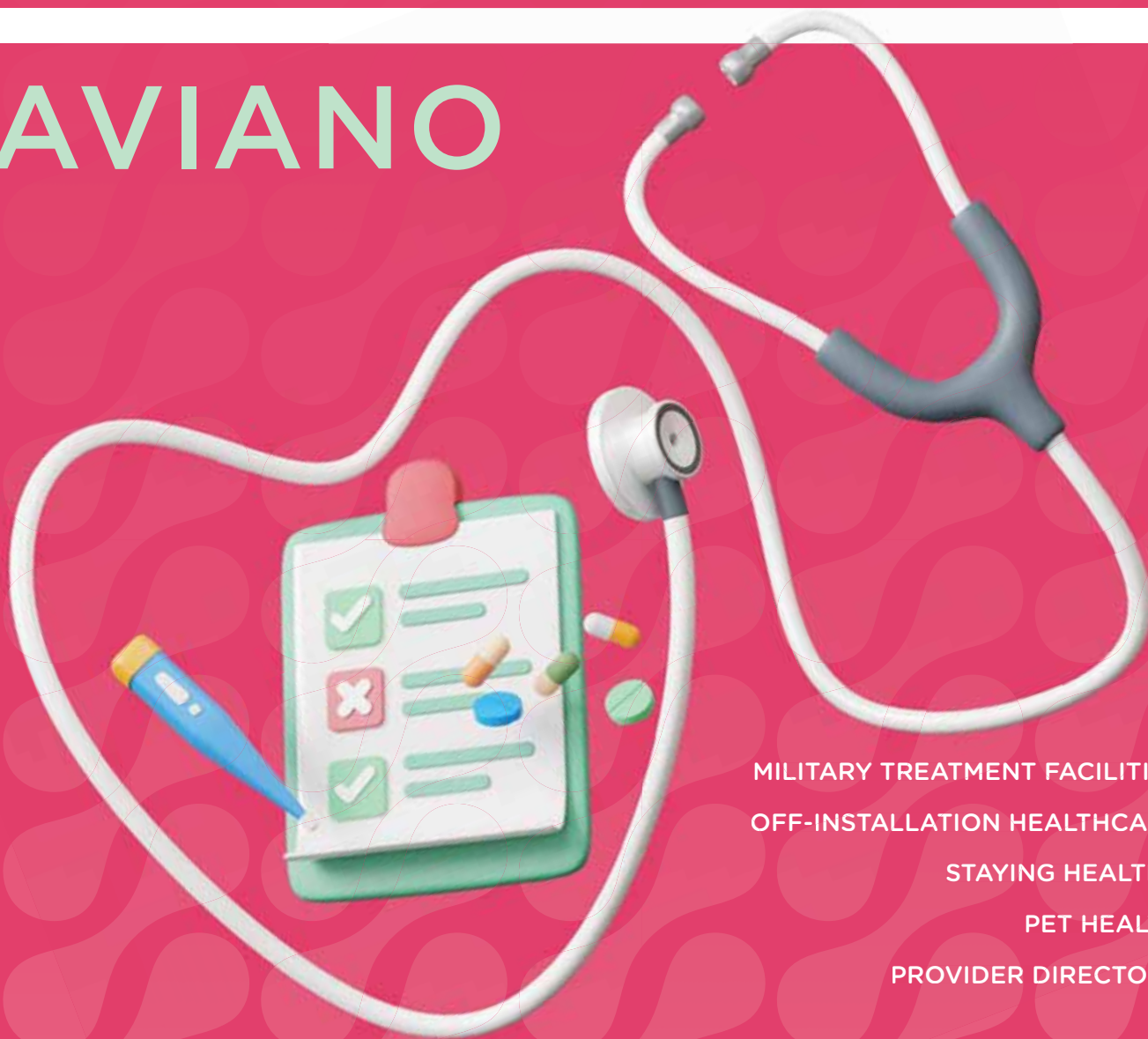


# HEALTH & MEDICAL

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## Your Guide to Healthcare in Italy

Whether this is your first time stationed overseas, or you're a PCS-ing pro, navigating the Italian healthcare system can be overwhelming. From finding on-installation resources to understanding the differences you'll encounter off-installation at an Italian doctor, the Stars and Stripes' Health and Medical Guide can help you along the way.

Disclaimer: The information in this guide is for informational purposes only and is edited annually for accuracy. However, we make no warranty regarding the validity of the content. Your local Medical Treatment Facility (MTF) can provide the most up to date information.

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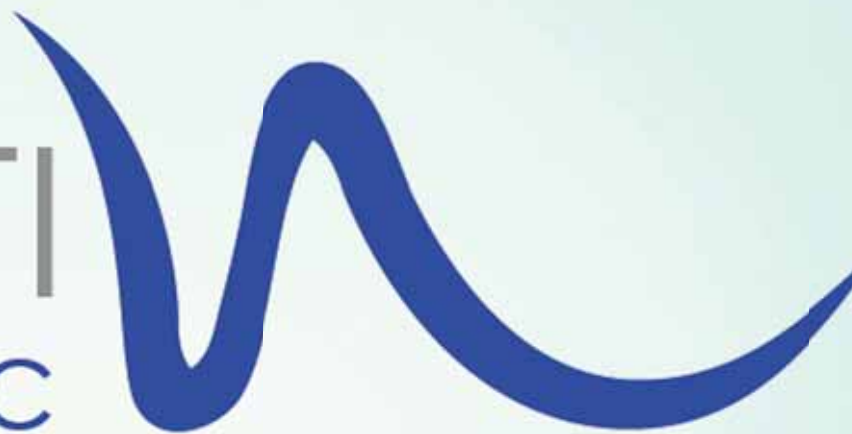
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## 31st Medical Group

*The 31st Medical Group at Aviano Air Base provides medical care to service members and beneficiaries for a force ready to respond to combat and humanitarian operations at home and abroad.*

### Aviano Air Base Health Clinic

Area 1, Bldg. 121

Appointment Line Comm: +39-0434-30-5000

DSN: 632-5000

Monday–Friday, 7 a.m. to 4:30 p.m.

The clinic is closed every third Tuesday of the month for training and on all U.S. federal holidays.

Aviano TRICARE Information: [aviano.tricare.mil](mailto:aviano.tricare.mil)

Facebook: [www.facebook.com/AvianoMedicalGroup](https://www.facebook.com/AvianoMedicalGroup)

### Who Can Be Seen?

- Active-duty service members
- Active-duty family members on TRICARE Prime or Select with PLUS
- Limited space available (see page eight for full policy):
  - Retirees
  - Civilian employees and their dependents
  - Patients using non-TRICARE insurance

## 31st Medical Support Squadron

The 31st Medical Support Squadron provides resource management (financial and manpower), TRICARE health plans management, patient administration, medical logistics, medical readiness, medical information services, personnel and administration, pharmacy services and clinical laboratory services, in support of the 31st Medical Group and the readiness of the 31st Fighter Wing and associated units. It supports 8,700 eligible beneficiaries by providing optimal patient-focused medical care.

## 31st Operational Medical Readiness Squadron

The 31st Aerospace Medicine Squadron was re-designated the 31st Operational Medical Readiness Squadron (OMRS) on Sept. 29, 2020. The 31st OMRS primarily provides services to active duty personnel with some services open to dependents. Services offered include Aerospace Medical Care, Occupational Health, Public Health, Mental Health, Alcohol and Drug Abuse Prevention and Treatment (ADAPT), Family Advocacy, Optometry, Audiology and Health and Wellness Services.

## 31st Healthcare Operations Squadron

The 31st Medical Operations Squadron was re-designated the 31st Healthcare Operations Squadron (HCOS) on Sept. 29, 2020. The 31st HCOS is located on Area One and provides services to DOD and TRICARE beneficiaries to include active-duty and dependents. Services offered include Family Health, Women's Health, Pediatrics, Allergy and Immunizations, Ambulance Services, Telehealth, Outpatient Surgical Services, and Educational and Developmental Intervention Services (EDIS).

## Services

### Case Management

Area 1, Building 121, Ground Floor, Room GB32  
DSN: 632-5558 | Comm: +39-0434-30-5558  
Monday–Friday, 7:30 a.m. to 4 p.m.

The Case Manager oversees and ensures that your care plan continues to meet your healthcare needs with your Primary Care Provider. For patients with multiple medical problems, complicated illness or injury, multiple referrals, multiple providers, chronic or terminal illness, crisis intervention or ordering medical equipment.

### COBRA (Comprehensive Operational Medicine for Battle Ready Airmen)

Area F, Building 1466  
DSN: 632-9060 | Comm: +39-0434-30-9060  
Monday–Friday, 7:30 a.m. to 4:30 p.m.

Walk-in or appointment-based physical therapy, nutritional medicine, performance psychology, strength and conditioning, athletic training and other specialty recovery therapies. All services available for active-duty personnel. Select services available for dependents.

### EDIS (Educational and Developmental Intervention Services)

Area 1, Building 121  
DSN: 632-5459 | Comm: +39-0434-30-5459  
Monday–Thursday, 8 a.m. to 12 p.m.

Therapies, educational intervention and activities for eligible dependent children.

### Health Promotions

Area F, Building 1466  
DSN: 632-4583 | Comm: +39-0434-30-4583  
Monday–Friday, 7 a.m. to 4 p.m.

Body composition assessment (InBody), resting metabolic rate assessment, strength and flexibility assessment, health coaching sessions, upping your metabolism, Fueling for Health, Meals in Minutes, stress management, performance optimization and healthy sleep habits.

### Laboratory

Area 1, Building 121, Room GA73  
DSN: 632-5420 | Comm: +39-0434-30-5420  
Monday–Friday, 7:30 a.m. to 4:30 p.m.

Limited basic testing, specialized testing shipped to other laboratories.

### Mental Health

Area 1, Building 108  
DSN: 632-5321 | Comm: +39-0434-30-5321  
Monday–Friday, 7:30 a.m. to 4:30 p.m.

Individual and group psychotherapy, medication management and reconciliation, substance use education/treatment, individual, group and family counseling and therapy.

### Pharmacy

Area 1, Building 121, Room GC45  
DSN: 632-5214 | Comm: +39-0434-30-8165  
Monday–Friday, 7:30 a.m. to 4:30 p.m.

Provide prescription and clinical pharmacy services. Italian prescriptions must be medications available in an FDA-approved formula.

### Radiology

Area 1, Building 121, Ground Floor  
DSN: 632-5019 | Comm: +39-0434-30-5019  
Monday–Friday, 7:30 a.m. to 4:30 p.m.

X-Rays, ultrasound/sonography, mammograms. All imaging, with the exception of screening mammograms, requires a physician referral.

### Women's Health

Area 1, Building 121, Ground Floor  
DSN: 632-5000 | Comm: +39-0434-30-5000  
Monday–Friday, 7:30 a.m. to 4:30 p.m.

Comprehensive women's healthcare including pregnancy, menopause, reproductive health and contraception, conditions of the female organs, well-women and pelvic exams.

### WIC (Women, Infants and Children)

Area F, Building 1472  
DSN: 632-7473 | Comm: +39-0434-30-7473  
Monday–Friday, 8 a.m. to 4:30 p.m.

Offers support for pregnant, postpartum and breastfeeding women, and supports infants and children up to 5 years old. WIC provides nutritional education, food drafts, health screenings and other assistance.

### Walk-in Contraceptive Clinic

Area 1, Building 121 (Main Clinic)  
DSN: 632-5000 | Comm: +39-0434-30-5000  
Thursdays, 1 p.m. to 3 p.m.

Walk-in, first come, first served clinic for all active-duty, dependent and other TRICARE beneficiaries. Birth control pill prescriptions and refills, IUD consults, inserts, and removals (Mirena/Kyleena/Skyla/Paragard), Patch, Birth control rings (Annovera/NuvaRing), Nexplanon insertion and removal, Depo-Provera injections, Emergency Contraception (Plan B), condoms. ■

# Eligibility and Space-Available Policy

## Access To Care At DOD MTFs in Europe

All DOD Military Treatment Facilities (MTFs) follow the Access to Care and Priorities of Care guidelines as outlined in the Access/Priority of Care policy published by the Defense Health Agency (DHA).

The number one priority of care at all DOD Military Treatment Facilities is for active-duty service members.

Depending on personnel staffing levels and other factors, individual Military Treatment Facility Directors are authorized to modify or adjust access to care for various groups or categories. This may include, but is not limited to, overseas DOD employees and their family members and overseas DoDEA teachers and their family members.

Again, the decision to modify, or adjust, access to care is up to the individual clinic or hospital director based on the capacity and staffing levels at their respective clinic.

Access to care that is available in all DOD MTFs is prioritized as follows:

### Priority 1:

- a) Active-duty service members.
- b) Military members not on active duty, but entitled to MTF care, to include:
  - Reserve Component members entitled to care relating to line-of-duty incurred conditions, or as otherwise provided under applicable DOD policy.
  - Temporary Disability Retired List for required periodic medical examinations and access to MTFs for mandatory re-evaluation requirements.
  - Certain former members with a serious illness or injury as provided by Section 1631 of the National Defense Authorization Act for Fiscal Year 2008, or similar authority.
- c) Foreign military members entitled to MTF care pursuant to a reciprocal health-care or other applicable international agreement (e.g., North Atlantic Treaty Organization [NATO], Partnership for Peace Status of Forces Agreement [PFP SOFA]). Foreign members are eligible for the scope of services specified in the applicable agreement.

### Priority 2:

- a) When they are enrolled in Prime, active-duty family members (ADFM) and Transitional Survivors of Service members who died while active duty and who are enrolled in Prime.
- b) NATO/PFP SOFA and other foreign military members' family members who are entitled to care pursuant to an applicable international agreement for the scope of services specified in the agreement.

### Priority 3:

- a) Retirees, their family members, and survivors enrolled in TRICARE Prime.
- b) TRICARE Plus beneficiaries when being appointed for primary care at the MTF where they are enrolled.

### Priority 4:

- a) ADFMs not enrolled in TRICARE Prime.
- b) Transitional Survivors of deceased ADSMs and who are not enrolled in TRICARE Prime.
- c) TRICARE Reserve Select beneficiaries.

### Priority 5:

- a) Retirees, their family members and survivors who are not enrolled in TRICARE Prime.
- b) TRICARE Plus beneficiaries being appointed for specialty care at the MTF where they are enrolled.



## Priority Exceptions

(Granted at MTF Commanders' Discretion):

- a) Bona fide medical emergencies or cases in which the provision of certain medical care is required by law or applicable Department of Defense Directive or Instruction. This includes care for civilian employees exposed to health hazards in the workplace or injured on the job.
- b) Secretarial designee, to the extent appropriate to the context in which Secretarial designee status is given.
- c) Patients needed to maintain an adequate clinical case mix for an approved Graduate Medical Education program functioning in the MTF or for readiness-related medical skills sustainment activities.
- d) Unexpected or extraordinary cases, not otherwise addressed in this policy in which the MTF commander determines, in coordination with his or her Service guidance and/or the TRICARE Regional Office (TRO), as appropriate, that a special exception is in the best interest of MHS and TRICARE.
- e) In overseas locations, other exceptions may be established to the extent necessary to support mission objectives. ■

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# TRICARE Overseas

## Resources

**International SOS** provides urgent or emergency medical support 24/7.  
+44 20-8762-8133 or toll free in Italy:  
+39-800-928-305

**Regional Customer Service** provides a 24/7 phone number for beneficiary questions. +44 20-8762-8384 or toll-free in Italy: +39-800-915-994

**Covered services:**  
[www.tricare.mil/CoveredServices](http://www.tricare.mil/CoveredServices)

**US TRICARE Regions:**  
East: 800-444-5445 / West: 888-874-9378

**Medicare:** 1-800-633-4227

**Social Security Administration:**  
1-800-772-1213

## TRICARE Overseas Program (TOP)

In Italy, the TRICARE Overseas Program (TOP) provides insurance for active-duty, retirees and their dependents. Below is a list of program choices.



### TOP Options

#### TRICARE Prime Overseas

Available to active-duty service members and command sponsored active-duty dependents. Enrollment is required but there are no enrollment fees nor copays. Beneficiaries in TRICARE Prime will receive most of their care from their primary care manager (PCM) at a military clinic. Specialty care can be obtained with a referral from the PCM or an authorization from International SOS.

- [www.tricare.mil/primeoverseas](http://www.tricare.mil/primeoverseas)

#### TRICARE Prime Remote Overseas

Available to active-duty military members and their command-sponsored dependents living overseas at designated remote locations. You will be assigned a local PCM who can give referrals for specialty care. International SOS may also be used for authorization.

- [www.tricare.mil/Plans/HealthPlans/TPRO](http://www.tricare.mil/Plans/HealthPlans/TPRO)

#### TRICARE Select Overseas

Available to active-duty family members or retired service members and dependents living overseas. Allows beneficiaries to schedule appointments with any overseas provider. Referrals are generally not required except for certain services. You will pay an annual deductible and a percentage of covered services.

- [www.tricare.mil/Plans/HealthPlans/TSO](http://www.tricare.mil/Plans/HealthPlans/TSO)

#### TRICARE for Life

This is a wrap-around coverage for retirees 65 years old and older. Enrollment in Medicare Part A and B is required to continue TRICARE coverage past age 65. Medicare provides coverage in the U.S. and U.S. territories. When living overseas, TRICARE is the only payer, TRICARE co-pays and deductibles apply.

- [www.tricare.mil/tfl](http://www.tricare.mil/tfl)

#### TRICARE Young Adult

Available to dependent children after regular dependent TRICARE coverage ends at age 21, or 23 for those enrolled in college. TRICARE Young Adult offers continued coverage until the beneficiary is 26 years old. Enrollment is required and monthly premium fees apply.

- [www.tricare.mil/TYA](http://www.tricare.mil/TYA)

## MHS Genesis

This patient portal is a web service available to all TRICARE beneficiaries which allows them to access their family's health information.

- [patientportal.mhsgenesis.health.mil](http://patientportal.mhsgenesis.health.mil)
- See lab and test results.
- Access immunization and other records.
- Message your medical care team.
- Monitor your health information.

## MyCare Overseas™ Beneficiary App

The MyCare Overseas™ Beneficiary App is a useful tool for TRICARE users while stationed or traveling overseas.

- [www.tricare-overseas.com/beneficiary-app](http://www.tricare-overseas.com/beneficiary-app)

- Search for TOP network providers.
- Access your referral, authorization, and secure claims portal to track appointments and set reminders.
- Use TOP "Near Patient Team" to communicate with nurses about the local system and your treatment when referred off-installation.
- Find emergency numbers and current medical risk rating when traveling.
- Check your health plan, covered services and access the claims portal.
- Translation assistance.

## Referral Management

Area 1, Building 121, Room GD04  
DSN: 632-5792/5782  
Comm: +39-0434-30-5792/5782  
Monday–Friday, 8 a.m. to 4 p.m.

#### Services:

- Patients are encouraged to contact Referral Management Center (RMC) to:
  - ✓ Activate their referrals.
  - ✓ Provide up-to-date contact information and availability.
  - ✓ Understand options of care.
- RMC receives and processes all referrals ordered by MTF providers for in-house services, network care or for other MTFs.
- Referral network care requires authorization by the TRICARE Contractor, International SOS: This process generally takes one business day for urgent referrals and three working days for routine care.
- Network appointments are booked either by RMC staff, by network providers, or self-booked. Patients will receive a notification and a reminder with appointment date, time, location and instructions when appointments are booked by RMC staff or a network provider, or they may get an email with instructions and the provider's contact information for self-booking appointment. Patients are encouraged to download the International SOS MyCare Overseas beneficiary App to have more information about their authorizations for care and the local providers they will see, and also to set up reminders for their appointments.

- It is the patients' responsibility to take copies of relevant medical records to their off-base care appointments. Copies of medical records can be obtained from Outpatient Records (+39-0434-30-5309).
- International SOS is contractually responsible for obtaining reports originating from off-base care appointments. The RMC will track results and upload them in the patients' electronic records for referring physicians to review.

## Benefit Section

Area 1, Building 121, Room GD03  
DSN: 632-5067  
Comm: +39-0434-30-5067  
Monday–Friday, 8 a.m. to 4 p.m.

### Services:

- Details on plans, benefits and coverage
- Civilian care authorization updates
- Denied authorization options
- OB process in Italy
- Separation and retirement briefing
- Care while traveling
- Claims and debt collection

## Patient Registration

Area 1, Building 121, Room GD04  
DSN: 632-5000  
Comm: +39-0434-30-5000  
Monday–Friday, 8 a.m. to 4 p.m.

### Services:

- Enrollment in TRICARE Prime
- Assignment/Re-Assignment of Primary Care Physicians (PCM)
- Disenrollment prior to PCS

## DEERS Updates

Area F, Building 1403  
DSN: 632-5404  
Comm: +39-0434-30-5404  
Appointments at ID Card Office Online (IDCO): [idco.dmdc.osd.mil/idco](http://idco.dmdc.osd.mil/idco)

### Remember to verify and update DEERS annually or when you have a change in:

- Military career status (i.e. rank or retirement)
- Activation (Guard/Reserve)
- Change of address
- Marriage or divorce
- Birth or adoption
- Full-time student, ages 21–23
- Death of dependent family member

It is best to make an appointment on the ID Card Office Online (IDCO) website if a DEERS update needs to be made in person.

For more information:

- 31st FSS: [www.31fss.com/military-personnel-flight](http://www.31fss.com/military-personnel-flight)
- TRICARE: [www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)
- milConnect: [milconnect.dmdc.osd.mil](http://milconnect.dmdc.osd.mil)

# Civilian Insurance

*Below is a partial list of insurance companies for civilians working at military bases overseas. Visit plan websites to evaluate which is best for you and your family.*

- Federal employees can visit [www.opm.gov/healthcare-insurance/healthcare](http://www.opm.gov/healthcare-insurance/healthcare) to search for providers.
- **Foreign Service Benefit Plan (FSBP/AFSPA)**—Uses the Aetna Choice POS II (Open Access) network and considers all covered providers outside the U.S. and Guam, including military treatment facilities. [www.afspa.org/fsbp](http://www.afspa.org/fsbp)
- **Blue Cross Blue Shield Federal Employee Program (FEPBlue/GMMI)**—For overseas benefits, covered services are paid at the preferred level. Physician care performed outside the U.S. is paid at the preferred level using their Overseas Fee Schedule or a provider-negotiated amount. [www.fepblue.org/overseas-coverage](http://www.fepblue.org/overseas-coverage)
- **Government Employees Health Association (GEHA)**—Providers outside the U.S. are paid at the GEHA preferred provider rate for medically necessary covered services. [www.geha.com](http://www.geha.com)
- **Compass Rose Health Plan**—If you need medical care outside the U.S., you may see any healthcare provider or visit any hospital. [www.compassrosebenefits.com](http://www.compassrosebenefits.com)
- **Cigna Global Insurance**—Offers a global network for U.S. citizens overseas, to include government employees, retirees, expats and students. [www.cignaglobal.com](http://www.cignaglobal.com)
- **Foreign Medical Program (FMP)**—U.S. Department of Veterans Affairs (VA). This health-care benefit is for U.S. veterans with a VA-rated service-connected condition living overseas or traveling abroad. The FMP covers medical care costs overseas that are associated with the eligible conditions. Registration is required. Visit [www.va.gov/health-care/foreign-medical-program](http://www.va.gov/health-care/foreign-medical-program) or call 800-782-655 for details and registration. ■



## Healthcare in Italy

*The overall quality and performance of Italy's universal health system ranks favorably compared to international standards. Healthcare access and quality as well as life expectancy rank among the highest globally. Though healthcare in Italy is not free, the fees are usually reasonable, and emergency medical assistance is provided to anyone in need without asking for up-front payment.*

### What To Expect at an Italian Doctor's Appointment

Write down concerns and questions prior to your appointment and don't hesitate to speak up if you are unclear about your care plan. If you still have questions after your appointment, contact your PCM for more information.

Undressing is normal—Doctors will not hesitate to ask you to undress in front of them as they continue talking to you or calling in a specialist to greet you as you are partly dressed.

Things may not always happen quickly—Just as in the U.S., Italian healthcare can be slow. Going in with a good attitude, patience and understanding will make for a better experience.

You may need to pay your bill up-front and then submit a claim to your insurance provider for reimbursement. Ask the cost of the visit in advance so you are prepared to pay for it.

### What To Expect at an Italian Hospital

In order to have affordable healthcare, many hospitals do not issue basic supplies like towels, gowns, soap and other toiletries. Be prepared to bring your own. It is helpful to pack a bag of the following items if you will be staying at a local hospital.

- ✓ Military ID card or passport
- ✓ List of current medications to include name of drug and dosage
- ✓ Bottled water
- ✓ Notebook and pen
- ✓ Towel/washcloths
- ✓ Pajamas, slippers, robe
- ✓ Personal hygiene items
- ✓ Reading materials
- ✓ Extra clothing
- ✓ Electronic devices and earphones

Italian Pain Medication Management is another area that differs from the American medical system. If you are in pain or are not responding well to the prescribed treatment plan, stronger prescriptions may be available. Inform your medical team of prescriptions you currently use, ask your doctor questions, and seek help with your Near Patient Team if a language barrier exists.

You may find a difference in privacy as well. Hospital rooms are often double occupancy and may have no privacy screens between beds. Take appropriate clothing that allows you to remain semi-dressed during exams. Additionally, host-nation doctors may not always have a chaperone when examining a patient of the opposite sex. If you feel uncomfortable, ask for an additional person. Remember, you can say no.

If you want to leave your room, get dressed. And if you plan on leaving the ward, let the nursing staff know. ■



# Patient Liaison Services



*Patient liaisons are key in providing language assistance, both in-person or telephonically, during healthcare encounters in the Purchased Care Sector.*

*The service is limited to TRICARE Prime beneficiaries only.*

## Pordenone Patient Liaisons

Comm only: +39-0434-36-5701 (listen to options)  
Fax: +39-0434-36-5720  
Email: usaf.aviano.31-mdg.mbx.aviano-patient-liaison@health.mil  
Monday – Friday, 7 a.m. to 10 p.m.

## Aviano Patient Liaisons

DSN: 632-5408  
Comm: +39-0434-30-5408  
Fax: +39-0434-30-5075  
Email: usaf.aviano.31-mdg.mbx.aviano-patient-liaison@health.mil  
Hours: Monday – Friday, 8 a.m. to 4 p.m.

## Emergency Room Services & Language Assistance

- If you are at the ER and need interpreter assistance, call +44-20-8762-8133
- If the interpreter is unavailable, call the International SOS (ISOS) telephonic language assistance service, available 24/7, at this toll-free number from Italy: +39-800-915-994.

## Outpatient Appointment Language Assistance

Host Nation appointments scheduled by the TRICARE Referral Management Center will result, by default, in scheduling interpreter assistance for appointments with non-English speaking providers and/or clinical staff, if it is known that the attending provider does not speak English. Your Appointment Notification Form will identify the location and time to meet the interpreter.

Patient liaisons will meet you at the designated location. Patients are strongly encouraged to arrive a minimum of 15 minutes prior to their appointment to facilitate parking and reporting to the appointment office. Arriving late to an appointment may result in the provider not seeing you and the referral being cancelled as a “no-show.”

## Inpatient Care Language Assistance

Inpatient care in the Purchased Care Sector is accomplished by the International SOS (ISOS) Near Patient Team (NPT) consisting of a team

of bilingual nurses to ensure that you are up-to-speed with your care plan and eventual discharge needs. NPT and the TRICARE patient liaisons network closely together to inform you of your current inpatient status and upcoming treatments whilst admitted. The NPT visits inpatients at different times throughout the day and week. Patient liaisons are present to assist on site during discharge at the Pordenone Hospital only.

## Contact information for inpatient care assistance during your stay:

- Near Patient Team (NPT) on-call toll-free from Italy: +39-800-892-032 (24/7)
- Patient Liaisons: +39-335-560-1235 (24/7)

(Note: If on-site service is not available that day, you will be transferred to the International SOS Telephonic Language Assistance Service.)

You do not need to request copies of your inpatient medical record. ISOS is contractually responsible for collecting and uploading your record into the ISOS Portal for translation by the ISOS Translation Team. Your translated record will be forwarded to the MTF for uploading into your Electronic Health Record (EHR). Turn-around time for this process is approximately 60 days.

## OB Care

Patients needing urgent or emergent obstetric assistance must follow the current process for evaluation and care depending on which facility they select:

- Pordenone Civil Hospital: Report to the Emergency Room to check in and register first. If you are experiencing contractions, report directly to Building A/Floor 4.
- Policlinico San Giorgio: Report directly to the OB unit located on Floor 5.

## Outpatient Referral Results

ISOS is contractually responsible for collecting and uploading outpatient referral results in their Portal. Collection time is 30 business days and translation turn-around is approximately 10 business days. Therefore, please allow approximately six weeks for the results to be filed as a translated report in your Electronic Health Record (EHR). It is recommended that patients schedule their follow-up appointments with their PCM accordingly. For urgent or critical care needs, reports can be dropped off at with TRICARE Patient Liaison Services in room GD23 or emailed to the organizational account: usaf.aviano.31-mdg.mbx.patient-advocacy-mailbox@health.mil. ■

## Italian Pharmacies



An Italian pharmacy, or “farmacia,” is a place you will need to be accustomed to when living in Italy. There are no chain pharmacies in Italy, but a farmacia is universally recognizable by the green cross sign. Pharmacies and their opening hours are regulated by law and operate on a “rota” system to ensure an open pharmacy for medical emergencies at any time.

Every pharmacy will display a card identifying its own opening hours, emergency number and instructions for emergency services outside of the opening hours.



**Utilize the EmergenciesFVG App to find a location nearest to you.**

When you walk into a farmacia, you will need to wait in line and talk to the pharmacist for medicines, even those considered “over the counter.” Medications such as ibuprofen are not on open shelves, but you will not need a prescription to get them.

Italian pharmacists are likely to ask a series of questions to discern which remedy best suits your symptoms. Since a stuffy nose might be allergies or a head cold, the treatments are different; Italian pharmacists are well-qualified to provide advice about minor ailments

and dispense appropriate prescriptions. Be prepared to talk to the pharmacist by describing symptoms and answering questions.

As with doctors and dentists, pharmacists may speak limited English, so it is a good idea to come prepared with a translated list of symptoms or use a translation app on your mobile phone.

If you have a prescription from your Italian provider, simply hand it to the pharmacist and they will take care of the rest. Note that opiates, narcotics or other closely regulated medications are difficult or sometimes impossible to get filled in Italy without the prescription of an Italian specialist. ■

## Italian Medicines

*These equivalents are provided to help you purchase over-the-counter medication at the Italian pharmacy.*

*If you have any questions about how to take the medication, please call your doctor.*

### ANTACID

Generic: Aluminium hydroxide, Pantoprazole, Esomeprazole  
Brand: Maalox, Nexium

### ANTIDIARRHEAL

Generic: Loperamid-Hcl 2 mg  
Brand: Imodium, Dissenten

### ANTIFUNGAL

Generic: Terbinafine  
Brands: Canesten, Pevaryl, Lamisil

### ANTIFUNGAL (VAGINAL)

Generic: Clotrimazole  
Brands: Gynocanesten, Meclon

### ANTIHISTAMINE

Generic: Cetirizine, Fenoxfenadine  
Brands: Reactine, Zirtec, Fexallegra

### CHILDREN'S IBUPROFEN

Generic: Ibuprofen  
Brand: Nurofen

### CHILDREN'S TYLENOL (SYRUP)

Generic: Paracetamol  
Brands: Tachipirina

### CONSTIPATION

Generic: Lactulose, Macrogol  
Brand: Portolac, Lactulose, Onligol

### COUGH MEDICINE

Generic: Dextrometorphan, Oxolamine, Levodropropizine  
Brands: Bronchenolo sedativo, Tussibron, Levotuss

### EAR WAX REMOVER

Generic: Docusat-Natrium  
Brand: Cerulisina

### HEAD LICE

Generic: Permethrin  
Brand: Paranix

### ORAL ELECTROLITE REPLACEMENT (FOR ADULTS)

Contains: sodium, potassium chloride and glucose  
Brands: Polase, Massigen, 4Fuel

### SALINE NASAL SPRAY

Generic: Sodium Chloride  
Brands: Isomar, Sterimar, Lalumar

# Filling an Italian Prescription On Base

The MTF pharmacy at Aviano will only fill prescriptions from Italian doctors if they are written in a standard way. Use this example as a guide for your doctor. The medication must be something carried by the installation pharmacy as an FDA approved medication.

### Patient Information

(Informazioni paziente)

(NOME COMPLETO DEL PAZIENTE)

(DATA DI NASCITA DEL PAZIENTE)

(PESO DEL PAZIENTE IN KG SE SOTTO I 12 ANNI)

**\*\*SAMPLE PRESCRIPTION\*\***  
 (ESEMPIO PRESCRIZIONE DI MEDICINALI)

Patient's Full Name

Patient's Date of Birth

Patient's Weight in KG if under 12 years old

Date Prescription Written/Signed

Rx: **\*\*SAMPLE USE ONLY\*\*** (Rx: **\*\* SOLO PER ESEMPIO \*\***)

**LISINOPRIL 40 MG**  
(LISINOPRIL 40 MG)

**TAKE 1 TABLET BY MOUTH EVERY DAY**  
(Prendi 1 compressa per via orale ogni giorno)

**FOR HIGH BLOOD PRESSURE**  
(per ipertensione arteriosa)

**QUANTITY: 90**  
(Quantità)

**REFILLS: 3**  
(Ripetibilità prescrizione)

*John Smith*  
John Smith, MD

0444-123456

### Directions

(Istruzioni)

- ✓ Name must be specific! (Sii specifico)
- ✓ Route of administration (Via di somministrazione)
- ✓ Anticipated duration (Durata prevista)
- ✓ (Antibiotics, eye drops, etc.) (antibiotici, colliri, ecc)
- ✓ Provide reason for use (Fornire il motivo per l'uso)

When prescribing weight-based medications to a child under 12 years of age, include dosing strategy (example: 90 mg/kg/day) and child weight.  
(Quando si prescrivono farmaci a base di peso a un bambino di età inferiore a 12 anni, includere i valori di dosaggio (esempio: 90 mg / kg / giorno) ed il peso del bambino)

### Drug Information

(Informazioni sui farmaci)

- ✓ Name (generic preferred) (Nome (preferibilmente il generico))
- ✓ Strength (principle active) (principio attivo)
- ✓ Dosage form (tablet, capsule) (Forma di dosaggio (compressa, capsula))

### Provider Information

(Informazioni del medico)

- ✓ Signature (Stamped or signed) (Firma e timbro)
- ✓ Contact phone (Contatto telefonico)



**IMPORTANT!**

- ✓ All of the above elements must be met and written in English to be considered valid  
(Attenzione: tutti i seguenti elementi devono essere compilati e scritti in inglese per venire considerati validi)
- ✓ Be sure prescription is typed or use ink  
(Assicurati che la prescrizione sia scritta a computer o con inchiostro in modo leggibile)
- ✓ No controlled substances may be prescribed  
(Non è possibile prescrivere sostanze stupefacenti o psicotrope)

## 31st Dental Squadron

*The 31st Dental Squadron (DS) integrates community-based preventive dental services and utilizes all dental resources to enable peak mission readiness and sustained performance. The 31st DS is located on Area One and consists of three flights, including Clinical Dentistry, Dental Support and Dental Laboratory. The 31st DS provides approximately 22,000 patient visits annually to almost 8,700 beneficiaries. Services offered include Comprehensive General Dentistry, specialty care in Orthodontics, Pediatric Dentistry, Periodontics, Prosthodontics and a full-service Dental Laboratory.*



## 31st Dental Squadron

Building 121, Area 1  
DSN: 632-5060 | Comm: +39-0434-30-5060  
After Hours Emergency: +39-335-848-2558  
Monday–Friday, 7:30 a.m. to 4:30 p.m. (closed third Tuesday of the month)

### IMPORTANT

Priority is given to active-duty personnel. Dental care for eligible dependents and retirees is based on space availability. Emergency care for true dental emergencies is available after hours.

### Services Available

- Routine Care (fillings)
- Preventive Care (cleanings, fluoride treatment)
- Specialty Services (root canals, oral surgery, periodontics, implants)
- Pediatric Dentistry

In addition to general dentistry, the dental squadron offers specialty care such as comprehensive dentistry, endodontics, oral-maxillo-facial surgery, oral radiology, orthodontics, pediatric dentistry, periodontics and prosthodontics. Please be aware that orthodontics resources are limited. For those who do not qualify for orthodontic care, or wish to seek care out in town, the clinic has information to guide you in your decision.

Active-duty members must receive permission from their command to receive care in the economy. Implant dentistry is available for active-duty members if all qualifications and indications are met.

## Dental Options Off-Base

For dental care outside of a military dental clinic, TRICARE offers dental coverage for service members, families and survivors. Additionally, retired service members, their families and certain survivors may qualify to purchase dental coverage through the Federal Employees Dental and Vision Insurance Program.

- To learn more and see which plan you may use, visit [www.tricare.mil/dental](http://www.tricare.mil/dental).
- For a list of providers in the area, please contact the Dental Clinic front desk.
- The U.S. Embassy in Italy offers a list of English-speaking medical providers, available here: <https://it.usembassy.gov/u-s-citizen-services/doctors>. ■

## Mental Health Resources

**Military & Family Life Counselors (MFLCs)** provide free non-medical sessions with child behavioral specialists, are anonymous and may occur in individual, couple, family or group settings. Contact the Military and Family Readiness Center (M&FRC) to connect with an MFLC. MFLC services are also offered for children through DoDEA schools and youth programs.

### M&FRC

Area F, Bldg. 1431  
DSN: 632-5407 | Comm: +39-0434-30-5047  
Email: 31fss.fsfr.1@us.af.mil  
Monday – Friday, 7:30 a.m. to 4:30 p.m.

**Chaplains** offer counseling for adults on both religious and non-religious issues for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.

### Chaplain Corp Offices

Area F, Bldg. 1467  
DSN: 632-5211 | Comm: +39-0434-30-5211  
After-hours via Command Post: +39-0434-30-3100  
Email: 31fw.hc.1@us.af.mil

**Adolescent Support and Counseling Services (ASCS)** provide confidential counseling and educational prevention-based services for students in grades 6 to 12. Offices can be found inside your local DoDEA school.

**Military OneSource** offers free virtual sessions for individuals, couples or families. Learn more at [militaryonesource.mil/non-medical-counseling](https://militaryonesource.mil/non-medical-counseling).


**The Veterans Crisis Line (VCL) and Military Crisis Line (MCL)** are available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988 (then press 1)
- Text: 838255
- Online: [www.veteranscrisisline.net](https://www.veteranscrisisline.net) ■



# Powerful Ways Women Can Boost Self-Esteem

By Courtney Boyer, M.S., M.Ed., CLC

A woman in a military uniform, wearing a camouflage cap and jacket with an American flag patch on the sleeve, is shown in profile, smiling and looking upwards. The background is a blurred outdoor setting.

I wish there was a switch we could flip when we are struggling to feel good about ourselves. Sadly, that has not been invented (at least not one I'm aware of; please let me know if such a device does exist). As someone who struggled with their self-esteem for years (and some days, I still do), I've realized the power of purposeful living.

Strong self-esteem doesn't just happen. It is cultivated. I've come up with four powerful and practical ways for women to boost their self-esteem. Because who doesn't want to feel better?

## Barrier Breakdown

It may sound super simple, but I want you to ask yourself this question—why don't I feel good about myself? Is it my weight? My wrinkles? My past? Then I want you to ask yourself this question: Who would I be if I accepted those parts of me?

Notice that I didn't say love or celebrate; I said accepted. Consider asking yourself, what if I recognized those parts of me and said, "Hey, I see you." Because at the end of the day, isn't that what we all want? To be seen, accepted and loved? But we can't really receive that from others if we're not first willing to see, accept and love ourselves.

As you consider what it would be like to see, accept and love yourself, identify the barriers that prevent you from doing that. What are the beliefs fueling those barriers (for example: I'm not good enough; I'm not lovable; it's not safe)? The more we understand the stories we tell ourselves, the more we understand what is fueling our behavior. And the more easily we can break them down.

## Squad Support

I've had the privilege of having some amazing supporters in my life. If I'm struggling with confidence in my business, I message a certain friend. If I'm lacking motivation with my health and fitness, I message another friend. If I need a pep talk for something big...you get the picture.

How did I get so blessed with an incredible support squad? By being the type of friend I was looking for. By being vulnerable, transparent, encouraging, thoughtful and loving. Like attracts like. Be the type of friend you are wanting, and you'll be surprised at the kind of support squad you will create.

## Conscious Consumer

It's so important that we pay attention to what we're watching, listening to and even who we're connected with. I've had friends who deleted social media apps from their phone because they find that it takes a heavy toll on their mental health. If you feel similar, do the same! Or limit your social media time to certain hours or days of the week.

Unfollow or block any accounts (whether they're family or celebrities) that negatively impact your self-esteem.

If the types of shows you watch also take a toll on your self-esteem, find something that's more encouraging, inclusive and uplifting. Follow accounts and listen to podcasts that promote well-being and that make you laugh. Consume media that reminds you how beautiful this life (and you) truly are.

## Prioritize Pleasure

Pleasure is defined as a feeling of happy satisfaction and enjoyment. If you get to the end of your day, and nothing has brought you pleasure, then it's likely that you don't really believe that you deserve a pleasure-filled life.

Create a Pleasure Practice by identifying something small each day that brings you pleasure. Maybe it's that morning cup of coffee. Maybe it's watching the sunset. Maybe it's taking a walk alone in the woods. In those moments, be present. Focus on how that experience made you feel, and believe that you are worthy and deserving of that moment (and all the ones to come).

It's important to remember that feeling good, let alone great, about yourself doesn't happen overnight. So many factors (quality of sleep, hormones, monthly cycle) can influence our mood and mindset. Having a strong sense of self, a solid foundation of WHO you are (an amazing human who was born for a reason), makes a massive difference.

And remember that it's never too late to seek professional help. Talking with a therapist, coach or chaplain can really equip and empower you. I hope you know that you're not alone in your journey. It's ok to have joyful days and more somber ones. Neither are good or bad. It's all part of this human experience. ■

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Courtney Boyer, M.S., M.Ed., CLC, the author of "Not Tonight, Honey," is a relationship and intimacy expert and life coach. Find out more about her work at [www.courtneyboyercoaching.com](http://www.courtneyboyercoaching.com)



# Birthing in an Italian Hospital

By Ashleigh Link

Birthing our second child is an experience we will always cherish. San Bortolo Hospital and the Vicenza Health Community provided an empowering journey that brought our daughter safely into our family.

I chose to receive prenatal care through the San Bortolo Obstetrics and Gynaecology (OBGYN). After receiving an initial introduction through the Vicenza Health Clinic, all appointments occurred at the OBGYN clinic in the San Bortolo hospital. The nurses and doctors were attentive, caring and ensured I got to see our daughter each visit. The nurses always made sure I took away a clear ultrasound picture for her baby book! Their willingness to give us time to see our daughter while in utero proved the clinic cared for the emotional, not just physical, well-being of the mother and baby.

Potential language barriers are an initial concern for expecting mothers and support partners. While receiving prenatal care, all healthcare professionals through the San Bortolo Hospital OBGYN spoke English and were able to communicate effectively. The nurses were kind, timely and patient with each expectant mother. Additionally, support provided by the Army Community Services New Parent Support Program (NPSP) proved invaluable. As information pertinent to expecting mothers came up we received a phone call from our NPSP liaison. This bridge between the San Bortolo OBGYN and the expectant mother provided a line of clear communication.

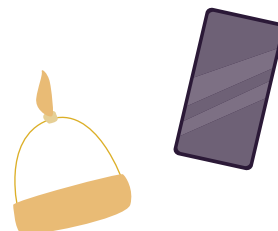
Another key resource to alleviating potential language barriers were the San Bortolo Hospital Patient Liaisons. The liaisons work in the hospital and are available upon your arrival. The liaisons attend appointments and translate directly between the patient and the healthcare provider. The patient liaison was present during all stages of my labor and delivery at San Bortolo. Remember, you and your support partner are your best advocates. If you need help with translation, request support from the San Bortolo Hospital Patient Liaisons.

As I began to go into labor, I arrived at the San Bortolo Hospital Emergency Room. Once admitted, I waited in a room alongside another expecting mother until I entered active labor. The nurses contacted my husband, who waited nearby, and ensured he was present in the delivery room for the birth of our daughter. During labor, the nurses, midwives, doctors, and patient liaison ensured

a healthy, medicated (per my request), vaginal delivery. Immediately upon delivery, the midwife placed my daughter on my chest and my husband eventually cut the umbilical cord. We were then placed in a private room to share two hours of skin-to-skin time with our daughter.

The recovery process at San Bortolo Hospital included both a communal room as well as a private suite. I recovered in a shared room with two other mothers—American and Italian—until a private room became available. Upon receiving a private suite, my husband visited daily during established visiting hours and we were able to bond with our daughter. The recovery was peaceful, non-intrusive and I was able to access help if necessary. My daughter stayed in my private room with me where the pediatrician assessed her health periodically. A patient liaison was available, per my request, for any language barrier I encountered. I had zero issues contacting my husband and family during my stay.

Upon discharge from San Bortolo Hospital, our community surrounded us with so much support and love. Living abroad, you are typically without immediate family members. Community is incredibly important for expecting mothers and their families during this experience of birthing abroad. Ways you can support an expecting mother are to organize a meal train or help care for other children in the family. With the support we received from our healthcare providers and friends, we truly will cherish this experience of birthing abroad for years to follow. ■



## Packing for Your Birthing Experience:

- Download Google Translate
- The Patient Liaison's contact information
- Newborn-sized diapers
- Wipes for diaper changes
- Your newborn's first outfit in a sealable bag
- Postpartum care items for yourself, these are not provided by the hospital
- Entertainment items for yourself, such as a book, magazine or headphones
- Your favorite snacks
- A long, 220V phone charging cord





# ITALIAN EXCELLENCE, INTERNATIONAL CARE

Living in Italy also means having access to a high-quality healthcare system built on professionalism, attention, and genuine personal care.

**Centro Medico Esperia** in Porcia (Pordenone) perfectly represents this Italian excellence: a modern, efficient, and welcoming medical center where cutting-edge technology meets the human side of medicine.

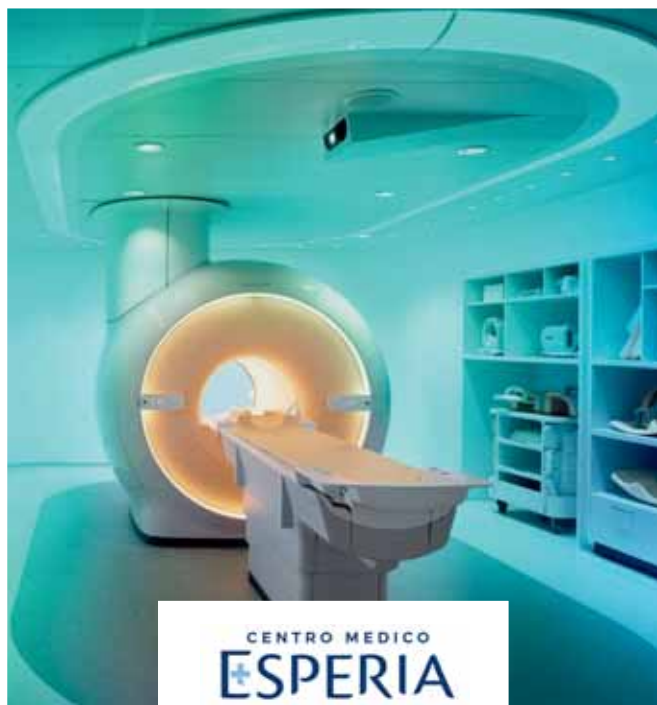
Part of the **Policlinico Città di Udine Group**, Centro Medico Esperia offers both Italian and international patients top-level medical services. A team of more than **60 specialists** works in synergy to ensure accurate diagnoses, effective treatments, and personalized prevention programs.

The center features **15 specialty clinics** and a state-of-the-art diagnostic imaging department equipped with the new **Revolution Apex Elite Cardiac CT** by **GE HealthCare** - one of the most advanced scanners in the world for studying the heart and coronary arteries - and the **Philips Ingenia 1.5T MRI**, which delivers highly precise imaging with shorter exam times and maximum patient comfort. The diagnostic area also includes the **Opera Revolution** digital radiology system, designed to provide exceptional image quality while minimizing X-ray exposure.

Main specialties include **cardiology, gynecology, dermatology, orthopedics** and **outpatient orthopedic surgery, ophthalmology, neurology, endocrinology, and vascular surgery**, along with dedicated prevention programs such as "Women's Prevention," which allows patients to complete breast and gynecological exams in a single appointment with same-day results.

## **Centro Medico Esperia**

also welcomes international patients, providing attentive support and personalized care throughout every step of their healthcare journey.



CENTRO MEDICO  
**ESPERIA**

Via dei Servizi 10, Porcia (PN)  
+39 0434 590222  
[www.centromedicoesperia.it](http://www.centromedicoesperia.it)



# Pet Health



# Aviano Veterinary Treatment Facility (VTF)

Area F, Bldg. 1410

DSN: 632-8485 | Comm: +39-0434-30-8485

Email: [usaf.aviano.31-mdg.mbx.vet-clinic@mail.mil](mailto:usaf.aviano.31-mdg.mbx.vet-clinic@mail.mil)

Get pet registration and pet passport information, local emergency and specialty clinic information here: [www.31fss.com/pet-registration](http://www.31fss.com/pet-registration).

## Getting to Italy

To enter Italy, you must furnish proof that your pet has:

- An international microchip
- A current rabies vaccination that meets OIE standards
- A certificate of health

Be sure to keep the Leptospirosis vaccine current as it has a heavy presence in Italy. Because fleas and ticks are also prevalent, consider preventive treatments. There is also a Lyme disease vaccination available for dogs.

Within 14 days of your pet's arrival or adoption, you should register with the local military vet clinic and register the microchip. Your pets must have identification tags and should not wander freely. You are responsible—and can be sued—for damages to individuals or property caused by your pet, so purchase liability insurance. Coverage is inexpensive and will save you from any future headaches.

## Pet Transportation Allowance

When PCSing overseas or outside the continental United States, service members may be authorized a Pet Transportation Allowance for the transportation costs of one pet. The reimbursement cap is \$2,000.

## Travel

Planning to travel without your pet? You'll need a European pet passport before traveling around Europe. Make an appointment with an off-installation veterinarian to acquire one.

Be sure to find a kennel as soon as possible as they can be fully booked months in advance for the summer and winter holiday seasons.

## Emergencies

Installation vet offices do not provide after-hours emergency care, so ask for a list of clinics on the Italian economy. Visit a couple to find one that is right for you and establish a relationship so that you will feel confident going there if an emergency arises.

## Checklist for Pet Parents

- ✓ Register international micro-chip.
- ✓ Keep rabies vaccination current.
- ✓ Register with military vet.
- ✓ Find Italian vet clinic.
- ✓ Get pet passport and ID tags.
- ✓ Purchase pet insurance.
- ✓ Give flea and tick treatment.
- ✓ Schedule Lyme disease vaccination. ■

# Directories





## Emergency Information

*All emergency numbers can be dialed from a cell phone without an active or valid service provider.*

### European Emergency Number: 112

Italian Ambulance: 118

Italian Fire: 115

Italian Police: 113

On base emergency: 911

Note that Aviano's 31st Medical Group does not have an emergency department.

### 24/7 Nurse Advice Line

DSN: 632-5000

Comm: 0434-30-5000 (option 1)

U.S. phone: 1-800-979-721

Visit: [mhsnurseadvice.com](http://mhsnurseadvice.com)

## Need Emergency Translation Support?

### During an emergency

- First call the Interpreter for in-person translation assistance (during business hours): +39-335-560-1235 or 0039-335-560-1235 from a U.S. phone
- As a second option, call International SOS (telephonic 24/7 translation support): +39-800-915-994
- If you are PRAP/AUOF/FLY call unit monitor directly: 335-801-5463

### Once admitted to a hospital, you can contact the Patient Liaison Support Lines:

- Pordenone Patient Liaison: 0434-36-5701
- Aviano Patient Liaison: 0434-30-5408 or DSN: 632-5408

# 31st Medical Group Directory

## Aviano Air Base Health Clinic

Area 1, Bldg. 121

DSN: 632-5000 | Comm: +39-0434-30-5000

Monday–Friday, 7 a.m. to 4:30 p.m.

The clinic is closed every third Tuesday of the month for training and on all U.S. federal holidays.

Call the main clinic phone line to:

- Make, cancel or reschedule appointments
- Connect to Nurse Advice Line
- Contact the Patient Liaison
- Connection to pharmacy for refills
- Connect to other various office and services

Aviano TRICARE Information: [aviano.tricare.mil](http://aviano.tricare.mil)

Facebook: [www.facebook.com/AvianoMedicalGroup](http://www.facebook.com/AvianoMedicalGroup)

AvianoMedicalGroup

## Quick Reference Numbers

*Country code for Italy: +39*

### Appointments / 24-Hour Nurse Advice Line

DSN: 632-5000 | Comm: +39-0434-30-5000

U.S. phone: 800-979-721

### Alcohol and Drug Abuse Prevention and Treatment (ADAPT)

DSN: 632-6247 | Comm: +39-0434-30-6247

### Allergy and Immunology

DSN: 632-5400 or 632-6261

Comm: +39-0434-30-5400 or 0434-30-6261

### Base Operational Medicine Clinic (BOMC)

DSN: 632-5414 | Comm: +39-0434-30-5414

### Case Management Services

DSN: 632-5558 | Comm: +39-0434-30-5558

### Clinical Laboratory

DSN: 632-5940 | Comm: +39-0434-30-5940

After hours on-call: +39-335-102-8687

### Dental

DSN: 632-5060 | Comm: +39-0434-30-5060

After-hours Emergencies:

+39-335-848-2558

### Exceptional Family Member Program (EFMP)

DSN: 632-5674 | Comm: +39-0434-30-5674

### Family Advocacy

DSN: 632-5667 | Comm: +39-0434-30-5667

### Health Promotions

DSN: 632-4583 | Comm: +39-0431-30-4583

### Immunizations

DSN: 632-5000 | Comm: +39-0434-30-5000

### International SOS

+(44) 20-8762-8384 (option 1)

### Medical Records

DSN: 632-5309 | Comm: +39-0434-30-5309

### Medical Standards Management Element (MSME)

DSN: 632-5200

Comm: +39-0434-30-5200

### Mental Health

DSN: 632-5321

Comm: +39-0434-30-5321

### Optometry

DSN: 632-5062

Comm: +39-0434-30-5062

### Patient Advocate

DSN: 632-5002

Comm: +39-0434-30-5002

### Patient Liaisons

Aviano

DSN: 632-5408

Comm: +39-0434-30-5408

Pordenone

Comm: +39-0434-36-5701

### Pediatrics

DSN: 632-5685

Comm: +39-0434-30-5685

### Pharmacy

DSN: 632-5214

Comm: +39-0434-30-8165

### Physical Therapy

DSN: 632-4068

Comm: +39-0434-30-4068

### Public Health

DSN: 632-2998

Comm: +39-0434-30-2998

### Radiology

DSN: 632-5019

Comm: +39-0434-30-5019

### Referral Management

DSN: 632-5000

Comm: +39-0434-30-5000

### Reliability Operational (Flight Medicine/PRAP)

Flight Medicine DSN: 632-5101

Flight Medicine Comm: +39-0434-30-5101

PRAP DSN: 314-632-1755

PRAP Comm: +39-0434-30-1755

### TRICARE Benefits

DSN: 632-5067/5000

Comm: +39-0434-30-5067/5000

### TRICARE Enrollment/Disenrollment

DSN: 632-5000

Comm: +39-0434-30-5000

# Italian Provider Directory

For the most current TRICARE network provider information: [www.tricare-overseas.com/beneficiaries/resources/provider-search](http://www.tricare-overseas.com/beneficiaries/resources/provider-search)

TRCARE Dental Program provider search: [www.uccitdp.com/tp2opd](http://www.uccitdp.com/tp2opd)



Find a hospital or clinic near you on Google Maps.

## wHospitals

✚ Emergency Room | ♥ Maternity Care

### Azienda Sanitaria Friuli Occidentale—ASFO (Pordenone Civil Hospital) ♥♥

Via Montereale 24  
33170 Pordenone PN  
0434-39-9111  
TRICARE Network: Yes  
[asfo.sanita.fvg.it/it](http://asfo.sanita.fvg.it/it)

### Azienda Ospedaliera “Santa Maria della Misericordia” Universitaria Friuli Centrale (Udine Civil Hospital) ♥♥

Piazzale Santa Maria della Misericordia 15  
33100 Udine UD  
0432-5521  
TRICARE Network: No  
[asufc.sanita.fvg.it](http://asufc.sanita.fvg.it)

### Azienda Ospedale Università Padova ♥♥

Via Nicolò Giustiniani 2  
35121 Padova PD  
049-821-1111  
TRICARE Network: Yes  
[www.aopd.veneto.it](http://www.aopd.veneto.it)

### Burlo Garofolo (Children's and Maternity Hospital) ♥♥

Via dell'Istria 65  
34137 Trieste TS  
040-378-5111  
TRICARE Network: Yes  
[www.burlo.trieste.it](http://www.burlo.trieste.it)

### Casa Di Cura San Giorgio (Policlinico) ♥

Via Agostino Gemelli 10  
33170 Pordenone PN  
0434-51-9111  
TRICARE Network: Yes  
[www.clinicasangiorgio.it](http://www.clinicasangiorgio.it)

### Ospedale Ca' Foncello Treviso ♥♥

Via Piazzale dell'Ospedale 1  
31100 Treviso TV  
0422-32-2111  
TRICARE Network: Yes  
(for some specialties only)  
[www.aulss2.veneto.it](http://www.aulss2.veneto.it)

### Ospedale San Bortolo ♥♥

Viale Ferdinando Rodolfi 37  
36100 Vicenza VI  
0444-75-3111  
TRICARE Network: Yes  
(for some specialties only)  
[www.aulss8.veneto.it](http://www.aulss8.veneto.it)

## Clinics

Outpatient facilities with multiple specialists.

### Blue Medical Center

Via Nazionale 44  
31010 Godega di Sant'Urbano TV  
0438-38-8437  
TRICARE Network: Yes  
[www.bluemedicalcenter.com](http://www.bluemedicalcenter.com)

### Casa di Cura Giovanni XXIII

Via Giovanni XXIII 7  
31050 Monastier di Treviso TV  
0422-8961  
TRICARE Network: Yes  
[www.giovanni23.it](http://www.giovanni23.it)

### Centro Medico Esperia Srl

Via dei Serviti 10  
33080 Porcia PN  
Via Correr 25  
33080 Porcia PN  
0434-59-0222  
TRICARE Network: No  
[www.centromedicoesperia.it](http://www.centromedicoesperia.it)

### Centro di medicina

TRICARE Network: Yes, Pordenone and Conegliano locations only  
[www.centrodimedicina.com](http://www.centrodimedicina.com)  
Via Della Ferriera 22/D  
33170 Pordenone PN  
0434-55-4130  
Viale Venezia 87/A  
31015 Conegliano TV  
0438-6-6191

### Diagnostica 53

TRICARE Network: No  
[www.diagnostica53.it](http://www.diagnostica53.it)  
Via Dante Alighieri 2  
33070 Brugnera PN  
0434-183-5050

Viale l' Maggio 65  
33082 Azzano Decimo PN  
0434-64-0411

### Mediclinic

Via IV Novembre 10/C  
35020 Pozzonovo PD  
0429-77-2906  
TRICARE Network: Yes  
[www.mediclinic.it](http://www.mediclinic.it)

### Polis Medica

TRICARE Network: No  
[www.polismedica.it](http://www.polismedica.it)  
Via Rosa 18  
33078 San Vito al Tagliamento PN  
0434-83-4069  
Via Fausto Bonò 1  
30026 Portogruaro VE  
0421-170-6970

## Sanisystem

TRICARE Network: No  
[www.sanisystemgroup.it](http://www.sanisystemgroup.it)

Via G. Galilei 9  
33170 Pordenone PN  
0434-20-8215

Via Montereale 53/A  
33170 Pordenone PN  
0434-20-8215

Via San Michele 4  
33077 Sacile PN  
0434-78-0986

## Nutrizione Prevenzione Integrated Medicine

Via Julia 9  
33170 Pordenone  
0434-96-6679  
TRICARE Network: No  
[www.nutrizioneprevenzione.it](http://www.nutrizioneprevenzione.it)

## Behavioral and Mental Health

### REACH AUT

TRICARE Network: Yes  
[www.reachaut.org](http://www.reachaut.org)  
Corso Vittorio Emanuele II 27  
33170 Pordenone PN  
0444-149-7390  
Via Gramsci 14  
33081 Aviano PN  
0434-31-3869  
Via S. Martino 7  
33081 Aviano PN  
0444-149

## Cosmetic Surgery

### Dr. Marco Pin

Via Cristoforo Colombo 4  
33077 Sacile PN  
346-088-3754  
TRICARE Network: Yes  
[www.marcopin.it](http://www.marcopin.it)

## Dentistry

### Dentaline SRL

Via G. B. Damiani 5  
33170 Pordenone PN  
0434-52-1926  
TRICARE Network: Yes  
[www.studiodentisticovalenti.com](http://www.studiodentisticovalenti.com)

### Dr. Sonia Alosi

Via XX Settembre 53  
33080 Roveredo in Piano PN  
0434-96-0164  
TRICARE Network: Yes

### Novidental

Via Via Puia 2  
33070 Brugnera PN  
0434-62-4083  
[www.novidental.it](http://www.novidental.it)

### Smile Angels Dental Clinic

Via Dante Alighieri 8  
33080 Roveredo in Piano PN  
0434-96-1072  
TRICARE Network: Yes

### Studio Dentistico Dentax

Via Zoppè 6  
31020 San Fior di Sotto TV  
0438-77-7220  
[www.studiodentax.it](http://www.studiodentax.it)

### Studio Dentistico Serena

Piazzale XX Settembre 24  
33170 Pordenone PN  
0434-2-7788  
[www.studiodentisticoserena.com](http://www.studiodentisticoserena.com)

### Studio Dentistico Smile

Via delle Acque 4  
33080 Porcia PN  
392-285-1100  
[www.studiodentisticosmile.com](http://www.studiodentisticosmile.com)

### Studio Dentistico Valenti

Via G. B. Damiani 5  
33170 Pordenone PN  
0434-52-1926  
TRICARE Network: Yes  
[www.studiodentisticovalenti.com](http://www.studiodentisticovalenti.com)

## Medical Equipment

### Beni Sanitaria

Via Carlo Cattaneo 54  
36100 Vicenza VI  
0444-54-5390  
TRICARE Network: Yes  
[www.benivicenza.it](http://www.benivicenza.it)

### JANZ Medical Supply—

#### Aviano Main Exchange

Via Dei Pionieri dell'aria 139  
33080 Roveredo In Piano PN  
0434-65-8293  
TRICARE Network: Yes  
[janzmedicalsupply.com/store/aviano-main-exchange](http://janzmedicalsupply.com/store/aviano-main-exchange)

### JANZ Medical Supply—

#### Vicenza Army Health Clinic

Via Aldo Moro, Building 305  
36100 Vicenza VI  
347-865-8186  
TRICARE Network: Yes  
[janzmedicalsupply.com/store/aafes-vicenza-army-health-clinic](http://janzmedicalsupply.com/store/aafes-vicenza-army-health-clinic)

### Sanitaria Ortopedica Avianese

Via Sacile 3/B  
33081 Aviano PN  
0434-65-2218  
TRICARE Network: No

## Sleep Medicine

### American Sleep Clinic

Friedberger Landstraße 406  
60389 Frankfurt am Main, Germany  
069-808-807-777  
[www.american-sleep-clinic.com](http://www.american-sleep-clinic.com)

## Oncology

### Centro Di Riferimento Oncologico Aviano

Via Franco Gallini 2  
33081 Aviano PN  
0434-65-9111  
TRICARE Network: Yes  
[www.cro.it/it](http://www.cro.it/it) ■



GOOD SLEEP. GOOD DAY. GOOD LIFE.

# Did you know how risky snoring could be? We simply stop it.



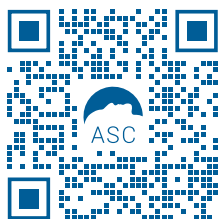
Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

**Moreover: Snoring affects your readiness at work, for travel and exploration.**

Join his Sleep Clinic in Frankfurt am Main, where he treats patients in a comfortable environment since 2009. Very easy to reach with stop directly in front of the clinic. Extensive examinations and tests are carried out by special measurements with state-of-the-art equipment.

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Our medical services are covered by most U.S. Health insurances with direct billing services.



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info@american-sleep-clinic.com  
www.american-sleep-clinic.com

 Zentrum für  
**SCHLAFMEDIZIN**  
American Sleep Clinic

