

Al Udeid Air Base Family Members,

As an Al Udeid AB family member and partner in military service, you've earned valuable healthcare benefits. Your healthcare benefits continue while assigned overseas, and this document highlights changes to space-available care at Al Udeid Air Base.

Qatar is home to world-class healthcare, modern facilities, and Western-trained physicians. However, local healthcare differs greatly from what you may have encountered during other overseas assignments. The information below is intended to help your family navigate this system.

TRICARE is the primary healthcare manager for Al Udeid AB families. TRICARE Prime Remote Overseas provides access to a network of off-base healthcare providers that meet quality and access standards. Enrollment is free, there are no co-payments, and service is typically provided on a cashless and claimless basis meaning no money up front and no hassles for you, the patient. TRICARE Prime Remote Overseas (managed through International SOS) is the preferred option for care, but other plans are available with varying costs and benefits. Please consult the TRICARE office ([www.TRICARE.mil](http://www.TRICARE.mil), 1-888-647-6676) or the 379th Expeditionary Medical Group staff (Mobile: 4458-9555 then 455-5214/5357 or DSN 318-455-5214/5357) for details to help make an informed choice.

The medical group also provides care to our Al Udeid AB families on a space-available basis. A recent policy change now allows space-available care to be extended to all dependents, regardless of age. The medical group's primary mission is to support military operations and care for deployed service members, so family care resources are limited; however, the staff serves our families to the best of their abilities. Medical group services currently available to Al Udeid AB families include:

- **Primary Care:** 24/7 space-available walk-in acute and routine care. Please call prior to traveling to the base (Mobile: 4458-9555, then wait for the dial tone and enter 455-5357 for the Front Desk). School Physicals (with prior coordination). Immunizations (please contact the clinic for availability).
- **Pharmacy:** Walk-up service is available daily from 7 a.m. to 8 p.m. Pharmaceuticals are available in limited quantity and restricted to items listed on a deployed formulary. The TRICARE Mail Order Pharmacy (TMOP) has a larger selection of formulary medications. Pharmacy staff can help you register to receive medications via the U.S. Postal Service from the TMOP.
- **Dental:** Space-available acute and basic restorative dental care. Please contact the clinic for hours and availability.
- **Laboratory:** 24/7 walk-in testing and support.
- **Mental Health:** Space-available walk-in care from 7 a.m. to 5 p.m. daily. On-call 24/7 emergency and urgent care support. Space-available access to weekly outreach classes (please contact Mental Health at 455-5227 for a schedule of current offerings).
- **Optometry:** Space-available walk-in exams Monday through Thursday and Saturday from 7 a.m. to 5 p.m.
- **Physical Therapy:** Space-available evaluations and therapy Monday through Wednesday and Saturday from 7 a.m. to 4 p.m., as well as Thursday from 7 – 11 a.m.

Unfortunately, significant gaps exist in the base and local healthcare system for most pre- and post-natal care. Stork nesting options in Germany and the continental U.S. are available to support pregnant family

members. Females are also advised to have routine mammography exams accomplished when visiting other U.S. bases overseas or with a healthcare provider in the U.S.