

## **MEDICAL/DENTAL**

### **U.S. Naval Branch Health Clinic, Bahrain**

The U.S. Naval Branch Health Clinic (NBHC), Bahrain is a primary care based health care treatment facility offering primary care medicine, general dentistry, laboratory, pharmaceutical, radiology, and immunization services for United States Active Duty Service Members (ADSM) and their command sponsored family members.

**Main Phone Numbers:** 011 (973) 1785-4260/4867/6110

**Pharmacy:** 011(973) 1785-4861

**Health Benefits Advisory (HBA)/TRICARE Office:** 011 (973) 1785-8157/8158/8159/8160  
Fax #: 011(973)1785-4860

**Hours of Operation:** 0730 - 1600 (Sunday, Monday, Wednesday, and Thursday).  
0730 - 1130 (Tuesday, staff training in the afternoon).

### **Emergency Medical Services Procedures**

NBHC Bahrain does not have an emergency room. In the event of an emergency, go directly to the nearest emergency room or hospital. If an ambulance is needed, dial 999 to access Bahrain's Emergency Medical System and an ambulance will be dispatched to your location. All TRICARE beneficiaries are required to contact TRICARE and report the emergency within 24 hours. Most importantly, please contact the HBA / TRICARE Office for assistance if needed.

### **Routine and Non-Emergent Medical Care**

Please call 011 (973) 1785-4260 or stop by NBHC Bahrain during the clinic's normal hours of operation. ADSM have priority followed by command sponsored family members enrolled in TRICARE Prime. Other beneficiaries can access medical care at NBHC on a space available basis beginning at 1000. For medical care not available at the clinic ADSMs must be referred by a military provider to the host nation. TRICARE Preferred Provider Network (PPN) and Command Sponsored Active Duty Family Members enrolled in TRICARE Prime will be referred by their Primary Care Manager (PCM). The NBHC refers most inpatient services and specialty care to Preferred Provider Network providers at Bahrain Defense Force (BDF) and IBN Al Nafees Hospital.

### **TRICARE Overseas Program (TOP) Support**

The HBA/TRICARE Office is the point of contact for all questions regarding managed care TOP options, locating a host nation provider, and coverage/billing issues. Upon check in, ADSMs and their command sponsored family members are highly encouraged to visit the HBA office to learn about TOP options. Current TRICARE Prime enrollees can transfer to TOP Prime or initiate new enrollment in TOP Prime in Bahrain. If TOP Prime is not completed, ADSM coverage is transferred to TOP Standard. Request TOP Prime forms at NBHC during command check-in. For retired military and their command sponsored family members, TOP Standard is the only coverage provided while living overseas. Visiting family members must follow their medical insurance policy requirements regarding pre-authorization

procedures and covered benefits. Visiting family members are strongly advised to visit their regular physician prior to visiting Bahrain, especially for preexisting medical conditions that require routine physician office visits. TRICARE Prime enrollees from United States regions may receive urgent medical care from Host Nation facilities upon receiving pre-authorization from the enrollee's Primary Care Manager and TRICARE. Medical care and services received are charged up front to the beneficiaries and claims should be submitted to the appropriate TRICARE Claims processing office.

### **Dental Care Services)**

NBHC Bahrain, Dental Clinic serves the ADSM population. Other military beneficiaries can utilize the Dental Clinic for emergencies on a case by case basis and during working hours only. To receive dental care from host nation dentists, command sponsored Active Duty family members should be enrolled in the TRICARE Dental Program through the United Concordia Companies, Inc. (UCCI). Payment for dental care services is collected up front by dental providers and beneficiaries should submit claims to UCCI for reimbursement. Command sponsored Active Duty family members are required to obtain a referral from a NBHC Dental Clinic provider prior to receiving Orthodontic and Dental Implant services. Please call or stop by the HBA Office for claims assistance or additional information regarding host nation dental facilities.

### **Pharmacy Services**

NBHC Bahrain Pharmacy maintains a limited core formulary and provides over-the-counter medications for minor ailments. The pharmacy is open Sunday, Monday, Wednesday and Thursday from 0800-1630 and Tuesday from 0800-1300. NBHC Bahrain's pharmacy can fill new prescriptions from military physicians if the medication is available at the formulary. Prescriptions from civilian medical providers and routine refills of existing prescriptions can not be filled. However, medication can be dispensed by the hospital pharmacy where care or treatment is received or at any civilian pharmacy. Be sure to ask for original payment receipts and a copy of the prescription for submitting reimbursement claims to TRICARE and/or other insurance providers. ADSMs must request a referral from a military provider for prescription medications or pharmacy items prior to obtaining them from any local pharmacy. Some prescribed medications in the United States may not be available at local Bahrain pharmacies and prescriptions for controlled medications may not be filled. It is highly recommended that visiting ADSM family members bring all prescribed medications with them when coming to Bahrain and have enough medications to last throughout the visit. For further information, please contact the NBHC Bahrain Pharmacy at 011 (973) 1785-4861. There is also a TRICARE Mail Order Pharmacy Option thru Express Scripts for long term medication needs. Contact the HBA/TRICARE Office for more information.

### **Host Nation Hospitals and Specialty Care**

Bahrain enjoys excellent hospitals with "state of the art" systems and well qualified medical providers (most are medically trained in English speaking countries). Additionally, the quality of medical care rendered is comparable to United States standards. All inpatient and specialty care is provided by local host nation providers. The Bahrain Defense Force (BDF) Hospital is the primary source of inpatient and specialty medical care for United States ADSMs. Their phone numbers are: 011 (973) 1776-6675 or 011 (973) 1776-6172. Other available hospitals

include: IBN Al Nafees Hospital 011 (973) 1782-8282 and the American Mission Hospital 011 (973) 1725-3447. For directions and more information concerning these hospitals and other specialty care providers, please contact the HBA Office at NBHC Bahrain.

## **HOSPITALS**

### **BAHRAIN DEFENSE FORCE HOSPITAL**

Phone: 1776-6666

Location: Riffa

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2<sup>nd</sup> light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles and take the Madinat Hamad exit (follow the 2<sup>nd</sup> branch right off of the exit ramp). Head south on Sh. Khalifa Bin Salman Hwy. Continue on this road to the end of the highway until you come to a roundabout. At the roundabout make a left (enter 6, exit 9). BDF will be on your right after the 2<sup>nd</sup> traffic light.

### **AMERICAN MISSION HOSPITAL**

Phone: 1725-3447

Location: Manama City Center

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. Go a short distance and go through the roundabout (enter 6, exit 12) onto Sh. Isa Ave. Go 0.6 miles and turn right at the 4<sup>th</sup> light (including pedestrian light) onto Isa Al Kabeer Ave. Go a short distance and the hospital will be on your left. Parking is at a premium. There is additional parking if you continue past the hospital. At the traffic light veer right and then right again to reach the back of the hospital.

### **SAAR CLINIC**

Phone: 1779-0025

Location: Budaiya

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3<sup>rd</sup> traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit will be your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and enter the 3<sup>rd</sup> roundabout (McDonald's will be on your left) and make a left turn - exit Saar Rd (enter 6, exit 9). Go approximately 1

mile and look for Saar Clinic on the right. If you get to Ave. 35 you've gone too far.

#### AWALI HOSPITAL

Phone: 1775-3333 – Appointments 1775-3938  
Location: Awali

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2<sup>nd</sup> light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town exit. This will put you onto Sh. Salman Hwy. Follow it south through the roundabouts until you come to the Awali roundabout. (There are usually flags here). Go through the roundabout to the Awali Gate (enter 6, exit 9). Go in the gate and take the first left hand turn, then the first right hand turn. This will take you to the hospital parking lot. There are guards at the Awali gate if you need help finding the hospital, but there are also signs to guide you.

#### INTERNATIONAL HOSPITAL BAHRAIN (IHB)

Phone: 1759-1666 1759-8222  
Location: Budaiya Hwy.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3<sup>rd</sup> traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit will be on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout, (enter 6, exit 9). You will pass IHB on your left. Go to the next roundabout (Sehla Roundabout) and u-turn (enter 6, exit 6) back to the hospital.

#### BAHRAIN SPECIALIST HOSPITAL

Phone: 1781-2222; Appointments: 1781-2222  
Location: Juffair

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

## PHARMACIES

NOTE: Over the counter drugs are available at the NSA Clinic's pharmacy. Four articles/family/month. Go to the pharmacy window and ask for the chit paperwork. Same day service.

- A. Some hospitals house their own pharmacy and you may have your prescriptions filled at the hospital at no charge.
- B. For prescriptions being filled at a pharmacy in town, you will need to pay in full and take your *itemized* receipt (it must display the medication purchased) and the original prescription to the Health Benefits Advisor (HBA) in order to receive 100% reimbursement. NOTE: Some prescriptions may not be covered under TRICARE Prime (i.e. diet pills, some acne medication). Check with your HBA (Phone # 1785 4323) prior to having the prescription filled if you have a question as to whether a prescription would be covered. NOTE: ADSMs must have a referral from a clinic provider, processed by the HBA office, prior to purchasing any medications not available in the clinic pharmacy (or not obtainable at one of the hospitals as part of referred care).
- C. You may also have your prescriptions filled on base. However, if a provider in town writes the prescription it must first be rewritten by a physician at the base clinic prior to having it filled at the pharmacy on base. NOTE: You may want to check with the pharmacy to make sure they can provide the medication outlined in your prescription before consulting a physician at the base clinic.

### JAFFAR PHARMACY

Phone: 1729-1039  
Location: Manama (Exhibition Avenue)  
Hours: Open 24 hours.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first traffic light turn left. Turn right at the first traffic light onto Exhibition Ave. Go to the 3rd roundabout and turn right onto Tarfa Bin Al Abd Ave. The pharmacy is on the left after you pass the gas station. It's a building with purple trim.

### NASSER PHARMACY

Phone: 1774-0900  
Location: Adliya  
General Info: Pharmacy and MORE! Make-up, party supplies, nail polish, baby items, magazines and cards. Open 24 hours.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2<sup>nd</sup> light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 1.6 miles taking the 2<sup>nd</sup> right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. This is Qadisiya Ave. Al Jazira will be on the right (at Um Ishoom Ave). Pass Al Jazira, you will see Nasser Pharmacy on the right hand side.

## **DENTIST OFFICES**

### **GULF DENTAL SPECIALTY HOSPITAL**

Phone: 1774-1444  
Location: Mahuz/Tubli  
Hours: 0900-1300 1600-2000

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2<sup>nd</sup> light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2<sup>nd</sup> right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right at Al Jazira's grocery store on your left. Just past the fresh vegetable stand on the right (approximately 0.1 miles) is the turn in for the Gulf Dental Specialty Hospital.

### **BAHRAIN SPECIALIST HOSPITAL (Dental Clinic)**

Phone: 1781-2222  
Location: Juffair  
Hours: 0800-1300 1630-2000

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy (towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

### **AL MOSAWI DENTAL CLINIC**

Phone: 1771-7199  
Location: Adliya  
Hours: 0900-1500 1600-2000  
Directions: From the Grand Mosque: Cross over Al Fatih Hwy and continue straight (past the Gulf Hotel). Al Mosawi is in a small building on your right immediately after the 2<sup>nd</sup> traffic light and before the gift/flower shops.

\*\*American Mission Hospital and International Hospital of Bahrain also house Dental Clinics. See hospital information for contact number and directions.

## **OPHTHALMOLOGY**

### **AL BASIL EYE CLINIC**

Phone: 1731-0030  
Location: Palace Avenue

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first light turn left onto Sh. Duaij Ave. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go through one light and when you reach the 1<sup>st</sup> roundabout the clinic is on your right just before you enter the roundabout. Turn right from the roundabout and park behind the clinic.

## **OPTOMETRY**

### **NSA MEDICAL CLINIC**

Phone: 1785-4260 (Medical Clinic, phone to make appointment)  
Location: NSA Bahrain  
Hours: Call for updated times.  
General Info: Primarily for eyeglass prescriptions. If you've worn contacts before and there isn't a significant change, they will do a contact lens prescription.

### **BAHRAIN OPTICIANS**

Phone: 1721-4142  
Location: Manama Souq  
General Info: Good selection and good repair policy. Good prices on glasses. Bahrain Opticians has the widest variety of children's glasses.

Location #1: Follow directions to Manama Souq listed under the Souq in the Shopping section of Camel Crossings. Enter the Souq at the Bab Al Bahrain Arch. As you walk through the Arch look across the street and to the left corner and you will see Bahrain Opticians. Hours: Saturday - Thursday 0800 – 1230 and 1530 - 2000. Friday: 1600-2000.

Location #2: Follow directions to Manama Souq listed under the Souq in the Shopping section of Camel Crossings. Enter the Souq at the Bab 'Al Bahrain Arch. As you walk through the Arch take your first left. Turn right at your second street. About half way down this street you will see Bahrain Opticians on the left, just past the Ethnic Crafts store. This is the location for the widest variety of children's glasses. Phone: 17 22-5355. Hours: Saturday – Thursday, 0800 - 1230 and 1530 - 2000. Closed Friday.

Location #3: Bahrain Mall.  
See Malls listed under Shopping for directions to Bahrain Mall.