

HEALTH & MEDICAL

GERMANY



OFF-INSTALLATION HEALTHCARE

INSURANCE

STAYING HEALTHY

PET HEALTH

PROVIDER DIRECTORY

INSIDE



American Doctors & Staff



RAMSTEIN DENTAL CARE

- ☎ 06371 406230
- 📍 Poststrasse 1, 66877 Ramstein
- 🌐 RamsteinDental.com
- ✉ RamsteinDental@gmail.com



WIESBADEN DENTAL CARE

- ☎ 06119 887 2650
- 📍 Bahnstrasse 14, 65205 Wiesbaden
- 🌐 WiesbadenDental.com
- ✉ WiesbadenDentalCare@gmail.com



We Offer

- 🦷 Family Dentistry
- 🦷 Implant Surgery
- 🦷 Veneers
- 🦷 Crowns / Bridges
- 🦷 Root Canals
- 🦷 Oral Surgery
- 🦷 Wisdom Tooth Removal
- 🦷 BlancOne Whitening
- 🦷 Sports & Night Guards
- 🦷 Therapeutic & Cosmetic Botox at Ramstein

WE KNOW YOUR NEEDS. WE SPEAK YOUR LANGUAGE.

Your Doctors are *right here*.

YOUR EXPERT ORTHOPAEDIC
& SURGERY CARE
FOR U.S. MILITARY MEMBERS,
FAMILIES & CIVILIANS
IN WIESBADEN



ORTHOPAEDICUM Wiesbaden

Orthopaedics

Shoulder . Elbow
Hand & Wrist . Spine
Hip . Knee
Foot & Ankle

Trauma Surgery

Fracture Treatment . Outpatient OR
Surgery, Aftercare & Rehab

Sports medicine

Injury Management . PRP Therapy .
Shockwave
Golf Medicine (PGA Pro)

General & Skin Surgery

Minimal-invasive Hernia
Surgery
Skin Surgery and
Aesthetics

**Urgent & same Day
Appointments via
Emergency Inquiry Form
via Website**



Book online via
Doctolib

Orthopaedicum Wiesbaden . Chirurgicum Wiesbaden . Ambulantes OP-Zentrum
Friedrichstrasse 29 . 65185 Wiesbaden

For Booking call +49 (0)611-99272-0 or email to termin@orthopaedicum-wiesbaden.de
www.orthopaedicum-wiesbaden.de . www.chirurgicum-wiesbaden.de



Nurse Advice Hotline

The Nurse Advice Line allows you to speak to a registered nurse, 24 hours a day, 7 days a week.

- Call toll free: 0800-071-3516
- Chat or Video Chat:
www.mhsnurseadvice.com/home

In Case of Emergency



112 is the Europe-wide emergency phone number. It can be used for emergencies in Germany, whether you are on or off a military installation.

While traveling, call International SOS at 0800-589-1599 to help you locate a TRICARE-approved hospital.

Disclaimer: The material 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.

Contents

06	Off-Installation Healthcare	
	Visiting a German Doctor	8
	Patient Liaisons	10
	German Pharmacies and Medication.....	14
16	Insurance	
	TRICARE Overseas	17
	MTF Patient Care Priority Policy	18
	Civilian Insurance	20
22	Staying Healthy	
	Mental Health Resources	23
	A Guide to German Herbal Teas	24
	Healing Heat: How to Visit a Sauna for Athletic Recovery	26
	Need a New Fitness Goal? Try a Parkrun	30
	Gluten Free in Germany	32
	Forest Bathing	34
	Pediatric Dental Care.....	40
42	Pet Health	
	German Pet Regulations	44
	Visiting the Vet.....	45
	Veterinarian Directory	46
48	German Provider Directories	
	KMC Area Directory	48
	Spangdahlem Area Directory	54
	USAG Ansbach Area Directory.....	56
	USAG Bavaria Area Directory	60
	USAG Stuttgart Area Directory	64
	USAG Wiesbaden Area Directory	68

STARS AND STRIPES.

EUROPE OFFICE

COMMANDER
Dan "DQ" Quinlan, Lt Col, USAF
BUSINESS OPERATIONS MANAGER
John Rodriguez
ENGAGEMENT MANAGER
Kay Moncada
MARKETING COORDINATOR
Kristen Thoennes
COMMUNITY RELATIONS COORDINATOR
Al Green

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell
PUBLISHING & MEDIA DESIGN, LEAD EDITOR
Kat Nickola
WRITER-EDITOR
Katie Wells
GRAPHIC DESIGNERS
Daniela Gammon, Rryan Joye, Mandy Mills
WEB EDITOR
Tamala Malerk

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty
ADMINISTRATIVE ASSISTANT
Danny Padro
MULTIMEDIA ADVERTISING, CONSULTANTS
Sean Adams, Heidi Bayfield, Kandace Blevin, Nathaniel Jamison, Jennifer Kordos, Caitlin Weaver
COVER DESIGN BY
Rryan Joye

ADVERTISING OFFICE

OPC 469 Box 12, APO AE 09227
Postfach 1980, 67607
Kaiserslautern, Germany
+49 (0) 631-3615-9000
FOR PUBLICATION REQUESTS
Stars and Stripes Europe, Advertising
OPC 469 Box 12, APO AE 09227
or email dougherty.doug@stripes.com
Visit our website for more information
at www.stripes.com

©2026 Stars and Stripes. All Rights Reserved.
All information current as of July 2026.

WASHINGTON OFFICE

PUBLISHER
Max Lederer, Jr.
CHIEF OPERATIONS OFFICER
Laura Law
REVENUE DIRECTOR
Scott Foley
ADVERTISING OFFICE
633 3rd Street NW, Suite 116
Washington, DC 20001-3050
202-886-0003

FAMILY DENTAL

by: Dr. HAGER

DR. TAM HAGER, D.M.D | U.S. Army Dental Corp Retired
Board Certified Dentist | Specialist in Implants, Cosmetic & Reconstructive Dentistry

Dr. Gabi Im DMD, MPH
General Dentist

Dr. Stephen Keesee DDS
Board Certified Prosthetic Dental Specialist

Dr. Mendoza DDS
General Dentist

Old Fashioned Family Dentistry



Dental Phobic? We offer sedation & laughing gas!

Contact Us:

-  0631-4146-4960
-  Contact@hagerdental.com
-  www.hagerdental.com
-  Liebigstrasse 1
67661 Kaiserslautern
Located in Einsiedlerhof



Clinic Hours

Monday - Friday
8AM-4PM



Tricare Claims submitted for Active Duty Family Dependents (No cost share for most dental procedures)

Off-Installation Healthcare





OXIDIO

Find the highest American standard of care and a dedicated team with a focus on family, just around the corner!

Lukas Winkelmann, DMD (University of Pennsylvania) and the international, English-speaking team at OXIDIO welcome you to our state of the art dental practice in Gärtringen.

- Dental exams & cleaning
- Fillings, crowns, bridges, root canals
- Periodontics
- Teeth whitening
- Orthodontics/Invisalign
- Implants

English-speaking staff

American dental hygienist

Tricare Preferred Provider offering direct billing

Conveniently located, close to the S-Bahn and A81.

Visit **oxidio.com** to find out more or call us to make an appointment.

Dental Office

Lukas E. Winkelmann, DMD

Blucherstrasse 13

71116 Gaertringen

E-mail: praxis@oxidio.com

Tel: 07034-6477290

www.oxidio.com



Opening Hours:

Monday & Tuesday 7 am – 4 pm

Wednesday & Thursday 8 am – 5 pm

Friday 7 am – 12 pm

(Lunch Break 12 – 12:30 pm)



 oxidio Dr. Winkelmann

 oxidiodentist

 oxidio youtube

Visiting a German Doctor



Medical care off-installation in Germany is modern and may include a combination of homeopathic, Eastern and traditional care.

Referrals

TRICARE beneficiaries will often be referred to off-installation German doctors and healthcare providers when there is not space-available service at the local MTF. In addition, U.S. citizens not eligible for primary care at their local MTF will need to choose a local German doctor.

- The TRICARE Beneficiary app, or the TRICARE Service Center can help you track any referrals and provide you with information about the German facility you have been sent to.
- In Germany, some healthcare facilities require a payment at time of service, while others will bill you later (often via mail or email).
- Depending on your insurance, you may need to pay the bills before filing a claim for reimbursement. Some local off-installation providers do offer direct billing to TRICARE.
- Visit the directory at the back of this guide to find local providers in your area.
- Find TRICARE network providers at www.tricareoverseas.com/beneficiaries/resources/provider-search.

Treatment Differences

Many European doctors try homeopathic remedies to medicate their patients as a first choice. If you are in pain or are not responding well to these treatments, stronger prescriptions are available. Talk with your doctor if you have concerns. Inform your medical team of prescriptions you currently use, ask your doctor questions and seek help with your patient liaison if a language barrier exists.

There may be privacy differences as well. Host nation doctors may not 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.

Hospital Stays

German hospitals are a bit different than American hospitals, so it will be helpful to pack a bag for an anticipated stay. Host-nation hospitals do not often provide personal effects or toiletries, but if you forget or are unable to bring those, the hospital will generally have a store where you can purchase them.

Hospital rooms are often multiple occupancy and may have no privacy screens between beds. Take appropriate clothing that allows you to remain semi-dressed during exams. Additionally, if you want to leave your room, get dressed and don't walk around in a hospital examination gown. Most European patients will not stay in their gowns all day. If you plan on leaving the ward, let the nursing staff know.

What to bring with you to the hospital

- ☐ Cell phone and charger
- ☐ Euros
- ☐ List of current medications
- ☐ Notebook and pen
- ☐ Pajamas, slippers, robe
- ☐ Photo ID card
- ☐ Reading materials
- ☐ Snacks
- ☐ Tablet or laptop with earphones
- ☐ Toiletries and personal hygiene items
- ☐ Towel and washcloth ■



Landstuhl
American
Dentistry

Making Every Smile Count.

Creating healthy,
confident smiles that
last a lifetime.

CONTACT US:

Kaiserstr. 36,
66849 Landstuhl

06371 560 8075

info@american-dentistry.de

www.american-dentistry.de

CHECK OUT
OUR SISTER CLINIC



Landstuhl American
Orthodontics

Patient Liaisons



Located at MTFs in Europe, host-nation patient liaisons are available for U.S. citizens seeking access to host-nation providers.

Patient liaisons can:

- Accompany patients to their first visit to a host-nation provider (please call for availability).
- Help plan transfers from an MTF to a host-nation medical facility or from a host-nation facility to MTF by civilian ambulance or a privately owned vehicle.
- Ease language barriers between patient and host-nation providers.
- Talk to host-nation providers and International SOS about a patient's medical condition and treatment plan.
- Answer questions about treatment, medical forms, host-nation hospital environment or culture, and host-nation medical practices.
- Assess and interpret patient concerns to determine specific assistance needs.
- Visit daily to assess treatment progress or plans for the patient's transfer to other hospital or MTF.
- Assist with the discharge of a patient from a host-nation treatment center.

When admission to a host nation facility is scheduled a patient liaison should be contacted directly.

To find a liaison, visit <https://mhs-europe.tricare.mil/Clinics> and select your local clinic.

If you need emergency care, ask the hospital to contact a patient liaison or call your local MTF to arrange a meeting. Once you have made contact, your patient liaison will help with any questions or needs. The patient liaison program is open to all U.S. citizens. Patient liaisons are available for calls 24 hours a day. ■

WELCOMING

New Patients!

IN THE HEART OF BÖBLINGEN

5 minutes from Panzer
S-Bahn within walking distance

We provide a welcoming and
comforting environment with
flexible appointment scheduling to
fit your needs.

*Our
Services:*

Teeth cleaning & whitening
Periodontal (gum) treatments
Fillings & inlays
Root canal treatments
Dental prosthetics
Aesthetic dentistry

...and more!



Praxis
Dr. Petra Bagusche

🏠 Poststraße 44, 71032 Böblingen 📞 +49 (0)7031 4988-0
✉️ zahnarztpraxis@dr-bagusche.de 📠 +49 (0)7031 4988-49

🌐 dr-bagusche.de



Medizinalrat
Dr. med. Wolfgang
J.A. Hoffmann Schváb

Internal Medicine · Cardiology ·
Emergency Medicine



Scan to chat
on WhatsApp



PRIVATPRAXIS
- DRES. MED. -

HOFFMANN SCHVÁB

PRIVATE MEDICAL EXCELLENCE IN KAISERSLAUTERN

FOR THE INTERNATIONAL COMMUNITY

Advanced German medical expertise, aesthetic precision
and personal care – delivered in a private,
discreet setting in the heart of Kaiserslautern.

BETTERPELVI® IS PART OF OUR COMPREHENSIVE CARE.

OUR FOCUS AREAS



AESTHETIC MEDICINE
Botox/tin toxin treatments,
skin quality concepts,
mesotherapy,
biomodelling.



INTERNAL MEDICINE
Comprehensive diagnostics,
laboratory evaluations,
ultrasound, metabolic and
endocrine assessment.



CARDIOLOGY
Echocardiography, stress
echocardiography, ECG,
long-term diagnostics,
hypertension care, prevention.



SURGERY
Ambulatory surgical
expertise: hernia
consultation, wound care.



LONGEVITY & PREVENTION
Personalized prevention,
risk assessment, performance
and long-term health strategies.



**PELVIC FLOOR MEDICINE
& BETTERPELVI®**
Discrete, defined pelvic floor
therapy for women and men.
Strengthen. Restore. Prevent.

NOW WELCOMING ENGLISH-SPEAKING AND INTERNATIONAL PATIENTS.

WWW.PRAXISHOFFMANNSCHVAB.DE

BOOK YOUR PRIVATE CONSULTATION TODAY.



Dr. med. Anita
Hoffmann Schváb
BetterPelvi®

Surgery · Aesthetic Medicine ·
Pelvic Floor Expert · BetterPelvi®

📍 Pfaffplatz 10A · 67655 Kaiserslautern

📞 Tel.: 0631 14102

💬 WhatsApp: +49 163 7288886

✉️ info@praxishoffmannschvab.de

🌐 www.praxishoffmannschvab.de

Call to book
appointment

Stay Healthy

Meliva MVZ Westpfalz specialist clinics

Medical Services



ENT



Orthopedics



Surgery



Radiology



Anesthesia



Neurology

- ✓ Off-Base Specialty Care
- ✓ Brand-New Radiology Clinic
- ✓ Covered by most U.S. Insurances
- ✓ Trusted for 10+ Years
- ✓ American Billing Department
- ✓ English-Speaking Staff
- ✓ Short Wait Times
- ✓ All Specialties Under One Roof



Meliva MVZ Westpfalz
15+ Locations in the KMC
6+ Specialty care services
(+49) 0151 2728 3508
meliva.de/mvz-westpfalz

Call to book
appointment

Recover Strong

Meliva Physio Rehab in Ramstein

- ✓ Less than 1 mile to Ramstein gate
- ✓ Friendly English-Speaking Team
- ✓ Direct Billing with Tricare
- ✓ Covered by most U.S. Insurances
- ✓ U.S.-licensed Physical Therapists
- ✓ Lots of Free Parking
- ✓ Integrated Rehabilitation Plan
- ✓ Built for Military Families

Meliva Physio Rehab
Kindsbacher Str. 39d,
66877 Ramstein
(+49) 06371 9520408
meliva.de/physiorehab

Therapy Services



Physical Therapy



Women's Health PT



Pediatric PT



Massage Therapy



4D Motion Analysis



Chiropractic Care

German Pharmacies and Medication



A pharmacy in Germany is called an "Apotheke," and is easily identified by a large, red "A" and often times a green cross. An Apotheke must be owned and operated by a trained pharmacist. One pharmacist may only own three Apotheken, so there are not chain drugstores in Germany. Note that a "Drogerie," which literally translates as drugstore, does not sell medicine. It is a shop for toiletries and personal items.

How to get medicine at an Apotheke:

1. Speak to the pharmacist at the counter. Many pharmacists know English, but it's helpful to be prepared with a rough idea of the German terms and have a translation app.

If you need something "over the counter" without a prescription, you will need to describe the symptoms as you would to a doctor. Pharmacists are highly trained in choosing the proper medicines, including those typically sold on shelves in the U.S.

If you have a written prescription from a German doctor, you can simply hand it to the pharmacist.

2. The pharmacist will retrieve the medicine. At an Apotheke, all medications, including non-prescription drugs and homeopathic products, are kept on shelves or large drawers behind the counter or in a back room. If a medicine you need is not in stock, it can usually be ordered for pick up in a few hours or the following day.
3. The pharmacist will bring out one or more medicinal options. The pharmacist may offer you a few choices, including homeopathic remedies or generic medicines, and will explain the differences. In addition, there may be multiple sizes of the same medicine and you can choose which you'd like to buy. It is not rude to ask the cost. Expect them to explain dosage and use. There will be a paper in the package that explains these details in a few languages (not always English).
4. Pay for the medicine at the counter with the pharmacist. If there were other things in the store you wanted to buy, you can pay for them with your medicine or bring them up for a separate check out.

Finding an open Apotheke:

Many Apotheken are closed evenings, Saturday afternoons, Sundays and holidays. However, except in small villages, there will be one Apotheke open for emergency services at any time. This duty will often rotate.

Visit www.apotheken.de/apotheken-und-notdienste-suchen to search for your nearest open pharmacy. ■

These common over-the-counter medications are available at the Apotheke. Consult the pharmacist or your doctor for proper use and dosage.

ANTACID

Generic: Aluminiumhydroxid, Brand: Maaloxan
Generic: Calcium Carbonate, Brand: Rennie Kautabletten

ANTIDIARRHEAL

Generic: Loperamid-Hcl 2 mg, Brand: Lopedium akut

ANTIFUNGAL (FOOT)

Generic: Terbinafin, Brand: Lamisil spray/creme/gel
Generic: Clotrimazol, Brand: Canesten spray/creme
Generic: Bifonazol, Brand: Canesten Extra spray/creme

ANTIFUNGAL (JOCK ITCH)

Generic: Ketoconazol, Brand: Nizoral creme/shampoo

ANTIFUNGAL (VAGINAL)

Generic: Clotrimazol, Brands: KadeFungin 3, Canesten GYN

ANTIHISTAMINE

Generic: Loratadin, Brand: Claritin
Generic: Cetirizin, Brand: Zyrtec

ARTIFICIAL TEARS

Generic: Hypromellose/Polyvidon,
Brand: Lacrisic Augentropfen

CHILDREN'S PAIN / FEVER REDUCER

Generic: Ibuprofen, Brand: Nurofen Junior Fiebersaft
Generic: Tylenol or Paracetamol, Brands: Ben-u-ron Saft, Paracetamol Saft

COMMON WARTS

Generic: Dimethyl ether, Brand: Wartner

CONSTIPATION

Generic: Macrogol (Polyethylene Glycol),
Brand: Laxoberal sachet/tablets/drops

COUGH MEDICINE

Generic: Dextrmoethorphan,
Brand: Wick Formel 44 syrup/lozenges

EAR WAX REMOVER

Generic: Docusat-Natrium, Brand: Otowaxol Lösung

HEAD LICE

Generic: Permethrin, Brand: Infectopedicul

ORAL ELECTROLYTE REPLACEMENT (ADULTS)

Generic ingredients: sodium, potassium chloride and glucose, Brand: Elotrans Pulver

SALINE NASAL SPRAY

Generic: Sodium Chloride, Brand: Emser Nasenspray

THROAT LOZENGES

Brand: Lemocin (with Lidocain),
Brand: DoloDobendan (with Benzocain)

TOPICAL ANESTHETICS

Active Ingredient: Lidocain, Brand: Kamistad-Gel N

Insurance



TRICARE Overseas

Resources

- International SOS provides urgent or emergency medical support 24/7. +44 20-8762-8133 or toll free in Germany: 0800-723-4214
- Regional Customer Service provides a 24/7 phone number for beneficiary questions. +44 20-8762-8384 or toll-free in Germany: 0800-589-1599
- Covered services: <https://www.tricare.mil/CoveredServices>
- U.S. TRICARE Regions: East: 1-800-444-5445 / West: 1-844-866-9378
- Medicare: 1-800-633-4227
- Social Security Administration: 1-800-772-1213

TRICARE Overseas Program (TOP)

In Germany, 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

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.

- tricare.mil/primeremoteoverseas

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/selectoverseas

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.

- tricare.mil/tfl

TRICARE Young Adult

Available to dependent young adults 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.

- tricare.mil/Plans/HealthPlans/TYA

MHS Genesis

The MHS Genesis 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

- Make appointments
- 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

- Search for TOP network providers.
- Access your referral, authorization and secure claims portal to track appointments and set reminders.
- Use TOPs German "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 ratings when traveling.
- Check your health plan, covered services and access the claims portal.
- Translation assistance.

TRICARE Dental Program (TDP)

Most military dental clinics in Germany primarily treat active-duty service members. Dependents are seen on a space-available basis and must rely on regular visits to German dental providers.

The TRICARE Dental Program (TDP) provides optional, low-cost coverage for active-duty family members. TDP is administered by United Concordia.

United Concordia (TDP)

www.uccitdp.com

OCONUS Toll Free: (844) 653-4060 ■

MTF Patient Care Priority Policy



All DOW Military Treatment Facilities (MTFs) follow the Access to Care and Priorities of Care guidelines published by the Defense Health Agency (DHA).

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 at DOW 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 DOW 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 healthcare or other applicable international agreement (for example, NATO or PfP SOFA). Foreign members are eligible for the scope of services specified in the applicable agreement.

Priority 2

- a) When they are enrolled in TRICARE Prime, active-duty family members (ADFMs) and Transitional Survivors of Service members who died while active duty.
- b) NATO/PfP SOFA and other foreign military members' family members who are entitled to the scope of care pursuant to an applicable international 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 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 6

- a) Non-TRICARE eligible personnel like GS, AAFES, DoWEA or civilian employees on a non-recurring, non-primary care basis. ■

Premium dental care for you in Wiesbaden!

PRAXIS AM KURECK

All areas of dentistry under one roof: interdisciplinary cooperation of specialists, no change of practice. Optimal individual solutions.



We cover all areas of dentistry!

- Oral surgery
- Orthodontics
- Periodontics
- Endodontics (Root Canal Treatment)
- Pediatric dentistry
- Implant dentistry
- Cosmetic dentistry
- Temporomandibular Disorders (TMD)
- Dental hypnosis
- Dental traumatology
- Prosthodontics
- Dental sleep medicine



Your benefits:

- State-of-the-art technologies
- In-house dental laboratory
- Highest standard of care
- Centrally located in Wiesbaden
- Friendly, english speaking staff
- Relaxed, cultured atmosphere
- High flexibility for office hours:
MO-TH from 7 a.m. to 9 p.m.
FR from 7 a.m. to 6:30 p.m.



Wilhelmstrasse 7
65185 Wiesbaden
Phone: 0611 990370
info@praxis-am-kureck.de
www.praxis-am-kureck.de

Civilian Insurance

Below is a partial list of insurance companies for American civilians working at military bases overseas.

Federal employees can visit 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. 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
- **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
- **Compass Rose Health Plan**—If you need medical care outside the U.S., you may see any health care provider or visit any hospital. 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

Foreign Medical Program (FMP)

From the 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 in Germany associated with the eligible conditions. Registration is required.

Visit www.va.gov/health-care/foreign-medical-program or call 0800-013-0759 for details and registration. ■





Welcome to **Worldwide Healthcare**

AFSPA's **Foreign Service Benefit Plan** has proudly served federal civilians for over **75 years**.

Our membership is made up of 100,000+ active and retired federal employees and their families.

All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (RI 72-001).

Check your eligibility
and learn more:
afspa.org/eligibility



 **afspa**
FOREIGN SERVICE BENEFIT PLAN

✓ **High-Option Health Insurance**

✓ **Available Worldwide**

Staying Healthy



Mental Health Resources

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.

Military & Family Life Counselors (MFLCs) provide free non-medical sessions with specialists, are anonymous and may occur in individual, couple, family or group settings.

- Contact your local Army Community Services (ACS) office or your Force Support Squadron (FSS) to connect with an MFLC.
- MFLC services are also offered for children through DoWEA schools and youth programs.

Mental Health Services at installation clinics vary in their offerings. Many offer a variety of adult group and individual therapy options, evaluations and treatment for substance abuse. Additional options may include family and child services, school or developmental evaluations and care, and other specialty services.

Contact your local mental health clinic:

- Ansbach: 06371-9434-3600 (appointment line)
- Baumholder: 06371-9464-1066
- Grafenwöhr: 06371-9464-3000 (appointment line)
- Hohenfels: 06371-9464-3300 (appointment line)
- Landstuhl (LRMC): 06371-9464-5847
- Ramstein: 06371-46-2390
- Spangdahlem: 06565-61-8285
- Stuttgart: 06371-9464-1615
- Vilseck: 06371-9464-2300 (appointment line)
- Wiesbaden: 06371-9464-1320

Military OneSource offers free, short-term sessions for individual, couple, family or group settings. Learn more at militaryonesource.mil/non-medical-counseling.

Wounded Warrior Project (WWP) offers a range of free mental health programs for active-duty service members, Post-9/11 veterans and their families including a non-clinical "Talk" program and virtual clinical counseling, plus access to in-person adventure-based or clinic treatment programs. Register anytime at www.woundedwarriorproject.org. ■



A Guide to German Herbal Teas

By Karen Bradbury

Living in Germany presents one with the opportunity to sample a broad range of herbal, *Kräuter*, teas that are not necessarily as readily available everywhere in the States. While they are sold in supermarkets to some extent, drugstores such as Rossmann and DM offer a greater variety of herbal teas, both solitary and in dozens of combinations.

Some teas claim to offer an overall mood-enhancing effect, while others promise to tackle specific conditions or ailments.

Teas labeled *Arzneitee* are considered pharmaceuticals and are sold with warning labels describing their risks and possible side effects. Common brands include Bad Heilbrunner, Mivolis and Altapharma. Be sure to read the warnings (the Google translate app has a helpful camera feature) and ask a doctor if you have questions or doubts.

WARNING: Before delving into the world of teas, it's essential to bear in mind that "herbal" is by no means synonymous with "harmless." Be vigilant about what you put into your body and check with your doctor about potential side effects or interactions with prescription drugs you may be taking.



Here are a few of the herbs found in German teas with their English names and some of the effects ascribed (but not necessarily clinically proven) to them.

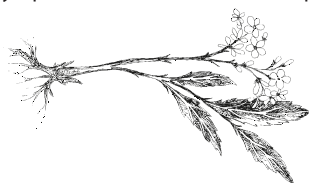
Anis/Anise

Anise, similar in taste to licorice, is purported to aid digestion, serve as an anti-inflammatory, boost the immune system, treat respiratory ailments by functioning as an expectorant, aid breastfeeding moms in lactation, stimulate the appetite and maintain hormonal balance. Note the U.S. Food and Drug Administration issued a warning against drinking tea brewed with star anise.



Baldrian/Valerian

With a taste often described as "woody" or less appealingly, dirty socks, teas brewed with this herb purport to improve sleep, decrease stress, relieve menstrual cramps and reduce some of the symptoms associated with menopause.



Fenchel/Fennel

With a taste like licorice, fennel tea is supposed to aid in digestion and treat bloating, gas or cramps.



Ingwer/Ginger

Aromatic and spicy ginger is considered by many as a great all-rounder. Drinking ginger tea is believed to help alleviate stomach aches and menstrual pain, improve circulation and digestion, reduce inflammation and relieve stress. A slice or two of fresh ginger root can be used as a zingy alternative to conventional tea bags.



Kamille/Chamomile

Mild and flowery chamomile tea is popular in the U.S. as well. Many tout its ability to induce a good night's sleep; it's also thought to reduce inflammation and menstrual pain, boost immunity and ease the symptoms of a common cold.



Kümmel/Caraway

Described as having a mild licorice, peppery or even soapy taste, caraway teas are thought to aid digestion and alleviate bloating, intestinal cramps and heartburn.



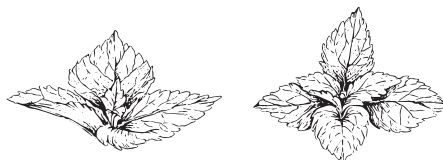
Lavendel/Lavender

Floral and sweet lavender is lauded as an aid against anxiety, tired muscles, insomnia, indigestion, headaches, respiratory ailments and inflammation. It also functions as an antiseptic.



Melisse/Lemon balm

As its name suggests, the herb has a mild lemon aroma. It's used for anxiety, sleep problems, restlessness, melancholy, digestive problems, bloating, menstrual discomfort and headaches.



Mönchspfeffer/Chasteberry

Slightly peppery and bitter, this tea is often served with a bit of honey. Purported to help balance female hormones, it is used to relieve menstrual pains, irritability and discomfort due to PMS, and symptoms of perimenopause and menopause.



Pfefferminz/Peppermint

The well-known herb with a refreshing taste is credited with calming inflamed sinuses, relieving pain and headache, soothing upset stomachs, reducing stress and increasing alertness.



Roiboos/Redbush

Tea brewed with red bush leaves has long been popular in South Africa. Its taste is described variously as nutty, slightly earthy and reminiscent of tobacco. It is claimed by some to boost antioxidant levels and to be beneficial against seasonal allergies such as hay fever.

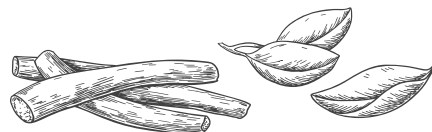
Salbei/Sage

Aromatic and slightly bitter sage is a taste we might be more apt to associate with pork and sausages than a steaming cup of tea. It is commonly used to address digestive problems, stomach pain, bloating and heartburn.



Süßholz/Licorice

Licorice tea is thought of as a good means to soothe stomachs and common colds, a stress reducer, and a cleanser of the respiratory system.



Verbenen/Verbena

With its strong lemon taste described by some as perfume-like, drinking verbena tea is reputed to soothe indigestion, heartburn, anxiety and insomnia.



Zitronengras/Lemongrass

Often used as a spice in Asian cooking, teas brewed with this have traditionally been used to combat colds, coughs and flu. It is also considered a diuretic and a detoxifier. ■



Healing Heat: How To Visit a Sauna for Athletic Recovery

By Kat Nickola

Visit a wellness center between long runs, intense workouts, big bike rides or days out on skis and you may end up having more energy and endurance next time. Relaxing in a sauna or thermal pool after long, active days outside can relieve muscle aches, increase recovery time and lower stress levels.

Let's get this cleared up right away: Yes, in Germany there is respectful co-ed nudity at the sauna. No, it's not everywhere. In fact, most wellness centers offer access to their swimming and thermal pools in an all-ages, swimsuits-required part of the complex. The textile-free sauna spaces are conservatively private, well-marked and can only be accessed with a special bracelet. So, you (or your kid) won't accidentally wander into an uncomfortable situation.

Having said that, you should totally give the textile-free sauna a try. These are adult (usually 16+) spaces full of relaxation beds, small pools, loungers, and a variety of dry and wet saunas. If nudity is uncharted water for you, just know that almost everyone wears a robe while walking around, and it's fine to keep a towel wrapped around yourself inside any dry sauna.

continued on page 28



Midwest Family DENTISTRY



Relaxed and friendly, we listen to your needs. Compassionate and comprehensive care. Located in the heart of Schönaich, 7 minutes from Panzer military base. On-site parking.

Monday to Thursday: 08:00 – 17:00
Friday: 08:00 – 13:00



+49 07031-765-5920

www.midwest-family-dentistry.com



Bahnhofstrasse 2, 71101 Schönaich

continued from page 26



How to Sauna

- 1. Bring the basics.** You need a towel and flip-flops. I also recommend a robe. Phones and electronics must remain in lockers, but books and water bottles are welcome. It is polite to secure long hair in a braid or bun.
- 2. Find your way inside.** Check-in at the counter (reservations may be needed) and specify that you want to visit the sauna space, the pool area or both. You will be given a wristband that opens a locker, allows entrance to the areas you've paid for and keeps track of any food or drink purchases. Pay the tab on your way out.
- 3. Enter the textile-free zone.** Leave your street clothes and any electronics in your locker. Wear your swimsuit and flip flops and rinse off in the showers. Then, bring your towel and robe to the entrance of the textile-free area; scan your bracelet for entry. Inside, remove your swimsuit. Use a cubby to stash it. It's normal to wear your robe or towel when walking around or lounging. Explore the whole space, even outside!
- 4. Sauna time.** Choose a dry sauna and hang your robe on a hook outside the door. Take off your flip-flops. If it is a dry sauna, bring your towel. Inside, place your towel on the wooden bench and sit or lie on it; you may also wrap it around yourself, as long as your bottom isn't touching the wooden bench. Don't bring your towel in a wet sauna; instead, use the small hose to rinse off the tiled seat before and after use.
- 5. Participate in an Aufguss.** These dry sauna health treatments are a highlight and offer respiratory benefits that can aid in athlete recovery. A posted schedule includes the time, type of treatment and location. Find the correct sauna and claim a spot 5–10 minutes early. Do not walk in late or interrupt a session. You may find a bowl of ice outside; it is optional for you to take a handful to help handle the heat. I suggest sitting on a low bench where the heat is less extreme. An employee will place the infusion on the heat source so it can permeate the sauna before wafting hot air around with a towel or huge fan. You will sweat and may feel burnt. Breathe deeply. There are usually three rounds and the entire ritual lasts 15–20 minutes. ■



PRIVATPRAXIS

Dr. med. Barbara Veldung

Specialist in Plastic & Aesthetic Surgery

Thoughtful care. Natural results.



Dr. Barbara Veldung and her practice team are your trusted specialists for **cosmetic** and **aesthetic surgery** in Saarland.

From your initial consultation through to comprehensive aftercare, you benefit from our expertise and many years of experience in plastic and aesthetic surgery.

Our focus includes aesthetic facial surgery, breast surgery, and body contouring procedures — for both women and men.

Our Services:

- Facelift
- Eyelid Lift
- Lip Fillers
- Abdominoplasty
- Liposuction
- Thigh Lift
- Upper Arm Lift
- Body Lift
- Mommy Makeover
- Breast Augmentation
- Breast Lift
- Breast Reduction
- Gynecomastia

Dr. Barbara has achieved national and international recognition as an expert in plastic and aesthetic surgery. She also has her French medical license and works as a senior physician at Hôpital St. Joseph - Paris.

Contact us and schedule a consultation appointment today.

Bahnhofstraße 76-78 • D-66111 Saarbrücken

Phone: +49 (0) 681 94589231 • **Fax:** +49 (0) 681 84496519

Email: info@aesthetik-veldung.de • **Web:** www.aesthetik-veldung.de

Need a New Fitness Goal? Try a Parkrun

Story and Photos by Karen Blakesley

Looking for a new fitness challenge? Our family has a Saturday morning ritual: we put on our running kit and join our local Parkrun.



Although well known in the U.K., where it began in October 2004, a Parkrun is relatively new to the U.S. community. It began with just 13 runners meeting each week in a London park. Parkrun is now a global running community with more than 10 million registered runners joining local events every Saturday morning at 9 a.m. local time. The runs are always free and held in a park or green space, making it safe for runners and walkers of all ages.

While living in Wiesbaden, my regular Parkrun is in Maaraue. The course follows a route along the Rhine with beautiful views of Mainz Cathedral and the city. However, it isn't just for runners; people also walk the 5K route, some with strollers and others with their dogs.

The experience is about friendship, community and improving fitness at any level. At Maaraue, we stay afterwards to enjoy coffee and pastries with friends we've made each Saturday. My German is basic at best, yet everyone is happy to converse in English; even the course briefing is given in English.

Globally, there are thousands of Parkrun locations across 23 countries, with new ones joining the movement all the time. If there isn't one near you, you can always start one!

Parkruns can also be a fun way to meet locals when traveling. When I visited family in the U.K., I joined their local Parkrun in Bedworth, where I was warmly welcomed and invited to join other runners at a cafe afterwards for coffee and a bacon roll.

While most people are there to meet friends and enjoy a morning run, others challenge themselves to beat their personal bests. At the finish line, you can scan a barcode that records your official time in your Parkrun account.

There are fun challenges, too. For example, if you're looking for a unique way to plan your travels, there's the Parkrun "alphabet" challenge: Participating in a Parkrun at locations that begin with each of the different letters of the alphabet. Currently, X is the elusive letter; a Parkrun beginning with it doesn't exist. Maybe you'll be the person to set it up. If you're planning a trip to London, why not include the Victoria Dock Parkrun? You'll collect another hard-to-get letter: V.

I always check if there is a local Parkrun when I travel. Each location is run by volunteers, and all participants are encouraged to help. The Parkrun community is friendly and inclusive and everyone is welcome to join. Best of all, it's free.

So, what are you waiting for? Why not discover your local Parkrun this weekend? ■

Find your local run, register to participate or start a run near you at www.parkrun.com

- Wiesbaden residents have a couple locations nearby, one at Maaraue and another at Nidda in Frankfurt.
- For those in the KMC, you can run at the Seewoog in Miesenbach.
- Stuttgart folks can head to the run at Kräherwald, Rosensteinpark in the city of Stuttgart or at Neckarufer in Esslingen.
- Those stationed at Ansbach may venture up to the runs at the Stadtpark and Wöhrder See in Nürnberg (or start one locally).
- There aren't currently Parkruns near Grafenwöhr, Vilseck or Garmisch. Maybe you can start one?



Gluten Free in Germany

By Katie Wells



If you are gluten sensitive like me, or have Celiac disease, you may know how difficult it can be to find safe foods to eat that are actually tasty. Since moving to Germany in 2021, I have been delighted to find many options while grocery shopping in Kaiserslautern, including some seasonal specialties. I've also found a couple of cafes and restaurants nearby that can accommodate my needs and allow me to safely participate in trying tasty regional foods.

Gluten-free products have come a long way but can still be hit or miss. So, here are a few brands I enjoy for GF pasta that doesn't turn to mush when boiled, bread that won't crumble as you take a first bite, and cookies that don't turn to dust.



©BIRGIT REITZ-HOFMANN/STOCK.ADOBE.COM

GF Grocery Shopping

Most German grocery stores have gluten-free sections, some are quite large and clearly marked like at Marktkauf, Wasgau, EDEKA and Globus. In other stores like Lidl, Aldi or Rewe, you may have to do a bit of hunting. However, you can always look for the word **Glutenfrei** or the orange-brown symbol with a slash through a sprig of wheat displayed on the product or the price label.

Schär was one of my favorite GF brands back in the States, and to my delight they are a German brand. Here in Germany, I've gotten to try a large variety of products including fresh items like, baking mixes, pasta, assortments of cookies and plenty of breads (even baguettes). They also have great frozen items like, chicken nuggets, pinza, pain au chocolat and puff pastry dough. I've recently been experimenting with making pistachio cream hand pies with the puff pastry dough and have found it works well and tastes fantastic! For more information, visit [Schaer.com/de](https://www.schaer.com/de).

Hammermühle is another leading pioneer in gluten-free products in Germany. I've really enjoyed their bread for sandwiches because they have a lot of seed varieties and a specialty gluten-free sourdough. Like Schär, they have a wide variety of GF foods to try ranging from pasta to flours and regional sweet treats. I've been on a *Himber Kekse mit Vanillecreme* kick, a delicately imprinted tea biscuit filled with vanilla cream and raspberry in the middle. I also like their pre-made ricotta and spinach tortellini. For more information, visit [hammermuhle-shop.de](https://www.hammermuhle-shop.de).

Fria is another brand that I really enjoy. They are a Nordic company, so not as many of their products are available in Germany; however, they still offer some unique GF products to try. At my local store, I've only seen select frozen items. Nonetheless, my favorite item, always stocked in my freezer, is the GF Scandinavian cinnamon buns. With coffee, they create a perfect hygge moment. I've also enjoyed their frozen mini baguettes and pain au kaiser. Their website offers much more, including special Christmas options like saffron rolls and gingerbread muffins. For more information, visit [friaglutenfree.com](https://www.friaglutenfree.com).

Holiday Treats

I have found limited GF holiday treats in the German grocery stores. Every year, Schär comes out with chocolate-dipped *Lebkuchen* (gingerbread) and *Spekulatius*, which are small cinnamon-flavored shortbread cookies in the shape of a windmill. I have also found Hammermühle *orangersterne*, or orange stars which are cookies dipped in cinnamon chocolate. Every year, I find something different to try, and different stores will carry different holiday products.

Starting only a few years ago, the **Bischenberg Gluten-Free Christmas Market** in the Black Forest continues to grow and provide an amazing stress-free way to enjoy GF holiday magic. The market prides itself in offering a 100-percent gluten-free environment for guest. ■



Read more about the Bischenberg
Gluten-Free Christmas Market



MOVEMENT IS MEDICINE

MOVE BETTER
FEEL BETTER
LIVE BETTER



ENGLISH
SPEAKING STAFF
AND CLASSES



FULLY
AIR
CONDITIONED

REFORMER PILATES

- ✓ IMPROVE STRENGTH & FLEXIBILITY
- ✓ ENHANCE POSTURE & ALIGNMENT
- ✓ REDUCE STRESS & TENSION
- ✓ SUPPORT LONG-TERM HEALTH

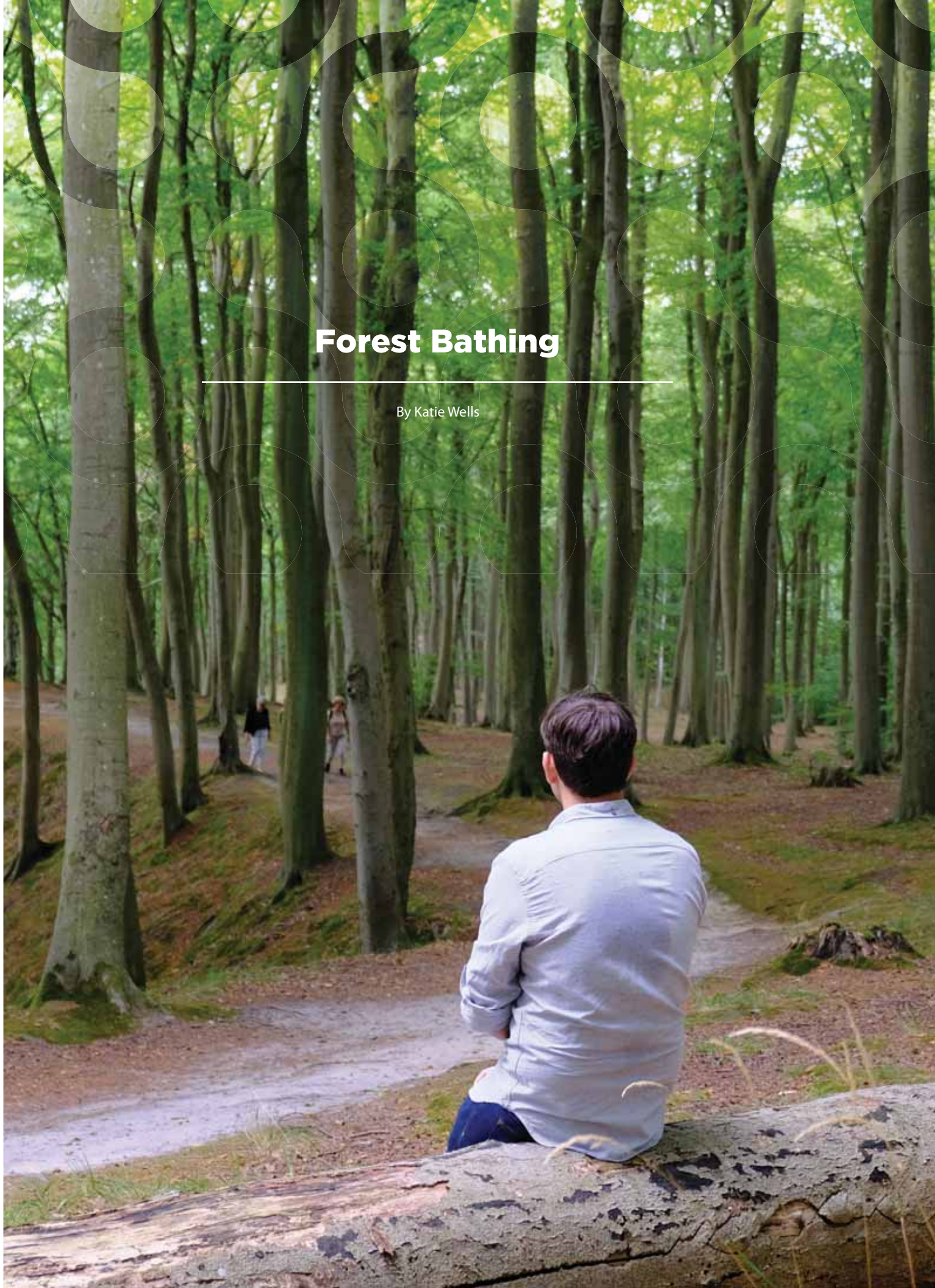


BOOK YOUR CLASS TODAY
[STUDIOPILATES.COM/DE/STUDIOS/WIESBADEN/](https://studiopilates.com/de/studios/wiesbaden/)

☎ 0171-3500275
📍 TAUNUSSTRASSE 13
65183 WIESBADEN

Forest Bathing

By Katie Wells



Dear reader,

I know life can get overwhelming sometimes, you're not alone. Let's get away from work, school or the house and step into the forest. For this moment, drop your shoulders and let your tongue fall from the roof of your mouth. Imagine closing your eyes then, slowly, draw a deep breath in.

Can you hear the birds chattering softly and the lulling swoosh of the wind as tall pines sway?

Maybe a cool mist kisses your cheeks and sunlight peeking through an evergreen canopy warms you. Perhaps the thoughts swirling in your head still when you open your eyes to the sage glow of a forest all around. You feel calm, yet alert and you start to take note of the husks of prickly chestnuts that have fallen on the path ahead, the blue flutter of a jay's wings, a twig snapping under the careful step of a doe and a yellow speckling of buds announcing spring. Everything is softer, quieter—refreshed.

Serene moments are what many people seek when practicing forest bathing, or **Shinrin-Yoku** an ancient and honored ritual originating in Japan. It is simply the practice of wandering in the forest, typically alone, to create distance from everyday stresses and the loud buzz of technology, crowds and traffic. It allows an individual to meditate and absorb the healing properties of being in nature along with connecting back to oneself.

In Germany, the practice is known as **Waldbaden**, derived from the word *Waldeinsamkeit*, meaning “solitude of the forest.” With lush and dense forests like the Black Forest, it's not surprising that people have been practicing mindfulness by taking long daily walks among the trees for centuries.

As you travel through Europe, you may notice philosopher's ways and writer's paths. Writers and philosophers found value in taking nature breaks to refresh their minds and enhance the senses, which therefore enhanced creativity. The science may not have been well-known back then; however, the practice we see written about by the greats and their masterpieces reflect the benefits nature had on wellness. A German folksong based on one of Goethe's poems “Ich ging im Walde so für mich hin und nichts suchen, das war mein Sinn,” meaning, “I was walking in the wood alone, and intended to look for nothing,” sums up the German way of forest bathing.

continued on page 38





Westpfalz-Klinikum
GmbH

Westpfalz-Klinikum GmbH is located in the city of Kaiserslautern, 15 minutes away from Ramstein Air Base. Furthermore, we have 3 other hospitals in Kusel, Kirchheimbolanden and Rockenhausen. We are the largest medical care provider in the entire west palatinate region offering medical services to more than 500.000 citizens. Extensive outpatient treatment is also provided at our various medical care centers (MVZ), e.g. ENT Ramstein including sleep lab, Orthopedics Landstuhl, Neurosurgery or Pediatric Cardiology.

With a total of 4.000 employees, we are proud to offer high-end patient care to about 160.000 patients per year with a total capacity of 1.400 beds.

www.westpfalz-klinikum.de

PEDIATRIC CLINIC



From newborn to adolescence - we strive to provide excellent medical care for all age groups until adulthood as well as for adults with congenital heart disease. We are the largest pediatric healthcare provider in this region with about 4000 inbound and 15.000 outbound patients/year. Together with our Department of Obstetrics and Gynecology, we constitute a Perinatal Center with the highest level of neonatal care (US Level 3=German Level 1). Our inpatient pediatric cardiology service covers the whole spectrum of non-invasive cardiology including all forms of cardiac echocardiography, magnetic resonance imaging, and all invasive diagnostic and interventional procedures for all age groups. In addition, we are one of only 8 pediatric electrophysiology centers in Germany and official training center of the Association for European Paediatric and Congenital cardiology (AEPC). Our outpatient service includes diagnostic echocardiography and all types of electrocardiograms, interrogation of pacemakers and implantable cardioverter defibrillators, as well as counselling for all kind of cardiac related issues. Besides our specialization for neonatal care and pediatric cardiology, we of course also provide general pediatric care and special patient-centered care in pediatric neurology, pediatric gastroenterology, pediatric diabetology, pediatric gynecology, pediatric surgery including ENT, trauma surgery and urology.

Our medical staff approaches every case not only with professional expertise but with empathy and patience, creating a warm and trustworthy environment for our young patients and families. The pediatric clinic is designed to be child-friendly, with vibrant decor and engaging spaces to make your child's stay as pleasant as possible. We consider families an integral part of the healing process, therefore we work closely with parents and caregivers, keeping them informed and involved every step of the way. For more information please visit our website: www.westpfalz-klinikum.de/pediatry

COMPREHENSIVE ABDOMINAL CANCER CENTER

All types of abdominal cancers are treated using a multidisciplinary approach at our comprehensive cancer center. This includes esophageal, gastric, pancreatic, hepatic, biliary, and colorectal cancers, as well as rare GI tumors. Our primary goal is to provide the best possible cancer treatment at all stages, covering diagnostics, staging, surgical and medical therapy, and follow-up visits. Our teams in surgical, medical, and gastrointestinal oncology work collaboratively with other specialties to ensure comprehensive care. Our comprehensive care services include:

- Psycho-Oncology
- Ostomy and Stoma Therapy
- Nutritional Counseling
- Physical Therapy
- Pain Management and Palliative Therapy
- Support Groups

Through close and continuous collaboration and communication among all medical experts involved in each individual case, patients can receive seamless care, whether as outpatients or through local practitioners. For more information, please visit our website: www.westpfalz-klinikum.de/centerforvomedicine



CLINIC FOR INTERNAL MEDICINE AND WESTPFALZ HEART CENTER



The Clinic for Internal Medicine consists of 3 main departments and is specialized in Gastroenterology, Oncology and Cardiology. Furthermore, we cover the subspecialties of pneumology, angiology and intensive care medicine. We offer all diagnostic and treatment options for patients with cardiovascular and pneumological problems, including not only the state-of-the-art care, but also the latest innovations in:

- non-invasive cardiology: - the whole imaging spectrum with echocardiography [including transesophageal and 3D], cardiac stress tests, Holter monitor, cardiac magnetic resonance imaging
- invasive cardiology - right and left heart catheterization, cardiac biopsy, coronary angiography and percutaneous interventions with a 24/7 service for acute coronary syndromes, implantation and management of left heart assist devices for heart failure and interventional treatments of congenital and other types of structural heart disease
- interventional electrophysiology and pacemakers/defibrillators: diagnostics and ablation treatment of all types of rhythm disorders, laser and mechanical electrode extractions (in cooperation with the department of cardiac surgery)
- pneumology:- video bronchoscopy, endobronchial ultrasound, transbronchial biopsies, foreign body removal, tumor laser treatment, body-plethysmography, spiroergometry, screening for sleep apnea, allergy testing.

The services are offered as outpatient treatment or for inpatients at our 128-bed clinic, 4 catheterization laboratories including 2 laboratories for electrophysiological procedures, a 15-bed intensive care unit and a 11-bed specialized chest pain unit. Together with the department for Pediatrics we are a certified center for adults with congenital heart disease with all the possible diagnostic and therapeutic options displayed above.

We maintain a strong, collaborative relationship with our colleagues in heart surgery, functioning as a cohesive heart team. Our specialists offer comprehensive acute diagnostic workups and treatments, as well as providing our patients with tailored recommendations and treatment plans for the future. For more information please visit our website: www.westpfalz-klinikum.de/cardiology

BREAST CANCER CENTER

Our Breast Cancer Center is specially certified by the German Association of Senology and the German Cancer Association. Studies have shown that patients treated in certified centers benefit from higher quality care. Our interdisciplinary medical team thoroughly discusses diagnostic and pathological results together.

Our network includes medical experts from various fields such as:

- Surgical Gynecology
- Pathology
- Genetic Testing
- Radiology
- Psycho-Oncology
- Radiotherapy
- Oncology

The same group of experts, along with various support groups, is available to our patients and their family members to answer questions and provide support on their journey back to health. Additionally, we offer plastic reconstructive surgery as an important part of achieving full physical and psychological recovery. We also offer general aesthetic plastic surgery. For more information please visit our website: www.westpfalz-klinikum.de/breastcancercenter



Kaiserslautern
Hellmut-Hartert-Straße 1
67655 Kaiserslautern

☎ 0631 203-0

Kusel
Im Flur 1
66869 Kusel

☎ 06381 93-0

Kirchheimbolanden
Dannenfelser Straße 36
67292 Kirchheimbolanden

☎ 06352 405-0

Rockenhausen
Krankenhausstraße 10
67806 Rockenhausen

☎ 06361 455-0



continued from page 34

In recent years, forest medicine, an evidence-based preventative medicine has been on the rise as there have been more studies conducted to better understand the effects of forest environments on human health. It has been confirmed that the phytoncides, a type of oil, that trees release into the forest air increase NK activity, the number of NK cells, and the levels of anti-cancer proteins (perforin, granzymes, granulysin) in people. NK cells are white blood cells that destroy infected cells and cancer cells in the body. Phytoncides also lower the stress hormone, cortisol, lowers blood pressure and, most importantly, can decrease an individual's risk of illnesses and cancer. Some studies have shown through blood tests and urinalysis that the effects of forest bathing for a couple of hours just once or twice having lasting benefits for over 30 days.

Forest bathing and grounding, or 'earthing' go hand-in-hand or maybe more nose-and-foot. While breathing in the phytoncides in the forest air has its own health benefits, taking your shoes off and feeling the moss between your toes also has researched benefits that include reduced stress, controlled blood pressure, increased blood flow and reduced inflammation. Making direct contact with electrons on the earth's surface is believed to stabilize one's physiology. The overall conclusions of these studies: returning to nature is simply good for body, mind and soul.

Germany is a wonderful place to try forest bathing as there are many easy-to-navigate hiking trails all throughout. Even after three years of living in Germany, I continue to discover new trails in my village in the Rheinland-Pfalz area, and while I don't advise beginners to do this, I feel safe going a little way off-trail to feel more in harmony with nature. There is something magical about minimizing modernized distractions and feeling truly immersed in the wild. If you're not comfortable trying forest bathing alone, or if a forest isn't easily accessible near your city, consider taking a weekend retreat.

There are many spa resorts that offer forest bathing to their guests, some with guided tours. Plus, you can soak in the added relaxation benefits of spa treatments. In the Rheinland-Pfalz area, the **Spa Resort of Boppard** offers a guided retreat. Bavaria has many programs for practicing forest bathing. The Bavaria Spas Association has initiated the "Forest Health" project, developed from the research and practice of forest bathing. Forest bathing master, Elke Seidel guides guests of **ALEXBAD Spa** through Fichtelgebirge Nature Park as part of a five-day program. **Krafquelle Waldhauser** offers guided meditation and yoga forest bathing experiences in Bavaria's oldest national park. In the Harz Mountains, small groups are led by a forest bathing trainer at **Altenau Resort**. A simple Google search will pull up experiences like these and self-guided suggestions for forest bathing all throughout Germany and Europe.

Although, as long as you have a forest nearby, you can begin practicing the peaceful art of Shinrin-yoku, Waldbaden or forest bathing.

Sincerely,

Katie



A guide to forest bathing

- **Turn off** or silence any devices
- **Move at a slow pace** so you can see and feel more.
- **Breathe deeply.**
- **Take moments to stop.** Stand or sit and just observe what is around you: colors, textures, sounds and smells.
- **Don't forget to look up** and all around you. You'd be surprised at the things you miss looking only at the path ahead.
- **If you struggle to let go of thinking about problems or to-do lists, you can play a little game with yourself.** Pick a color like purple and note everywhere in the forest you spot it. Maybe you see wild blackberries, violets or a funky mushroom hiding by the roots of a stump.
- **Don't keep track of time**, allow yourself to be present and enjoy escaping the constraints of everyday life.
- **Bring a thermos of hot tea.** Find a spot to stop and sit on the ground or on a stump while you sip your drink slowly.
- **Ground yourself** by reaching out and feeling the bark of a tree or some soft moss. Even better, go barefoot. ■



BeauToX
Aesthetics

Book your
Appointment
online !

www.beau-t-o-x.de



LOOK REFRESHED. FEEL CONFIDENT. BE YOU.

Ready for a fresher, more radiant version of yourself ?

Natural-looking results • Medical expertise • Personalized consultations • Modern aesthetic treatments •
A calm, private practice environment

OUR TREATMENTS INCLUDE:

- Botox® & Wrinkle relaxers
- Dermal Fillers
- Skin & Collagen Boosters
- CO2-Laser & Radiofrequency Microneedling
- HIFU, Facials and more advanced Skin Treatments
- Fat-Dissolving Injections
- EMSELLA® (Pelvic Floor Training)
- EMSCULPT® (Body Toning)
- Drip Spa / Vitamin Infusions

English speaking Staff / VAT Forms accepted



Lauterstraße 7 • 67731 Otterbach
(near Kaiserslautern / Ramstein area)

Dr. med. Kim Schmidt & Team

info@beau-t-o-x.de

+49 1522 390 679 0

Follow us



BeauToX



beau.tox_me



Professional healthcare – patient-oriented and modern

The Nardini Klinikum is a modern hospital offering care for 548 patients at its facilities in Zweibrücken and Landstuhl. The hospital includes the specialist departments of anesthesia and intensive care medicine, general, vascular and visceral surgery, gynecology and obstetrics, radiology, internal medicine, orthopedics and trauma surgery, sports traumatology and joint surgery, as well as the departments for ENT and urology.

Our facility in Landstuhl offers a maximum care arthroplasty center.

Your certified hospital (DIN EN ISO 9001:2015) We are a recognized participant in the Preferred Provider Network Special departments assisted by Radiology and Anesthesiology. English spoken in all departments.

Internal

Chief Physician Dr. med. W. J. A. Hoffmann Schváb, MR
+49 6371 84 2401 | w.hoffmannschvab@nardiniklinikum.de

Orthopedic

Chief Physician S. Toumasis
+49 6371 84 2701 | s.toumasis@nardiniklinikum.de

Surgery

Chief Physician Dr. med. D. Bleyemehl
+49 6371 84 2301 | d.bleyemehl@nardiniklinikum.de

Gynecology / Obstetrics

Chief Physician M. Al-Alime
+49 6371 84 2801 | m.al-alime@nardiniklinikum.de



NARDINI KLINIKUM
Zweibrücken • Landstuhl

Ein Verbundkrankenhaus der Schwerpunktversorgung
mit zwei Standorten – Level II Standard

Nardini Klinikum GmbH
Nardinistraße 30 • 66849 Landstuhl
Phone + 49 6371 84 0 • Fax +49 6371 84 2011
info@nardiniklinikum.de • www.nardiniklinikum.de

Pediatric Dental Care

Tooth decay is the most common chronic, infectious disease affecting U.S. children. According to the Centers for Disease Control and Prevention (CDC), nearly 20 percent of children ages 5-11 have untreated cavities, or caries; untreated decay can lead to pain and infection that may hinder a child's ability to eat, speak, play and learn.

Tooth decay can be prevented if families develop daily brushing regimens and schedule routine dental examinations and cleanings. Although all dentists can provide exams, treatment and advice, consider visiting a pediatric dentist who specializes in children's dental health and provides an office environment and equipment that are designed specifically for kids.

Cleaning Routine by Age

0–2: Before your baby's first tooth erupts, use a soft cloth and gently wipe gums after feedings, during bath time and before bedtime. Gently brush first teeth with an infant finger brush and non-fluoride paste. Avoid nighttime bottles with anything but water, or dipping pacifiers into anything sweet. The American Academy of Pediatrics (AAP) and the American Dental Association (ADA) recommend that you take your child to a dentist by his or her first birthday.

2–5: Help your child brush his/her teeth twice daily (morning and night) with an age-appropriate brush and small amount of fluoride paste. Begin flossing when teeth grow to touch. Limit juices and carbonated drinks, and schedule routine dental exams and cleanings every six months. Discuss your routine and any additional treatments like sealants or fluoride supplements. Pacifiers and thumb-sucking can poorly affect speech development and tooth alignment. If a child does not stop on their own, ask your dentist for helpful tips to discourage the habit by age 3.

5 and up: A child's hand muscles are still developing, so assist with brushing until age 7 or 8. Floss each day and seek resources for tips on how to floss. Use fluoride toothpaste. Children playing sports should wear appropriate mouth guards. Continue to avoid juices and carbonated drinks. Maintain dental exams and cleanings every six months. Talk with your dentist about your current cleaning routine and areas for improvement. ■

The Pediatric Castle:

Where all kids
are treated like
royalty!

The Pediatric
Castle offers
quality, full-service
pediatric care
direct in Ramstein
just outside the
base caring for your
little princesses
and knights.



Step into our world of full-service, child-focused pediatric care. From newborns and infants to toddlers and adolescents, we are your partner in keeping your kids happy and healthy. We adhere to the highest standards and stay current with the latest advancements in pediatrics. We even offer separate waiting rooms for our sick and well patients.

We have air conditioning!



Call us today and schedule an appointment:

06371 50020

Dr. Schmitt & Seipenbusch

Schulstraße Nr. 2 • 66877 Ramstein-Miesenbach

www.pediatric-castle.com



YOUR SMILE.

OUR PASSION.

COMPREHENSIVE DENTAL CARE
FOR A HEALTHY, BEAUTIFUL SMILE.



BLEACHING

Brighten your smile
safely and effectively
for a radiant look.



AESTHETIC DENTISTRY (VENEERS)

Perfect the appearance
of your teeth. Correct
misalignments, gaps,
or discoloration.



IMPLANTOLOGY

Long-lasting solutions
for missing teeth -
strong, natural
and comfortable.



PERSONAL. PROFESSIONAL. DEDICATED TO YOU.

Our experienced team is here to provide you
with the highest level of dental care.

DR. BOHMANN
DENTAL IMPLANT CENTER
KAISERSLAUTERN • MÖRLAUTERN

Stiftsplatz 5A • 67655 Kaiserslautern
Otterberger Str. 50 • 67659 Mörlautern



0631 / 666 28
info@drbohmann.de



SCHEDULE YOUR APPOINTMENT TODAY!

We look forward to helping you achieve your perfect smile.



Consistent & compassionate care for all your feminine needs.

Develop a relationship with a caring doctor today! Your chief physician Mr. Al-Alime.

Patient event at St. Johannis Landstuhl: Tour of the delivery room and maternity ward every Tuesday at 5 p.m. For more information about our upcoming events, please visit our homepage.

- » Annual and Routine Check Ups
- » Cancer Check Ups
- » Acupuncture
- » Certified Midwives
- » Homeopathy
- » Home Visits
- » Intensive Prenatal Care
- » Outpatient Surgery
- » Water Births
- » 4D Ultrasounds

Chief Physician

M. Al-Alime
+49 6371 84 2801
m.al-alime@nardiniklinikum.de

ENGLISH
SPEAKING STAFF

CAFÉ AND
PLAYGROUND ON SITE

Nardini Klinikum St. Johannis
Nardinistraße 30 | 66849 Landstuhl
nardiniklinikum.de



NARDINI KLINIKUM
Zweibrücken • Landstuhl

Ein Verbundkrankenhaus der Schwerpunktversorgung
mit zwei Standorten – Level II Standard



Dentistry 4 Kidz

Your Pediatric Dentistry Specialist Team

Carlos E. Perez-Torres, Ms. Ped Dent

Aixa M. Torres-Ramirez, D.M.D.

former USAF

American Board Certified Pediatric Dentist



Kindsbacherstrasse 44,
66877 Ramstein, Germany

Tel: +49 (0)6371 1300921

Email: dentistry4kidz@hotmail.com

Website: www.dentistry4kidsgermany.de



German Pet Regulations

Incoming Pet Requirements

All pets imported into Germany must have the following.

- Rabies vaccination older than 21 days.
- EU health certificate from a USDA veterinarian (on-installation veterinarians qualify) issued within 10 days of arrival and signed in blue ink.
- A 15-digit international microchip.

Make sure to update your contact information with the maker of the microchip (like Avid, Home Again, Buddy ID, etc). If your manufacturer is unknown, you can have a veterinary treatment facility look up the number or use an internet search engine to find it.

In Germany, you can also register the microchip with www.tasso.net free of charge.

Pet Welfare Rules

- Animals must never be left tied up and unattended.
- Keep your dog leashed in populated areas and anytime someone approaches.
- Shelter must always be provided for your pet.
- Food and water must always be easily accessible for your pet.
- You are expected to give your dog adequate attention and exercise.
- Barking, howling or whining for 10 minutes continuously, or more than 30 minutes total, per day is considered a noise disturbance.
- Electric disciplinary devices are not permitted.

Visiting the Vet

On-post vet offices do not always provide care for household pets. It is best to establish care at a local German *Tierarztpraxis* (veterinarian). Many German veterinarians have English-speaking staff and accept VAT forms.

Make an appointment with a local German veterinarian soon after arrival to get your pet's EU Pet Passport. Bring all their paperwork. The pet passport serves as a record of veterinary treatment and is required to be kept up to date in order to travel with your pet.

Vaccinations and Preventatives

German veterinarians can guide you on what vaccinations and preventative treatments your animals will need each year.

Most vet clinics will recommend the following:

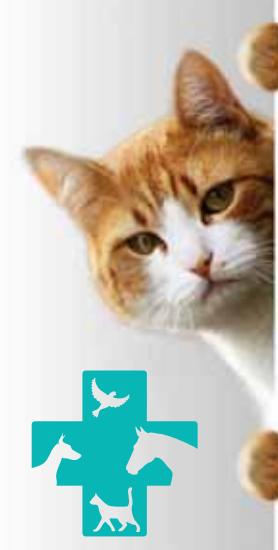
- Rabies
- Distemper
- Hepatitis
- Parvovirus
- Leptospirosis
- Feline Leukemia
- Worming, flea and tick preventives

Pet Emergencies

Installation veterinarians do not provide after-hours emergency care. Your local German veterinarian can provide you with information on the nearest *Notfalltierarzt* so you are prepared ahead of an emergency or *Notfall*. ■



Veterinary Clinic Kuke



**PLEASE CALL AHEAD
FOR APPOINTMENTS:**
Monday–Friday 8 am to 6:30 pm

Available for Emergencies 24/7
Please call ahead of your arrival

We speak English
All paperwork in English

Accept VAT Forms
Accept Visa and MasterCard

PCS'ing Back To The States?
We will prepare all health
certificates for your return home

Döllnitz Industriegebiet 12
92690 Pressath
Phone: 09644 6890404
tierarztpraxis-kuke.de
/tierarztpraxiskuke
info@tierarztpraxis-kuke.de



MENTAL HEALTH COUNSELING

Dr. Katie Kozak

Adolescents
& Adults

Landstuhl
& Online

US-trained &
credentialed
LMHCA





FREE CONSULTATION

 katie@drkatiekozak.com

 [+49-170-593-1985](tel:+49-170-593-1985)

 www.drkatiekozak.com

Installation Vet Clinics

Ansbach Veterinary Treatment Facility

Bldg. 9003, Katterbach Kaserne
06371-9464-3777

Baumholder Veterinary Treatment Facility

Bldg. 8758, Smith Kaserne
06371-9464-1200

Hohenfels Veterinary Treatment Facility

Bldg. 746, Camp Linderburg
06371-9464-3470

Kaiserslautern Veterinary Medical Center Europe

Bldg. 2928, Pulaski Barracks
06371-9464-1900

Spangdahlem Veterinary Treatment Facility

Bldg. 559, Spangdahlem AB
0656-561-9388

Stuttgart Veterinary Treatment Facility

Bldg. 2996A, Panzer Kaserne
06371-9464-1888

Vilseck Veterinary Treatment Facility

Bldg. 222, Rose Barracks
06371-9464-3888

Wiesbaden Veterinary Treatment Facility

Bldg. 1038, Clay Kaserne
06371-9464-1544



KMC Area

Animova

Daimlerstraße 7, Landstuhl 66849
(06371) 914 314
www.animova.de/en

Barth, Gisela D.V.M.

Jahnstraße 80, Kaiserslautern 67659
(06301) 5552

Kleintierpraxis Kaiserslautern

Lothringer Dell 48, Kaiserslautern 67659
(0631) 934 51
www.tieraerzte-kaiserslautern.de

Tierarztpraxis Dr. Schulz

Saarbrückerstraße 85A, Landstuhl 66849
(06371) 2223
dr-med-vet-siegfried-schulz.weblocator.de

Tierarztpraxis Dr. T. Michelberger

Kindsbacher Str. 9, Ramstein-Miesenbach 66877
(06371) 700 40
www.tierarzt-michelberger.de

Tierarztpraxis Dr. Weisgerber

Pfaffenbergstraße 88, Kaiserslautern 67663
(0631) 3112 304
www.tierarztpraxis-weisgerber.de

Tierklinik Birkenfeld

Am Schönenwald, Birkenfeld 55765
(06782) 10 90 90
www.tieraerztlicheszentrum-birkenfeld.de

Tierklinik Elversberg

Hüttenstraße 20, Elversberg 66583
(06821) 179494
Drop-in 24-hr emergencies
www.tierklinik-elversberg.de

Tierklinik Zweibrücken

Speckgärten 12, Zweibrücken 66482
(06332) 48 180
Call ahead 24-hr emergencies
www.tierklinik-zw.de

Vet Idar-Oberstein

Carl Benz Strasse 21, Idar-Oberstein 55743
(06781) 933321
tierarzt-idar-oberstein.de

Vetcare Kaiserslautern

Mainzer Straße 65, Kaiserslautern 67657
(0631) 310 39705
www.vetcare-kl.de

USAG Ansbach Area

Dr. Klaus Landgraf

Am Hirtenfeld 18, Ansbach 91522
(0981) 9700600
www.dr-landgraf.de

Kleintierpraxis Dr. Frank Wittmann

Eichendorffstraße 1, Ansbach 91522
(0981) 85-333
dr-frank-wittmann.de

Tierarztpraxis Dr. Jutta Backert-Isert

Ergersheimer Str. 4, Bad Windsheim 91438
(09841) 6895 090
www.tierarzt-bad-windsheim.de

Tierärzte Zentrum Ansbach

Triesdorfer Str. 59, Ansbach 91522
(0981) 970 660
www.tieraerztezentrum.de

USAG Bavaria Area

Adalbert, Christoph D.V.M.

Weiherstrasse 15, Eschenbach 92676
(09645) 918085

Kleintierpraxis am Loderhof

Goethestrasse 6, Sulzbach-Rosenberg 92237
(09661) 810 755
Call ahead 24-hr emergencies
www.kleintierpraxisamloderhof.de

Graf, Dieter D.V.M.

Bernreuth Straße 18, Auerbach 91275
(09643) 91151

Dr. Med. Vet Eduard Krinninger

Hammerweg 64, Weiden 92637
(0961) 31791
Emergency service available
www.weiden-tierarzt.de

Tierarzt Amberg

Jahnstraße 6, Amberg 92224
(09621) 24 848
Call ahead 24-hr emergencies
www.tierarzt-amberg.de

Plank, Monika D.V.M.

Johann-Sebastian-Bach-Str. 28,
Burglengenfeld 93133
(09471) 200 300

Schmidt, Josef D.V.M.

Reisach 23, Vilseck 92249
(09662) 8875

Seitz, Drs. Gertaud and Bernhard

Schöndorferstraße 2, Breitenbrunn 92363
(09492) 1483

Tierarztpraxis Baur-Schmelcher Pressath

Lettenstrasse 20, Pressath 92690
(09644) 300
www.tierarztpraxis-pressath.de

Tierärztliches Fachzentrum

Spitzwegstraße 55, Bayreuth 95447
(0921) 7877 8880
tieraerztliches-fachzentrum.de

Weigl, Birgit D.V.M.

Schlichter Straße 9, Vilseck 92249
(09662) 701 6253
www.tierarztpraxis-weigl.de

Weigl, Dr. Hans

Beim Flugpl. 8, Grafenwöhr 92655
(09605) 8715

Veterinary Clinic Kücke

Döllnitz Industriegebiet 12, Pressath 92690
(09644) 689 0404
On-call emergency
www.tierarztpraxis-kueke.de

USAG Stuttgart Area**Tierärztliche Gemeinschaftspraxis**

Griegstraße 27C, Stuttgart-Botnang 70195
(0711) 690 813
Call ahead 24-hr emergencies
www.stuttgart-tierarzt.de

Tierarztpraxis Alleencenter

Südliche Alleenstraße 6, Asperg 71679
(07141) 299 3299
www.tierarztpraxis-asperg.de

Dauner, Hans-Martin D.V.M.

Hinterweiler Straße 58, Sindelfingen 71063
(07031) 807 090

Kleintierpraxis am Rankbach, Dr. Petra Stumpf

Voithstraße 11–13, Renningen-Malmsheim 71272
(07159) 805 4910
www.tierarzt-renningen.de

Kleintierpraxis Sindelfingen

Wolboldstraße 5, Sindelfingen 71063
(07031) 81 43 61
www.kleintierpraxis-sindelfingen.de

Tierarztpraxis Höfingen

Liebigstraße 9, Leonberg-Höfingen 71229
(0715) 292 9882
www.kleintierpraxis-grassmann.de

Kleintierklinik LB

Karl-Heinrich-Käferle-Straße 2,
Ludwigsburg 71640
(07141) 299 9030
www.kleintierklinik-lb.de

Gross, Susanne D.V.M.

Ingeborg-Drewitz-Hof 11, Böblingen 71034
(0711) 449 4252
www.susanne-gross.de

Kleintierpraxis Dr. H. Habel-Pöhlmann

Jahnstraße 51, Böblingen 71032
(07031) 236 226
www.kleintierpraxis-boeblingen.de

Tierphysiotherapie Stuttgart

Kirchheimer Strasse 107, Stuttgart 70619
(0711) 605435
www.tierphysio-stuttgart.de

Tierarztpraxis D. Med. Vet. Heine

Bernhäuser Straße 32,
Leinfelden-Echterdingen 70771
(0711) 946 9964
www.tierarztpraxis-heine.de

Tierarztpraxis Petra Morlock

Julius-Hölder-Straße 60,
Stuttgart-Degerloch 70597
(0711) 767 6760
www.docmorlock.de

Tierklinik Dr. Reif

Schönhardter Straße 36, Böbingen-Nord 73560
(07173) 8080
www.tierklinik-reif.de

Kleintierpraxis Nedim Uzunalic

Daimlerstraße 13, Herrenberg 71083
(07032) 92 9200
www.kleintierpraxis-uzunalic.de

Kleintierpraxis Möhringen

Rembrandtsraße 15, Stuttgart 70567
(0711) 712434
www.kleintierpraxis-moehringen.de

Dr. Straub Tierarztpraxis

Daimlerstraße 6, Bondorf 71149
(07457) 93 910
www.kleintierpraxis-straub.de

Biet Wanschura Tierarztpraxis

Iselshauser Straße 65, Nagold 72202
(07452) 81300
www.biet-wanschura.de

Tierklinik Stuttgart Plieningen

Hermann-Fein-Straße 15, Stuttgart 70599
(0711) 637 380
Drop-in 24-hr emergencies
www.tierklinik-stuttgart.de

Kleintierzentrum Stuttgart-Vaihingen

Industriestraße 3, Stuttgart-Vaihingen 70565
(0711) 679 670
kleintierzentrum-stuttgart-vaihingen.de

Kleintierpraxis Dr. Ernst

Birkenwaldstraße 214, Stuttgart 70191
(0711) 256 6409
www.kleintierpraxis-ernst.de

Veterinary Dental

Iptinger Straße 48, Weissach 71287
(07044) 909 5966
www.vet-dent.com

Tierarztpraxis Dr. Ute Wörz

Schilfweg 11, Stuttgart 70599
(0711) 4570204
www.tierarztpraxis-plieningen.de

USAG Wiesbaden Area**AniCura Kleintierklinik Bretzenheim**

In den Zehn Morgen 4, Bretzenheim 55559
(0671) 33264
www.anicura.de/kleintierklinik-bretzenheim

Tierärztliche Kleintierpraxis Dietmar Steinmetz

Kröfteler Straße 5, Idstein-Heftrich 65510
(06126) 992 754
www.tierarzt-steinmetz.de

AniCura Wiesbaden

Saarbrücker Allee 7, Wiesbaden 65201
(0611) 1885815
www.tierarztpraxis-kindler.de

Kleintierzentrum Walluf

Am Klingenweg 21, Walluf 65396
(06123) 703740
kleintierzentrum-walluf.de

Tierarzt-Praxis König

Am Berggewann 13, Wiesbaden 65199
(0611) 42 2250
www.fachtierarzt-koenig.de

Tierpraxis Dr. Krug

Robert-Koch-Str. 116, Kelkheim 65779
(06174) 9685685
www.tierpraxis-kelkheim.de

Tierarztpraxis Dr. Ulf Riedel

Gremppstrasse 28, Frankfurt am Main 60487
(069) 7075521
www.vetconsult.de

SmartVet

Hagenauer Strasse 38, Wiesbaden 65203
(0611) 240 0641
www.smartvet.de

Tierärztliche Praxis Siedlung Tann

Otto-Hessen-Strasse 10, Darmstadt 64293
(06151) 82 4416
www.tierarztpraxis-siedlungtann.de

Dr. Sascha Schütz

Konradinstraße 2, Wiesbaden 65205
(0611) 7168866
www.tierarzt-schütz.de

Tierarztpraxis Hofheim

Marbod Strasse 25, Hofheim 65719
(06192) 6304
tierarztpraxis-hofheim.de

Tierdermatologie

Borsigstrasse 7a, Wiesbaden 65205
(06122) 707 280
www.tierdermatologie-wildermuth.de

Tierklinik Hofheim

Katharina-Kemmler-Straße 7, Hofheim 65719
(06192) 290 290
www.tierklinik-hofheim.de





Emergency

In the event of an emergency, on or off base, dial "112." In case of emergency while away from the local area, TRICARE beneficiaries can call International SOS 0800-589-1599 to be directed to the nearest hospital.

Aesthetic Treatments

BeauTOX Aesthetics

Lauterstraße 7, Otterbach 67731
(01522) 390 6790
www.beau-t-o-x.de

Alternative Medicine

Klinikum Ansbach Hoffmann-Vogg, Ulrike

Lauerstraße 26, Otterberg 67697
(0631) 796 040
www.hoffmann-vogg.de

Medicushaus

Pfaffplatz 10, Kaiserslautern 67655
(0631) 14 102

Neumayer-Hübner, Daniela M.D.

Karl-Marx-Straße 25, Kaiserslautern 67655
(0631) 41 46 48 06
www.dr-neumayer.de

Behavioral Health

Knospe-Lerncenter Ramstein

(ABA, OT, PT and SLP therapy for all ages)
Am Stutzenwald 25,
Ramstein-Miesenbach 66877
(0151) 7267 7565
www.knospe-lerncenter.com

Ausblick Therapy

Kaiserstraße 56, Kindsbach 66862
(06371) 920 4820
www.ausblick-therapie.de

Rosario Therapy

Marktstraße 4, Ramstein-Miesenbach 66877
(06371) 80 244 0100
www.rosariotherapycenter.com

Cancer Support

Krebsgesellschaft Rheinland-Pfalz

Gersweilerweg 14A, Kaiserslautern 67657
(0631) 414 7230

Ludwigstraße 65, Ludwigshafen 67059
(0621) 578 572

Petrusstraße 29, Trier 54292
(0651) 40551

Löhrstraße 119, Koblenz 56068
(0261) 988 650

Gärtnergasse 6, Mainz 55116
(06131) 920 1609

www.krebsgesellschaft-rlp.de

Cardiology

Rieder-Haaff, Antje M.D.

Miesenbacher Straße 3, Ramstein 66877
(06371) 406 490
www.kardiologie-ramstein.de

Westpfalz-Klinikum

Hellmut-Hartert-Straße 1,
Kaiserslautern 67655
(0631) 203 0
www.westpfalz-klinikum.de

Chiropractic Care

American Chiropractic

Bismarckstraße 74, Kaiserslautern 67655
(0631) 414 64666
www.chiroburgin.de

American Ramstein Chiropractic

Schulstraße 2,
Ramstein-Miesenbach 66877
(06371) 599 1195
www.chiroarc.com

Chiropraxis White

Lutrinastraße 11, Kaiserslautern 67655
(0631) 923 56
www.chiropractic-white.com

Chiropractic White Ramstein

Landstuhler Straße 1A,
Ramstein-Miesenbach 66877
(06371) 917 717
www.praxiswhite.com

Schäfer, Christian P., D.C.

Helenenstraße 1, Kaiserslautern 67655
(0631) 311 5021
www.chiropaktik-kl.de

Clinics & Hospitals

Klinikum Idar-Oberstein

Dr.-Ottmar-Kohler-Straße. 2,
Idar-Oberstein 55743
(06781) 660
www.shg-kliniken.de/idar-oberstein

Klinikum Saarbrücken GmbH

Winterberg 1, Saarbrücken 66119
(0681) 963-0
www.klinikum-saarbruecken.de

Meliva MVZ Westpfalz

Kaiserstraße 171, Landstuhl 66849
(06371) 4049 100
www.meliva.de/mvz-westpfalz

Nardini Klinikum St. Johannes

Nardinistraße 30, Landstuhl 66849
(06371) 840
www.nardiniklinikum.de

Universitätsklinikum des Saarlandes

Bldg 100, Kirrberger Straße,
Homburg 66424
(06841) 160
www.uks.eu

Verbundkrankenhaus Bernkastel/Wittlich

Koblenzer Straße 91, Wittlich 54516
(06571) 150
Karl-Binz-Weg 12, Bernkastel-Kues
(06531) 580
www.verbund-krankenhaus.de

Westpfalz Klinikum

Hellmut-Hartert-Straße 1,
Kaiserslautern 67655
(0631) 2030
Im Flur 1, Kusel 66689
(06381) 930
Krankenhausstraße 10,
Rockenhausen 67806
(06361) 4550
Dannenfelser Straße 36
Kirchheimbolanden 67292
(06352) 405 0
www.westpfalz-klinikum.de

Dentistry

Becker, Oliver D.M.D.

Eisenbahnstraße 10, Kaiserslautern 67655
(0631) 69 061
www.dr-becker.de

Christ & Coll

Hölzengraben 2, Kaiserslautern 67657
(0631) 37 1170
www.christundcoll.de

Christmann, Achim D.M.D.

Bismarckstraße 21, Kaiserslautern 67655
(0631) 61 26 5
www.zahnarzt-achim-christmann.de

Dental Health Center Kaiserslautern

Kerststraße 21-23, Kaiserslautern 67655
(0631) 666 55
www.zahnarztpraxis-kaiserslautern.com

Dentistry 4 Kidz

Kindsbacherstraße 44, Ramstein 66877
(06371) 130 0921
www.dentistry4kidsgermany.de

Dr. Bohmann Implantzentrum

Stiftsplatz 5A, Kaiserslautern 67665
(0631) 666 28
Otterberger Str. 50, Morlautern 67659
(0631) 735 76
www.zahnarzt-kaiserslautern.com

Sleep problems?

Our sleep lab can help you

- ✓ Snoring
- ✓ Sleep apnea
- ✓ Insomnia
- ✓ Excessive daytime sleepiness
- ✓ Restless sleep
- ✓ Other sleep-related conditions

Meliva ENT Landstuhl
Kaiserstr. 171, Landstuhl
(+49) 0151 2728 3508
contact@meliva.de
meliva.de/mvz-westpfalz



Professional sleep
lab diagnostics



Experienced
medical specialists



Patient-focused &
personal care



Appointments from
Monday-Saturday

Dr. Doryumu & Colleagues

Sonnenstraße 41e, Landstuhl 66849
(06371) 181 69

Lutrinastraße 27, Kaiserslautern 67655
(0631) 470 444
www.drdoryumu.de

Engelhardt, Andreas D.M.D.

Leipziger Straße 154, Kaiserslautern 67663
(0631) 521 88
www.zahnarztpraxis-engelhardt.de

Ewald Dental GmbH

Bahnhofstraße 3, Ramstein-Miesenbach 66877
(06371) 95 3030
www.ewald-dental.de

Fachzahnärzte Mehlingen

Schulstraße 12, Mehlingen 67678
(06303) 62 14
www.zmz-westpfalz.de

Family Dental Practice by Hager, Tam D.M.D.

Liebigstraße 1, Kaiserslautern 67661
(0631) 4146 4960
www.hagerdental.com

GO-Dent

Dansenberger Straße 26, Kaiserslautern 67661
(0631) 350 6998
www.zahnarzt-kaiserslautern.de

Günther, Larissa Dentist

Richard-Wagner-Straße 3, Kaiserslautern 67655
(0631) 41 45 632
www.zahnaerztin-guenther.de

Dr. Maximilian Huber & Colleagues

Kaiserstrasse 169, Landstuhl 66849
(06371) 912 913
www.drhuber-landstuhl.de

KFO Ramstein

Poststraße 10, Ramstein-Miesenbach 66877
(06371) 44422
www.kfo-ramstein.de

Klos-Friedel, Kristine M.D.

Hauptstraße 28a, Weilerbach 67685
(06374) 4949
www.sonnenhof-weilerbach.de

Kraus, Andreas D.M.D.

Wörsbacher Straße 2, Olsbrücken 67737
(06308) 7094
www.dents-care.com

Krauß, Hans-Peter D.M.D.

Medicusstraße 34, Kaiserslautern 67655
(0631) 28575

Kreuz, Stefan D.M.D.

Pfaffplatz 10, Kaiserslautern 67655
(0631) 60436
www.endodontie-kl.de

Landstuhl American Dentistry

Kaiserstraße 36, Landstuhl 66849
(06371) 560 8075
www.american-dentistry.de

Lauterwein, Michael M.D.

Riesenstraße 6, Kaiserslautern 67655
(0631) 64026
www.praxis-lauterwein.de

Schmitt, Stefan M.D.

Landstuhler Straße 26A,
Ramstein-Miesenbach 66877
(06371) 715 38
www.dr-stefan-schmitt.de

Ramstein Dental Care

Poststraße 1, Ramstein-Miesenbach 66877
(06371) 406 230
www.ramsteindental.com

Ramstein Group Dental Practice

Marktstraße 4, Ramstein-Miesenbach 66877
(06371) 509 64
www.zahnarzt-ramstein.de

Stefan Peters Oral & Maxillofacial Surgery

Lutrinastraße 2, Kaiserslautern 67655
(0631) 361 4100
www.mkg-peters.de

Practice at Elefantenkreisel

Rosenhofstraße 12-14,
Enkenbach-Alsenborn 67677
(06303) 3064
www.praxis-am-elefantenkreisel.de

Schauer, Michael M.D.

Hölzengraben 2, Kaiserslautern 67655
(0631) 371170

Simon, Jens Carsten

Marktstraße 1, Mackenbach 67686
(06374) 802370

Sonnenburg, Michael D.M.D.

Richard-Wagner-Straße 20, Kaiserslautern 67655
(0631) 13155
www.zahnarzt-sonnenburg.de

Vongerichten Practice

Vogelweher Str. 40, Kaiserslautern 67661
(0631) 65393
www.zahnarzt-vongerichten.de

Zahnarztpraxis Ioana Suderow

Gärtnerstraße 31, Kaiserslautern 67657
(0631) 40620
www.zeigbiss.de

Zahnzentrum Papert + Kollegen

Pirmasenser Straße 60B, Kaiserslautern 67655
(0631) 13847
www.zahnzentrum-papert.de

Zorn, Andreas D.M.D.

Ludwigstraße 21, Landstuhl 66849
(06371) 17991
www.zahnarztzorn.de

Dentistry (Orthodontics)**Dillon American Orthodontic Care**

Weiherstraße 1, Landstuhl-Ramstein 66849
(06371) 918 911
www.dillonortho.com

Dr. Yang American Orthodontist

Steinmetzstraße 1, Kaiserslautern 67665
(0631) 3437 3090
www.american-orthodontics.com

Kieferorthopädische Facharztpraxis

Richard-Wagner-Straße 1, Kaiserslautern 67655
(0631) 61401
www.kieferorthopädie-kaiserslautern.de

KFO Ramstein

Poststraße 10, Ramstein-Miesenbach 66877
(06371) 444 22
www.kfo-ramstein.de

Stay Beautiful

Richard-Wagner Str. 20, Kaiserslautern 67655
(0631) 135 46
www.stay-beautiful-praxis.de

Zöller Orthodontics

Pirmasenser Straße 59, Kaiserslautern 67655
(0631) 360 8850
www.kieferorthopädie-zoller.de

Dermatology**Burkhardt, Hans-Eugen M.D.**

Landauer Straße 37, Zweibrücken 66482
(06332) 16383

Gerber, Thomas M.D.

Karlstraße 2, Homburg 66424
(06841) 3760
www.drthomasgerber.de

Hahn, Grit M.D.

Eisenbahnstraße 23-25, Kaiserslautern 67655
(0631) 3609900

Kalt, Anja M.D., Mauß-Kiefer, Vera M.D.

Von-Rosen-Straße 12, Zweibrücken 66482
(06332) 20 90 460
www.hautwelt-zweibruecken.de

Lorenz, Martin M.D, Müller-Lorenz, Tina M.D.

Lina-Pfaff-Straße 2, Kaiserslautern 67655
(0631) 13237
derma-lorenz.de/en/home-en

Weber-Müller, Monika M.D.

Weiherstraße 2, Waldmohr 66914
(06373) 4411
www.dr-weber-mueller.de

Fertility**IVF Saar**

Maxstraße 13, Kaiserslautern 67659
(0631) 704 31
Europaallee 15, Saarbrücken 66113
(0681) 936 320
www.ivf-saar.de

General/Internal Medicine**American Medical Center**

Konrad-Adenauer-Straße 4, Landstuhl 66849
(06371) 495021
www.american-care.com

Private Gynecological Practice

Gyn Aesthetics

Personalized Women's Health Care Services

- Gynecology
- Pregnancy Care
- Urogynecology
- Aesthetic Medicine
- Intimate Surgery
- Operative Gynecology

Accepting New Patients
Schedule Online →

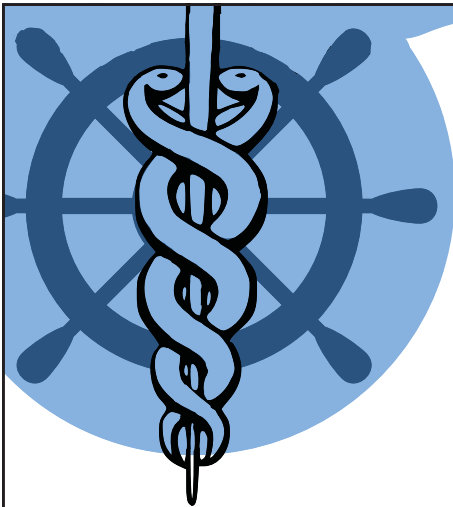


📍 Schneiderstrasse 8, 67655 Kaiserslautern

☎ 0631 91 46 90 10

🌐 frauenarzt-schwarz.de

Dr. Torsten Schwarz
Specialist in Gynecology
& Obstetrics



FLYNN FAMILY MEDICINE

Adam Flynn, MD

Board certified in Internal Medicine
and Family Medicine

Marisa Flynn, MD

Board certified in Family Medicine

Danielle Wilhelm, MD

Board certified in Emergency Medicine

Greg Phillips, MD

Board certified in Neurology

Dr. med. Eva Pirro

Pediatrician

Dr. med. Horst Winter

Cardiologist

Dr. med. Nandhi

Board certified in Internal and GI

Dr. med. Hajdari

Board certified in Internal and GI

Our Services:

- General Internal Medicine and Pediatrics
- Prevention and Wellness
- Psychology (Individual and group therapy)
- Work School Travel Exams
- Minor ambulatory Procedures
- Chronic Disease Management
- Nutritionist Services
- Flu/Pneumonia Immunizations
- Gynecology and Well Woman
- Adult Neurology Services
- Gastroenterology
- Cardiac stress test and echo's

Julia Conrath

PhD Licensed Clinical Psychologist

Dr. Anja Thomas

Ärztin i.W. Psychatrie
und Psychotherapie



06371 9527070



Schulstraße 2, 66877 Ramstein-Miesenbach



<https://www.flynnsmmedical.com/>



<https://www.facebook.com/flynnfamilymedicine/>

Praxis Helen Zavadovsky

Riesenstraße 15, Kaiserslautern 67655
(0631) 360 7055
www.hausarztpraxis-zavadovsky-kaiserslautern.de

Doubrovsky, Jan M.D.

Edinger Straße 2, Wieblingen-Heidelberg 69123
(06221) 840 182
www.praxis-dr-doubrovsky.de

Family Practice Löffler, Schwarz, Kastell

Steubenstraße 2, Heidelberg 69121
(06221) 4 333 998
www.hausarzt-heidelberg.de

Flynn Family Medicine

Schulstraße 2, Ramstein 66877
(06371) 952 7070
www.flynnsmmedical.com

Knieriemen, Wolfgang M.D.

Spesbacher Str. 16, Ramstein-Miesenbach 66877
(06371) 50402

Lascheck, Barbara M.D.

Friedensstraße 24, Hütschenhausen 66882
(06372) 8025

MVZ Pfälzer Land

Offices in Rodenbach, Weilerbach, Ramstein,
Mackenbach, Niederkirchen, Wolfstein,
Kaiserslautern and Siegelbach
(0631) 4155888
www.mvz-pfaelzerland.de

Thaler, Claudia M.D., Benz, Bernhard M.D.

Stiftsplatz 5, Kaiserslautern 67655
(0631) 360 5837
www.thaler-benz.de

Thum, Anja M.D., Thum, Johannes M.D.

Kaiserstr. 36, Landstuhl 66849
(06371) 62 530

Urban, Larissa

Kottweiler Straße 2, Ramstein-Miesenbach 66877
(06371) 53 83
www.hausarztpraxis-larissa-urban.de

Wantzen, Johannes M.D.

Salinenstraße 35, Bad Kreuznach 55543
(0671) 482 16 07
www.tropendoktor.de

Hearing Aids**Hörakustik H.-J. Kost**

Von-Richthofen-Straße 12, Landstuhl 66849
(06371) 619 535
www.hoerakustik-kost.de

Hörgeräte Wachs

Ludwigstraße 27, Landstuhl 66849
(06371) 612 366
hoergeraete-wachs.de

Mental Health**Ausblick Therapie's Teaching Tree Clinic**

Kaiserstraße 56, 66862 Kindsbach
(06371) 9204 820
www.ausblick-therapie.de

Dr. Katie Kozak Counseling

Untere Eisenbahnstr. 7, Landstuhl 66849
(0170) 593 1985
katie@drkatiekozak.com
www.drkatiekozak.com

Flockhart, Hanna M.A

Tel: 0162 170-9373
hanna.flockhart@hf-therapie.de

Flynn Family Medicine

Schulstrasse 2, Ramstein 66877
(06371) 952 7070
www.flynnsmmedical.com

Forward Journeys Counseling

Online in English, Netherlands
+31 (0) 63 93 49 923
www.forwardjourneycounseling.com

Jeanette Hangen Mentoring

In der Rheingewann 20a, Ingelheim 55218
(0163) 37 99 468
www.jeanettehangen.com

Michael Mende Neurologist

St. Marienplatz 12, Kaiserslautern 67655
(0631) 318 7850
www.neurologie-mende.de

Oduber, Shirlene—Psychotherapy

Schubertstraße 20, Hutchenhausen 66882
(0151) 252 274 35
www.psychotherapyoduber.com

Pediatrician Dirk Neumayer

Bismarckstraße 74, Kaiserslautern 67655
(0631) 4147 8400
www.kinderarzt-neumayer.de

Psychotherapy Practice Sebastian Potter

Ziegelstraße 46, Kaiserslautern 67655
(0631) 3660 0355
www.proverz.com

Rosario Therapy

Marktstraße 4, Ramstein-Miesenbach 66877
(06371) 80 244 0100
www.rosariotherapycenter.com

Schmalhofer, Doris

Alte Schmiede 5, Kaiserslautern 67661
(0631) 277 5332
www.praxis-schmalhofer.de/en

Nutritionist**Best You**

Kaiserstraße 5, Kindsbach 66862
0160 584 5582
www.best-you.de

Obstetrics & Gynecology**GynAesthetics**

Schneiderstraße 8, Kaiserslautern 67655
(0631) 9146 9010
www.frauenarzt-schwarz.de

Gynecology & Obstetrics Landstuhl

Kaiserstrasse 171, Landstuhl 66849
(06371) 914 444
www.frauenaezte-landstuhl.com

Flynn Family Medicine

Schulstrasse 2, Ramstein 66877
(06371) 952 7070
www.flynnsmmedical.com

Klinikum Mutterhaus

Feldstraße 16, Trier 54290
(0651) 9470
www.mutterhaus.de

Matuszczyk, Heinz M.D.

Schulstraße 4, Ramstein-Miesenbach 66877
(06371) 440 88
www.frauenarzt-ramstein.de

Nardini Klinikum St. Johannis

Nardinistraße 30, Landstuhl 66849
(06371) 840
www.nardiniklinikum.de

Sandra Pfinsten

Lutrinastraße 27, Kaiserslautern 67655
(0631) 361 4650
www.ganzfrau-kl.de

Straehler, Heidrun—Midwife

Karcherstraße 10, Kaiserslautern 67655
(0176) 2104 1639

Ophthalmology**Augenzentrum Westpfalz**

Lutrinastraße 4, Kaiserslautern 67655
(0631) 361 9090

Bahnhofstraße 52, Kusel 66869
(06381) 2223

Kaiserstraße 36, Landstuhl 66849
(06371) 124 33

Schulstraße 4, Ramstein-Miesenbach 66877
(06371) 98100

Vorstadt 3, Grünstadt 67269
(06359) 82002

www.augenzentrum-westpfalz.de

Orthopedics**ANK Sanitätshaus + Orthopädietechnik**

Koenigstraße 125, Kaiserslautern 67665
(0631) 201 033
www.ank-sanitaetshaus.de

Barbarossa Orthopädie

Eisenbahnstraße 57, Kaiserslautern 67665
(0631) 7501 4222
barbarossa-orthopaedie.de

The Mika Clinic

Auf dem Martinberg 2A, Bad Kreuznach 55545
(0671) 8415 6045
www.themikaclinic.healthcare

Orthopädie Landstuhl

Kaiserstraße 171, Landstuhl 66849
(06371) 4049 100
www.mvz-westpfalz.eu/standorte/orthopaedie-landstuhl

Orthopedic Clinic Lutrina Kaiserslautern (Kinios GmbH)

Brüsseler Strasse 1, Kaiserslautern 67667
(0631) 205640
www.lutrinaklinik.de/en

Speech , Occupational & Physical Therapy

- Therapy in German, Spanish & English
- Native English speaking therapists
- 3 floor interdisciplinary clinic
- No waiting list
- Therapy for kids & adults
- Preferred Tricare provider
- All other american health insurances accepted

WE'RE
EXPANDING &
HIRING
THERAPIST

Logo°Ergo Westpfalz



Kaiserstr. 169
66849 Landstuhl



Schlossstr. 7
54516 Wittlich



06371 - 734 97 57



info@logoergo-westpfalz.de

www.logoergo-westpfalz.de



SCAN ME



Osteopathy

Integrative Osteopathie

Von-Richthofen-Strasse 6, Landstuhl 66849
(06371) 9204833
www.osteopathie-landstuhl.de

Pediatrics

Flynn Family Medicine

Schulstrasse 2, Ramstein 66877
(06371) 952 7070
www.flynnsmedical.com

Morandini, Thomas M.D., Wild, Christine M.D.

Glanstraße 19, Schönenberg-Kübelberg 66901
(06373) 6230
www.morandini-wild.de

Pediatrician Dirk Neumayer

Bismarckstraße 74, Kaiserslautern 67655
(0631) 414 78 400
www.kinderarzt-neumayer.de

Pediatrician Kaiserslautern

Lutrinastraße 27, Kaiserslautern 67655
(0631) 64440
www.das-kinderarzt-team.de

Pediatric Castle

Schulstraße 2, Ramstein-Miesenbach 66877
(06371) 50398
www.pediatric-castle.com

Physical Therapy

Ergotherapie Clanget

Am Lanzenbusch 1A, 66877 Ramstein
(06371) 838 8806
www.ergotherapie-clanget.de

Ergotherapie Lieblang

John-F-Kennedy Platz 8,
Ramstein-Miesenbach 66877
(06371) 5608093
www.facebook.com/ErgotherapieLieblang

Ergotherapie Schmitt

Schulstraße 2, Ramstein 66877
(06371) 94 32 12
www.ergotherapie-schmitt.de

Groß, Renate M.D.

Königstraße 3, Landstuhl 66849
(06371) 622 88
www.physiotherapie-landstuhl.de

König, Klaus M.D.

Mainzerstraße 2, Homburg 66424
(06841) 777 7390
www.physiokluskoenig.de

Logo Ergo Westpfalz

Kaiserstraße 169, Landstuhl 66849
Schlossstrasse 7, Wittlich 54516
Römerstraße 82, Landstuhl 66849
(06371) 734 9757
www.logopaedie-kruft.de

Meliva Physio Rehab Ramstein

Kindsbacher Strasse 39D,
Ramstein-Miesenbach 66877
06371-95204-08
meliva.de/en/locations/physio-rehab-ramstein

MoveBetter Physiotherapie

Europaallee 46, Kaiserslautern 67657
(0631) 3160-4588
movebetter-physio.de

Physio Vital Landstuhl

Bruchwiesenstraße 34, Landstuhl 66849
(06371) 946-596
www.physiovital-landstuhl.de

PTC Physical Therapy Center Kaiserslautern

Lina-Pfaff-Strasse 2
67655 Kaiserslautern, Germany
(0170) 8483953
www.ptc-kl.de

ZAR Kaiserslautern

Europaallee 1, Kaiserslautern 67657
(0631) 340-68-30
www.zar.de/kaiserslautern

Plastic Surgery

Dr. Lang Esthetics

Alte Steinhauser Straße 11, Zweibrücken 66482
(06332) 206-200
www.lang-esthetics.de

Dr. med. Barbara Veldung

Bahnhofstraße 76, Saarbrücken 66111
(0681) 9458 9231
www.aesthetik-velundung.de

Knoll, Bianca M.D.

Savignystraße 61, Frankfurt am Main 60325
(069) 7422 7979
www.dr-bianca-knoll.com

Radiology

MVZ Radiologie Westpfalz

Lutrinastraße 27, Kaiserslautern 67655
(0631) 360 9144
roentgenpraxis-kaiserslautern.de

Radiologie Zweibrücken

Schillerstraße 8, Zweibrücken 66482
(06332) 566 30
www.radiologie-zweibruecken.de

Urology

Associated Urologists Landstuhl

Kaiserstraße 40, Landstuhl 66849
(06371) 12888
www.urocentrum.de

Urological Practice Arne Friederichs

Dannenfelserße 38a,
Kirchheimbolanden 67292
(06352) 4474
www.urologie-friederichs.de

Behavioral Health

Knospe-Lerncenter Spangdahlem

Am kleinen Rotenberg 14, 54516 Wittlich
(Lifespan Therapy & Wellness)
Klausener Weg 29, 54516 Wittlich
(Pediatric Therapy)
(0171) 9123104
www.knospe-lerncenter.com

Clinics & Hospitals

Brüderkrankenhaus Trier

Nordallee 1, Trier 54292
(0651) 2080
www.bk-trier.de

Klinikum Mutterhaus Der Borromäerinne

Feldstraße 16, Trier 54290
(0651) 9470
www.mutterhaus.de

Marienhaus Klinikum Eifel

Krankenhausstraße 1, Bitburg 54634
(06561) 640
Aloys-Schneider-Straße 37, Gerolstein 54568
(06591) 170
www.marienhaus-klinikum-eifel.de

Verbundkrankenhaus Bernkastel/Wittlich

Koblenzer Straße 91, Wittlich 54516
(06571) 150
Karl-Binz-Weg 12, Bernkastel-Kues 54470
(06531) 580
www.verbund-krankenhaus.de

Dermatology

Freitag, Andreas

Unterer Sehlmet 8, Wittlich 54516
(06571) 910 000
www.drs-freitag.de

Mental Health

Dr. Katie Kozak Counseling

Online Appointments
(0170) 593 1985
katie@drkatiekozak.com
www.drkatiekozak.com

Flockhart, Hanna M.A.

Tel: 0162 170-9373
hanna.flockhart@hf-therapy.de

Ophthalmology

Smile Eyes Ophthalmologists Trier

Bobinethöfe 20, Trier 54294
(0651) 9760 990
www.augenaerzte-in-trier.de

Radiology

Radiologie Wittlich

Koblenzer Strasse 91, Wittlich 54516
(06571) 153 3800
radiologie-wittlich.de/kontakt



If your PCS to Europe feels like a blur... remember to visit Panzer Optometry Care & Optical Center in Stuttgart

Comprehensive eye exams and eye care by U.S. educated and licensed optometrists. Contact lens fitting and contact lenses at U.S. prices.

Tricare Overseas Prime provider (for family members of active duty personnel).

Optical Center staffed by certified experts providing U.S. and European frames, lenses, safety eyewear and accessories at U.S. prices.



Panzer Optical Center
0049-70312042352

Tue - Sat 1000 - 1800



Panzer Optometry Care
Call for an appointment
0049-70312042350
Panzer Mall, Stuttgart

Tue - Sat 1000 - 1800



Bring this ad to the Optical Center and get 15% off your total eyewear purchase. Not Valid with any other offer.



AMERICAN RAMSTEIN CHIROPRACTIC

Dr Timothy Holmes RT DC

Alumni Palmer College of Chiropractic

*Chiropractic services for all ages
and stages of life, including infants
and during pregnancy*

- ▶ Free Parking
- ▶ On-Site Massage Therapist

Open Business Hours:

Tuesday 0900-1200, 1400-1800
Thursday 0900-1200, 1400-1800
Saturday 0900-1400

65€ First Time Patient
40€ Existing Patient

Direct Billing for:
AFSPA FSBP, VA FMP, BCBS
GeoBlue, Cigna, and United
"Motion is Lotion!"



- Headaches • Neck Pain • Back Pain • Shoulder Pain
- Hip Pain • Dizziness • Asthma • Acid Reflux
- Numbness in Fingers • Numbness in Toes

Ground Floor • Schulstrasse 2 • 66877 Ramstein-Miesenbach

+49 (0)6371 5 991 195 • AmRamChiro9@gmail.com • Facebook.com/ARCDrtim

Visit our website for flexible scheduling on our live calendar: www.ChiroARC.com



Behavioral Health

Knospe-Lerncenter Ansbach
Kanalstraße 12, Ansbach 91522
(0572) 2909 8399
www.knospe-lerncenter.com

Clinics & Hospitals

ANregiomed Klinik Dinkelsbühl
Crailsheimer Str. 6, Dinkelsbühl 91550
(09851) 910
www.anregiomed.de

Cnopfsche Kinderklinik
St.-Johannis-Mühlgasse 19, Nuremberg 90419
(0911) 334 002
www.klinik-hallerwiese.de/de/cnopfsche-kinderklinik.html

Klinik Bad Windsheim
Erkenbrechtallee 45, Bad Windsheim 91438
(09841) 990
www.kliniken-nea.de

Klinik Rothenburg
Ansbacher Straße 131,
Rothenburg ob der Tauber 91541
(09861) 7070
www.anregiomed.de/medizin-und-pflege/klinik-rothenburg

Klinikum Ansbach
Escherichstraße 1, Ansbach 91522
(0981) 4840
www.anregiomed.de

Klinikum Fürth
Jakob-Henle-Straße 1, Fürth 90766
(0911) 75800
www.klinikum-fuerth.de

Krankenhaus St. Josef Schweinfurt
Ludwigstraße 1, Schweinfurt 97421
(09721) 570
www.josef.de

Leopoldina Krankenhaus
Gustav-Adolf-Straße 8, Schweinfurt 97422
(09721) 7200
www.leopoldina-krankenhaus.com

Praxisklinik Feuchtwangen
Ringstraße 96, Feuchtwangen 91555
(09851) 910
www.anregiomed.de

Sozialstiftung Bamberg
Buger Straße 80, Bamberg 96049
(0951) 5030
www.sozialstiftung-bamberg.de

Dentistry

Arendt, Volker D.M.D.
Technologiepark 4, Ansbach 91552
(0981) 9093 4077
praxen.zukunftzahn.de/ansbach/technologiepark

Die Zahnärzte am Neumühlenweg
Neumühlenweg 9, Bad Windsheim 91438
(09841) 3467
www.die-zahnaerzte-am-neumuehlenweg.de

Dr. Fichna & Kollegen Intelligente
Zahnmedizin (Oral Surgery)
Schalkhäuser Straße 10, Ansbach 91522
(0981) 650 50 650
www.dr-fichna.de

Dr. Kaut, Dr. Göhring & Kollegen
Draisstraße 2, Ansbach 91522
(0981) 1889 100
www.meinezahnaerzte.com

Lamprecht, Christian D.M.D.
Eckbertstraße 35, Bamberg 96052
(0951) 31801
www.zahnarzt-lamprecht.de

Praxis für Mund-Kiefer-Gesichtschirurgie (ÜBAG Bamberg)
Hainstraße 18 und Kapuzinerstraße 32,
Bamberg 96047
(0951) 923 0125
www.kieferchirurgiebamberg.de

Zahnarztpraxis Kupfer & Bitsch
Gartenstraße 41, Bergheinfeld 97493
(09721) 99431
www.zahnarztpraxis-kupfer-bitsch.de

Dentistry (Orthodontics)

Kieferorthopädie Schillai, Gerhard M.D.
Heinrichsdamm 7, Bamberg 96047
(0951) 21113

Dermatology/Allergy

Krnjaic, Merk, Preil
Bahnhofstrasse 4, Ansbach 91522
(0981) 972 2588
hautarzt-ansbach-gunzenhausen.de

Gastroenterology

Hagel, Hans-Jürgen M.D.
Nurnberger Straße 68, Schwabach 91126
(09122) 4051
www.drjuergen hagel.de

General Medicine

Thom, Norman M.D.
Kesslerplatz 3, Nürnberg 90489
(0911) 203 912
www.praxis-am-kesslerplatz.de

Internal Medicine

Hänsler Bamberg
Hainstraße 3, Bamberg 96047
(0951) 24453
www.haensler-bamberg.de

Scheer-Lippe, Ursula M.D.
Hauptstraße 90, Stein 90547
(0911) 686 341

Mental Health

Dr. Katie Kozak Counseling
Online Appointments
(0170) 593 1985
katie@drkatiekozak.com
www.drkatiekozak.com

Jeanette Hangen Mentoring
In der Rheingewann 20a, Ingelheim 55218
(0163) 379 9468
www.jeanettehangen.com

Marvia Kesler, LCSW
An d. Lohstrasse 9, Wendelstein 90530
+49 (0)17656128918
info@marvialakesler.com

Psychotherapy Michael Pronath
Eiskellerweg 19, Heilsbronn 91560
(09872) 443

Obstetrics & Gynecology

ANregiomed Klinik
Ansbacher Straße 131, R
othenburg ob der Tauber 91541
(09861) 7070
www.anregiomed.de

**Dennhoefer, Karl M.D.,
Schuh-Dennhoefer, Dagmar M.D.**
Draisstraße 2c, Ansbach 91522
(0981) 5029
www.praxisdennhoefer.de

Frauenärzte Heilsbronn
Lindenplatz 3, Heilsbronn 91560
(09872) 93333
www.frauenaeerzte-heilsbronn.de

MVZ Frauenärzte am Bürgerpark
Würzburgerlandstraße 7, Ansbach 91522
(0981) 421 000
www.frauenaeerzte-ansbach.de

MVZ Frauenärzte Branch
Schalkhaeuser Strasse 6, Ansbach 91522
(09811) 3131
www.deinefrauenaeerzte.de/ansbach-filiale

Frauenärzte im Zentrum
Fleischstraße 11, Bamberg 96047
(0951) 203 630
www.frauenaeerzte-rosin-bamberg.de

Frauenärzte vom Bruderwald
Pödeldorfer Straße 142, Bamberg 96052
(0951) 917 9740
www.frauenaeerzte-vom-bruderwald.de

Gampe, Michael M.D.
Michael-Wolgemut-Straße 2,
Bad Windsheim 91438
(09841) 79799
www.dr-gampe.de

**Gemeinschaftspraxis für Frauenheilkunde
Dr. Schwind und Kollegen**
Zehntstraße 4, Schweinfurt 97421
(09721) 22980
www.dr-schwind.de

Gutschwanger, Annette

Luitpoldstrasse 40A, Bamberg 96052
(0176) 2449 4534
www.gutschwanger.de

Kubiak, Danuta and Leszek Kubiak, M.D.s

Ludwigstraße 1, Schweinfurt 97421
(09721) 27733
www.frauenaezte-kubiak.de

Peisl, Julia M.D.

Willy-Lessing-Straße 9, Bamberg 96047
(0951) 519 370
www.frauenarzt-bamberg.com

Schmidt, Thomas. W. M.D.

Am Schlüsselmarkt 1, Bad Windsheim 91438
(09841) 2111
www.frauenarzt-thomas-w-schmidt.de

Stadlbauer, Jochen M.D.

Hadergasse 40, Schweinfurt 97421
(09721) 16 393

Vogel, Sabine M.D.

Friedenstraße 14, Schweinfurt 97421
(09721) 533 733
www.dr-sabine-vogel.de

Occupational Therapy**Knospe-Lerncenter Ansbach**

Kanalstraße 12, Ansbach 91522
(05722) 909 8399
www.knospe-lerncenter.com

Praxis für Ergotherapie—Regine Lübbers

Heinrichstraße 2, Bamberg 96047
(0951) 21593
www.ergotherapie-luebbers.de

Ophthalmology**Augen und Augenlaserklinik Mainfranken**

Am Oberen Marienbach 1A, Schweinfurt 97421
(09721) 474 2390
www.domack.de

Jaksche & Kollegen Augenärzte

Alte Poststraße 1, Ansbach 91522
(0981) 650 5080
www.jaksche-kollegen.de

Orthopedics**Alphamed**

Kärntenstraße 2, Bamberg 96052
(0951) 974 440
www.alphamed-bamberg.de

MVZ Bad Windsheim Orthopädie und Unfallchirurgie

Erkenbrechtallee 45, Bad Windsheim 91438
(09841) 99201
www.mvz-nea.de

Orthopädisch Unfallchirurgische Praxisklinik alphaMED

Kärntenstraße 2, Bamberg 96052
(0951) 974 440
www.alphamed-bamberg.de

Praxisklinik Orthospine

Draisstraße 2, Ansbach 91522
(0981) 972 5780
www.praxisklinik-orthospine.de

Sozialstiftung Bamberg

Buger Straße 80, Bamberg 96049
(0951) 5030
www.sozialstiftung-bamberg.de

Otolaryngology (ENT)**HNO am Bahnhofsplatz**

Bahnhofsplatz 1, Ansbach 91522
(0981) 970 650
www.hno-ansbach.de

HNO Gemeinschaftspraxis

Buger Straße 103, Bamberg 96049
(0951) 53553
www.hno-bamberg.de

Schmölz, Christian M.D.

Oberntiefer Straße 3, Bad Windsheim 91438
(09841) 3136

Pathology Lab**Labor Becker & Kollegen MVZ**

Heinrichstraße 1, Bamberg 96047
(0951) 869 90
www.labor-becker.de

MVZ Labor Schweinfurt

Gustav-Adolf-Straße 8, Schweinfurt 97422
(09721) 533320
www.laboraerzte-schweinfurt.de

MVZ Labor Limbach Nürnberg

Handwerkerweg 1, Wendelstein 90530
(09129) 90570 0
www.labor-limbach-nuernberg.de

Pediatric Care**Cnopfsche Kinderklinik**

St Johannis Muehlgassee 19, Nuremberg 90419
(0911) 334002
klinik-hallerwiese.de

Kinder- und Jugendarztzentrum Schonungen

Bachstraße 7, Schonungen 97453
(09721) 507 07
kindererzte-im-netz.de

MVZ Ansbach

Brauhausstraße 17, Ansbach 91522
(0981) 482 38323
www.gesundheitszentrum-mfr.de

Sozialstiftung Bamberg

Buger Straße 80, Bamberg 96049
(0951) 50312201
www.sozialstiftung-bamberg.de



Physical Therapy

Physiotherapie Christian Sauter

Kanalstraße 2, Ansbach 91522
(0981) 972 3120
www.physio-sauter.de

Physiotherapie Ruth Morell

Enresstraße 36, Ansbach 91522
(09819) 4880
www.physio-morell.de

Plastic Surgery

Eberlein, Aletta M.D.

Willy-Lessing-Straße 16, Bamberg 96047
(0951) 2087 7890
www.plastische-chirurgie-eberlein.de

Steinmetz, Wolf Gunther M.D.

Schürerstraße 3, Würzburg 97080
(0931) 3539800
www.aesthetik-am-ringpark.de

Radiology

MRT Kompetenzzentrum Schloss Werneck

Balthasar Neumann Platz 1, Werneck 97440
(09722) 947324
www.mrt-kompetenzzentrum.de

AlphaMED

Kärntenstraße 2, Bamberg 96052
(0951) 974 440
www.alphamed-bamberg.de

Radiologie Bamberg

Heinrichsdamm 6, Bamberg 96047
(0951) 980 300
www.radiologie-bamberg.de

Radiologische Praxis Schweinfurt

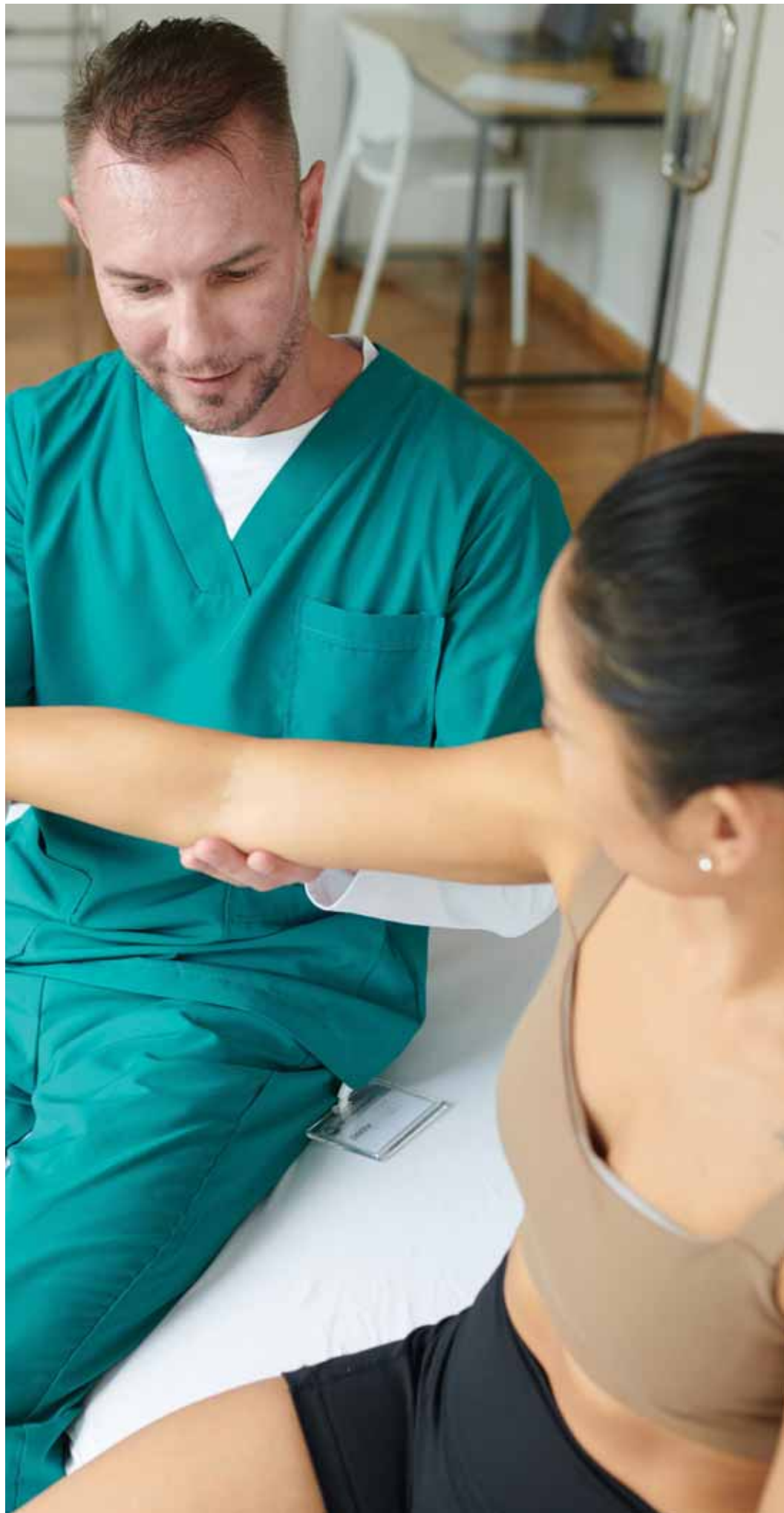
Friedenstraße 14, Schweinfurt 97421
(09721) 702 60
www.radiologie-schweinfurt.de

Radiologie und Nuklearmedizin

Brauhausstraße 17, Ansbach 91522
(0981) 488 080
www.radiologie-ansbach.de

Radiologie Team

Pöldorfer Straße 86a, Bamberg 96052
(0951) 133 9144
www.radiologieteam.de



Speech Therapy

Knospe-Lerncenter Ansbach

Kanalstraße 12, Ansbach 91522
(0572) 2909 8399
www.knospe-lerncenter.com

Kuegeler Wolters, Elizabeth

Kirschgartenstraße 49, Nuremberg 90419
(0176) 291 06112

Logopädische Praxis Schweinfurt

Einsteinstraße 7, Niederwerrn 97464
(0972) 149 9656
www.logopaedie-pau.de

Surgery

Ambulantes OP-Zentrum Ansbach

Schwabedastraße 1, Ansbach 91522
(0981) 488400
medzentrum-ansbach.de

Chirurgische Praxis Bad Windsheim

Schwarzallee 10, Bad Windsheim 91438
(09841) 651 365
www.chirurgie-bad-windsheim.com

Urology

Sozialstiftung Bamberg

Buger Straße 80, Bamberg 96049
(0951) 5030
www.sozialstiftung-bamberg.de

Urologische Ansbach

Draisstraße 2c, Ansbach 91522
(0981) 3316
www.urologie-ansbach.de

**BARBAROSSA
ORTHOPÄDIE**

Orthoses & Prostheses
Individual. Personal.
Made for you


WE SPEAK ENGLISH

NEW
POSTURE ANALYSIS
Precise.
Fast.
Individual.



NEW
GAIT & RUNNING ANALYSIS
Analyze.
Improve.
Perform.



BETTER POSTURE

BETTER WALKING & RUNNING



**3D-PRINTED
INSOLES**

**KNEE
ARTHRITIS**

**COMPRESSION
STOCKINGS**

**BRACES &
ORTHOSES**

**ORTHOPAEDIC
SHOES**

 +49 631750 14 222

 Eisenbahnstraße 57
67655
Kaiserslautern
Germany

 www.barbarossa-orthopaedie.de

**BOOK YOUR
APPOINTMENT
ONLINE**



DR. BIANCA KNOLL

AESTHETIC PLASTIC SURGERY

Aesthetic Surgery

Deep Plane Face/Neck Lift • Eyelid Surgery •
Brow Lift • Rhinoplasty • Chin Surgery •
Mommy Makeover • Breast Augmentation •
Breast Reduction/Lift • Tummy Tuck with
360 Liposuction • Arm Lift • Thigh Lift



Non-Surgical Treatments

Exosomes • Regenerative Lipofilling • Botox •
PRP • Microneedling • Chemical Peels

- Board Certified Plastic Surgeon
- Yale Plastic Surgery Program Graduate
- International Member of the American Society of Plastic Surgeons
- Member of ASAPS, ASPS, ASMS, ISAPS, The Rhinoplasty Society, EURAPS, DGPRÄC
- We accept VAT forms
- Native English Speaking



Dr. Bianca Knoll

Savignystr. 61 • 60325 Frankfurt • 069-7422-7979

Email: info@dr-bianca-knoll.com • www.dr-bianca-knoll.com

Behavioral Health

Knospe-Lerncenter

Geilenkirchener Str. 29, Herzogenrath 52134
(0171) 9123104

Herrengasse 8, Vilseck 92249
(0175) 8433616

Riegelweg 9, Laaber 93164
(0160) 4464489

www.knospe-lerncenter.com

Cardiology

Wittmann Osterziel Goeldl

Emailfabrikstraße 12, Amberg 92224
(0962) 178 5680

cardiopraxis.com

Clinic or Hospital

Asklepios Klinik

Dr.-Sauerbruch-Straße 1,
Burglengenfeld 93133
(09471) 7050

www.asklepios.com

Caritas Krankenhaus St. Josef

Landshuter Straße 65, Regensburg 93053
(09417) 820

www.csj.de

Klinik St. Hedwig

Steinmetzstraße 1–3, Regensburg 93049
(0941) 36998

barmherzige-hedwig.de

Kliniken des Landkreises Neumarkt

Nürnbergberger Straße 12, Neumarkt 92318
(09181) 420 0

www.klinikum-neumarkt.de

Kliniken Nordoberpfalz AG

Söllnerstraße 16,
Weiden in der Oberpfalz 92637
(0961) 303 0

www.klinikum-weiden.de

Klinikum Garmisch-Partenkirchen

Auenstraße 6,
Garmisch-Partenkirchen 82467
(08821) 770

www.klinikum-gap.de

Klinikum Neumarkt

Nuernberger Straße 12,
Neumarkt in der Oberpfalz 92318
(09181) 4200

klinikum-neumarkt.de

Klinikum St. Marien Amberg

Mariahilfbergweg 7, Amberg 92224
(09621) 38 0

www.klinikum-amberg.de

Krankenhaus Barmherzige Brüder Regensburg

Prüfeninger Straße 86, Regensburg 93049
(0941) 369 0

www.barmherzige-regensburg.de

Krankenhaus Kemnath

Werner von Siemens Straße 7,
Kemnath 95478
(09642) 7060

www.kliniken-nordoberpfalz.ag

Kreiskrankenhaus Parsberg

Lupburgerstraße 11, Parsberg 92331
(09492) 600 180

www.gastroenterologie-parsberg.de

MVZ SuRo

Obere Gartenstraße 13A,
Sulzbach-Rosenberg 92237
(09661) 80336

www.mvz-suro.de

REGIOMED Clinic Lichtenfels

Professor-Arneth-Straße 2b,
Lichtenfels 96215
(09571) 120

www.regiomed-kliniken.de

St. Anna Krankenhaus

Krankenhausstraße 16,
Sulzbach-Rosenberg 92237
(09661) 5200

www.kh-as.de

Universitätsklinikum Erlangen

Maximilianspl. 2, Erlangen 91054
(0913) 1850

www.uk-erlangen.de

Universitätsklinikum Regensburg

Franz-Josef-Strauss-Allee 11,
Regensburg 93053
(0941) 944 9010

www.ukr.de

Dentistry

Euringer, Michael D.D.S

Von-der-Tann-Str. 26, Regensburg 93047
(0941) 52 420

www.zahnarzt-euringer.de

Hock, Udo D.M.D.,

Mangelkramer, Martin D.M.D.

Langangerweg 27a, Amberg 92224
(09621) 64 665

www.zahnärzte-hock-mangelkramer.de

Dr. Schmid + Dr. Ermer Zahnärzte

Woerthstr 9, Weiden 92637
(0961) 470 37110

www.zahnarzt-weiden.com

Sparrer, Julius D.M.D.

Bahnhofstraße 21, Pressath 92690
(09644) 8150

www.zahnarzt-sparrer.de

Zahnarztpraxis Dr. Schmid

Sigraser Straße 14, Edelsfeld 92265
(09665) 95 093

www.zahnarzt-edelsfeld.de

Zahngesundheitszentrum Amberg

Fleurystraße 7, Amberg 92224
(09621) 960 060

www.zahnarzt-amberg.de

Dentistry (Orthodontics)

Asklepios

Kaiser Karl V Allee 3, Bad Abbach 93077
(0940) 518 2401

asklepios.com

Kieferorthopäden in Amberg

Fleurystraße 7, Amberg 92224
(09621) 14 664

www.kieferorthopaedie-angermann.de

Dermatology/Allergy

Hautarzt-Zentrum Amberg

Regensburger Straße 30, Amberg 92224
(0962) 191 7927

www.hautaerzte-amberg.de

Mai, Andreas

Froeschau 34, Sulzbach-Rosenberg 92237
(0966) 199 22

mai-hautarzt.de

Moertl, Josef

Bahnhofstraße 15,
Weiden in der Oberpfalz 92637
(0961) 43 072

Pausch, Christine

Pfarrplatz 1, Weiden in der Oberpfalz 92637
(0961) 7223

www.facebook.com/HautarztpraxisFrDrPausch

Schwuerzer-Voit, Markus

Stadtplatz 3, Hemau 93155
(0949) 195 2615

Gastroenterology

May, Tobias

Von Brug Straße 13,
Garmisch-Partenkirchen 82467
(0882) 158 283

praxis-dr-may.com

Practice for Internal Medicine & Gastroenterology

Lupburger Straße 11, Parsberg 92331
(0949) 2601 9196

www.gastroenterologie-parsberg.de

General/Internal Medicine

Bloos, Norbert

Bahnhofstraße 4, Beratzhausen 93176
(0949) 3771

praxis-bloos.de

Dietmaier, Eva M.D.

Prüfeninger Str. 28, Regensburg 93049
(0941) 231 23

Dr. Med. Jeschke

Hauptstraße 60,
Garmisch-Partenkirchen 82467
(08821) 4885

praxis-dr-jeschke.de

Gemeinschaftspraxis Diedorf

Bei den Zäunen 2, Diedorf 86420
(08238) 2010
www.gemeinschaftspraxis-diedorf.de

Gmehling, Viktor M.D.

Dr. Reichenbergerstraße 27, Vilseck 92249
(09662) 401 70

Hebel, Peter M.D.

Möhlestraße 11, 85354 Freising
(08161) 62 020

Karlsfeld Health Center

Munchner Straße 187, Karlsfeld, 85757
(08131) 612 090
www.hausaerzte-karlsfeld.de

Keller and Ott

Zugspitzstraße 72, Garmisch-Partenkirchen 82467
(08821) 54131
hausarzt-garmisch.de

Dr. med. Elke Kistner

Landshuterstraße 11, Regensburg 93047
(0941) 51 635
www.praxis-drkistner.de

Popp, Bernhard

Marienplatz 10, Garmisch-Partenkirchen 82467
(08821) 50165
dr-bernhard-popp.de

Schreiber, Rüdiger M.D.

Hauptstraße 3, Wertingen 86637
(08272) 3886

Schultes, Sabine M.D., Tilgener, Barbara M.D.

Vilsecker Str. 2, Grafenwöhr 92655
(09641) 1539

Mental Health

Dr. Katie Kozak Counseling

Untere Eisenbahnstr. 7, Landstuhl 66849
(0170) 593 1985
katie@drkatiekozak.com
www.drkatiekozak.com

Jeanette Hangen Mentoring

In der Rheingewann 20a, Ingelheim 55218
(0163) 37 99 468
www.jeanettehangen.com

Marvia Kesler, LCSW

An d. Lohstrasse 9, 90530 Wendelstein
+49 (0)17656128918
info@marvlakesler.com

Neuropsychiatrisches MVZ Dres. Gebel

Krankenhausstraße 16A,
Sulzbach-Rosenberg 92237
(09661) 54435
www.ugom.de/aerzte-kliniken

Psychologische Praxis Thornton

Neue Amberger Straße 46, Grafenwöhr 92655
counseling-germany.com

Obstetrics & Gynecology

Barmherzige Brüder Klinik St. Hedwig

Steinmetzstraße 1–3, Regensburg 93049
(0941) 36998
www.barmherzige-hedwig.de

Frauenärzte im Gewerbepark

Im Gewerbepark C 15, Regensburg 93059
(0941) 464 440
www.frauenaerzte-im-gewerbepark.de

Villa Vitalis

Offices in Parsberg, Regensburg, Schlerling,
Tegernheim, Schwandorf and Burglengenfeld
(09492) 6001 930
villavitalis.de

MVZ Gynaekologisches Zentrum

Emailfabrikstraße 15, Amberg 92224
(09621) 769 370
www.kiwuamberg.de

Nickl, Jürgen M.D.

Moosbürger Straße 13, Weiden 92637
(0961) 31079

Peters, Jürgen M.D.

Bgm. Prechtl Straße 32, Weiden 92637
(0961) 35888
www.frauenarztpraxis-peters.de

Pollak, Dieter M.D.

Marienplatz 44, Eschenbach 92676
(09645) 549
www.frauenarzt-pollak.de

**Pränatalmedizin, Gynäkologie
und Genetik MVZ**

Bankgasse 3, Nürnberg 90402
(0911) 206 1010
www.praenatal.com

Riedl, Tobias M.D.

Rossmarktstraße 13, Amberg 92224
(09621) 23915
www.dr-riedl.com

Schultis, Eva Martina M.D.

Wörthstraße 8, Weiden 92637
(0961) 42928
www.frauengesundheit-weiden.de

Ophthalmology

Augen Allianz-Zentren

Dr. Pfleger Straße 4, Weiden 92637
(0961) 398 98 380
www.dr-gamringer.de

Augenpraxisklinik Amberg

Marienstraße 3, Amberg 92224
(09621) 25220
www.augenpraxisklinik-amberg.de

Dr. Sendtner Augenarzt

Karlsplatz 12, Eschenbach in der Oberpfalz 92676
(09645) 91 368
www.augenarzt-sendtner.de

Augenklinik Garmisch-Partenkirchen

Klammstrasse 7, Garmisch-Partenkirchen 08821
(08821) 708 090
augenzentrum-bayern.de

Orthopedics

Bambach, Thomas M.D.

Bahnhofstraße 2A, Neumarkt 92318
(09181) 511 0608
www.schmerztherapie-bambach.de

Orthopädengemeinschaft Amberg

Emailfabrikstraße 12, Amberg 92224
(09621) 60 2866
orthopraxis-amberg.de

Orthopädie Regensburg MVZ

Im Gewerbepark C10, Regensburg 93059
(0941) 463 170
www.orthopaedie-gewerbepark.de

Orthopädie Schuhtechnik Huber

Prüfeneringer Schloßstraße 13, Regensburg 93051
(0941) 354 14
www.orthopaedie-huber.de

Otolaryngology (ENT)

Forum HNO

Paracelsusstraße 1, Regensburg 93053
(0941) 297 070
www.forumhno.de

Gemeinschaftspraxis HNO Ärzte

Gabelsbergerstraße 5, Weiden 92637
(0961) 43016
www.hno-weiden.de

HNO Zentrum Regensburg

Neupfarrplatz 12, Regensburg 93047
(0941) 5993870
www.hno-zentrum-regensburg.de

HNO Burglengenfeld

Dr. Kurt Schumacher Straße 1,
Burglengenfeld 93133
(09471) 70400
www.hno-burglengenfeld.de

Pathology Lab

MVZ Labor Limbach Nürnberg

Handwerkerweg 1, Wendelstein 90530
(09129) 90570 0
www.labor-limbach-nuernberg.de

Pediatric Care

Aulinger, Bernd

Regensburger Straße 36, Burglengenfeld 93133
(09471) 6100
kinderdoctor.de

Böhm-Vogt, Sabine M.D.

Rosenheimer Landstraße 72, Ottobrunn 85521
(089) 609 1416
www.kinderaerzte-ottobrunn.de

Büttner, Johannes

St Martin Strasse 2, Garmisch-Partenkirchen 82467
(08821) 967 100
kinderarzt-gapa.de

Klinik St. Hedwig

Steinmetzstraße 1–3, Regensburg 93049
(0941) 36998
www.barmherzige-hedwig.de

Physical Therapy

Bauer, Tobias

Am Schoenberg 24, Grafenwöhr 92655
(09641) 926 0920

Jany, Irmgard

Ringstraße 12, Regensburg 92637
(0961) 42579
physiotherapie-schiffner.de

Knospe-Lerncenter

Geilenkirchen-Brunssum
Geilenkirchener Str. 29, Herzogenrath 52134
(0171) 9123104

Herrengasse 8, Vilseck 92249
(0175) 8433616

Riegelweg 9, Laaber 93164
(0160) 4464489

www.knospe-lerncenter.com

MEDIFIT

S.K. Straße 10, Kümmerbruck 92245
(09621) 784660
medifit.de

Medisport Garmisch

Zugspitzstraße 72, Garmisch-Partenkirchen 82467
(08821) 76417
medisport-garmisch.de

Physiotherapie Praxis Brummer und Günther

Ziegetsdorfer Straße 113, Regensburg 93051
(0941) 5993 8880
pt-brummer.de

RK Physio Relax

Auf der Breiten 19, Parsberg 92331
(09492) 601830

Sport Doctors

Ziegetsdorfer Straße 113, Regensburg 93051
(0941) 902 30
sportdoctors.de

Therapiezentrum

St. Ägidius Straße 4, Vilseck 92249
(09662) 9531
www.physio-vilseck.de

Wohlmann, Eric

Rosenhofer Straße 19, Grafenwöhr 92655
(09641) 576 9182
owhg.de

Plastic Surgery

Finesse in Facial Plastic Surgery

Fröhliche-Türken-Straße 8, Regensburg 93047
(0941) 586 50555
www.professor-gassner.eu

**Dr. Radu and Partner,
Aesthetic and Plastic Surgery**

Am Tullnaupark 8, Nürnberg 90402
(0911) 519 2519
www.dr-radu-partner.de

Radiology

RNZ Oberpfalz Nord

Mooslohstraße 55, Weiden in der Oberpfalz 92637
(0961) 670 080
rnzweiden.de

Medizinisches Versorgungszentrum

Dr. Neumaier & Kollegen
Bahnhofstraße 24, Regensburg 93047
(0941) 595 880
mvz-neumaier.de

Speech Therapy

Knospe-Lerncenter

Geilenkirchener Str. 29, Herzogenrath 52134
(0171) 9123104

Herrengasse 8, Vilseck 92249
(0175) 8433616

Riegelweg 9, Laaber 93164
(0160) 4464489
www.knospe-lerncenter.com

Surgery

AOZ Regensburg

Bahnhofstraße 24, Regensburg 93047
(0941) 528 13
www.anaesthesie-regensburg.de

Kliniken Nordoberpfalz

Söllnerstraße 16, Weiden 92637
0961 303-0
www.kliniken-nordoberpfalz.de

Urology

Ambulante Urologie im DEZ

Weichser Weg 5, Regensburg 93059
(0941) 799 800
www.urologie-regensburg.de





KNOSPE- LERNCENTER

**APPLIED BEHAVIOR ANALYSIS - OCCUPATIONAL THERAPY
PHYSICAL THERAPY - SPEECH & LANGUAGE PATHOLOGY**

We specialize in providing high-quality, integrated therapy services tailored to meet the unique needs of each individual

AMERICAN & FOREIGN INSURANCE

- TRICARE Overseas
- Aetna
- AFSPA
- BCBS Federal Program
- Cigna - AFSPA
- United Healthcare
- German Social Services
- Private Pay

WE GO WHERE YOU NEED HELP

Knospe-Lerncenter is proud to serve all of Germany and beyond, including all U.S. military medical treatment facilities.

LOCATED NEAR THE FOLLOWING INSTALLATIONS:

Stuttgart • Wiesbaden • Ansbach
Grafenwoehr • Vilseck • Hohenfels
Spangdahlem • Ramstein • Baumholder
Geilenkirchen/Brunssum

LEARN MORE HERE



+49 (0) 151 726 77565
help@knospe-lerncenter.com



Unlocking Potential • Empowering Lives
Individualized Therapy for a Global Community

WWW.KNOSPE-LERNCENTER.COM

BEVERLY-SPA MEDICAL AESTHETICS

OUR TREATMENTS:

- Lipfiller
- Filler
- PDO Threads - NoTox
- Permanent Make Up
- Lipolyse
- Polynukleotide
- RF Microneedling
- Plasma treatment
- Aquafacial
- Skin rejuvenation treatments
- BHA Peel
- Microblading

Miesenbacherstr 18a, 66877 Ramstein

☎ 49 176 43497451 | www.beverly-spa.com

Only by appointment!

NEVER MISS

**WHAT'S UP
WITH OUR FREE
NEWSLETTER**

**SUBSCRIBE
TODAY!**



STARS & STRIPES

**KNO+ Kliniken
Nordoberpfalz**

A small selection of our departments:

- 24h emergency room
- Trauma surgery with certified trauma center
- Gynecological Department with Certified Breast Center
- Radiological diagnostics / interventional radiology / Neuroradiology
- Pediatric clinic
- Department of Neurosurgery
- Maternity ward and Perinatal center

Medical Technology:

- Da-vinci-Xi-system
- hybrid operating room
- 2x CT (128 slides)
- 2x MRI (3,0 Tesla, 1,5 Tesla)

WEIDEN CLINIC

With three hospitals, a geriatric care facility and several outpatient centers, Kliniken Nordoberpfalz is known as one of the most trusted and reliable healthcare facilities serving U.S. military communities all over Bavaria.

Weiden Clinic is the flagship of Kliniken Nordoberpfalz, with 22 state-of-the-art medical departments and 16 interdisciplinary expert centers. They continually invest in the most modern equipment and technologies to ensure the most possible quality of medical care. In addition, the new helipad allows not only the most difficult German air

rescue, as well as intensive care transports from dusk to dawn but also supports rapid air medical evacuation of U.S. soldiers to/from the hospital by Black Hawk MEDEVAC.

Our perinatal, neonatal intensive care and oncology departments are among the best in the region for treating complex medical procedures. Our specialty departments provide the best conditions to be your strong healthcare partner in the Nordoberpfalz, now and in the future!

Aesthetic Treatments

Kosmetikstudio Miranda Albayrak
Vaihinger Straße 10–12, Sindelfingen 71063
(0177) 369 9582
www.kosmetik-miranda-albayrak.de

Behavioral Health

Knospe-Lerncenter
Locations near most military treatment facilities and online
(0151) 726 77565
www.knospe-lerncenter.com

Chiropractic

Chiropraktik Zentrum Stuttgart
Leobenerstraße 32, Stuttgart 70469
(0711) 722 32622
www.chiropraktik-stuttgart.de

Clinics & Hospitals

Docteam 42
Poststraße 42, Böblingen 71032
(07031) 23-4545
Dammweg 12, Schönaich 71101
(07031) 65-1518
www.docteam42.com

Klinikum Stuttgart
Kriegsbergstraße 60, Stuttgart 70174
(0711) 278 01
www.klinikum-stuttgart.de

Klinikverbund Südwest
www.klinikverbund-suedwest.de

- Böblingen Clinics
Bunsenstraße 120, Böblingen 71032
(07031) 668-0
- Calw Clinics
Eduard-Conz-Straß 6, Calw 75365
(07051) 14-0
- Herrenberg Hospital
Marienstraße 25, Herrenberg 71083
(07032) 16-0
- Leonberg Hospital
Rutesheimer Straße 50, Leonberg 71229
(07152) 202-0
- Nagold Clinics
Röntgenstraße 20, Nagold 72202
(07452) 96-1
- Sindelfingen Clinics
Arthur Gruber Straße 70,
Sindelfingen 71065
(07031) 980

Marienhospital Stuttgart
Böheimstraße 37, Stuttgart 70199
(0711) 648 90
www.marienhospital-stuttgart.de

Robert Bosch Krankenhaus
Auerbachstraße 110, Stuttgart 70376
(0711) 81010
www.rbk.de

Universitätsklinikum Tübingen
Hoppe-Seyley-Straße 3, Tübingen 72076
(07071) 29-0
www.medizin.uni-tuebingen.de

Dentistry

Bagusche-Gericke, Petra D.M.D.
Poststraße 44, Böblingen 71032
(07031) 49880
www.dr-bagusche.de

Blair, Warren D.M.D.
Calwer Straße 28, Stuttgart 70173
(0711) 305 8856
www.dr-blair.de

Dental Practice Falken
Falkenstraße 20, Böblingen 71032
(07031) 271 089
www.zahnarztpraxis-falken.de

Der Milchzahn
Sielminger Hauptstraße 36,
Filderstadt 70794
(07158) 956 0990
Hauptstraße 17/1, Gerlingen 70839
(07156) 177 3678
Hirschstraße 26, Stuttgart 70173
(0711) 229 399 40
www.dermilchzahn.com

Gebel Dental Practice
Friedhofweg 5, Eschenbach 92676
(09645) 711
www.zahnarzt-gebel.de

Klinger, Katrin-Carolin D.M.D.
Königstraße 42, Ehningen 71139
(07034) 6555 780
www.zahnarzt-klinger.de

Midwest Family Dentistry
Bahnhofstraße 2, Schönaich 71101
(07031) 765 5920
www.midwest-family-dentistry.com

Oxidio (Lukas Winkelmann, DMD)
Blücherstraße 13, Gärtringen 71116
(07034) 6477290
www.oxidio.com

Praxis & Klinik
Wolfgang-Brumme-Allee 25,
Böblingen 71034
(07031) 755 770
www.praxis-und-klinik.de

Smith, Charles D.M.D and Associates
Charles-Lindbergh Straße 11
Böblingen 71034
(07031) 205 6062
www.zahnarzt-aesthetik.de

Zahnarztpraxis Roxane Gehl
Plochingen Straße 115, Esslingen 73730
(0711) 314 244
www.zahnarzt-gehl.de

Zahnheilkunde Dr. Höschle
Mauereiner Weg 72, Böblingen 71034
(07031) 272 025
www.fricker-hoeschle.de

Zahnzwerge
Schwabstraße 93, Stuttgart 70193
(0711) 229 4812
www.zahnzwerge.de

Dentistry (Orthodontics)

Kieferorthopaedie Stuttgart
Wollgrasweg 23, Stuttgart 70599
(0711) 451 65555
www.kfo-schneider.de

Orthodontist Specialist
Rathausplatz 5, Sindelfingen 71063
(07031) 811 565
www.kieferspezialist.de

Sonnenberg Kieferorthopädie
Bolzstraße 3, Stuttgart 70173
(0711) 9979 7980
www.kfo-stuttgart.com

Dermatology/Allergy

Dermazentrum Freiburg
Günterstalstraße 54, Freiburg 79100
(0761) 75011
[www.dermazentrum-muenchen.de/
portfolio/dermazentrum-freiburg](http://www.dermazentrum-muenchen.de/portfolio/dermazentrum-freiburg)

Hautarztzentrum Böblingen
Olgastraße 11, Böblingen 71032
(07031) 718330
hautarztzentrum-bb.de

Pneumologie mit Allergiezentrum
Rotebuehlplatz 19, Stuttgart 70178
(0711) 6338 5950
www.ambulante-pneumologie.de

Wessner, Sylvia M.D., Wessner, Dirk M.D.
Hauptstraße 5, Stuttgart-Vaihingen 70563
(0711) 735 1215
www.dr-wessner.de

General/Internal Medicine

Ambulante Gastroenterologie Stuttgart
Industriestraße 4, Stuttgart 70565
(0711) 782 3790
www.ambulante-gastroenterologie.de

Braunger, Christian M.D.
Sophienstraße 40, Stuttgart 70178
(0711) 6741 1674
www.dr-braunger.de

Docteam 42
Poststraße 42, Böblingen 71032
Adults: (07031) 204 3476
Kids: (07031) 22 62 07
Office: (07031) 234545
www.docteam42.com

Changing Smiles, Changing Lives



- Now offering Ceramic Implants: Biological alternative in highest quality!
- Aesthetic Dentistry
- TMJ/Facial Pain Treatment
- Certified Dental Hygienist
- Preventative Care and Periodontal Therapy
- Orthodontics/Invisalign
- Implants
- Oral Surgery



Dr. Charles A. Smith, DDS is an American trained dentist providing expert dental care with the newest and most successful techniques. Dr. Smith and his Team are proud to provide for your entire family, from infants to geriatrics, treatment to cover all of your dental needs. Our Team is available in two locations and we **now have new extended evening hours in our Böblingen office!** We look forward to your visit!



Heidelberg Dentistry
Römerstr. 1
69115 Heidelberg
Tel: (0)6221 651 6090
info@heidelbergdentistry.com
www.heidelbergdentistry.com

Böblingen Dental
Charles-Lindbergh-Str. 11
71034 Böblingen
Tel: (0)7031 205 6062
info@boeblingendental.com
www.boeblingendental.com



**CHARLES A. SMITH, DDS
& ASSOCIATES**
Specialists for Aesthetic Dentistry



Gemeinschaftspraxis Schwabstraße 59

Schwabstraße 59, Stuttgart 70197
(0711) 615 5320
www.schwabstrasse59.de

Neugebauer, Till M.D.

Höhenstraße 51, Maulbronn 75433
(07043) 8034

Weiß, Gerhard M.D.

Hauptstraße 58, Freiburg 79104
(0761) 382 888

Mental Health

Applied Psychology Services

Stadtgraben Straße 2, Böblingen 71032
(0157) 7536 7424
www.psychologyservices.de

Jeanette Hangen Mentoring

In der Rheingewann 20a, Ingelheim 55218
(0163) 37 99 468
www.jeanettehangen.com

Kraft-Hanak, Shelley

Egertstraße 16-1, Frickenhausen 72636
(07123) 367 338
skrafthanak.wixsite.com/psychologist

Roth, Gerhard M.D.

Hindenburgstraße 35, Ostfildern 73760
(0711) 341 5530
www.nervenarztpraxis-ostfildern.de

Obstetrics & Gynecology

Center for Gynecology

Stuttgarter Straße 33-35, Stuttgart 70469
(0711) 817 8400
www.fazentrum.de

Frauenklinik Charlottenhaus

Herdweg 41, Stuttgart 70174
(0711) 291 829
www.frauenarztpraxis-kramer.de

Gynecology at Vaihinger Markt

Vaihinger Markt 24, Stuttgart 70563
(0711) 7352434
www.gyn-am-vaihinger-markt.de

Optometry/Ophthalmology

AugenCentrum Südwest

Möhringer Landstraße 7,
Stuttgart-Vaihingen 70563
(0711) 733 511
www.augencentrum-suedwest.de

Medizentrum Eckert

Bahnhofstraße 29, Herrenberg 71083
(07032) 916 900
www.augenzentrum-eckert.de

Panzer Optometry & Optical Care Centers

Bldg. 2903, Panzer Main Exchange
(70312) 042-350/352

Orthopedics

Fritz, Stephan M.D., Schneider, Michael M.D.

Libanonstraße 4+6, Stuttgart 70184
(0711) 236 4044
www.stuttgart-orthopaedie.com

Harald Kogel Orthopaedie-Technik

Maichinger Straße 54, Sindelfingen 71063
(07031) 803 373
www.kogel-orthopaedie.de

Scheu, Thomas M.D.

Bahnhofstraße 41, Leinfelden-Echterdingen 70771
(0711) 751 015
www.orthopaedie-leinfelden.de

Otolaryngology (ENT)

Keitel, Uwe M.D.

Ruppmannstr. 33A, Stuttgart 70565
(0711) 7802066
www.keitel.de

Oster and Weitzsäcker

Robert-Koch-Straße 2, Stuttgart 70563
(0711) 7353575
hno-stuttgart-vaihingen.de/oster

Pathology Lab

Labor Enders und Kollegen, MVZ Stuttgart

Rosenbergstraße 85, Stuttgart 70193
(0711) 63570
www.labor-enders.de

Laborärzte Sindelfingen

Vogelhainweg 4-6, Sindelfingen 71065
(07031) 79 930
www.laboraerzte-sifi.de

Pediatric Care

Docteam 42

Poststraße 42, Böblingen 71032
(07031) 23 45 45
www.docteam42.com

Dr. Med. Daniel Faul

Forststraße 189a, Stuttgart 70193
(0711) 6599 273
www.kinderarzt-dr-faul.de

Jukimed

Bernhäuser Straße 8, Echterdingen 70771
(0711) 796 025
www.praxis-jukimed.de

Physical Therapy

Humbsch, Monika

Haugstraße 4, Stuttgart D-70563
(0711) 735 2606
www.monikahumbsch.de

Midwest Plus

Bahnhofstraße 2, 1 OG, Schönaich 71101
(07031) 764 7215
www.midwest-plus.com

Sobo, Jana

Vaihinger Markt 17, Stuttgart 70563
(0711) 459 6495
www.logopaedie-sobo.de

Therapiezentrum am Maienplatz

Waldburgstraße 1, Böblingen 71032
(07031) 236 262
www.therapiezentrum-bb.de

Plastic Surgery

Traumklinik

Sindelfinger Straße 10, Böblingen 71032
(07031) 209 120
www.traumklinik.de/en

docteam42



At **Docteam42**, our mission is to provide exceptional healthcare tailored to the needs of our American patients. We blend the latest medical advancements with expert knowledge to offer top-quality care for your entire family. To ensure seamless communication and comfort, we have a team of experienced American nurses dedicated to serving our **English-speaking** patients. Whether you're in need of a **Family Doctor, Internist, Pediatrician, Plastic and Aesthetic Surgeon**, or **Phlebologist** we're here to support your health journey.

Appointments, Prescriptions, Refills, Referrals or Would You Like To Join Us?

Website: www.docteam42.com

Email: info@docteam42.com

Pediatrics Clinic Email:
Pediatrician@docteam42.com

Docteam42
Poststr.42
71032 Böblingen

US Adults:
07031-2043476

US children:
07031-226207

Plastic Surgery:
07031-7216055



Tricare Authorized Provider

Behavioral Health

Knospe-Lerncenter Wiesbaden

Sonnenberger Str. 64, 65193 Wiesbaden
(0160) 94838467
www.knospe-lerncenter.com

Cardiology

Herz-Kreislauf-Praxis am Medicum

Langenbeckplatz 2, Wiesbaden 65189
(0611) 447 541 00
www.herz-kreislauf-praxis.de

Kardiologie Privatpraxis am Goetheplatz

Meisengasse 8, Frankfurt am Main 60313
(069) 61 09 200
www.kfsh.de

Kardiologische Praxis

Eschenheimer Anlage 7, Frankfurt 60316
(069) 904 3780
www.kardiopraxis.de

Clinics & Hospitals

Asklepios Gesundheitszentrum (AGZ)

Schiersteiner Straße 42, Wiesbaden 65187
(0611) 847 2028
www.AGZ-Wiesbaden.de

Asklepios Paulinen Klinik Wiesbaden

Geisenheimer Straße 10, Wiesbaden 65197
(0611) 8470
www.asklepios.com/wiesbaden

Das Alice-Hospital Darmstadt

Dieburgerstraße 31 C, Darmstadt 64287
(06151) 4020
www.alice-hospital.de

DKD Helios Klinik Wiesbaden

Aukammallee 33, Wiesbaden 65191
(0611) 5770
www.helios-gesundheit.de

Krankenhaus Sachsenhausen

Schulstraße 31, Frankfurt am Main 60594
(069) 660 50
krankenhaus-sachsenhausen.de

Medicum Facharztzentrum Wiesbaden

Langenbeckplatz 2, Wiesbaden 65189
(0611) 44754270
www.medicum-wiesbaden.de

Sana Klinikum Offenbach

Starkenburgring 66, Offenbach 63069
(069) 840 50
www.klinikum-offenbach.de

St. Josefs Krankenhaus Wiesbaden

Beethovenstraße 20, Wiesbaden 65189
(0611) 1770
www.joho.de

JGU Universitätsmedizin Mainz

Langenbeckstraße 1, Mainz 55131
(06131) 170
www.unimedizin-mainz.de

Universitäts Medizin Frankfurt

Goethe-Universität

Theodor-Stern-Kai 7, Frankfurt am Main 60590
Frankfurt am Main 60590
(069) 63 010
www.unimedizin-ffm.de

Varisano MVZ

www.varisano.de

Bad Soden Hospital
Kronberger Straße 36, Bad Soden 65812
Klinikum Frankfurt Höchst
Gotenstraße 6, Frankfurt am Main 865929
Hofheim Hospital
Lindenstraße 10, Hofheim 65719

Dentistry

Bajwa & Kollegen

Neunkirchener Weg 3, Dietzenbach 63128
(06074) 9187720
Tornowstraße 26, Frankfurt 60486
(069) 775362
www.bajwa-kollegen.de

Dental Plus

Ergerstraße 7, Wiesbaden 65205
(0611) 9500070
www.dentalplus.de

Dentists Fritsch

Kiesstraße 62, Darmstadt 64283
(06151) 411 77
www.zahnärzte-fritsch-darmstadt.de

Art Dental Studio Zahnarztpraxis Boduryan

Kirchgasse 58, Wiesbaden 65183
(0611) 303 601
zahnarzt-wiesbaden.eu

Haas, Christian D.M.D.

Brückenkopfstraße 1/2, Heidelberg 69120
(06221) 985 138
www.zahnarzt-drhaas.de

Habios Praxisklinik D.M.D.

Römerstraße 1, Heidelberg 69115
(06221) 653 653
www.habios.de

RMM Center

Wilhelmstraße 48, Wiesbaden 65183
(0611) 449051
www.implantologie-wiesbaden.de

Praxis am Kureck

Wilhelmstraße 7, Wiesbaden 65185
(0611) 99 03 70
www.praxis-am-kureck.de

Wiesbaden Dental Care

Bahnstraße 14, Erbenheim 65205
(0611) 9887 2650
www.wiesbadendental.com

Zahnärzte am Kurhaus

Wilhelmstraße 60, Wiesbaden 65183
(0611) 505 998 0
www.my-dentist-wiesbaden.de

Dentistry (Orthodontics)

Dr. Peter U. Jacoby, Kieferorthopäde

Rheinstr. 31, Wiesbaden 65185
(0611) 30 3043

Dermatology/Allergy

Falk, Ute M.D.

Opernplatz 6, Frankfurt 60313
(069) 1338 8850
www.dr-u-falk.de

Hautarzt-Allergologie

Kaiserstraße 7, Frankfurt 60311
(069) 75 66 240
www.hautarzt-ziper.de

Hautzentrum Wiesbaden

Kirchgasse 42-44, Wiesbaden 65183
(0611) 305 110
www.hautzentrum-wiesbaden.de

Königsbüscher, Elke M.D.

Vilbeler Landstraße 45b, Frankfurt 60388
(069) 109 507 730
www.hautarzt-königsbüscher.de

Scheicher, Stephan M.D.

Ludwigsstraße 2, Mainz 55116
(06131) 221 140
www.derma-mainz.de

Gastroenterology

Centrum Gastroenterologie Bethanien

Im Prüfling 21-15, Frankfurt am Main 60389
(069) 460 0060
www.gastroenterologie-frankfurt.de

MDZ Magendarmzentrum Darmstadt

Dieburger Straße 29, Darmstadt 64287
(061) 51 42770
www.mdz-darmstadt.de

General/Internal Medicine

General Practice Aldag, Nikolai M.D.

Auf dem Mühlberg 73, Frankfurt 60599
(069) 611 742
www.praxis-rixen.de

Bechtloff, Thomas M.D.

Pfarrgasse 2, Großostheim 63762
(06026) 977 774
www.dr-bechtloff.de

Gemeinschaftspraxis Sonnenberg

Danzigerstraße 34, Wiesbaden 65191
(0611) 545 31
www.praxis-sonnenberg.info

King, Alexander M.D.

Parkstraße 15a, Wiesbaden 65189
(0611) 304 275
www.dr-king.de

Koch, Ursula M.D., Seipelt, Gernot M.D.

Kronberger Straße 36B, Bad Soden 65812
(06196) 65 7660
www.onkologie-main-taunus.de

Lührs, Lutz M.D.

Schiersteiner Straße 42, Wiesbaden 65187
(0611) 8472 7210
www.hausarztpraxis-wiesbaden.de

Meier, Lothar M.D.

Reifenberger Straße 6, Hofheim 65719
(06192) 902 044
www.rheumapraxis-hofheim.de

Nierenpraxis Wiesbaden und Taunusstein-Hahn

Geisenheimer Straße 10, Wiesbaden 65197
(0611) 847 2250
www.nierenpraxis-wiesbaden.de

General Practice Kathrin Dotzert

Altenhöferallee 131, Frankfurt 60438
(069) 9686 870 00
www.praxis-dotzert.de

Mental Health

Gemeinschaftspraxis für Neurologie und Psychiatrie

Kaiserstraße 39, Offenbach 63065
(069) 80 08 73 90
www.gnpo.de

Jeanette Hangen Mentoring

In der Rheingewann 20a, Ingelheim 55218
(0163) 37 99 468
www.jeanettehangen.com

Klinik Hohe Mark

Friedländerstraße 2, Oberursel 61440
(06171) 204-0
www.hohemark.de

Dr. Eileen Wollburg

Albusstraße 21, Frankfurt am Main 60313
(01523) 1724362
www.frankfurt-psychotherapy.de

Zuhn, Peter M.D.

Fenchelring 17, Wiesbaden 65191
(0611) 561718
www.psychotherapie-wiesbaden.de/zuhn

Obstetrics & Gynecology

De Liz, Sheila M.D.

Kirchgasse 40, Wiesbaden 65183
(0611) 374 508
www.dr-de-liz.de

Frauenarztpraxis im Medicum

Lagenbeckplatz 2, Wiesbaden 65189
(0611) 44 75 43 60
www.frauenarztpraxis-im-medicum.de

Gemeinschaftspraxis Wiesbaden

Langenbeckplatz 2, Wiesbaden 65189
(0611) 44 754 300
www.gynaekologie-wiesbaden.de

Jensen-El Tobgui, Silke M.D.

Tituscorio 2-6, Nordwest Zentrum, Frankfurt 60439
(069) 570 540

St. Josefs-Hospital Wiesbaden—Frauenklinik Gabriel, Boris M.D., Chief

Beethovenstraße 20, Wiesbaden 65189
(0611) 177-0
www.joho.de

Weber, Rudolph M.D.

Nürnberger Straße 2A, Hanau 63450
(06181) 251120
www.doctor-weber.de

Occupational Therapy

Knospe-Lerncenter Wiesbaden

Sonnenberger Str. 64, 65193 Wiesbaden
(0160) 94838467
www.knospe-lerncenter.com

Optometry/Ophthalmology

Augenärzte Sachsenhausen

Walter-Kolb-Straße 9-11, 6th Floor
Frankfurt 60594
(069) 612 095
www.augenaerzte-sachsenhausen.de

DREAMS COME TRUE



TRAUMKLINIK



PRIVATE CLINIC
FOR PLASTIC & AESTHETIC
SURGERY

Sindelfinger Straße 10,
71032 Böblingen
+49(0)7031 – 20 91 20

**At TRAUMKLINIK, we pursue one goal:
to transform your dreams into reality.**

Dr. Corina Constantinescu and Team are at your side with empathy and understanding from the first consultation. Medical expertise, state-of-the-art equipment and the latest technical innovations create a framework for maximum success and utmost comfort.

Do you have a dream? Call for a consultation. We make dreams come true everyday. Let the next one be yours.

OUR FOCUS:

Breast

- Breast augmentation
- Breast lift
- Breast reduction
- Breast implant replacement

Face

- Eyelid lift
- Botox®
- Filler injections
- Lip augmentation

Body

- Labia reduction
- Tummy tuck
- Liposuction | Lipofilling
- Upper arm lift | Thigh lift

BOOK AN APPOINTMENT ONLINE

info@traumklinik.de
www.traumklinik.de/en



WE ACCEPT VAT FORMS AND



Beutel Augenoptik

Oberstraße 8, Darmstadt-Eberstadt 64297
(06151) 56 076
www.beutel.de

Börnke-Bopp, Michaela M.D.

Schillerstraße 12, Frankfurt 60313
(069) 2199 7799
www.boernke-bopp.de

Brüggemann, Ursula M.D.

Oeder Weg 9, Frankfurt am Main 60318
(069) 287370
www.dr-u-brueggemann.de

Beiter Augenarztpraxis

Adolfsallee 27-29, Wiesbaden 65185
(0611) 374 549
www.wiesbadenaugenarzt.de

Sasu, Michael M.D.

Ebersheimstraße 5, Frankfurt 60320
(069) 565 646
augenarzt-sasu.de

Orthopedics**Heinermann, Jens M.D.**

Friedrichstraße 29, Wiesbaden 65185
(0611) 992 720

Integrative Osteopathie

Lessingstraße 1, 65189 Wiesbaden
(0611) 13 7070 21
www.osteopathiewiesbaden.de

Medical Point Chirurgie Wiesbaden

Schwalbacher Straße 38-42, Wiesbaden 65183
(0611) 94918850
www.chirurgie-in-wiesbaden.de

The Mika Clinic

Auf dem Martinberg 2A, Bad Kreuznach 55545
(0671) 8415 6045
themikaclinic.healthcare

Orthopädiezentrum Maintal

Backesweg 61, Maintal 63477
(06181) 495 815
www.orthocenter-maintal.de

Orthopädie am Fürstenhof

Kaiserstraße 35, Frankfurt 60329
(069) 2578 1525
www.orthopaedie-am-fuerstenhof.de

Orthopaedicum Wiesbaden

Friedrichstraße 29, 65185 Wiesbaden
(0611) 992720
www.orthopaedicum-wiesbaden.de

Otolaryngology (ENT)**HNO Praxis im medicum**

Langenbeckplatz 2, Wiesbaden 65189
(0611) 4475 4270
www.hno-medicum.de

Pathology Lab**Bioscientia**

Konrad-Adenauer-Straße 17, Ingelheim 55218
(06132) 781-0
www.bioscientia.de/standorte/ingelheim

HZM Wiesbaden

Ludwig-Erhard-Straße 100, Wiesbaden 65199
(0611) 42 40 10
www.patho-wiesbaden.de

Labor Dr. Riegel Wiesbaden

Kreuzburger Ring 60, Wiesbaden 65205
(0611) 737 30
www.labor-riegel.de

Pediatric Care**Kinder- & Jugendmedizin Kinderkardiologie**

An den Quellen 10, Wiesbaden 65183
(0611) 301635
www.wiesbaden-kinderkardiologie.de

Klenke, Katja M.D.

Tannenbergsstraße 2, Seeheim Jüenheim 64342
(06257) 82459

Lusser, Hans M.D.

Rüdesheimerstraße 14, Wiesbaden 65197
(0611) 805 675
www.kinderarzt-wiesbaden.com

Fachärzte für Kinderheilkunde und Jugendmedizin

Langenbeckplatz 2, Wiesbaden 65189
(0611) 44 75 44 80
www.kinderaerzte-wiesbaden.de

Schopow, Kosta M.D.

Siesmayerstraße 58, Frankfurt 60323
(069) 727 056

Seffrin, Joachim M.D.

Georgenstraße 13, Weiterstadt 64331
(061) 502 560
www.praxisknoepfler.de

Physical Therapy**Asklepios Auromed**

Schiersteiner Straße 42, Wiesbaden 65187
(0611) 847 271 50
Am Schloßpark 75, Wiesbaden-Biebrich 65203
(0611) 693 7500
www.asklepios.de/auromed

Knospe-Lerncenter

Sonnenberger Str. 64, Wiesbaden 65193
(0160) 94838467
www.knospe-lerncenter.com

Plastic Surgery**Alamuti, Nuri M.D., Scholz, Dietmar M.D.**

Schöne Aussicht 39, Wiesbaden 65193
(0611) 565 7760
www.alamuti-scholz.de

PARKSIDE | Plastische Chirurgie

PD Dr. med Daniel Rittirsch
Leibnizstraße 19, Wiesbaden 65191
(0611) 949 140 30
parkside-plastische.de

Knoll, Bianca M.D.

Savignystraße 61, Frankfurt 60325
(069) 7422 7979
www.dr-bianca-knoll.com

Radiology**Radiologie Sachsenhausen**

Schulstraße 31, Frankfurt 60594
(069) 6100 080
www.radiologie-sachsenhausen.de

Radiologie Friedrichspassage Wiesbaden

Friedrichstraße 43, Wiesbaden 65185
(0611) 267 630
www.radiologie-friedrichspassage.de

RNS Gemeinschaftspraxis St. Josefs-Hospital

Beethovenstraße 20, Wiesbaden 65189
(0611) 565891400
www.rns-wiesbaden.de

Sleep Specialist**American Sleep Clinic**

Friedberger Landstraße 406, Frankfurt 60389
(069) 808 807 777
www.american-sleep-clinic.com

Speech Therapy**Knospe-Lerncenter Wiesbaden**

Sonnenberger Str. 64, 65193 Wiesbaden
(0160) 94838467
www.knospe-lerncenter.com

Reha vor ort Logopädie

Bahnstraße 6, Erbenheim Wiesbaden 65205
(0611) 974 99855
www.logopaeden-wiesbaden.de



KAISERSLAUTERN

ORTHOPEDIC SURGERY & CONSERVATIVE TREATMENT

Expert care with military precision



World class surgical technology



Innovative conservative treatment



Leading hospital for knee surgeries



We work with U.S. insurance providers



**Dr. Sascha J. Hopp, M.D. – Chief
Physician & primary contact for
American patients**



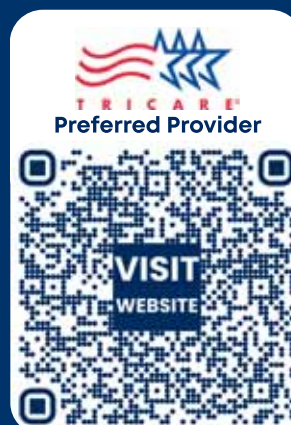
**BRÜSSELER STRASSE 7
67657 KAISERSLAUTERN**



0170/6654821



**INFO@LUTRINACLINIC-US.COM
WWW.LUTRINAKLINIK.DE/EN**



**English
speaking
staff!**



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.

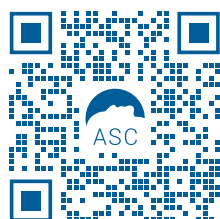
Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

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.

Do not hesitate to contact us today!

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



American Sleep Clinic
Friedberger Landstraße 406
60389 Frankfurt am Main
+49 69 808 807-777 | Fax -779
info@american-sleep-clinic.com
www.american-sleep-clinic.com

 Zentrum für
SCHLAFMEDIZIN
American Sleep Clinic

