

## Quick guide to booking self-referral at Elit Ortopedi

1. Go to <https://elitortopedi.se/egenremiss>
2. Enter your personal identity number (personnummer) and log in with BankID.
3. Start by entering your details: name, address, telephone number, etc. If you have written a self-referral before then the information is already in the system and you do not get this question.
4. Click "Create new case" ("Skapa nytt ärende") to create a new referral.
5. Select "Orthopedics" ("Ortopedi") and click on the arrow in the circle.
6. Describe your medical condition by clicking in the boxes and entering text. Continue to the next page by clicking on the arrow in the circle.
7. Continue and fill in about medical journals etc. on the following pages. Questions that have a star (\*) must be answered.
8. When the box with "Send to the caregiver?" ("Skicka till vårdgivaren?") appears, click on the arrow in the circle. Now the referral is sent to Elit Ortopedi.
9. Then you see your cases (referrals).
10. Log out by first clicking on the "head" at the top right of the screen, and then on the "door out" also at the top right of the screen.
11. Ready!

Welcome!

More information about self-referrals can be found at  
<https://elitortopedi.se/vad-ar-egenremiss>