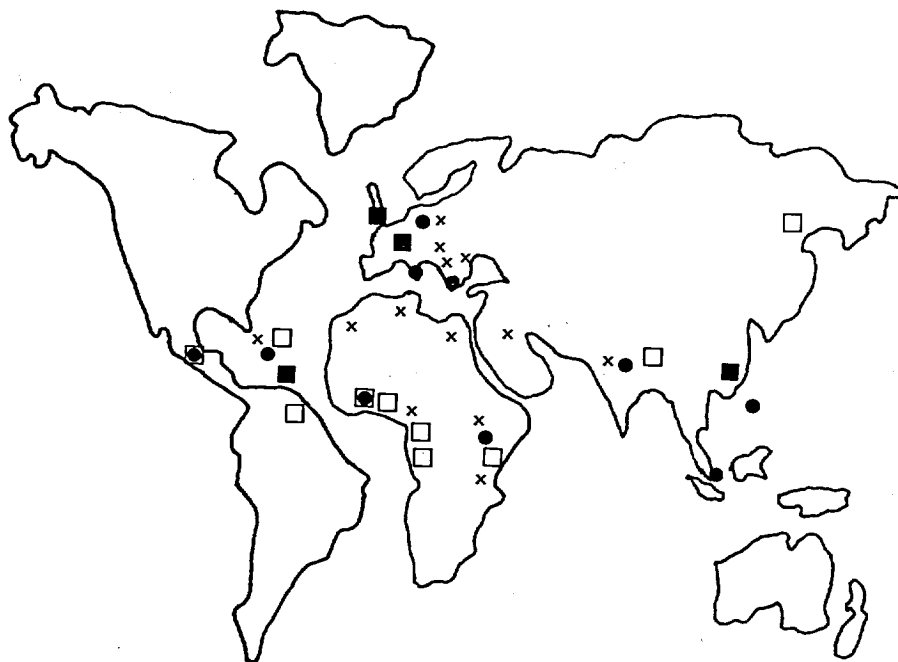


## A MAJOR CONCERN WHEN GOING ABROAD



■ Zone Directors  
● Regional Medical Officers

x Nurses on contract  
□ Mini-clinics

Whether you are single, just married, young parents, middle aged, or heading off on your last posting; one area that concerns us all is HEALTH.

Here in Canada we are familiar with the health care system and have confidence in it. Abroad, each situation is unique. Some countries, such as the United States, may have facilities and services equal to, or even superior to, our own. Most, however, do not.

To ensure that Canadians have the best possible health care when abroad, the Department of Health and Welfare has over 20 doctors located in 14 different countries plus nurses on contract in 23 others. In addition, in response to the *Royal Commission on Conditions of Foreign Service*, on January 1, 1984, mini-clinics were set up in ten "hardship post" countries. This pilot project will be evaluated in January 1986 and a decision will be made as to whether or not, more clinics should be opened.

As of this summer, 1985, Canadian medical personnel and facilities abroad include:

### CANADIAN DOCTORS

**Zone Directors** are located in London, Paris, Hong Kong and Port of Spain.

From these centres they are responsible for:

London: Budapest, Prague, Moscow, Warsaw, Dublin, Glasgow  
Paris: Algiers, Rabat, Tunis, Marseilles,

Strasbourg, Brussels, Geneva, Lisbon, Madrid, Berne

Hong Kong: Tokyo, Peking, Seoul  
Port of Spain: Georgetown, Lima, Bridgetown, Caracas, Bogota, Quito, Santiago, Brasilia, Sao Paulo, Buenos Aires, Rio de Janeiro.

**Regional Medical Officers** are located as follows and are responsible for:

Abidjan: Dakar, Yaoundé, Kinshasa, Lagos, Accra, Bamako, Niamey, Libreville, Conakry

Athens: Belgrade, Bucharest, Ankara, Tel Aviv, Cairo

Bonn: Berlin, Dusseldorf, Hamburg, Copenhagen, Helsinki, Oslo, Stockholm, Vienna

Kingston: Port-au-Prince

Mexico: Havana, San José, Guatemala

Nairobi: Addis Ababa, Dar-es-Salaam, Pretoria, Harare, Kigali, Lusaka

New Delhi: Islamabad, Dhaka, Colombo

Rome: Milan, Baghdad, Riyadh, Kuwait

Singapore: Bangkok, Jakarta, Kuala Lumpur, Sydney, Canberra, Melbourne, Wellington.

**Nurses** are on contract in Accra, Addis Ababa, Baghdad, Belgrade, Bucharest, Budapest, Cairo, Colombo, Dar-es-Salaam, Dhaka, Georgetown, Havana, Islamabad, Kinshasa, Lagos, Lusaka, Beijing, Port-au-Prince, Prague, Rabat, Tunis and Yaounde.

**Mini-Clinics** have been established in Abidjan, Accra, Dhaka, Dar-es-Salaam, Georgetown, Kinshasa, Beijing, Port-au-Prince, Mexico and Yaounde.

## PRE-POSTING, CROSS POSTING AND HOME

In order to ensure that one's files are up-to-date and that any abnormalities are detected as quickly as possible, it is essential for all employees and their families to have medical examinations with Health and Welfare doctors prior to, and immediately after, each posting. *Final Posting Confirmation* forms, in fact, cannot be issued until Health and Welfare Canada has relayed a medical recommendation to the assignment officer.

In the case of cross-postings, every effort must be made to have an examination prior to departure, and upon returning home the employee must contact the Posting Services Centre (ADTB) to arrange for such examinations.

The use of a private physician at home or abroad will be authorized only in special circumstances.

Through measures like these, it is hoped that Canadian employees and their families will receive the medical care they require and thus be able to remain medically fit and healthy.

## GSMIP: IMPORTANT CHANGES HAVE TAKEN PLACE

On or after June 1, 1985 the following changes with regard to the **OPTIONAL HOSPITAL EXPENSE BENEFIT**, (which insures expenses for semi-private and privatized hospital accommodation) will be in effect:

**1) Level I Benefit** – the maximum limit on eligible expenses which may be insured will increase from \$20 per day to \$30 per day. There will be no increase to the monthly premiums.

**2) Level II Benefits** – will be increased from \$32 per day to \$45 per day. There will be an increase to the monthly premium depending on the type of coverage and the number of dependants.

**3) Level III Benefit** – will be introduced and will insure up to \$60 per day. Premiums will depend on the type of coverage and the number of dependants.

Any employee who is now insured under the GSMIP may upgrade his or her coverage by completing and submitting a formal application card to Health Plans Section (ABMH). The date your coverage will become effective will depend on the date your application is received.

A notice regarding these changes was attached to each employee's salary cheque of June 17 but further information may be obtained from the Health Plans Section (ABMH).