

According to the NATO SOFA, Poland as a Host Nation is obliged to provide medical and dental services to members of the force, members of the civilian component, and their dependants under the same conditions as for comparable Polish personnel. The Technical Arrangement between Poland and Allied Command Transformation regarding support to the JFTC further details and extends the medical support provided through the Medical Facility at the JFTC Support Unit to contractor personnel.

The level of medical and dental services and the terms of providing emergency support and basic medical treatment are set out in the JFTC Directive 19-01 Healthcare., which also explains how to register to receive medical assistance from the 10th Military Hospital and the JFTC Medical Facility.

Citizens from the EU benefit from the regulations for transfer of the member states' health insurance coverage within the European Union, unless the Sending State has other rules for health insurance coverage for personnel abroad.

In general, the EU-regulations require that JFTC personnel (EU citizens) must request the relevant authorities in their respective countries to issue an EU form called E-106 (in two originals) stating the date of the beginning of the tour of duty and the date of ending the tour of duty. When filling in the E-106 your national authorities are required to state your address in Poland. Please use the JFTC as the formal address of registration for JFTC foreign staff members and their dependants (ul. Szubińska 2, 85-915 Bydgoszcz).

If your spouse and/or children (EU citizens) are staying in Poland with you, you should make sure to have them included in this form, as this is a requirement for the Polish authorities to include them in the health insurance coverage.

For the citizens of EU countries a European Health Insurance Card was introduced on 1 June 2004. Currently the European card replaces form E 111 only, which had to be obtained before every temporary stay in another Member State in order to obtain reimbursement of any health expenditures in the Member State of temporary stay. It also provides direct access, where necessary, to benefit providers in the Member State of temporary stay.

It should be noted that holders of a European health insurance card or equivalent document are entitled to benefits in kind which become necessary for medical reasons during a temporary stay, taking into account the duration of stay and the nature of the benefits. In practice, card holders (also those suffering from a chronic or existing illness) are entitled to all benefits in kind (healthcare, treatment etc.) needed in order to be able to continue their stay under safe medical conditions. In other words, they should not be obliged to interrupt their stay before the planned date in order to return to their country of residence for treatment. Healthcare, which goes beyond what is medically necessary during a temporary stay is not covered by the card, e.g. when a person travels to another EU country for the purpose of obtaining medical treatment.

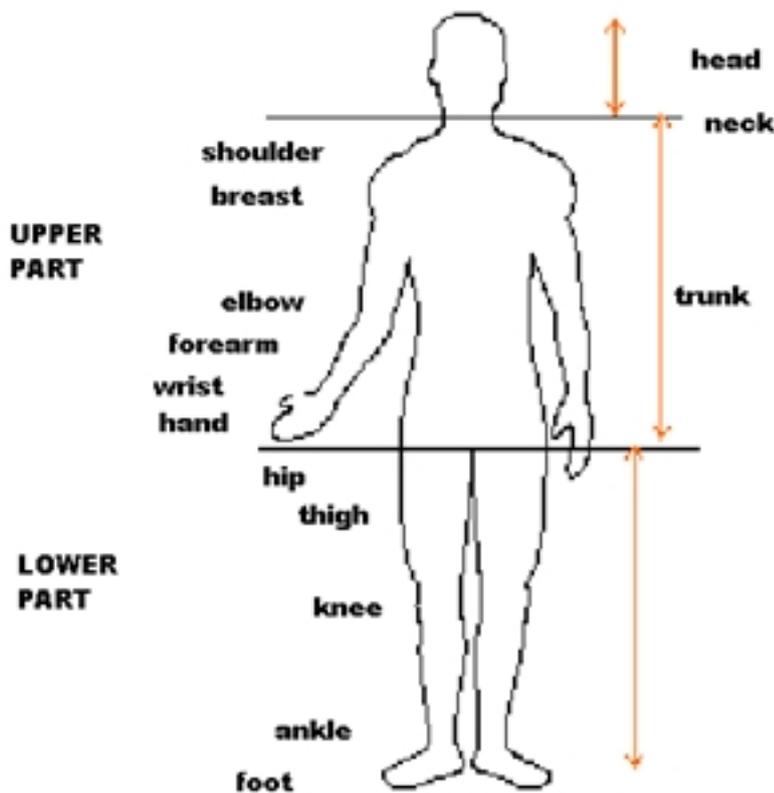
[Click here for more information about the European Health Insurance Card](#) .

JFTC personnel and the dependants (not EU-citizens) are currently required to meet the costs of medical and dental treatment (check your national rules on reimbursement or insurance), except for care which is provided within JFTC Medical Facility.

Emergency medical service – ambulance:

Å 999 (English/German speaking personnel might not be available)

Below you will find useful expressions which can facilitate your medical interview,



Osoba, której dane znajdują się poniżej jest chora

(The person whose details are listed below is ill)

Nazwisko (surname):

Imię (name):

Wiek (age):

Waga (weight):

PESEL:

Uczulenie na leki (allergy to medicine):

Objawy obejmują (symptoms):

- Gorączka (Fever)
- Ból brzucha (Stomach ache)
- Wysypka (Rash)
- Obrzęk (Hyperemia)
- Ból przy oddawaniu moczu (pain while urinating)
- Krwawienie (Bleeding)
- Ból głowy (Headache)
- Ból gardła (Sorethroat)
- Nudności (Nausea)
- Biegunka (Diarrhea)
- Wymioty (Vomiting)
- Ból (Pain)

- Grypa (Flu)
- Angina (Tonsillitis)
- Katar (Catarrh)
- Przeziębienie (Cold)
- Zapalenie oskrzeli (Bronchitis)
- Zapalenie krtani (Laryngitis)
- Zapalenie spojówek (Conjunctivitis)
- Zapalenie ucha (Otitis)
- Zakażenie (Infection)
- Kolka (Colic)
- Wirus (Virus)

- Bakteria (Bacteria)
- Allergii (Allergy)
- Astma (Asthma)
- Egzema (Eczema)
- Migrena (Migraine)
- Choroba wrzodowa (Gastric ulcer)
- Opryszczka (Herpes)
- Kamica nerkowa (Nephrolithiasis)
- Złamanie (Fracture)
- Lumbago (Lumbago)
- Przepuklina (Hernia)
- Choroba wieku dziecięcego (Childhood diseases)

- Temperatura (Temperature):
- Świąd (Itch)
- Zawroty głowy (Dizziness)
- Zmęczenie (Fatigue)
- Kaszel (Cough)
- Suchy kaszel (Dry cough)
- Omdlenia (Fainting)
- Odciski (Clavus)
- Oparzenia (Burns)
- Bóle (Aches)

Inne (Other)

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