



PATHWAY TO PORTUGAL – CASCAIS EDITION

Emergency & Healthcare Quick Reference

READ THIS FIRST

Healthcare access in Cascais is excellent, but more **centralized** than in Lisbon. Knowing your primary options immediately reduces stress.

NATIONAL EMERGENCY NUMBERS: 112

(Nationwide emergency services)

HOSPITALS (PRIMARY OPTIONS)

Public Hospital

Hospital de Cascais (Dr. José de Almeida)

Modern public hospital serving the Cascais area

Emergency services available

Private Hospitals & Clinics

Hospital CUF Cascais

Hospital da Luz Oeiras

Hospital Lusíadas Oeiras

What to expect:

- Shorter wait times
- English-speaking staff
- Easier appointment scheduling

URGENT CARE OPTIONS

Most private hospitals offer urgent care services.

Use for:

- Acute illnesses
- Minor injuries
- After-hours concerns



PHARMACIES

- Widely available
- Pharmacists often know local doctors
- Strong first point of contact

Tip: Ask pharmacists for guidance, they are trusted healthcare gatekeepers.

LISBON ACCESS FOR SPECIALTY CARE

- 30–40 minutes by train or car
- Specialty care is often handled in Lisbon
- Transport is straightforward

FIRST MONTH HEALTHCARE PRIORITIES

- ✓ Identify nearest hospital and pharmacy
- ✓ Understand after-hours pharmacy rotation
- ✓ Register with SNS when eligible
- ✓ Decide on private insurance strategy

REALITY CHECK

Cascais offers excellent care, just fewer locations. Once you know your options, healthcare feels manageable.

FINAL ADVISOR NOTE (BOTH CITIES)

Do not wait until you need care to learn the system. A small amount of preparation eliminates most stress.

Pathway to Portugal orientations include guidance on **when to use public vs. private care**, and how to decide calmly.