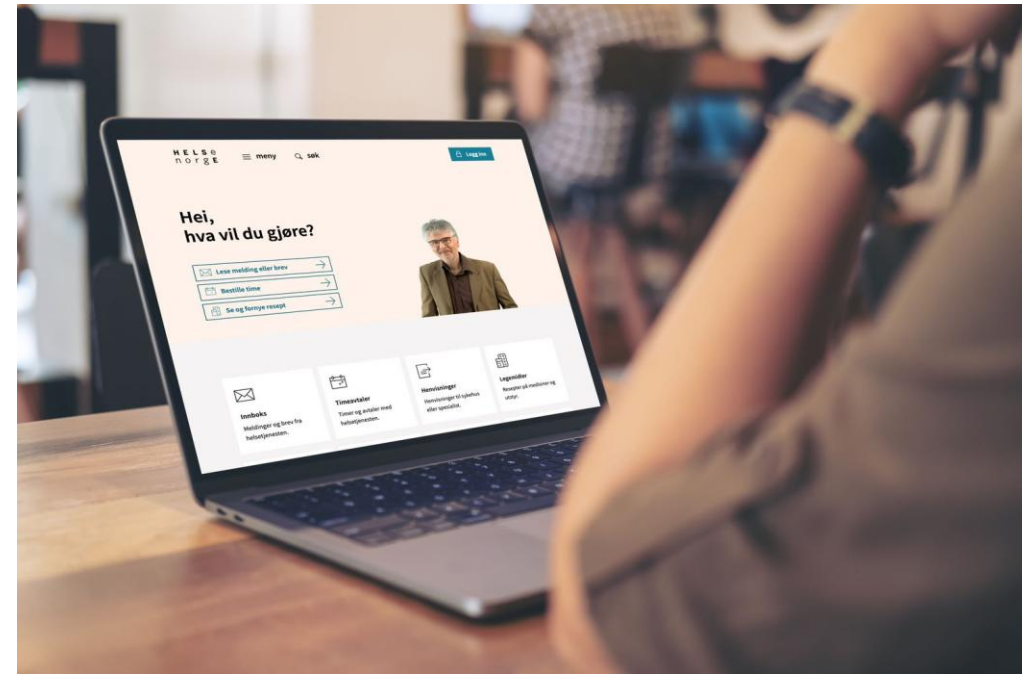


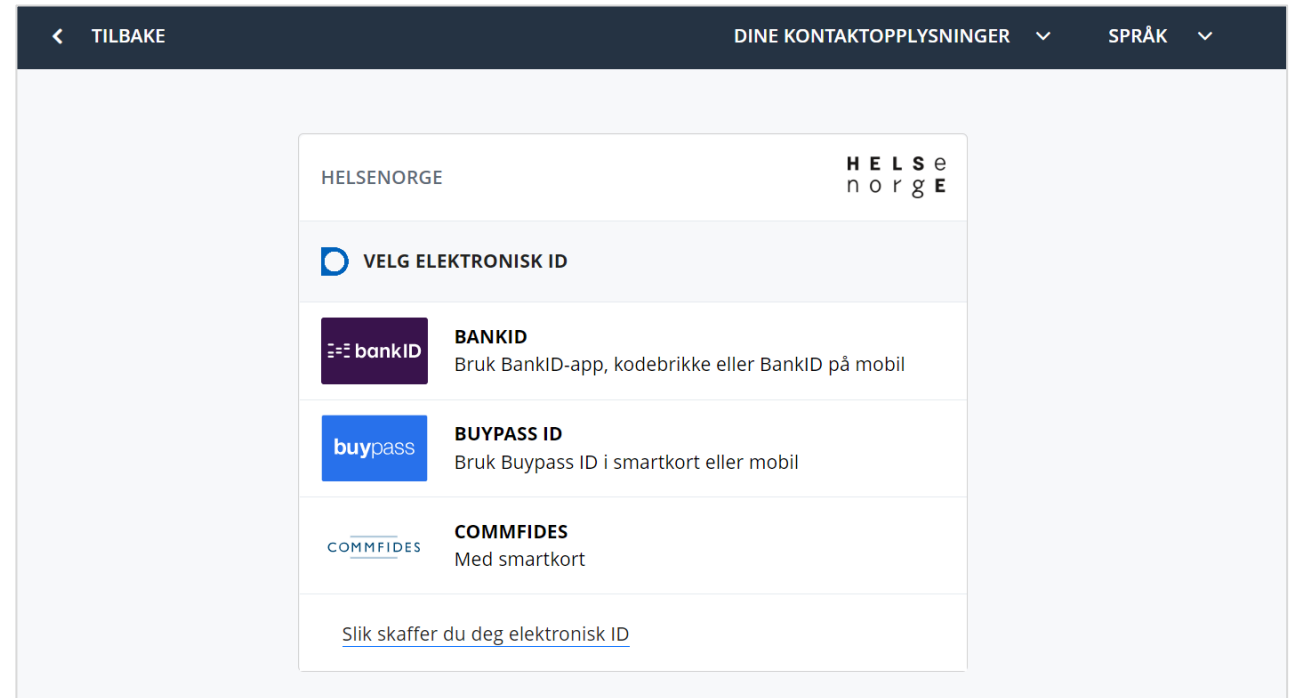
Illustration: Helsenorge / Mostphotos

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Who can log in to Helsenorge?

Everyone with a Norwegian **national ID number or D number** can log in to Helsenorge. You also need an **electronic ID**, as shown on the picture.

You must be at least 16 years old to use the digital services on Helsenorge. If you are between 13 and 16 years, you can use some services with [parental consent](#).



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The Helsenorge app

You can log into the services via the Helsenorge app.

You can sign into the app by facial recognition, fingerprint or personal code.

Download the Helsenorge app from App Store or Google Play.

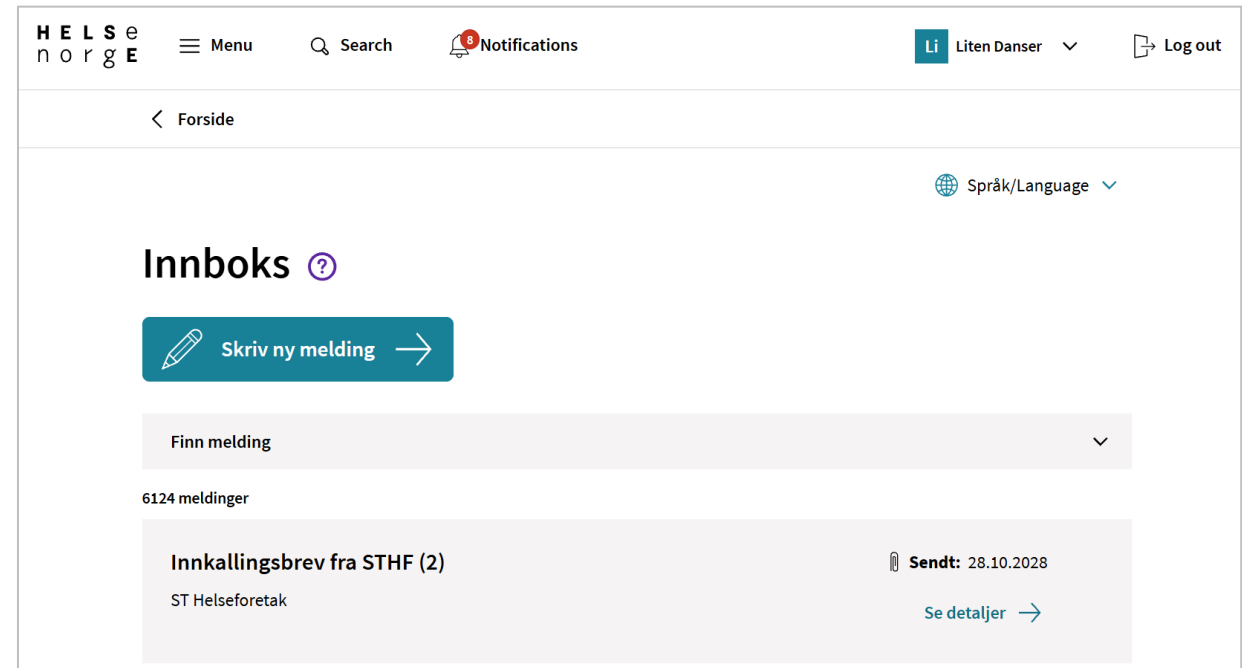


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Digital user

After you have registered as a user on Helsenorge, you will **receive information and messages digitally** instead of by post (for the services that are offered digitally).

This means that if a digital service is introduced at the hospital you belong to, like for instance a notification of an appointment with a physician, you will receive it through Helsenorge and not by post.



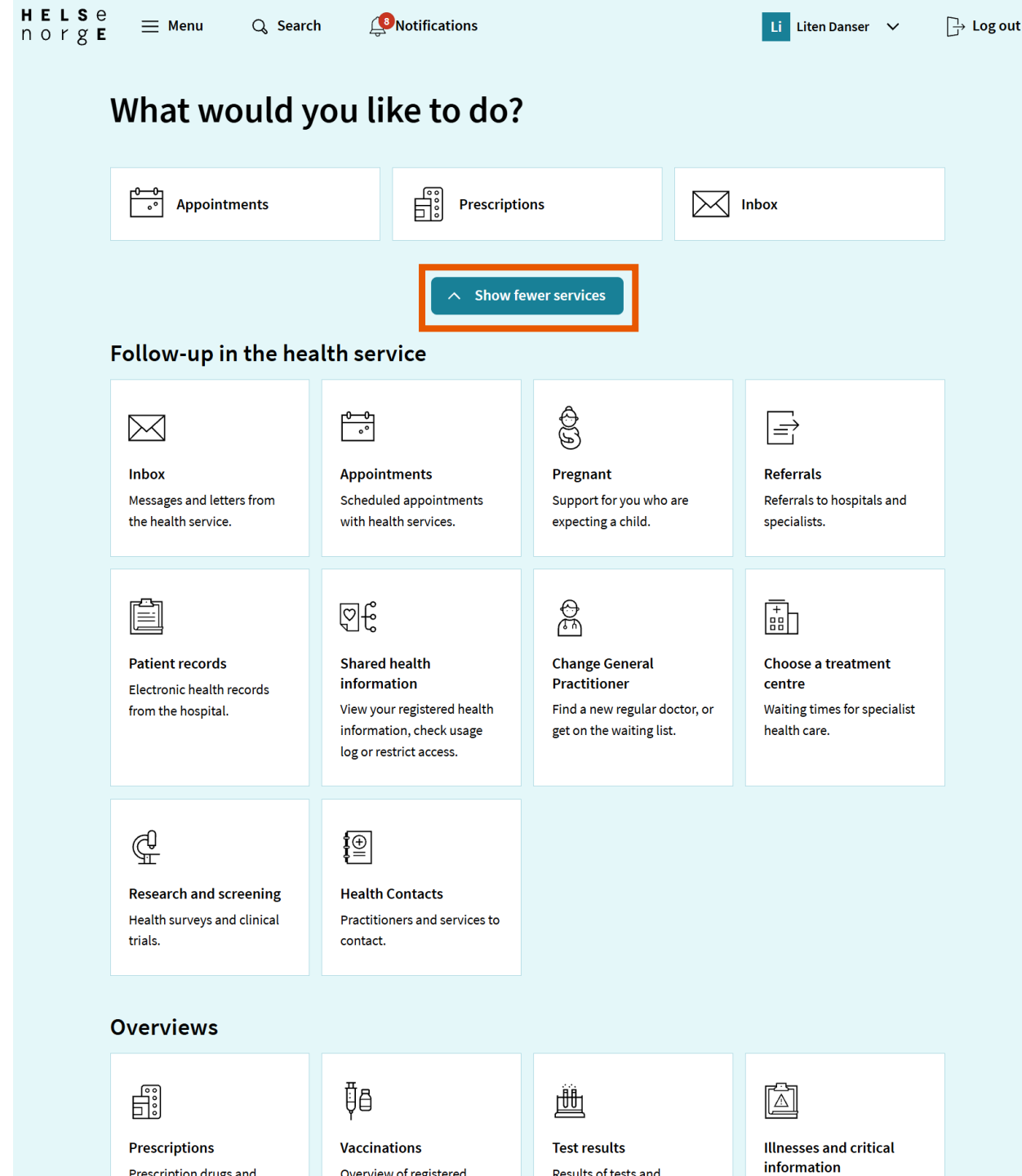
Screenshot from Helsenorge test environment

The user's view of Helsenorge

Overview when you are logged in

Once you have logged in, you will see the services that are available by clicking “Se all services”. This overview may be different from one user to another and may change as the existing services change and more services becomes available.

Some of the services you see may be unavailable for you. This is because digital services differ in the various health service regions in Norway. You can read more about [Services at Helsenorge](#).



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Help in using the services

You can get help using the services by clicking “More about this service” or “More information about ... on Helsenorge”.

This is available for most of the services when you are logged in.

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Health Contacts

Health Contacts provide information about your current and former GPs and other contact persons in the health service, including health and care services in the municipality.

Log in to Helsekontakter (in Norwegian)

About Health Contacts ("Helsekontakter")

Here you get an overview of your current and former GPs, as well as other contact persons in the health service, such as coordinators for cancer, health nurse or the midwife service. You will also see contact persons in the health and care services in your municipality.

You can also add more health contacts to your Summary Care Record ("Kjernejournal").

[More information about Health Contacts on Helsenorge \(in Norwegian\)](#)

More about this service

- Consent
- Power of attorney
- On behalf of children
- Unlisted address

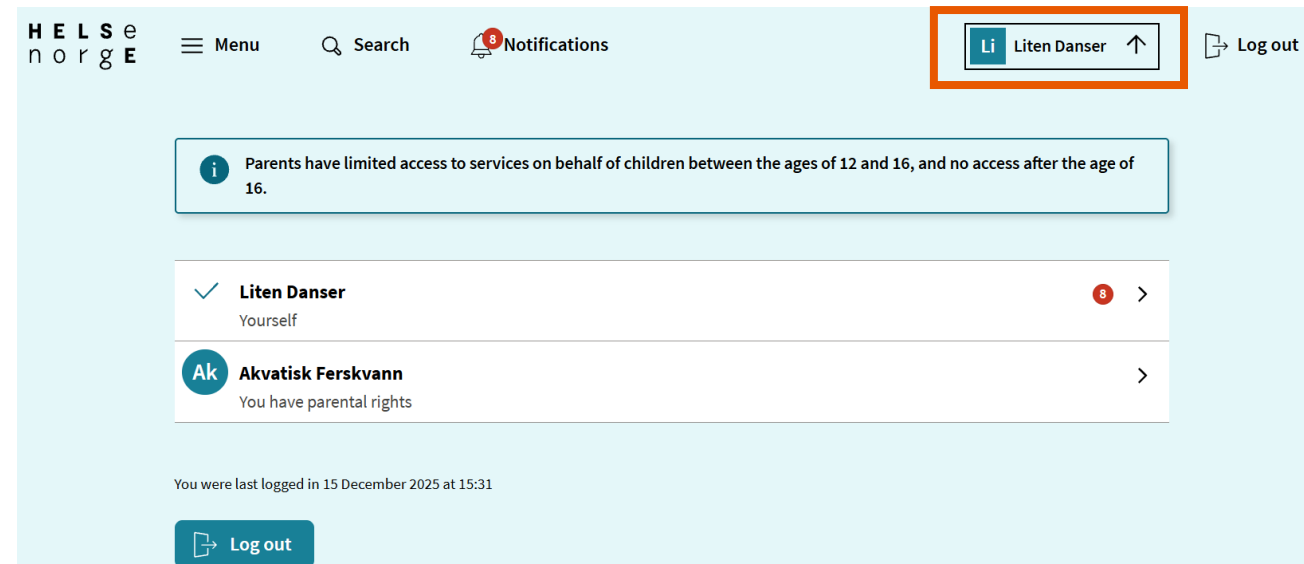
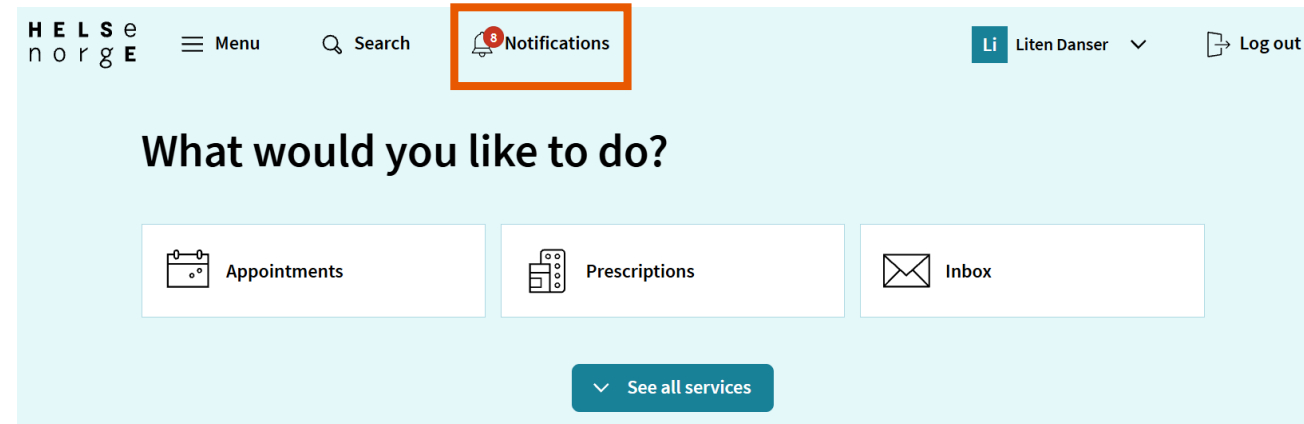
The user's view of Helsenorge

The panel at top of the page

You can at the top see if you have received any **notifications** from Helsenorge.

At the far right is your name. By clicking this, you will find an overview of the **people you can represent on Helsenorge** through parental rights or power of attorney. Some people only have access to their own health information. If that is the case, there will be no names listed here.

Screenshots from Helsenorge test environment

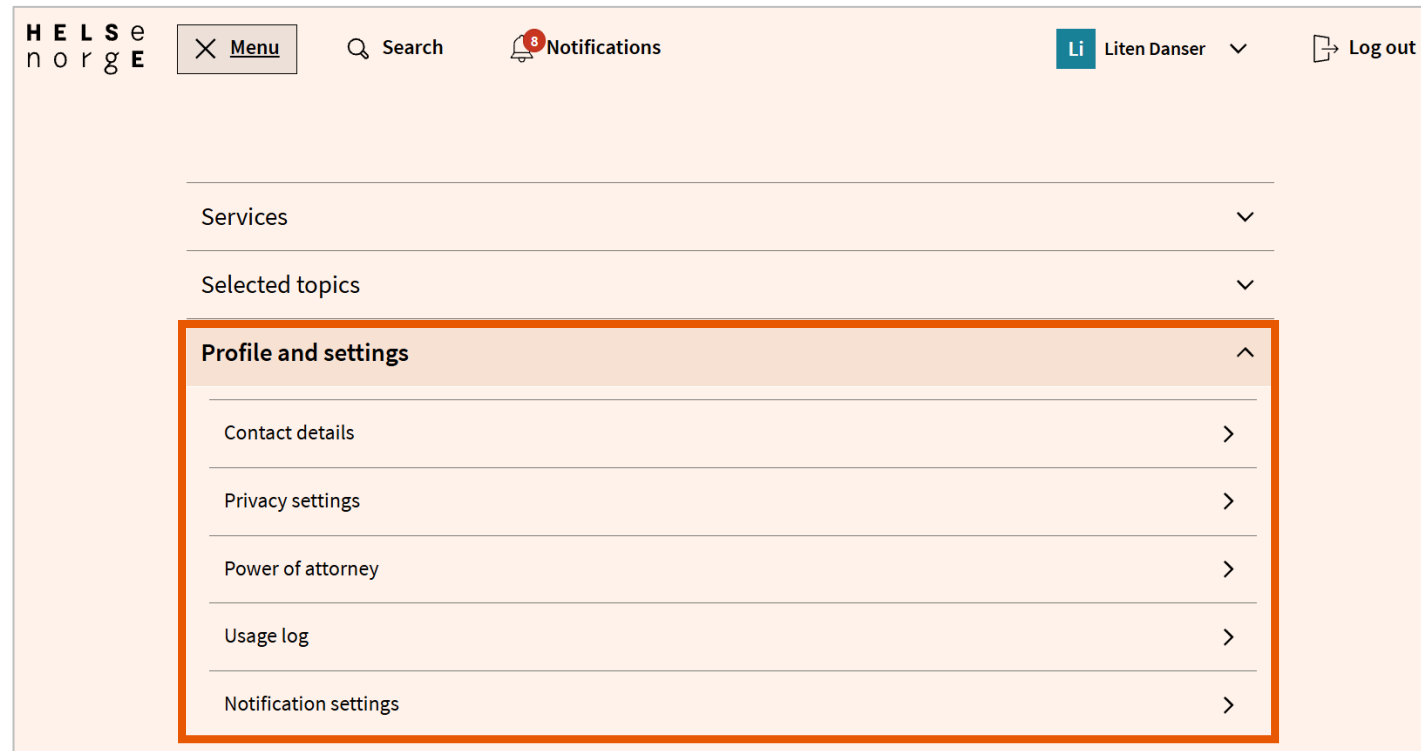


The user's view of Helsenorge

Profile and settings

In the Meny under Profile and settings, you can see your **Contact details**, **Privacy settings**, **Power of attorney**, **Usage log** and **Notification settings**.

Some of this information is obtained from various registers, such as the National Population Register and the Common Contact Register.



Screenshot from Helsenorge test environment

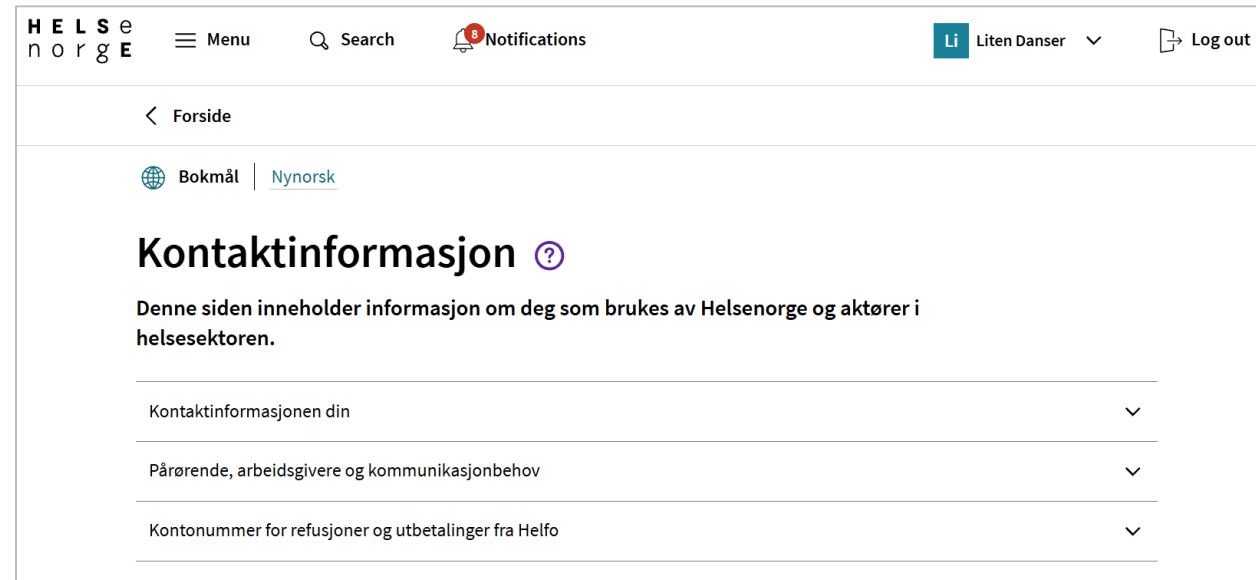
The user's view of Helsenorge

Profile and settings → Contact details

This is where you can see your **contact details**.

You can also choose to register information about **next of kin**, **employer** and challenges with language, hearing, speech or vision.

In addition, you have the option to register a **bank account number**, which will be used for all refunds and payments from Helfo, including exemption card payments.



Screenshot from Helsenorge test environment

The user's view of Helsenorge

Profile and settings → Notification settings

This is where you can see your settings for **notifications** from Helsenorge.

You can choose how you like to receive notifications (**push notification**, **SMS** or **e-mail**), and how often you want to receive them.

If you represent others at Helsenorge, you can at this page choose if you want to receive notifications on their behalf as well. In this case, you may only receive notifications for the services you have access to.

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Varselinnstillinger

Her velger du hvordan du vil bli varslet når du mottar meldinger på Helsenorge. Du vil bare få varsler på de tjenestene du har tilgang til. Varsler på sms og e-post sendes mellom klokken 07:00-23:00. Varsler i app sendes hele døgnet.

Hvordan vil du motta varsler?

Du har ikke aktivert pushvarsler i Helsenorge-appen.

For å få varsler direkte på mobilen, må du installere [Helsenorge-appen](#) og slå på pushvarsler i appen.

Som standard får du varsler via Helsenorge-appen. Hvis du ikke har appen, eller varslene ikke når frem, kan du velge en alternativ varslingsmåte:

☐ Sms: +46790965576

☒ E-post: detteerikkeenmailsomfinnes@nhn.no

☐ Både på sms og e-post

Vil du endre e-post, mobilnummer eller språk, må du gå til [kontakt- og reservasjonsregisteret](#).

Hvor ofte vil du bli varslet?

Så få varsler som mulig

Du får kun varsel om hendelser knyttet til behandling og oppfølging av din helse, for eksempel timeavtaler, meldinger fra helsepersonell, og vedtak og informasjon du bør følge opp.

Standardvarsling

Du får varsel om hendelser knyttet til behandling og oppfølging av din helse, for eksempel timeavtaler, meldinger fra helsepersonell, og vedtak og informasjon du bør følge opp. Du får også varsel når du får svar på henvendelser du har foretatt, for eksempel fornyelse av resept og innsyn i helseregistre.

Så mange varsler som mulig

I tillegg til standardvarsling får du varsel om bekreftelser og kvitteringer du mottar. Du blir også varslet om utførte hjemmebesøk fra Helse- og omsorgstjenesten.

Varsler for personer du representerer

Du kan få varsler fra de tjenestene du har fått tilgang til for de personene du kan representere på Helsenorge.

Du får alltid varsler for barna dine som er under 16 år.

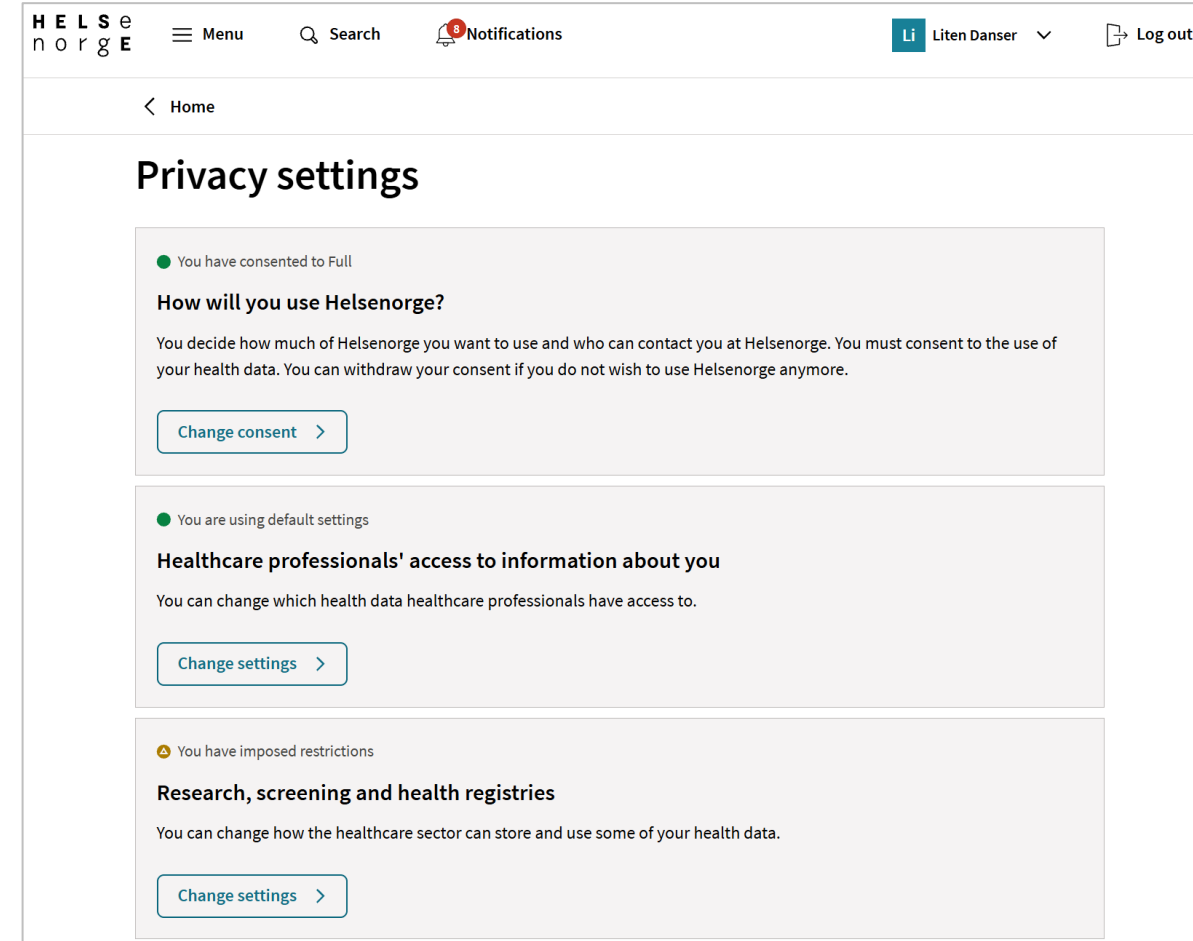
The user's view of Helsenorge

Profile and settings → Privacy settings

One of the choices in your profile is **How will you use Helsenorge?**. When you choose or change level of consent, you choose which services you want access to.

In the section **Healthcare professionals' access to information about you**, you can change which health data healthcare professionals have access to.

In the section **Research, screening and health registries**, you can change how the healthcare sector can store and use some of your health data.



Screenshot from Helsenorge test environment

The user's view of Helsenorge

How will you use Helsenorge?

Before you can use the digital healthcare services at Helsenorge, you must give your **consent** to store and use your personal information.

It is important that you read the information, before you choose which **level of consent** you want to give.

You can change your level of consent from **Privacy settings → How will you use Helsenorge?**

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How will you use Helsenorge?

Select the services you wish to use

The Full, Basic+ and Basic consent options determine which services will be available to you. With Full consent, you will be able to access all services on Helsenorge.

You have consented to **Full**

▼ [Show content in Full](#)

	<input checked="" type="radio"/> Full	<input type="radio"/> Basic+	<input type="radio"/> Basic
Access to health registries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Prescriptions and vaccinations	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Changing general practitioner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Exemption card status and user fees	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Manage consents and opt-outs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Test results	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Patient record	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Appointments and referrals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patient travel	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dialogue with health contacts	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cancel

Next →

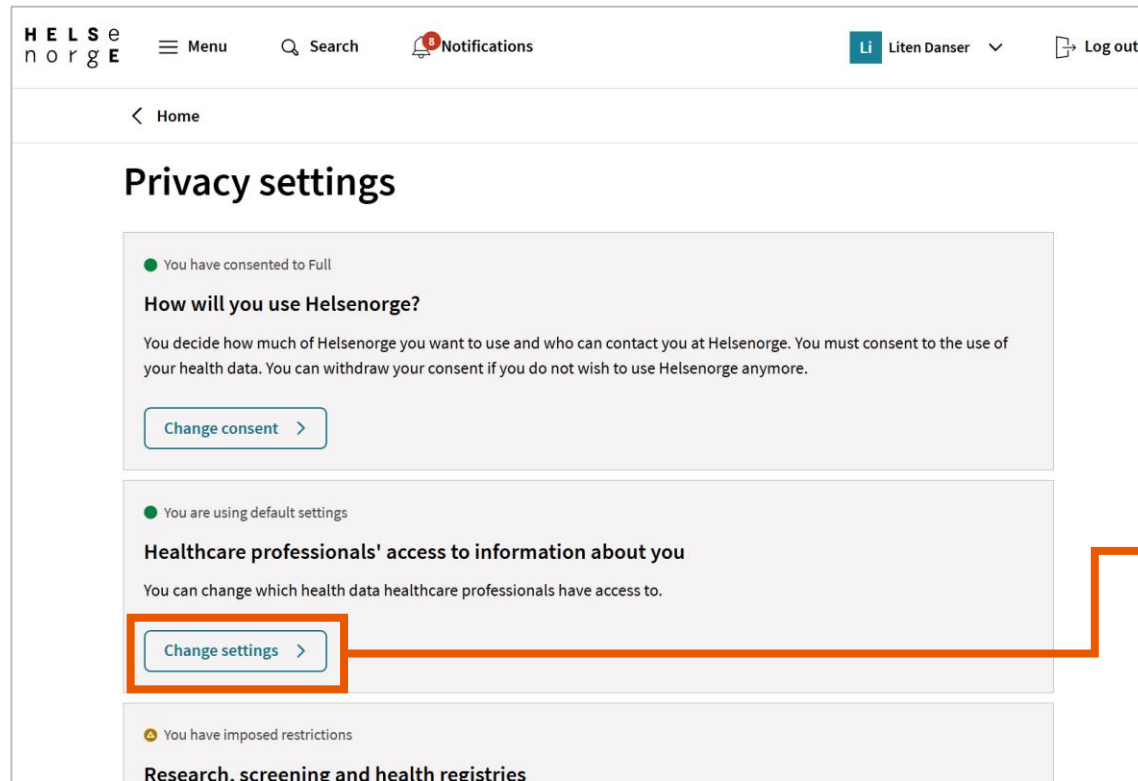
Withdraw your consent for Helsenorge

▼

The user's view of Helsenorge

Privacy settings: access to information about you

From the section **Healthcare professionals' access to information about you**, you can which health data healthcare professionals have access to.



Screenshots from Helsenorge test environment

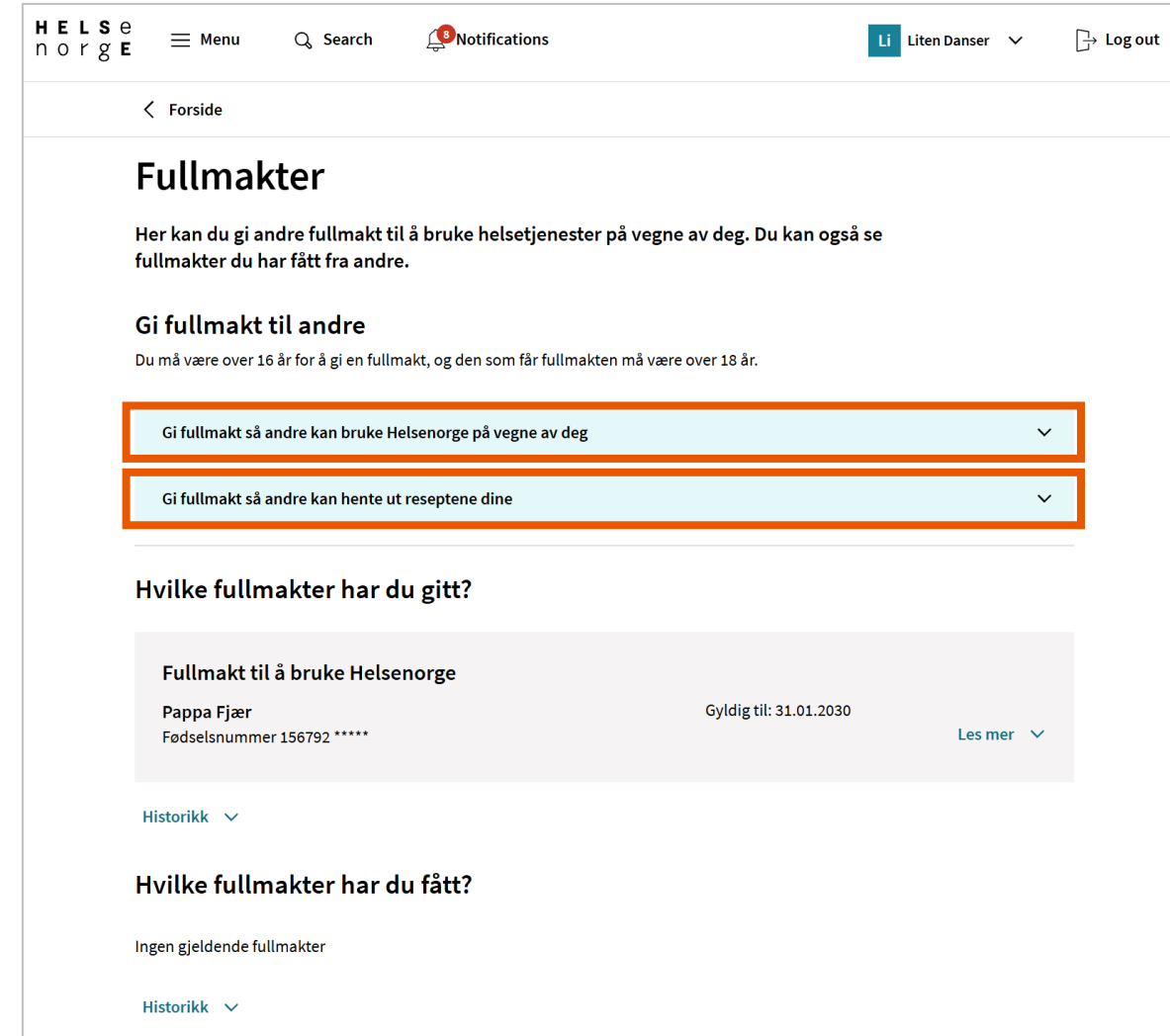


Profile and settings → Power of attorney

This is where you get overview on who you have given a power of attorney to, so they can act on your behalf, and who you have received a power of attorney from.

Click the **Gi fullmakt så andre kan bruke Helsenorge på vegne av deg** if you want to give another person a power of attorney for Helsenorge on your behalf.

Click the **Gi fullmakt så andre kan hente ut reseptene dine** if you want to give another person a power of attorney so they can pick up your prescriptions at the pharmacy.



The user's view of Helsenorge

Profile and settings → Usage log

Here you can see Logg over bruk, Aktive innlogginger og Tillatelser.

Logg over bruk shows how you have used the services at Helsenorge. If you have given power of attorney to someone else to see your health information, their usage history also show here.

Aktive innlogginger lists where you have accessed Helsenorge from.

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Bruk og tilganger ?

Logg over bruk Aktive innlogginger Tillatelser

Her ser du oversikt over din bruk av Helsenorge. Hvis andre har tilgang til tjenester på dine vegne gjennom foreldreansvar eller [fullmakt](#), vises deres bruk også. Du kan styre din egen og andres tilgang til dine tjenester og helseopplysninger under [Personverninnstillinger](#).

Finn logginnslag

1620 logginnslag

Når	Hvem	Hva	Hvor
16.12.2025	Liten Danser	Legemidler	Helsenorge
16.12.2025	Liten Danser	Pasientjournal	Helsenorge
16.12.2025	Liten Danser	Helsekontakter	Helsenorge
16.12.2025	Liten Danser	Dokumenter	Helsenorge

Screenshot from Helsenorge test environment

The user's view of Helsenorge

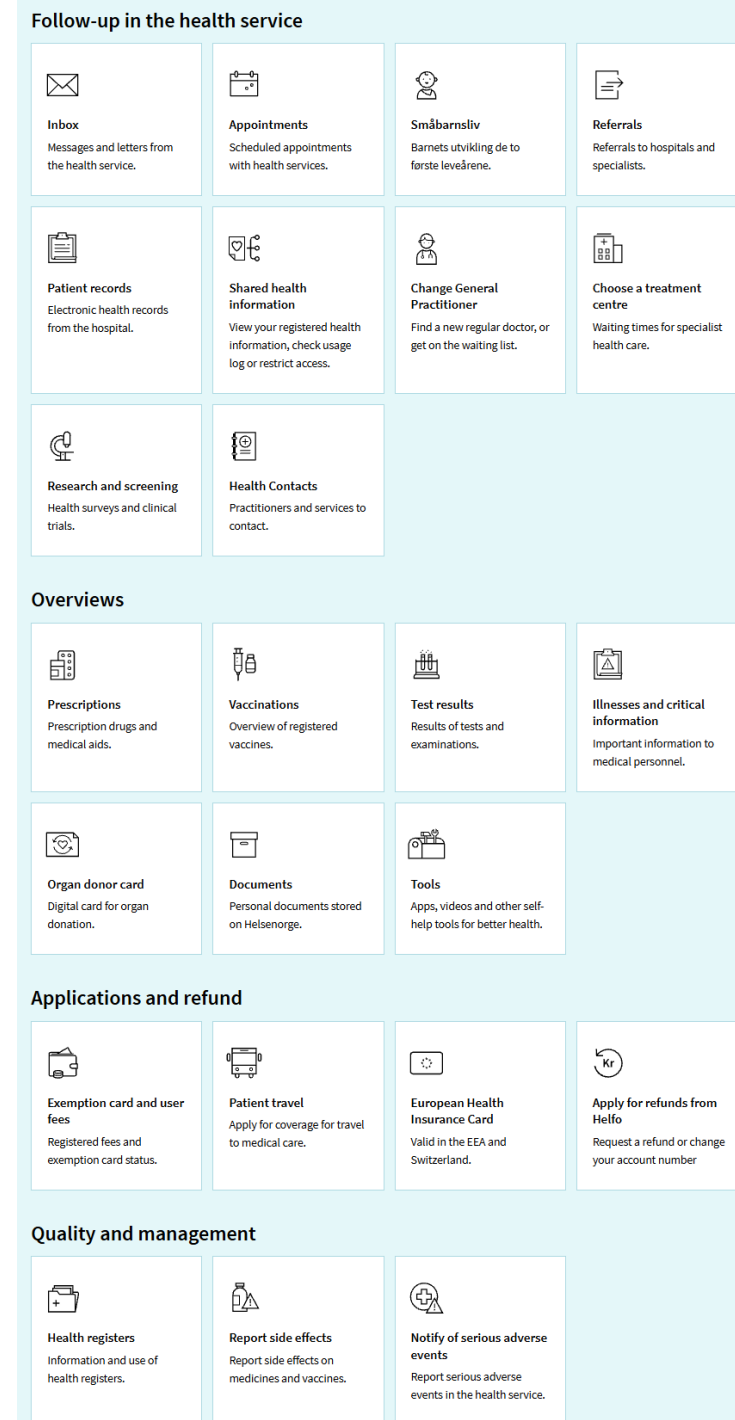
Digital healthcare services

When you are logged in, you have access to a variety of different digital healthcare services.

The most used services are:

1. **Inbox**
2. **Appointments**
3. **Prescriptions**

You can also look up information about **Exemption card and user fees**, **Change General Practitioner**, create **Organ donor card**, submit a claim to **Patient travel** and much more.



The user's view of Helsenorge

Helsenorge - Summary

It's safe for you to use the services at Helsenorge.

If you have questions about self-service or need help navigate the website or app Helsenorge, you can call **Guidance Helsenorge at 23 32 70 00**.

Keep in mind that not all the services are available to everyone. Read more about what services are available: [Services at Helsenorge](#).

Now you can get an overview of your own health online. Good luck!