

## **Overseas Healthcare Checklist**

This checklist was developed to assist civilians assigned or traveling to overseas locations to ensure adequate consideration has been made toward medical needs. However, the checklist does not represent all concerns regarding medical provisions necessary for overseas assignment.

Please review this document, initial by each statement and sign and date at the bottom of this page.

### **Medical Coverage**

\_\_\_ Contact your Medical Insurance carrier to determine medical services that are available to you within place of assignment. Transferring from a duty location within the U.S. or the District of Columbia (D.C.) to a duty location outside the U.S. or D.C. (or reverse) may be a QLE.

- If you are enrolled in an Health Management Organization (HMO) plan, your assignment may be a Qualifying Life Event (QLE) contact your Local Benefits Office for assistance

\_\_\_ Contact overseas POC for information regarding medical services available

- How do you obtain medical services at a remote duty location?
- How do you obtain to access medical services at a local installation?

### **Medical Exams for Self and Family Members**

\_\_\_ Schedule appointments with personal physicians, specialists, and dentists to obtain pertinent medical information prior to assignment to overseas location

- Ask your pediatrician for a copy of the vaccination schedule used by the local schools so that you can follow it while overseas (timing of shots can be important).
- Ensure vaccinations are current

\_\_\_ Schedule eye examinations for all family members, including children.

\_\_\_ Request copies of records, X-rays, and prescriptions to take with you.

### **Prescriptions**

\_\_\_ Fill prescriptions prior to assignment

- Please note that country of assignment may not allow you to bring in any prescription drugs. Contact POC to learn whether you can bring prescriptions into country of assignment (mail order may be the only recourse).
- Obtain duplicate prescriptions for glasses and contact lenses as well as extra pairs of glasses and contact lenses if not available at post or by mail.

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### **Special Needs**

- \_\_\_ Consult with others to understand services available for specific special need
  - Consider contacting special needs organizations overseas at your destination.
  
- \_\_\_ Obtain medical alert information and a letter from your health care provider describing medical conditions, medications, potential complications, and other pertinent medical information.

### **Debt Repayments**

- \_\_\_ In the event that the Department of Defense (DoD) has to provide payment for emergency medical services rendered on your behalf, you will be responsible for repayment
  
- \_\_\_ Debt incurred to DoD because of medical services rendered will be repaid according to the terms outlined by DoD policy and procedures.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Print Name \_\_\_\_\_

Month-Day-Year Format