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

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MARKETING COORDINATOR

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COMMUNITY RELATIONS COORDINATOR

Al Green

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

PUBLISHING & MEDIA DESIGN, LEAD EDITOR

Kat Nickola

WRITER-EDITORS

Tamala Malerk, Katie Wells

GRAPHIC ARTISTS

Daniela Gammon, Rryan Joye, Mandy Mills

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

ADMINISTRATIVE ASSISTANT

Danny Padro

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield,

Kandace Blevin, Nathaniel Jamison,

Jeff Teeselink

COVER DESIGN BY

Rryan Joye

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49 (0) 631-3615-9000

FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising

Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com

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WASHINGTON OFFICE

PUBLISHER

Max Lederer, Jr.

CHIEF OPERATIONS OFFICER

Laura Law

REVENUE DIRECTOR

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Clinic Hours

Monday - Friday
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Selected Saturdays:
Childrens Clinic 9AM-1PM

VISA



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Military Treatment Facilities



Eligibility and Space-Available Policy

All DOD 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 DOD MTFs is prioritized as follows:

Priority 1

- a) Active-duty service members.
- b) Military members not on active duty, but entitled to MTF care, to include:
 - Reserve Component members entitled to care relating to line-of-duty incurred conditions, or as otherwise provided under applicable DOD policy.
 - Temporary Disability Retired List for required periodic medical examinations and access to MTFs for mandatory re-evaluation requirements.
 - Certain former members with a serious illness or injury as provided by Section 1631 of the National Defense Authorization Act for Fiscal Year 2008, or similar authority.
- c) Foreign military members entitled to MTF care pursuant to a reciprocal 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, DoDEA or civilian employees on a non-recurring, non-primary care basis. ■

Landstuhl Regional Medical Center (LRMC)

LRMC is the largest U.S. hospital outside the United States. It is the primary military medical center for many service members and their families stationed throughout Europe, the Middle East and Africa. It is also an evacuation and treatment center for injured personnel.

LRMC

Bldg. 3765, Landstuhl

Hours: Clinic hours vary; hospital is open 24 hours via the ER.

landstuhl.tricare.mil

www.facebook.com/LRMCofficialpage

Appointment Line: 06371-9464-5762

Mon. – Fri. 7 a.m. to 4 p.m.

Emergency

LRMC has an emergency room that is open 24 hours a day, 7 days a week.

Pharmacy

Bldg. 3767, Ward 9B | 06371-9464-5223

Mon. – Fri. 8:30 a.m. to 5:30 p.m.,

Sat. 9 a.m. to 1 p.m.

Refill Line: 06371-86-5601

Specialty Care

Access to specialty clinics is limited. A monthly report is available that outlines which personnel groups can utilize individual services at LRMC.

For details, visit landstuhl.tricare.mil/Getting-Care/Specialty-Care.

TRICARE Service Center

Bldg. 3744, Landstuhl

06371-9464-4830

Landstuhl Army Dental Clinic

Bldg. 3703, Landstuhl

06371-9464-6822

www.facebook.com/DHARheinlandPfalz

LRMC Oral Surgery Clinic

Bldg. 3772, Wing 14B, LRMC

06371-9464-6588

Clinic Directory

Clinic	Location	Phone
Allergy / Immunizations	6D	06371-9464-5816
Audiology	Bldg. 3766	06371-9464-5820
Behavioral Health (Adult)	1C / 1D	06371-9464-5847
Behavioral Health (Child)	1C / 1D	06371-9464-6311
Cardiology	5D	06371-9464-5822
Chiropractic	14C	06371-9464-5758
Dermatology	1D	06371-9464-5825
Ear, Nose, Throat	12C	06371-9464-7167
EFMP	Bldg. 3744	06371-9464-5756
Family Medicine	1A/1B	06371-9464-5830
Gastroenterology	13B	06371-9464-6015
Hematology / Oncology	3A	06371-9464-5827
Internal Medicine	5A	06371-9464-5836
Laboratory	Bldg. 3711	06371-9464-6363
Mammography	Bldg. 3711	06371-9464-6331
Medical Records	Bldg. 3766	06371-9464-5204
MRI	6F	06371-9464-5213
Neurology	6C	06371-9464-5837
Neuropsychology	9D	06371-9464-6387
Nuclear Medicine	6B	06371-9464-5212
Nutrition Care	Bldg. 3775	06371-9464-7144
Obstetrics / Gynecology	7B	06371-9464-5839
Optometry	11B	06371-9464-5845
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Pulmonary / Respiratory Therapy	5C	06371-9464-5855
Radiology	Bldg. 3711,	06371-9464-5280
Rheumatology	3A	06371-9464-5827
Sleep Clinic	14D	06371-9464-5878
Speech Pathology	15A	06371-9464-5820
Traumatic Brain Injury	Bldg. 3737	06371-9464-5601
Urology	8B	06371-9464-5859



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Kaiserslautern Military Community (KMC)

The KMC is made up of numerous bases within the U.S. Army Garrison Rheinland-Pfalz and Ramstein Air Base.

Ramstein Air Base

86th Medical Group

Bldg. 2114, Ramstein Air Base

Mon. – Fri. 7 a.m. to 4:30 p.m.

www.facebook.com/86thMDG

ramstein.tricare.mil

Appointment Line: 06371-46-2273

Emergency or After-Hours Care

There is no emergency room or after-hours care at the Ramstein Clinic, for emergency care go to Landstuhl Regional Medical Center (LRMC).

Pharmacy

Bldg. 2114, Ramstein Air Base

06371-46-2541

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Refill Line: 06371-86-5601

TRICARE Service Center

Bldg. 2114, Ramstein Air Base

06371-46-2557

Ramstein 86th Dental Squadron

Bldg. 301, Ramstein Air Base

06371-46-2210

Clinic Directory

Clinic	Location	Phone
Dental Clinic	Bldg. 301	06374-46-2210
EFMP	Bldg. 2114	06371-46-2375
Family Advocacy Clinic	Bldg. 2123	06371-46-2370
Health Promotions	Bldg. 2117	06371-47-1799
Immunization	Bldg. 2114	06371-46-2549
Laboratory	Bldg. 2114	06371-46-2580
Medical Records	Bldg. 2114	06371-46-2554
Mental Health	Bldg. 2121	06371-46-2390
Optometry Clinic	Bldg. 2121	06371-46-2350
Radiology Clinic	Bldg. 2114	06371-46-2575

Baumholder Clinics

Baumholder Army Health Clinic

Bldg. 8740, 8741 and 8742, Clinic Kaserne

06371-9467-5762

mhs-europe.tricare.mil/Baumholder

www.facebook.com/BaumholderHealthClinic

Baumholder Army Dental Clinic

Bldg. 8647, Smith Barracks

06371-9464-1009

www.facebook.com/BaumholderDentalClinic

Kleber Clinics

Kaiserslautern Army Health Clinic

Bldg. 3287, Kleber Kaserne

06371-9464-5762

mhs-europe.tricare.mil/kaiserslautern

www.facebook.com/KleberHealthClinic

Kleber Army Dental Clinic

Bldg. 3287, Kleber Kaserne

06371-9464-2620



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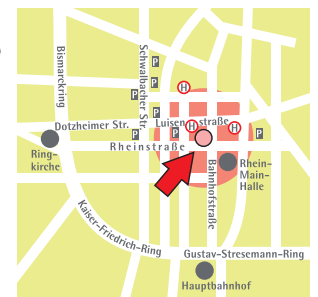
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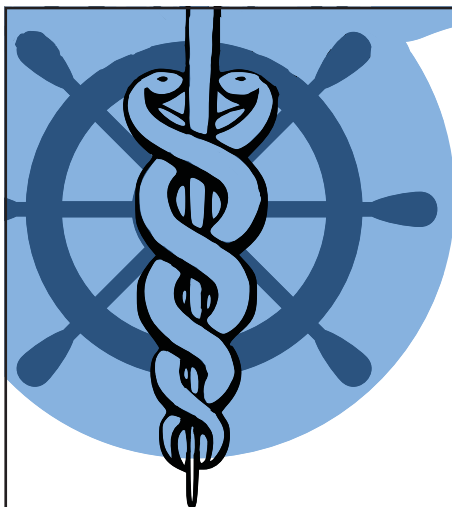
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Spangdahlem Air Base

52nd Medical Group Spangdahlem

Bldg. 550, Spangdahlem Air Base

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

spangdahlem.tricare.mil

www.facebook.com/AFMS.Spangdahlem.52.Medical.Group

Appointment Line: 06565-61-8333

Emergency

Spangdahlem does not have emergency or urgent care services. Visit the nearest hospital or call 112.

Pharmacy

Bldg. 550, Spangdahlem Air Base

Mon. – Fri. 8 a.m. to 4:30 p.m.

Refill Line: 06371-86-5601

52nd Dental Squadron

Bldg. 550, Spangdahlem Air Base

06565-61-8193

Clinic Directory

Clinic	Phone
Allergy / Immunization	06565-61-8551
EDIS	06565-61-8238
EFMP	06565-61-3542
Laboratory	06565-61-3460
Mental Health	06565-61-8285
Optometry	06565-61-8425
Pediatrics	06565-61-8333
Physical Therapy	06565-61-8300
Women's Health	06565-61-8333

Geilenkirchen 852nd Medical Squadron

Bldg. 208, Geilenkirchen NATO Air Base

Appointment Line: 02451-99-3200

spangdahlem.tricare.mil/Geilenkirchen

www.facebook.com/GKClinic

USAG Ansbach

Ansbach Army Health Clinic

Bldg. 8156, Urlas Kaserne

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

mhs-europe.tricare.mil/Ansbach

www.facebook.com/AnsbachClinic

Appointment Line: 06371-9464-3600

Emergency

There is not an emergency room on any USAG Ansbach installation. Visit the nearest hospital or call 114 on installation and 112 off installation.

Pharmacy

Bldg. 8156, Urlas Kaserne

06371-9464-3600

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Refill Line: 06371-86-5601

TRICARE Service Center

Bldg. 8156 Rm 1107, Urlas Kaserne

06371-9464-1611

Patient Liaison Services

Bldg. 8156, Urlas Kaserne

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Duty hours phone: 06371-9464-3600

24-hour off-duty phone: 06371-9464-8049

Patient liaisons are fluent in German and English and will speak to medical staff as well as assist you with hospital paperwork.

Ansbach Dental Clinic

Bldg. 8156, Urlas Kaserne

06371-9464-3700 | DSN: 590-3700

Clinic Directory

Clinic	Location	Phone
Audiology	Bldg. 8156, room 113	06371-9464-3699
Mental Health	Bldg. 8156	06371-9464-3600
EFMP	Bldg. 8156	06371-9464-3600
Nutrition Services	Bldg. 8156	06371-9464-2540
Optometry	Bldg. 8156	06371-9464-3600
Patient Advocacy	Bldg. 8156	06371-9464-3738
Physical Therapy	Bldg. 8156	06371-9464-360
Social Work Services	Bldg. 8156	06371-9464-3726



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USAG Bavaria

Emergency

There is no emergency room available on any USAG Bavaria installation. Visit the nearest hospital or call 112.

Garmisch

There are no U.S. military healthcare facilities at any of the Garmisch-area installations. TRICARE beneficiaries stationed here are covered under the TRICARE Prime Remote plan and will generally need to utilize local German doctors.

Grafenwöhr

Grafenwöhr Army Health Clinic

Bldg. 475, Tower Barracks

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

mhs-europe.tricare.mil/Grafenwoehr

www.facebook.com/GrafClinic

Appointment Line: 06371-946-3000

Pharmacy

Bldg. 475, Tower Barracks

06371-9464-3150

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Refill Line: 06371-86-5601

Patient Liaison Services

Mon. – Fri. 8 a.m. to 4 p.m.

Duty hours phone: 06371-9464-3026 / 3022

24-hour off-duty phone: 06371-9464-3040

Grafenwöhr Army Dental Clinic

Bldg. 475, Grafenwöhr

06371-9464-3100 | DSN: 590-3100

Hohenfels

Hohenfels Army Health Clinic

Bldg. 51, Hohenfels

Mon. – Fri. 8 a.m. to 4:30 p.m.

mhs-europe.tricare.mil/hohenfels

www.facebook.com/hohenfelshealthclinic

Appointment Line: 06371-9464-3300

Pharmacy

Bldg. 51, Room 220

06371-9464-3410

Mon. – Fri. 8 a.m. to 4:30 p.m. (closed 12:30 to 1:30 p.m.)

Refill Line: 06371-86-5601

Patient Liaison Services

Bldg. 126, Hohenfels

Mon. – Thurs. 7:30 a.m. to 4:15 p.m. (closed noon to 12:45 p.m.)

Fri. 7:30 a.m. to 4 p.m. (closed noon to 12:30 p.m.)

Duty hours phone: 06371-9464-3342 / 3352

24-hour off-duty phone: 09472-83-2819

Hohenfels Army Dental Clinic

Bldg. 50, Hohenfels

06371-9464-3400 | DSN: 590-3400

Vilseck

Vilseck Army Health Clinic

Bldg. 260, Rose Barracks

Mon. – Fri. 8 a.m. to 3 p.m. (noon on Thurs.), closed noon to 1 p.m. daily

mhs-europe.tricare.mil/Vilseck

www.facebook.com/vilseckarmyhealthclinic

Appointment Line: 06371-9464-2300

Pharmacy

Bldg. 260, Rose Barracks

06371-9464-3921

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Refill Line: 06371-86-5601

Patient Liaison Services

Bldg. 260, Rose Barracks

Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Duty hours phone: 06371-9464-2481

24-hour off-duty phone: 0162-297-6648 or 0162-296-8034

Vilseck Army Dental Clinic

Bldg. 25, Rose Barracks

06371-9464-2500 | DSN 590-2500



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FR from 7 a.m. to 6:30 p.m.
SA from 9 a.m. to 4:30 p.m.

USAG Stuttgart

U.S. Army Health Clinic Stuttgart

Bldg. 2300, Patch Barracks
Mon. – Fri. 7:30 a.m. to 4:30 p.m.

Appointment Line: 06371-9464-2900

Emergency

There is no emergency room on the USAG Stuttgart installations. Visit the nearest hospital or call 112.

Pharmacy

Bldg. 2300, Patch Barracks
06371-9464-1633
Mon. – Fri. 7:30 a.m. to 4:30 p.m.
Refill Line: 06371-86-5601

TRICARE Service Center

Bldg. 2211, Patch Barracks
06371-9464-1611

Patient Liaison Services

Bldg. 2211, Patch Barracks
Mon. – Fri. 8 a.m. to 4 p.m.
Duty Hours Phone: 06371-9464-1606
Off-Duty Hours Phone: 06371-9464-5161 / 5262

Patient liaisons are on call 24 hours a day, 7 days a week. They can help with translation over the phone, in-person and will visit patients in the hospital.



Off-Installation Pregnancy and Childbirth Guide

Clinic Directory

Clinic	Location	Phone
Allergy/Immunizations	Bldg. 2300, room 119	06371-9464-2900
Armed Forces Wellness Center	Bldg. 2320	06371-9464-1601
Audiology	Bldg. 2300, room 115	06371-9464-1604
Mental Health	Bldg. 2300	06371-9464-1615
EDIS	Bldg. 2320, room 112	06371-9464-1613
EFMP	Bldg. 2300, room 137	06371-9464-1637
Nutrition Services	Bldg. 2300	06371-9464-2540
Optometry	Bldg. 2300	06371-9464-1614
Patient Records	Bldg. 2300	06371-9464-1618
Physical Therapy	Bldg. 3352 (Kelley)	06371-9464-1603

Kelley Health Clinic Annex

Bldg. 3312, Kelley Annex
Mon. – Fri. 7:30 a.m. to 4:30 p.m. (closed noon to 1 p.m.)
Appointment Line: 06371-9464-2900
mhs-europe.tricare.mil/Stuttgart
www.facebook.com/StuttgartHealthClinic

Stuttgart Army Dental Clinic

Bldg. 2996, Panzer Kaserne
06371-9464-2800

USAG Wiesbaden

Wiesbaden Army Health Clinic

Bldg. 1040, Clay Kaserne
mhs-europe.tricare.mil/Wiesbaden
www.facebook.com/wiesbadenAHC

Appointment Line: 06371-9464-5762

Emergency

Wiesbaden Clinic does not have emergency or urgent care services. Visit the nearest hospital or call 112.

Pharmacy

Bldg. 1040, Clay Kaserne | 06371-9464-1322
Mon. – Fri. 8 a.m. to 4:00 p.m.
Refill Line: 06371-86-5601

TRICARE Service Center

Bldg. 1040, Clay Kaserne | 06371-9464-1302
Mon. – Fri. 7:30 a.m. to 4 p.m.

Patient Liaison Services

Bldg. 1040 | Mon. – Fri. 7:30 a.m. to 4:30 p.m.
Duty hours phone: 06371-9464-1302
24-hour off-duty phone: 06111-43548-7777

Clinic Directory

Clinic	Location	Phone
Contraceptive Care	Bldg. 1040	06371-9464-5762
EDIS	Bldg. 1041	06371-9464-1323
EFMP	Bldg. 1040	06371-9464-1525
Family Advocacy	Bldg. 1041	06371-9464-1312
Immunizations (dependents)	Bldg. 1040, Room 114	06371-9464-5762
Immunizations (military)	Bldg. 1541	06371-9464-5762
Laboratory	Bldg. 1040	06371-9464-1304
Medical Records	Bldg. 1040	06371-9464-1303
Mental Health	Bldg. 1526	06371-9464-1320
Optometry	Bldg. 1040	06371-9464-5762
Physical Therapy	Bldg. 1040, Basement	06371-9464-1306
SMRC	Bldg. 1040, Room 2	06371-9464-1308

Wiesbaden Army Dental Clinic

Bldg. 1040, Clay Kaserne
06371-9464-1515 | DSN: 590-1515

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TRICARE Overseas

Resources

- International SOS provides urgent or emergency medical support 24/7. +44 20-8762-8133 or toll free in 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>
- US 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 children after regular dependent TRICARE coverage ends at age 21, or 23 for those enrolled in college. TRICARE Young Adult offers continued coverage until the beneficiary is 26 years old. Enrollment is required and monthly premium fees apply.

- 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 ■

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. ■



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0049-70312042352

Tue - Sat 1000 - 1800



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Panzer Mall, Stuttgart

Tue - Sat 1000 - 1800



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Off-Installation Healthcare



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 ■

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 admissions 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. ■

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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 (see next page) and to 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, Brands: Wartner

CONSTIPATION

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

COUGH MEDICINE

Dextromethorphan,
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

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Staying Healthy



Mental Health Resources

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 DoDEA schools and youth programs.

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.

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

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

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

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online: www.veteranscrisisline.net ■



Picking the Right Potato

By Gail L. Winfree

The German love affair with the potato goes far beyond the ever-so-popular “Pommes Frites” (French fries), Germany’s top street food smothered with ketchup and mayonnaise.

Potatoes are a German staple that pairs well with nearly every dish in Germany. Whether boiled, mashed, fried or diced in soups, the average German eats roughly 60-65 kilograms of potatoes each year.

The potato first appeared on German tables around 1715, and by 1814 German poet Johann Wolfgang von Goethe wrote, “Whole in the morning, mashed for lunch, sliced for supper—that’s the way it should be. It’s healthy.”

It’s safe to say that the potato has earned its title of “king of vegetables.”

While *Kartoffel* is the German word for potato, they may also be called *Speisekartoffeln* (table potatoes), or a local word like *Grumbeere* in the Pfälz or *Ebbiern* in Franconia.

Selecting the right potato

More than 50 varieties of German potatoes are available in markets. This doesn’t include foreign spuds or other root veggies like sweet potatoes and yams.

By law, German groceries are required to state where each type of produce originated, whether that is a German state or another country

like Spain or France. They are also required to state the exact variety of each vegetable, which can be signposted or on a package label. When buying German potatoes, buy local. The Palatinate region is one of Germany’s largest potato growers and the local Pfälzer potatoes are some of the best in the world.

Germany’s many varieties of potatoes are divided into three categories, and German stores tend to color-code the labels on potatoes based on these three categories.

Festkochend | green label

Festkochend (waxy) potatoes have a low starch content, which means they hold up well. Their peel does not burst during baking. They have a tough consistency and are fine-grained and damp. During boiling, baking or roasting, they keep their tough structure. They also brown quickly during roasting and frying. This makes them suitable for potato salad, baked potatoes, fried potatoes and casseroles.

Vorwiegend Festkochend | red label

Vorwiegend Festkochend (medium waxy) potatoes have a medium level of starch, and the peel easily bursts during cooking. They are moderately damp, fine-grained and a little bit drier after cooking than the waxy sorts. This is the most often used potato in Germany because it can be used in most recipes. It is also an ideal companion for gravies and sauces since it binds well and absorbs easily.

Mehlig Kochend | blue label

Mehlig Kochend (mealy) potatoes bake up light and fluffy, mash and purée easily, and can be used to thicken a broth. The peel of these

potatoes opens during intense cooking. After cooking, the meat of the potato is dry, coarse-grained and soft. If they are cooked too long, they fall apart in the water. Mealy potatoes can be easily cut up and are particularly suitable for making mashed potatoes, potato dumplings (*Schupfnudeln*), Gnocchi and croquettes.

You will also see **Frühkartoffeln** (new potatoes), which exist in all three categories of cooking potatoes. Their tender skin makes them a delicacy in Germany where they are boiled in their skin and served with butter and herbs.

Tips for cooking potato

- Overcooking and keeping potatoes unnecessarily long in warm water can lead to considerable nutrient loss. If the potatoes are cut, the loss is even greater.
- Always wash potatoes before cutting as this destroys cells, which releases nutrients and liquid quickly causing oxidization; it is the reason they turn brown.
- Cut away green spots and generously cut out any sprouts. To be on the safe side, you should throw away potatoes with several green areas, as well as potatoes with green sprouts.
- To avoid discoloration, process peeled potatoes immediately.
- Avoid soaking peeled potatoes because water-soluble nutrients are quickly lost into the water. ■



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SIMPLE Ways to Improve Your Health

By Betsy Ramirez, MEd, RDN

Do you want to lose weight? Do you want to eat healthier? Do you just want to improve your overall health? This may even seem unattainable, but it doesn't have to be. Making small changes every single day can improve your health and well-being.

*Use the **SIMPLE** strategy to get yourself on track to a healthier life.*

S

Sip on more water.

Your body needs water for better metabolism, circulation, waste removal and temperature regulation. Your health can be adversely affected if you aren't drinking enough H₂O. A recent study in the European Journal of Nutrition found that even mild dehydration may impair cardiovascular function. (1)

How much do you need?

According to the USDA, your water needs depend on your age, activity level and outdoor temperature. Most children require around four cups a day and adults need no fewer than eight cups a day. (2)

Signs you aren't drinking enough water (3)

- Thirst
- Dry mouth
- Decreased urine output and darker urine
- Sleepiness or tiredness
- Headache
- Dizziness
- Constipation

I

Increase your fruit and vegetable intake.

You can decrease your risk for chronic diseases like heart disease, diabetes and cancer just by increasing your fruit and vegetable intake. You can save yourself trips to the doctor by using food as preventive medicine. Fruits and vegetables contain antioxidants and fiber that help prevent disease.

The USDA's MyPlate key message of making half your plate fruits and vegetables gives a great visual of what we need each day. Make it a goal to get in no fewer than two servings of fruit a day and three servings of vegetables. Seven to 12 servings a day has shown even more health benefits. Make fruits and vegetables an intentional part of your day.

7 easy ways to get more produce in your day

1. Eat fruit for breakfast! Place it on your cereal, oatmeal or yogurt.
2. Grab fresh fruit when heading out the door.
3. Have fruit with nuts for a mid-morning snack.
4. Make half your plate fruit and vegetables at lunch and dinner.
5. Have veggies with dip for a snack.
6. Dip apples slices in peanut butter.
7. Have a fruit and veggie plate on hand if your family tends to snack a lot, especially before dinner. (4)(5)(6)(7)(8)

M

Move more.

The Physical Activity Guidelines for Americans recommends a minimum of 150 minutes of physical activity a week for adults; this includes both aerobic and resistance training. Children and adolescents should be getting at least 60 minutes of physical activity a day. (9)

Ways you can move more.

- Take a walk with your family.
- Park farther away from a store or building.
- Take the stairs.
- Enroll in a fitness class with a friend or family member.
- Utilize online fitness videos or DVDs.
- Workout in the morning.
- Walk your pet.
- Ride your bike.
- Play ball with your kids.

P

Plan your meals and snacks.

Planning ahead makes healthy eating so much easier. Choose a day to map out your week for breakfast, lunch, dinner and snacks. Keep a binder to stay on track and use it to store your favorite go-to recipes. Prepping fresh veggies or fruit for snacks ahead of time will save you time, and they will be ready to go when you need them.

L

Limit your sugar intake.

The USDA's 2015-2020 Dietary Guidelines for Americans has finally addressed sugar consumption. The recommendation is limiting added sugar consumption to 10 percent or less of your total daily caloric intake. (10)

It's important to know the difference between added sugars and natural sugars.

- Natural sugars occur in fruit and milk/milk products.
- Added sugars are added to products and have no nutritional value.
- The FDA has recently updated the Nutrition Facts Label. Added sugar has been added to the label under carbohydrate.

E

Evaluate where you are.

Take the time to evaluate where you are in your life and what small changes you can make. Talk to your doctor about your intentions to make these changes and see if you can enlist the help of other health-care professionals, like a dietitian. Finally, be mindful of how you treat your body. Ask yourself if the foods you are choosing are nourishing. If you aren't moving, start small and add in physical activity one to two times a week. ■

RESOURCES:

(1) The effect of hypohydration on endothelial function in young healthy adults. European Journal of Nutrition, 2016; DOI: 10.1007/s00394-016-1170-8. (2) <http://www.nationalacademies.org/hmd/Global/News%20Announcements/~media/442A08B899F44DF9AAD083D86164C75B.ashx>. (3) <http://www.mayoclinic.org/diseases-conditions/dehydration/basics/symptoms/con-20030056>. (4) <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm>. (5) http://www.pbhfoundation.org/pdfs/about/res/pbh_res/State_of_the_Plate_2015_WEB_Bookmarked.pdf. (6) <http://www.fruitsandveggiesmorematters.org/research>. (7) <http://www.choosemyplate.gov/myplate-graphic-resources>. (8) http://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf. (9) <http://health.gov/paguidelines/guidelines/summary.aspx>. (10) http://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf.



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
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- 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



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Giving Birth in Germany

By Carrie Farrell



The moment I found out I was pregnant I felt overwhelmed with questions and decisions to make. As an American overseas, should I have my baby in the American military hospital or a German hospital? What are the German hospitals like? Would there be different birth practices or a language barrier? Would I be comfortable with the doctor? All of these questions compounded the normal anxiety one feels about the body changes, parenting and, oh yeah, the realities of giving birth! It is easy to get overwhelmed, but once pregnancy is confirmed, there is no stopping the momentum.

First things first

I read books, websites and blogs, and interrogated anyone with experience; it was informative yet overwhelming. I learned that everyone has a unique childbirth experience, and I had many options. Ultimately, I chose to have my baby at a local German hospital.

Choosing your doctor

Since I decided to give birth off post, I found a local, English-speaking obstetrician gynecologist (OBGYN) who accepted my insurance, was close to my work and whose office utilized modern equipment for monitoring my pregnancy.

I was nervous during the first few visits and there were a few things I had to get used to. For example, it's customary that a patient is not given an examination gown to put on before the doctor performs the exam. If this makes you uncomfortable, plan to wear a skirt or long shirt that you can adjust as you lay on the table. They also have unique waiting room procedures. There is a lot of waiting involved, but I found it was a good time to read or relax.

One thing I wish I had known—if you choose a doctor who does not work out of the “*Krankenhaus*” (hospital), they will not be the one to deliver your baby. They will perform all routine exams and oversee the pregnancy until labor begins, then the hospital of choice takes over. At first, I was disappointed. I was hoping to build a trust relationship with my doctor over the course of my pregnancy so I would feel more at ease during labor. However, I was comfortable with my chosen OBGYN, so I decided to stay in their care.

Your “Mutterpass” is your best friend

This passport to motherhood is issued at your doctor's office after you are declared pregnant, and tracks every doctor visit, blood test and weigh-in. Bring the Mutterpass everywhere—to each examination and to the hospital. This is an especially important document since the doctor who performs your examinations may not be the one delivering the baby. Not only will the pass be necessary in an emergency, it also entitles you to park your car in designated spots for expectant mothers.

Choosing a hospital

This decision may be tied to choosing your doctor; if you want your OBGYN to be at the delivery, then choose one affiliated with the hospital where you want to deliver.

I chose a German hospital near my village. Most hospitals offer scheduled information sessions so you can tour the maternity ward. I wasn't able to attend during the regular tour times, so we

simply asked if we could come by another time. I highly recommend this. We ended up getting a personal tour of the delivery ward, met the staff and discussed our options. The delivery rooms were very cozy and looked more like physical therapy/wellness rooms.

During the tour, we pre-registered for maternity care. Once you choose a hospital, pre-register for their maternity care in week 33 to 36 of your pregnancy. Since I chose a private OBGYN, pre-registering at the hospital was important so they would have all of my information (insurance, room and meal preference). I also registered with the anesthesiologist so my paperwork would be on file in case I chose to have an epidural.

Delivery

Although a doctor would be present, it was standard practice at this hospital for the midwives to deliver the babies. There were several midwives on duty when my daughter was born. Not all spoke English, but they were all extremely friendly. While in labor, I was treated with the utmost respect and care. I didn't need a rigid birth plan; I was given many options to help me throughout the discomfort of labor.

Hospital stay

My experience from check-in to discharge was wonderful. My baby and husband were allowed to stay with me the whole time, and I had a clean, private room for most of my stay that provided both a mini-fridge and bathroom with shower. The last night I was asked if I minded sharing my room since the delivery ward was busy.

The room was not air-conditioned. Many things are not provided by the hospital. You will need to bring all comfort items. I brought toiletries, towels, hairdryer (220v), clothes, slippers, snacks and beverages. Although the food was good, I was always hungry outside of scheduled mealtimes. Hospitals vary in what they provide, so make sure you ask about these items during your tour. This way you will know exactly what to bring.

I tried to resist the standard stay of three nights but numerous checks on both the baby and me turned into a leisurely four-day stay. The midwives answered questions and taught me important skills for taking care of my daughter. If I needed a break at any time, they would watch the baby. In hindsight, I should have embraced their help a little more.

Looking back on my experience, it was a wonderful journey. Now, knowing what to expect, I will be more confident and relaxed in my choices the next time around. ■



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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. ■

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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 ten days of arrival.
- 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.

German Pet Regulations

- 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.

German Veterinary Clinics

Installation vet offices do not always provide care for household pets. It is best to establish care at a local German veterinarian (Tierarztpraxis). 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:

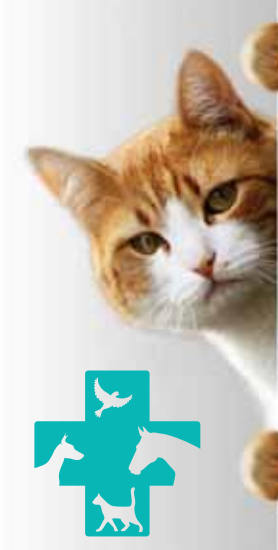
- Rabies
- Distemper
- Hepatitis
- Parvovirus
- Leptospirosis
- Feline Leukemia
- Worming, flea and tick preventives

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". ■



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Hohenfels Veterinary Treatment Facility

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Spangdahlem Veterinary Treatment Facility

Bldg. 559, Spangdahlem AB
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Stuttgart Veterinary Treatment Facility

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Bldg. 222, Rose Barracks
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Wiesbaden Veterinary Treatment Facility

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Kleintierpraxis Kaiserslautern

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Dr. Klaus Landgraf

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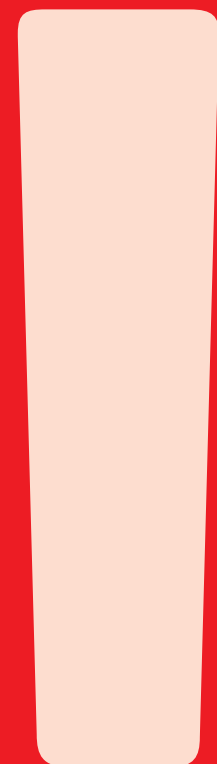
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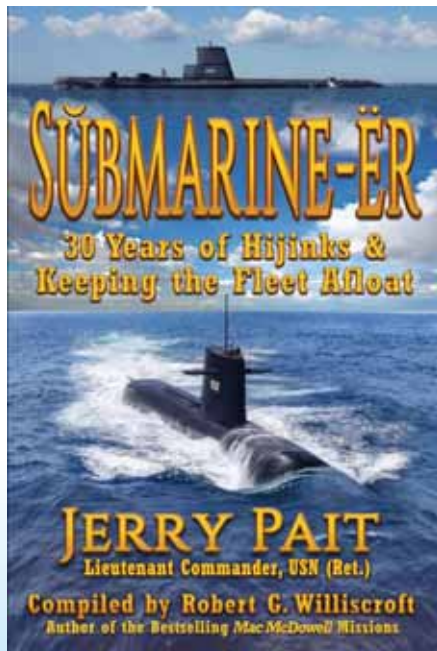
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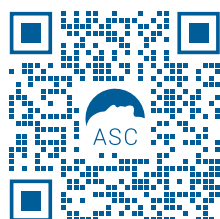
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