

Appendix A

A more detailed description of the Finnish healthcare setting, and the role of Terveystalo as a service provider.

Healthcare in Finland is mainly comprised of a tax-paid public healthcare, provided either by public or private providers. Publicly funded healthcare constituted 75.8 percent of all healthcare visits in 2018. Alongside this are the private healthcare services, which accounted for 24.2% of visits during the same period.[1] Finland has an internationally unique occupational health system providing healthcare for 1.9 million Finnish residents and having a material effect on both the public health and the total cost of healthcare. Employers are mandated by law to provide basic preventive occupational health services. In addition, most employers (76% of employers, 94% of employees covered in 2018) provide primary healthcare services to their employees.[2] These occupational health services are typically provided by private companies and account for 33% of all healthcare visits in 2012.[3] Terveystalo is the largest provider of occupational health services in Finland.

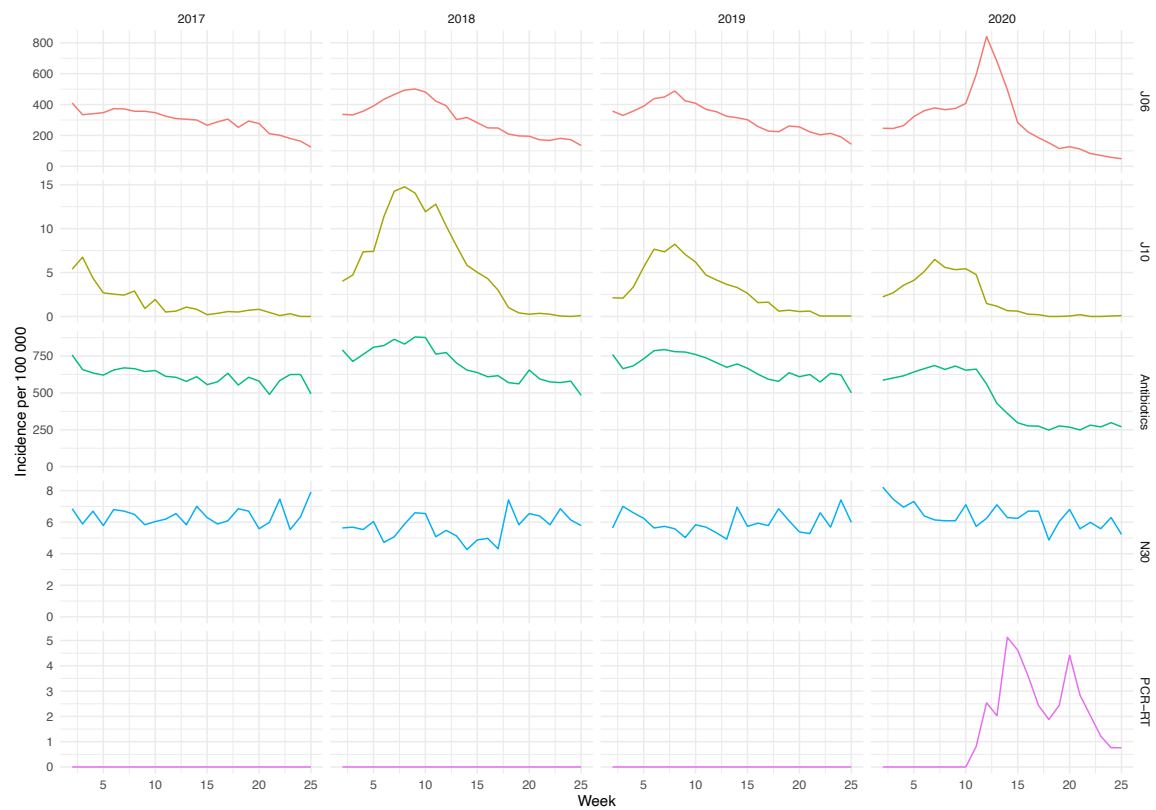
With the 1.2 million patient population and the annual 3.7 million physician visits, Terveystalo register data set provides a view to the health and diseases of the Finnish working age population. Furthermore, the geographical distribution of Terveystalo clinics around Finland makes spatial comparison possible. This makes the data set uniquely representative of the whole Finnish population and enables the reliable investigation of national trends.

Terveystalo's patients can approach medical service providers via an in-person appointment or a digital appointment. Any diagnoses and prescriptions are recorded into a centralized electronic health record system. Patients arriving via different channels are treated similarly, and for the sake of this study, no distinction is made between them. Alongside the clinic network Terveystalo provides laboratory services in 123 clinics around Finland. As of 12 March, patients have been able to test for COVID-19 (PT-PCR) and as of 8 May, to also be tested for COVID-19 antigen expression.[4]

The data used is mainly outpatient data, with COVID-related hospitalization treated by the public hospitals in Finland. Thus, this study focuses on the analysis outpatient behavior and disease patterns but does not comment on treatment or the outcome of the disease.

- 1 Petri M. Terveystalon menot ja rahoitus 2018.
- 2 Sarparanta T. Kelan työterveyshuoltotilasto. www.fpa.fi/statistik (accessed 1 Jul 2020).
- 3 Tilastokeskus - Lääkäripalveluiden käyttö jakaa väestöä. https://www.stat.fi/artikkelit/2014/art_2014-12-08_002.html (accessed 1 Jul 2020).
- 4 Näin Suomi voi - Koronaepidemia - Terveystalo. <https://avoinraportointi.terveystalo.com/korona/> (accessed 1 Jul 2020).

Appendix B



Appendix B: Weekly incidence rates of upper respiratory tract infections (URTI, J06), influenza (J10), prescriptions of antibiotics, urinary tract infections (N30), and confirmed COVID-19 infections per 100 000 inhabitants for weeks 2 to 25 from 2017 to 2020. The number of URTI-related diagnoses and the use of antibiotics is similar during the years 2017 to 2019, with an apparent change in behaviour from week 10 of 2020 onwards.