

TANZANIA

Quality of Care

Medical care is limited in Tanzania. A few private clinics in Dar es Salaam can provide sufficient treatment for routine cases. Private medical clinics are often staffed by well-trained physicians, but lack of support, equipment and supplies can hinder care. In general, hygienic standards are low and hospitals lack adequate medications and supplies. Public medical facilities are not recommended.

UnitedHealthcare Global recommends evacuation in cases of serious medical conditions or emergencies requiring invasive procedures, complex surgical interventions or if hospitalization is required.

UnitedHealthcare Global Assistance Contacts

From Tanzania, dial, fax or email:

- Phone: 00.1.410.453.6330 (can be dialed collect)
- Fax: 00.1.763.367.4063
- Email: assistance@uhcglobal.com

Overall Medical Risk	
Disease Risks	
Quality Of Care Risks	
Remoteness Risks	
Cultural Challenge Risks	

Emergency Services

Emergency Numbers to be dialed locally:

Fire: 112

Police: 112

Ambulance: 112

Ambulance Arusha: +255 27 254 80 30 (**Arusha Lutheran Medical Centre**)

Ambulance Dar es Salaam, Arusha, Zanzibar and Mwanza: +255 655 547 660 – **Dar es Salaam Flying Doctors**

The public ambulance system is unreliable; travelers in Arusha may want to consider using a private vehicle or taxi for transport to medical facilities. Reliable private ground ambulance service is available in Dar es Salaam, Arusha, Zanzibar and Mwanza through Dar es Salaam Flying Doctors.

In the case of an emergency, go IMMEDIATELY to the nearest physician or hospital without delay, and then notify UnitedHealthcare Global Assistance as soon as possible of your situation.

Hospitals in Arusha

Arusha Lutheran Medical Centre (Silian Hospital)

17045 Makao Mapya Road

(Located near the Golden Rose Hotel and Arusha Town Clinic)

Arusha

Tanzania

Postal Code: Not Available

International Phone: +255 27 254 80 30

Local Phone: 027 254 80 30

Alternate Phone: +255 27 254 51 18

Website: www.almc.habari.co.tz

Comments: This 100+ bed full-service medical facility is supported by the U.S. Evangelical Lutheran Church Organization. It has a dedicated Orthopedic Institute and is available 24/7 for emergencies.

Mental Health Care in Arusha

UnitedHealthcare Global could not locate mental health care facilities in Arusha. Per local sources, the nearest facilities are located in Dodoma in Central Tanzania (275 miles away), however, UnitedHealthcare does not recommend for patients to seek mental health care in Dodoma. For emergent cases, the most appropriate alternative, in the absence of mental health care facilities in Arusha, is for the patient to be hospitalized at the Arusha Lutheran Medical Centre while evacuation arrangements are being made.

Pharmacy

Moona's Pharmacy

Sokoine Road

Arusha

Tanzania

Postal Code: Not Available

International Phone: +255 75 430 90 52 (Cell)

Local Phone: 75 430 90 52

Website: Not Available

Comments: Private pharmacy operated by Dr. Nizar. The hours of operations are Monday to Friday: 8:45am to 5:30pm/
Saturday: 8:45am to 2pm.

General Practitioner Care in Arusha

Arusha Lutheran Medical Centre (Silian Hospital)

17045 Makao Mapya Road

(Located near the Golden Rose Hotel and Arusha Town Clinic)

Arusha

Tanzania

Postal Code: Not Available

International Phone: +255 27 254 80 30

Local Phone: 027 254 80 30

Alternate Phone: +255 27 254 51 18

Website: www.almc.habari.co.tz

Comments: This 100+ bed full-service medical facility is supported by the U.S. Evangelical Lutheran Church Organization. It has a dedicated Orthopedic Institute and is available 24/7 for emergencies. Ground ambulance services are also available.