

As you and your family prepare for your assignment to a remote location in Europe without U.S. Army garrison support here are a few things to consider:

Medical Care

The following information comes from our Medical Liaison's office:

Welcome to your new assignment! Medical access and services in remote European locations differ significantly from those in the United States, presenting unique challenges for military families. Key issues include:

- -Healthcare in most locations is good. But there are cultural differences.
- -Limited availability of English-speaking providers.
- -Longer waiting times for appointments, especially for specialty care.
- -Fewer local facilities equipped for advanced medical procedures.
- -Navigating foreign healthcare systems and insurance requirements.
- -Many locations cannot use E-Scripts and SMs must purchase medications and file claims.
- -Decreased services at MTFs forces patients to facilities on the host nation network.

To best prepare, familiarize yourself with International SOS, your primary resource for medical referrals and guidance. They can connect you to English-speaking providers and help coordinate specialty care. It's also helpful to keep copies of medical records, ensure vaccinations are up-to-date, and learn basic phrases in the local language for emergencies.

It is crucial that you also get a PHA within 30 days prior to departing your losing unit.

For assistance, contact International SOS at:

Phone (Europe): +44 20 8762 8133

Toll-Free (U.S.): +1 800 523 6586

Email: onlineassistance@internationalsos.com

Website: www.internationalsos.com

We encourage you to reach out to International SOS early to establish a support plan and streamline your medical care experience.

Best regards,

Your U.S. Army NATO Team