

Welcome to Camp Kosciuszko!

**This email contains the necessary information on how to address all medical needs while in Poland, including how to change your Tricare enrollment. The following files are attached and should be saved for future reference on a device that you have regular access to or in a cloud file system such as One Drive. I recommend saving them in a folder entitled “Medical Care in Poland” or something similar.**

1. **CKAS Inprocessing Email** (what you are reading now)
2. CKAS Full Guide to Medical Care
3. QR code for the [CKAS MED Request](#) form
4. QR code for the CKAS MED and Emergency chat on Signal
5. My Care Overseas App
6. Host Nation Medical Care
7. Host Nation Dental Care
8. DD2813 – Dental Examination

They should be referenced when you need anything related to medical care as described below.

1. Download the PDF version of the **CKAS Inprocessing email** (what you are reading now) for future reference.
2. Refer to the **CKAS Full Guide to Medical Care** for all your medical needs while at Camp K.
3. Use the [CKAS MED Request](#) form to request medication refills, schedule PHAs, follow-up after receiving host nation care, schedule routine appointments, and to make other requests.
4. Join the **CKAS MED and Emergency** chat on Signal with the attached QR code. This is how we announce changes to the normal CKAS schedule and other information. More importantly, this is how you notify Polish and US responders if there is a medical emergency. You must have Signal installed on your phone or other personal device to join.
5. Install the **MyCare Overseas App** on your phone or other personal device using the QR code in the attached file to receive authorizations and appointment times at host nation medical facilities, request translation of Polish medical records, reach a translator to communicate with Polish medical staff, and much more.
6. Follow the instructions in **Host Nation Medical Care** after you are referred to a Polish medical facility to know where to go, when to go, what to do while there, and what to do after leaving. For scheduled appointments, complete the [Host Nation Appointment Availability](#) form so that you are scheduled at a time when you are available. After receiving care at a host nation medical facility, fill out the [Host Nation Referral Survey](#) and check your email for a response from a CKAS provider.
7. Follow the instruction in **Host Nation Dental Care** to be seen at a Polish dental facility for routine appointments and other dental care. This is an alternative to receiving care at Powidz by a US Army dentist and may be necessary for certain dental procedures not available at Powidz.
8. The **DD2813 – Dental Examination** form can be completed by a host nation (or any) dentist and then sent to [usarmy.jbsa.medcom.mbx.cda@health.mil](mailto:usarmy.jbsa.medcom.mbx.cda@health.mil) for processing.

## FAQs

Q: How do I schedule an appointment?

A: Use the **CKAS MED Request** form via the QR code or direct link.

Q: I am red on dental. What do I do?

A: Refer to the **CKAS Full Guide to Medical Care**.

Q: What do I do if there is a medical emergency?

A: Refer to the ***CKAS Full Guide to Medical Care*** on emergency procedures and join the ***CKAS MED and Emergency*** Signal Chat.

Q: How do I know if the CKAS is open for sick-call during a DONSA?

A: Join the ***CKAS MED and Emergency*** Signal Chat for updates from the CKAS.

Q: I am supposed to complete labs. Where do I go?

A: Refer to the ***Host Nation Medical Care*** file and download the ***MyCare Overseas*** app.

Q: I was referred to a Polish doctor, but I have meetings I can't miss and travel frequently. How can I ensure my appointment is scheduled when I am available?

A: Go [here](#) to complete the ***Host Nation Appointment Availability*** form.

Q: I was referred to a Polish doctor. How do I know when and where to go?

A: Refer to the ***Host Nation Medical Care*** file and download the ***MyCare Overseas*** app.

Q: I have an appointment with a Polish doctor. How do I communicate at my appointment?

A: Refer to the ***Host Nation Medical Care*** file and download the ***MyCare Overseas*** app.

Q: After receiving care at a Polish medical facility, how do I follow-up with the CKAS provider?

A: Go [here](#) to complete the ***Host Nation Referral Survey*** and check your email for a response.