

**FRONTLINE SERVICE  
PROVIDERS IN TANZANIA  
STANDARD**



# FRONTLINE SERVICE PROVIDERS IN TANZANIA STANDARD

## GUIDE TO OUR MEDICAL SERVICE PROVIDERS DIRECTORY LISTING

As Resolution Insurance we have partnered with over 850 Doctors, hospitals, clinics and pharmacies to provide you, our valued members, with access to quality medical care.

We categorize these Medical Service Providers in three groups based on how you can access them:

### **Frontline Provider :**

A Medical Service Provider whom a Resolution Insurance Member can access service by providing their Resolution Insurance Membership Card.

### **Referral and Specialist Providers :**

**Referral Providers:** A Medical Service Provider who is a Specialist and Resolution Insurance Members can only access their services once referred by a Frontline Provider.

**Specialist Providers:** A Medical Service Provider who is a Specialist to whom a Resolution Insurance Member can access service by providing their Resolution Insurance Membership Card.

We have Medical Service Providers across the country and under each category above we group the providers according to regions.

We also have separate listings of our Medical Service Providers in Uganda and Kenya that are available for download on our website [www.resolution.co.tz](http://www.resolution.co.tz)



## FRONTLINE SERVICE PROVIDERS IN TANZANIA-STANDARD

## DAR ES SALAAM

| DISTRICT  | PROVIDERS NAME                       | PHYSICAL ADDRESS                                        | TELEPHONE NO                                             | SERVICES               | WORKING HOURS |
|-----------|--------------------------------------|---------------------------------------------------------|----------------------------------------------------------|------------------------|---------------|
| Kinondoni | TMJ Hospital                         | Old Bagamoyo Rd, Mikocheni                              | 255-22-2700007/2775517                                   | Out&Inpatient          | 24hrs         |
| Kinondoni | AAR Health Care Ltd                  | Ally Hassan Mwinyi Road, Chato street.                  | 255-22-2701121/0769198432                                | Outpatient             | 16hrs         |
| Kinondoni | AAR Health Care Ltd                  | Sinza Madukani                                          | 255-655507781                                            | Out patient            | 16hrs         |
| Kinondoni | AAR Health Care Ltd                  | Tegeta branch                                           | 255-712177580                                            | Outpatient             | 16hrs         |
| Kinondoni | Marie Stopes Mwenge                  | Kijitonyama area - Plot no 421& 422 Mwenge              | 0767 160069 Hedwig 255-22-2774991,2774993                | Out&Inpatient          | 24hrs         |
| Kinondoni | Marie Stopes Mabibo                  | Mabibo Street                                           | 255-22-2443726                                           | Outpatient             | 12hrs         |
| Kinondoni | PK-Kibaoni Dispensary                | Tegeta Kibaoni/Wazo road                                | 0715-297872                                              | Out&Inpatient          | 24hrs         |
| Kinondoni | Edward Michaud Health Centre         | Mwenge (Mlimani City Round about)                       | 0787 198 960                                             | Out&Inpatient          | 24hrs         |
| Kinondoni | Mbezi Medical Clinic                 | Mbezi Tnagi Bovu                                        | 0754-022460                                              | Out&Inpatient          | 24hrs         |
| Kinondoni | Mikumi Hospital                      | Magomeni                                                | 255 715 317230                                           | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Kinondoni Hospital                   | Kawawa Road                                             | 255 787088418                                            | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Mama Ngoma Hospital                  | Mwenge                                                  | 255 787783178                                            | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | MSH Massana Hospital                 | Mbezi beach                                             | (0715 165017 Camila) 255 685001800                       | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Luguruni Health centre               | Mbezi Luguruni                                          | 255 765944287/0753121020                                 | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Nsilo Health Centre                  | Kimara/Temboni                                          | 255 71538324                                             | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Sandarya Dispensary                  | Kijitonyama area/bunju                                  | 255 713667424                                            | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Royal Green Dispensary               | Kijitonyama/Behind Science Buiding                      | 255 767266636                                            | Outpatient             | 16hrs         |
| Kinondoni | Gammed Dispensary                    | Mbeze Mpji Magoe                                        | 255 788465169                                            | Outpatient             | 16hrs         |
| Kinondoni | Faraja Dispensary                    | Tegeta Mivumoni                                         | 255 655621044/767421044                                  | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Euro Dispensary                      | Kijitonyama behind Science area                         | 255 6655447961                                           | Outpatient             | 16hrs         |
| Kinondoni | JPM Hospital                         | Magomeni Kagera                                         | 255 677549935                                            | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | KBD Medical Services                 | isere street opposite open university                   | 0652 988 444                                             | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | MCDIT Polyclinic Dispensary          | Kimara/Temboni                                          | 255 717632784                                            | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | Burumawe Specialised Medical Clinic  | Bunju A                                                 | 255 715 477 225                                          | Outpatient             | 12hrs         |
| Kinondoni | Salaaman Hospital                    | magomeni                                                | 0712 036 846                                             | Outpatient & Inpatient | 24hrs         |
| Kinondoni | Mount Ukombozi Hospital              | morocco (kawawa road)                                   | 0658 569 533                                             | Outpatient & Inpatient | 24hrs         |
| Kinondoni | Ekenywa Specialised Hospital Limited | magomeni                                                | (0717 266724 Irene) 2552172203/ 0717 574 546             | Outpatient&Inpatient   | 24hrs         |
| Kinondoni | TMH Healthcare Centre                | 1st floor ngome building TRA road mwenge                | (0716 538485 florence)                                   | Outpatient             | 12hrs         |
| Kinondoni | Lifecare Health Services             | Jct Mwai Kibaki & Kanisa Road                           | (0769 487059 maureen) 255718999970/255222618565          | Outpatient             | 12hrs         |
| Ilala     | Buguruni Anglican Health Centre      | Buguruni Malapa                                         | 255 754363138                                            | Outpatient&Inpatient   | 24hrs         |
| Ilala     | AAR Health Care Ltd                  | City Centre(Patel House)                                | 255-758916283                                            | Outpatient             | 16hrs         |
| Ilala     | AAR Health Care Ltd                  | Tabata (Tabata Chang'ombe)                              | 255 758916285                                            | Outpatient             | 16hrs         |
| Ilala     | Miracolo Hospital                    | Tabata Segerea                                          | 255 719844277                                            | Outpatient&Inpatient   | 24hrs         |
| Ilala     | Arafa Ses dispensary                 | Tabata Segerea                                          | 0712-637667                                              | Outpatient&Inpatient   | 24hrs         |
| Ilala     | Hindu Mandal Hospital                | India/ Chusi Street                                     | (0789 691899 Morris) 255655523240/ 255222136965          | Out&Inpatient          | 24 hrs        |
| Ilala     | Burhan charitable Health Centre      | Kaluta Street, along Zanaki street near Telephone house | (0743 055985 Mohamed/Rizwana) 255-22-2132467/ 0653720649 | Out&Inpatient          | 24HRS         |
| Ilala     | EDC Polyclinic                       | Morogoro Road                                           | 255-222130396/0713600491                                 | Outpatient             | 12hrs         |
| Ilala     | Tumaini Comprehensive Infirmary      | Upanga area near Diamond Jubille hall                   | 0784759153/0774759153                                    | Out&Inpatient          | 24hrs         |
| Ilala     | Apollo medical Centre                | Mshihiri Street                                         | 07840609152/0656063060                                   | Out&Inpatient          | 24HRS         |
| Ilala     | Muhimbili National Hospital          | Upanga                                                  | 0715 297872                                              | Out&Inpatient          | 24hrs         |
| Ilala     | KBD Dispensary Ilala                 | lindi street opposite machinga complex                  | 0655 914 451                                             | Out&Inpatient          | 24hrs         |
| Ilala     | Buguruni Anglican Health Centre      | Ilala Bungoni street                                    | 0754 363 138                                             | Out&Inpatient          | 24hrs         |
| Temeke    | AAR Health Care Ltd                  | Mbagala branch                                          | 255-766760933                                            | Outpatient             | 16hrs         |
| Temeke    | Mara Health Centre                   | Mtoni Kijichi                                           | 255 752727424                                            | Out&Inpatient          | 24hrs         |
| Temeke    | Tumaini Mission Dispensary           | Kongowe                                                 | 255 754833951                                            | Outpatient&Inpatient   | 24hrs         |
| Temeke    | G.E. Dispensary                      | Mbagala mission                                         | 0784 433083                                              | Outpatients            | 12hrs         |
| Temeke    | Tayma Dispensary                     | Tandika- Bububu street                                  | 0773289027                                               | Outpatient             | 12HRS         |
| Temeke    | Marie Stopes                         | Temeke                                                  | 255-22-2861786                                           | Outpatient             | 12hrs         |
| Temeke    | Arafa M6 Dispensary                  | Airport road/Ukonga                                     | michael 0767 224470                                      | Outpatient&Inpatient   | 24hrs         |

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| DISTRICT  | PROVIDERS NAME                | PHYSICAL ADDRESS                      | TELEPHONE NO                                  | SERVICES             | WORKING HOURS |
|-----------|-------------------------------|---------------------------------------|-----------------------------------------------|----------------------|---------------|
| Temeke    | Quality Health Dispensary     | Mbagala Zakhem                        |                                               | Outpatient           | 16hrs         |
| Temeke    | Salaaman Health Centre        | Tandika- Bububu street                | 0713 262 463                                  | Outpatient&Inpatient | 24hrs         |
| Temeke    | Kitonka Medial Centre Limited | Gongo la Mboto Pugu Road              | dr. kitonka 0652176507/0714121215             | Outpatient&Inpatient | 24hrs         |
| Temeke    | Arafa Upendo Health Centre    | Temeke                                | 0712 558 203/ 0767 001 673                    | Outpatient&Inpatient | 24hrs         |
| Temeke    | Nuru Dispensary               | Mtongani Area dr.edward komu          | 0714 737 643/0746 691 477                     | Outpatient&Inpatient | 24hrs         |
| Temeke    | Epiphany Dispensary           | mbagala kuu dr. pharles               | 0755 759 073/ 0714 008 373                    | Outpatient           | 12hrs         |
| Kigamboni | Alexia Medical Centre         | Kigamboni/ Tua Ngoma-Kwa Sacco street | dr. Ali 0676 333 412) 0655-842339/0786 339842 | Outpatient&Inpatient | 24hrs         |
| Kigamboni | Tumaini Mission Dispensary    | Kongowe                               | 255-715833951                                 | Outpatient&Inpatient |               |

### ARUSHA

|              |                                   |                                |                                                     |                      |       |
|--------------|-----------------------------------|--------------------------------|-----------------------------------------------------|----------------------|-------|
| Arusha Town  | Old Arusha Clinic                 | Old Arusha Road                | (neema 0758 439 482) 255 7888862                    | Out&Inpatient        | 24hrs |
| Arusha Town  | St.Thomas Hospital                | City centre                    | 255 754380200                                       | Out&Inpatient        | 24hrs |
| Arusha Town  | Marie Stopes Arusha               | Opposite Arusha meru secondary | 0767 160 090                                        | Outpatient           | 12hrs |
| Arusha Town  | Ithna Asheri Charitable Hospital  | Arusha Road,                   | 255272508654/2508020                                | Outpatient&Inpatient | 24hrs |
| Arusha Town  | AAR Health Care Ltd-Arusha Branch | Philips street                 | 0767 111291                                         | Outpatient           | 12hrs |
| Arusha Town  | Arusha Lutheran Medical Centre    | Florida Kilombero Road.        | (thobias 0684 630 905) 027 2548030                  | Outpatient&Inpatient | 24hrs |
| Arusha Town  | Arusha Medical Centre             | Haile sailase Road plot 54     | (dr. chamba 0713 510 079) 255 27 2508654/0767339372 | Out patient          | 24hrs |
| Arusha Town  | Shree Hindu Union Charitable      | City Centre .                  | (anne 0757 911 008) 0754-264874                     | Out&Inpatient        | 24hrs |
| Arusha Town  | Arusha X-Ray Centre               | Near to East Africa Community  | 255 752581910                                       | Out patient          | 12hrs |
| Arusha Town  | Kammed Consult Clinic             | City Centre                    | (beatrice 0789 593 692) 255 754594400               | Out&Inpatient        | 24hrs |
| Arusha Town  | MRT Health Centre                 | Mianzini kwa Mollel            | (dr. raza 0784 755 558) 255 783350771               | Out&Inpatient        | 24hrs |
| Arusha Rural | Mji mwema Dispensary              | Usa River                      | (dr. aloce lyimo 0754 684 845) 0755 956 487         | Outpatient           | 10hrs |
| Arusha Town  | Sunni Muslim Association Arusha   | sokuku area bondeni            | (dr. raza 0784 755 558) 255 784 755 558             | Outpatient           | 10hrs |
| Arusha Town  | Gemsa Specialised Polyclinic      | old arusha roadlightness       | 0758 333 777 0756 401787                            | Outpatient           | 12hrs |
| Arusha Town  | Shalom Dental Surgery             | njiro                          | (lily 0754 598 232) 0754 598232                     | Outpatient           | 8hrs  |
| Arusha Town  | Total Care Health Services        | njiro                          | (catherine 0693 002 211) 0757 539419/0787 882273    | Out&Inpatient        | 24hrs |
| Arusha Town  | Aga Khan Health Services          | Benjamin Street                | 0758 472 181                                        | Outpatient           | 12hrs |

### MANYARA

|        |                   |             |               |                  |    |
|--------|-------------------|-------------|---------------|------------------|----|
| Babati | Sabilo Dispensary | Babati town | 0784 370 313/ | In & Out patient | 24 |
|--------|-------------------|-------------|---------------|------------------|----|

### KILIMANJARO

|             |                                            |                     |                                        |               |       |
|-------------|--------------------------------------------|---------------------|----------------------------------------|---------------|-------|
| Moshi Urban | Siima Charitable Gen. Hospital Kenyatta    | Street -Moshi Urban | 255 754 244084                         | Out&Inpatient | 24hrs |
| Moshi Urban | St Joseph Hospital                         | Soweto- Moshi Urban | (Sr. Monica 0754 539 684) 0765-932831  | Out&Inpatient | 24hrs |
| Moshi Urban | Kilimanjaro Christian Medical Centre(KCMC) | Kilimani Road       | (0629 960442 Theresia) 0784-820802     | Out&Inpatient | 24hrs |
| Moshi Urban | Jaffery dispensary                         | Town centre         | (faisal 255 788202691)                 | Outpatient    | 16hrs |
| Moshi Urban | A2Z Healthcare                             | Ghala Road          | salim 0757 206209/ 0756 585 985        | Outpatient    | 16hrs |
| Moshi Urban | Upendo Moshi Dispensary                    | Town Centre         | (dr. glory 0764 068 294) 255 754463137 | Outpatient    | 16hrs |
| Same town   | Tumaini Urban Health Centre                | Same town           | 0754 842 081                           | Outpatient    | 16hrs |

### MWANZA

|           |                                |                             |                                         |               |       |
|-----------|--------------------------------|-----------------------------|-----------------------------------------|---------------|-------|
| Ilemela   | Marie Stopes Clinic            | Nyanza road                 | 255-28-2560161                          | Out patient   | 12hrs |
| Ilemela   | Kiloleli Health Centre         | Kiloleli Street             | mrs. Gongu 255 784443373                | Out&Inpatient | 24hrs |
| Nyamagana | Hindu Union Hospital           | Nyanza road                 | 255 0788638742                          | Out&Inpatient | 24hrs |
| Nyamagana | Mwananchi hospital             | Makoroboi street            | okido 0766 127276/0713227276            | Out&Inpatient | 24hrs |
| Nyamagana | Amani Choggo Memorial Hospital | Nyerere road Mwanza         | 0784-368733                             | Oupatient     | 12hrs |
| Nyamagana | CF Hospital                    | Station Street              | abubakar 673388499                      | Out&Inpatient | 24hrs |
| Nyamagana | Kamanga Hospital               | Nyegezi                     | (0765 067699 Maria) N 255 784477968     | Out&Inpatient | 24hrs |
| Nyamagana | Kulwa Dispensary               | Town Centre                 | dr. kulwa 255 776349784                 | Outpatient    | 12hrs |
| Nyamagana | Hurumia Watoto Clinic          | Ilemela Road                | mrs. Sicheria 255-784596017, 0713596017 | Out&Inpatient | 24hrs |
| Ilemela   | Huduma Health Centre           | Airport Road/ Kaluta Street | dr. ndolezi 255767290904, 0715290904    | Outpatient    | 12hrs |
| Nyamagana | Salaaman Hospital              | Mission Street abdi         | 0745 751 200                            | Out&Inpatient |       |

## FRONTLINE SERVICE PROVIDERS IN TANZANIA-STANDARD

## KAGERA

| DISTRICT     | PROVIDERS NAME                  | PHYSICAL ADDRESS      | TELEPHONE NO               | SERVICES      | WORKING HOURS |
|--------------|---------------------------------|-----------------------|----------------------------|---------------|---------------|
| Bukoba Urban | St.Theresa Health Centre        | Town Centre           | 255 754992403              | Out&Inpatient | 24hrs         |
| Bukoba Urban | Karibu Dispensary               | Balimi Street         | 0752-616298                | Outpatient    | 12hrs         |
| Bukoba Urban | ELCT- Bukoba Town Health Centre | Mlembeni Bukoba       | dr. eunias 255 754 888 096 | Out&Inpatient | 24hrs         |
| Bukoba Urban | Cosad Medical Clinic            | nyamakuzi kashai ward | kante 0756 411200          | Outpatient    | 12hrs         |

## KIGOMA

|                 |                                   |                               |                                 |               |       |
|-----------------|-----------------------------------|-------------------------------|---------------------------------|---------------|-------|
| Kigoma Urban    | Upendo Foundation Dispensary      | Ujiji Street                  | dr. ernest chenya 0754 301572   | Out&Inpatient | 24hrs |
| Kigoma Urban    | Mac-Ren Medical Clinic            | Ujiji Street/lumumba street   | Jackson 0712629276/0768283897   | Outpatient    | 12hrs |
| Kigoma Urban    | maweni regional referral hospital | maweni-municipal/lumumba road | dr. fadhili 0754 651498         | Out&Inpatient | 24hrs |
| Kigoma District | Heri Mission Hospital             | manyovu                       | dr. ina 0754 669130/0622121469  | Out&Inpatient | 24hrs |
| Kasulu District | Kasulu Hospital                   | mlimani kasulu                | dr. massam 282810422/0622808987 | Out&Inpatient | 24hrs |
| Kasulu District | Kabanga Hospital                  | kabanga-kasulu                | sr. eva 0745 815120/ 0759019440 | Out&Inpatient | 24hrs |
| Kasulu District | Upendo Dispensary-Kasulu          | Kasulu town                   | dr. bujiji 255 768498530        | Out&Inpatient | 24hrs |

## TABORA

|              |                               |                                      |                 |                       |       |
|--------------|-------------------------------|--------------------------------------|-----------------|-----------------------|-------|
| Tabora Urban | Beatrice Dispensary           | Town Centre/Opp Precision Air Office | 255 754863535   | Outpatient            | 16hrs |
| Tabora Urban | Omulinga Health Centre        | Town Centre                          | 255 789 623 772 | Inpatient& outpatient | 24hrs |
| Tabora       | St. Ann Mission Health Centre | Ipuli Area                           | 255 754 045 422 | Outpatient            | 16hrs |
| Igunga       | Nkinga Mission Hospital       | Igunga                               | 255 713 770 010 | Out&Inpatient         | 24hrs |

## GEITA

|       |                           |               |                         |               |       |
|-------|---------------------------|---------------|-------------------------|---------------|-------|
| Geita | Upendo Private Dispensary | Sokoni street | 764600335               | Out&Inpatient | 24hrs |
| Geita | Waja Hospital             | Bomani street | 255-754450663           | Out&Inpatient | 24hrs |
| Geita | Sakamu Ltd and Dispensary | Bomani street | 0737180956/ 0755 541142 | Out&Inpatient | 24hrs |

## MARA

|              |                        |             |                 |               |       |
|--------------|------------------------|-------------|-----------------|---------------|-------|
| Musoma Urban | Musoma Marie Stopes    | Musoma Road | +255 767 170086 | Out Patient   | 12hrs |
| Musoma Urban | Omega medical Services | Musoma Town | 028 2622218     | Out&Inpatient | 24hrs |
| Tarime Urban | Good Will Foundation   | Tarime Town | 255 753876357   | Out&Inpatient | 24hrs |

## SHINYANGA

|                 |                                |              |                       |                      |       |
|-----------------|--------------------------------|--------------|-----------------------|----------------------|-------|
| Shinyanga Urban | Uhuru dispensary               | Uhuru street | 0713-544355, Dr.Maeja | Out&Inpatient        | 24hrs |
| Shinyanga Urban | Imani Dispensary               | Town street  | 0714-684714           | Out&Inpatient        | 24hrs |
| Kahama          | Marie Stopes -Kahama           | kahama Town  | 255 717 660240        | Out Patient          | 12hrs |
| Kahama          | Kwema Health Centre            | kahama Town  | 255 76236852          | Outpatient&Inpatient | 24hrs |
| Kahama          | Kahama Community Health Centre | kahama Town  | 255 77839732          | In & Out patient     | 24hrs |

## LINDI

|             |                    |            |             |             |       |
|-------------|--------------------|------------|-------------|-------------|-------|
| Lindi Urban | Brigita Dispensary | Lindi Town | 023 2202679 | Out Patient | 12hrs |
|-------------|--------------------|------------|-------------|-------------|-------|

## MTWARA

|              |                                   |                    |                                      |               |        |
|--------------|-----------------------------------|--------------------|--------------------------------------|---------------|--------|
| Mtwara Urban | Ligula Regional Referral Hospital | Ligula Street      | 0754 545478/0688323353               | Out&Inpatient | 24hrs  |
| Mtwara Urban | Shangani dispensary               | Bandari road       | Sr. Martha 0787 109 266              | Out&Inpatient | 24 hrs |
| Mtwara Urban | Fajma Health Centre               | Vigaeni Street     | (0719 058 426 Castro) 0784 479970    | Out&Inpatient | 24hrs  |
| Mtwara urban | Bursa Medical Clinic              | Behind main market | ( 0654 533 488 Gwao) 255 783 133 331 | Outpatient    | 12hrs  |

## RUVUMA

|        |                             |               |                      |               |       |
|--------|-----------------------------|---------------|----------------------|---------------|-------|
| Mbinga | Ruanda Mission Hospital     | Ruanda Mbinga | 0757 051 154         | Out&Inpatient | 24hrs |
| songea | Peter I.P. Kiula Dispensary |               | 255 713/0767 492 920 | Out Patient   | 12hrs |

## RUKWA

|            |                                     |                 |                                        |            |       |
|------------|-------------------------------------|-----------------|----------------------------------------|------------|-------|
| Sumbawanga | Dr.Mzava's Dispensary               | Sumbawanga town | 255 715 644 493                        | Outpatient | 12hrs |
| Mpanda     | Tanzania Menonite Church Dispensary | Mpanda Town     | dr. nkuba (0753339939) 255 783 363 636 | Outpatient | 12hrs |

## FRONTLINE SERVICE PROVIDERS IN TANZANIA-STANDARD

## IRINGA

| DISTRICT     | PROVIDERS NAME    | PHYSICAL ADDRESS | TELEPHONE NO          | SERVICES    | WORKING HOURS |
|--------------|-------------------|------------------|-----------------------|-------------|---------------|
| Iringa Urban | Sokoni Dispensary | Iringa Municipal | 0755382197/0717386190 |             |               |
| Iringa Urban | Marie Stopes      | Iringa Town      | 255 26 2770077        | Out Patient | 12hrs         |

## NJOMBE

|        |                           |             |             |            |       |
|--------|---------------------------|-------------|-------------|------------|-------|
| Njombe | Msamalia Mwema Dispensary | Songea Road | 0755-892807 | Outpatient | 16hrs |
|--------|---------------------------|-------------|-------------|------------|-------|

## MBEYA

|             |                                  |                                  |                                                         |                        |       |
|-------------|----------------------------------|----------------------------------|---------------------------------------------------------|------------------------|-------|
| Mbeya Urban | Marie Stopes Mbeya               | Mbeya Town                       | 255 25 2510432                                          | Out Patient            | 12hrs |
| Mbeya Urban | K's Hospital                     | Mafia Street                     | (0716 521 329 Patrick) 0784 386046                      | Out&Inpatient          | 24hrs |
| Mbeya Urban | Mbalizi Mission Hospital (Ifisi) | Mbalizi                          | 255 753500052                                           | Outpatient&Inpatient   | 24hrs |
| Mbeya Urban | Uyole Hospital                   | Uyole                            | (0769 297 629 Adelah) 255 7590711131                    | Outpatient&Inpatient   | 24hrs |
| Mbeya Urban | Mbeya Surgical clinic            | Mafia Street                     | (0787 888 444 Ibrahim) 255 754 470 553                  | Outpatient             | 12hrs |
| Mbeya Urban | Uwata Health centre              | Block T opposite Teku university | (0757 814 243 Dr. Gerald) 255 685 619 076/ 0762 446 744 | Outpatient & Inpatient | 24hrs |
| Mbozi       | Sifika Health Services           | johenyezya vwawa town            |                                                         |                        |       |

## MOROGORO

|                |                                 |                 |                                               |               |       |
|----------------|---------------------------------|-----------------|-----------------------------------------------|---------------|-------|
| Morogoro Urban | Mazimbu Hospital (SUA Hospital) | Mazimbu street  | (Abdallah 0717 135 810) 0718 813510           | Out&Inpatient | 24hrs |
| Morogoro Urban | St. Harry Hospital              | Madaraka Street | (neema 0713 123 885) 255 754 662 694          | Out&Inpatient | 24hrs |
| Morogoro Urban | Shalom Medical Centre           | Town centre     | (agness macha 0758 081 225) 255 715 297 784   | Out&Inpatient | 24hrs |
| Morogoro Urban | Afya Medicare Heart Specialist  | Morogoro        | nyange (0672419462) prof.nyagori 0754 209 577 | Outpatient    | 12hrs |
| Morogoro Rural | St. Thomas Hospital             | Kilakala        | sr.claudia/sr. paulina 0754 068796/0786617947 | Out&Inpatient | 24hrs |

## DODOMA

|              |                       |                   |              |               |       |
|--------------|-----------------------|-------------------|--------------|---------------|-------|
| Dodoma Urban | Amani Health Centre   | Area D            | 0765 801 082 | Out&Inpatient | 24hrs |
| Dodoma Urban | Providence Dispensary | Iringa road       | 0786-182106  | Outpatients   | 12hrs |
| Dodoma Urban | DCMC Hospital         | Imagi Hill-Ntyuka | 0753 210 340 | Out&Inpatient | 24hrs |
| Dodoma Urban | Nesuda Dispensary     | Kisasa B Centre   | 0684 770606  | Outpatients   | 12hrs |

## TANGA

|             |                              |                  |             |            |       |
|-------------|------------------------------|------------------|-------------|------------|-------|
| Tanga Urban | Burhan Charitable Dispensary | Road street no 4 | 0782-485280 | Outpatient | 24hrs |
|-------------|------------------------------|------------------|-------------|------------|-------|

## SINGIDA

|                   |                       |              |                  |               |       |
|-------------------|-----------------------|--------------|------------------|---------------|-------|
| Singida Municipal | Tumaini Health Centre | Kiomboi Road | 0754/0784 382177 | Out&Inpatient | 24hrs |
|-------------------|-----------------------|--------------|------------------|---------------|-------|

## ZANZIBAR

|                |                             |                  |                           |                        |       |
|----------------|-----------------------------|------------------|---------------------------|------------------------|-------|
| Zanzibar Urban | Dr Mehta Hospital           | Vuga Street      | 0777410009/ 0684 410009   | In & Out patient       | 24hrs |
| Zanzibar Urban | Marie Stopes Clinic         | Migombani street | 0767 160098               | Outpatients            | 12hrs |
| Zanzibar Urban | Rosaths Medical Centre      | Migombani street | 0777-435200               | Outpatient             | 12hrs |
| Zanzibar Urban | Hankil Medical Services     | Michenzani       | 255242234921/255777414433 | Outpatient             | 10hrs |
| Zanzibar Urban | Al Rahma Hospital           | kilimani         | 0774 889 933/2236715      | Outpatient & Inpatient | 24hrs |
| Zanzibar Urban | Zanzibar Medical Group      | Vuga Street      | 2552233134/0777484033     | Outpatient & Inpatient | 24hrs |
| Zanzibar Rural | Dr Mehta Hospital           | Nungwi           | 255779911311/255777410099 | Out&Inpatient          | 24hrs |
| Zanzibar Rural | Mina Hospital               | Chukwani         | 0777926555/0778434114     | Out&Inpatient          | 24hrs |
| Pemba          | Dira Dispensary             | Pemba town       | 024 2452007/ 0777 468278  | Outpatient             | 16hrs |
| Pemba          | Citizen Medical Clinic      | wete pemba       | 0777423999/0773419562     | Outpatient             | 10hrs |
| Zanzibar Urban | Tasakhtaa (Global) Hospital | Vuga Street      | 255 713 231 350           | Outpatient & Inpatient | 24hrs |

## FRONTLINE SERVICE PROVIDERS IN TANZANIA-STANDARD

## REFERRAL &amp; SPECIALISTS CENTRES IN TANZANIA

| REGION                                                                                                                                     | PROVIDERS NAME                       | PHYSICAL ADDRESS                           | TELEPHONE NO               | SERVICES      | WORKING HOURS   |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------------------------------|----------------------------|---------------|-----------------|
| <b>OPTICAL CENTRES - Clients Needs Approval From Resolution Insurance Ltd.</b>                                                             |                                      |                                            |                            |               |                 |
| Arusha                                                                                                                                     | Larusa Eye Clinic                    | Vijana Street                              | 0754-770311                | Optical       | 12hrs           |
| Arusha                                                                                                                                     | Zebra Eye Clinic                     | opposite golden rose hotel                 | 255272504609/0754308976    | Optical       | 12hrs           |
| Dar Es saalam                                                                                                                              | Msimbazi Eye Centre                  | 3/36 Msimbazi/Amani street                 | 255-0713-251260            | Optical       | 12hrs           |
| Dar Es saalam                                                                                                                              | Eye Emporium Sewa Street             | Sewa Street                                | 255-0786-188573/2121869    | Optical       | 12hrs           |
| Dar Es saalam                                                                                                                              | Eye Emporium                         | Quality Centre/Nyerere road                | 255-033248                 | Optical       | 12hrs           |
| Dar Es saalam                                                                                                                              | Upanga Eye Centre                    | Upanga Street near to Muhimbili            | 255-0754-285442            | Optical       | 12hrs           |
| Dar Es salaam                                                                                                                              | Sinza Family Eye Care                | Shekilango Road.Sinza                      | 255-715222622              | Optical       | 16 Hrs          |
| Dar Es salaam                                                                                                                              | Optical Centre                       | K.Net House /Round bout Kawe               | 255-719196462              | Optical       | 12hrs           |
| Dar Es salaam                                                                                                                              | Karibu Eye Centre                    | samora avenue NHC House                    | 0764010513/687456038       | Optical       | 12hrs           |
| Dar Es salaam                                                                                                                              | International Optica                 | City Centre                                | 255 756311195              | Optical       | 12hrs           |
| Mwanza                                                                                                                                     | Eyeris Vision centre                 | Nyerere Road Mwanza                        | 0688500123/0655500123      | Optical       | 12hrs           |
| Mwanza                                                                                                                                     | Kalisa Optical Centre                | Balewa Street                              | 255 754676464              | Optical       | 12hrs           |
| Mbeya                                                                                                                                      | M. Optical                           | Town street                                | 255 767226232              | Optical       | 16hrs           |
| Zanzibar                                                                                                                                   | Karibu Eye Centre                    | Vuga street                                | 255-0777411020/0713530030  | Optical       | 12hrs           |
| <b>DENTIST - Clients needs Approval from Resolution Insurance Ltd.</b>                                                                     |                                      |                                            |                            |               |                 |
| Dar Es saalam                                                                                                                              | Smart Dental Clinic                  | Victoria area/Green Acres House            | 0659 431 231               | Dental        | 12hrs           |
| Dar Es saalam                                                                                                                              | Gupta Dental Clinic                  | Nkuruma/Indira Gandhi Street               | 0715-016989                | Dental        | 12hrs           |
| Dar Es saalam                                                                                                                              | Wailes Dental Clinic                 | Patel house                                | 0754-361868                | Dental        | 12hrs           |
| Mwanza                                                                                                                                     | UniqueServe Dental Clinic            | Uhuru plot no 42,block L                   | 717001998                  | Dental        | 12hrs           |
| Dar Es saalam                                                                                                                              | Esnan Dental Centre Turkish Clinic   | Old Bagamoyo Rd, Mikocheni                 | 0774 008 439               | Dental        | 12hrs           |
| <b>Pharmacies-Clients need Doctors prescripton from frontline providers or Specialist /Referral Providers &amp; copy of the claim form</b> |                                      |                                            |                            |               |                 |
| Dar Es salaam                                                                                                                              | Nakiete Pharmacy                     | Mwenge                                     | 0754-567056                | Pharmacy      | 12hrs           |
| Dar Es salaam                                                                                                                              | Qualitas Pharmacy                    | Kibada Area/Kigamboni                      | 255 713394939              | Pharmacy      |                 |
| Zanzibar Urban                                                                                                                             | Shamshu & Sons Pharmacy              | market street                              | 255242233814/255242232199  | Pharmacy      |                 |
| Mbeya                                                                                                                                      | Babito Pharmacy                      | Town street                                | 255 756143624              | Pharmacy      | 16hrs           |
| Arusha                                                                                                                                     | Quas Pharmacy                        | Town street                                | 0719980892 / 0765537616    | Pharmacy      | 16hrs           |
| Mwanza                                                                                                                                     | Makalwes Pharmacy                    | Nyerere Road Mwanza                        | 255 784676688              | Pharmacy      | 16HRS           |
| Kahama                                                                                                                                     | Ushirombo Pharmacy                   |                                            | 255 753 062 116            | Pharmacy      | 16hrs           |
| Kahama                                                                                                                                     | Shinyanga Royal Pharmacy             | old crdb building                          | 0768 220 026/ 0755 776 330 | Pharmacy      | 16hrs           |
| Shinyanga                                                                                                                                  | Kitapondya Pharmacy                  | kahama Town                                | 0768 787 533               | Pharmacy      | 24 hrs          |
| Ruvuma                                                                                                                                     | Glory DLD Pharmacy                   | Mbinga Town                                | 0768 466 643               | Pharmacy      | 12hrs           |
| Ruvuma                                                                                                                                     | Seven Pharmacy                       | Songea Town                                | 0715 051 897               | Pharmacy      | 12hrs           |
| <b>PAEDIATRICIANS</b>                                                                                                                      |                                      |                                            |                            |               |                 |
| Dar Es salaam                                                                                                                              | Marie Stopes Mwenge                  | Kijitonyama area - Plot no 421& 422 Mwenge | 255-22-2774991,2774993     | Out&Inpatient | 24hrs           |
| Kinondoni                                                                                                                                  | Furaha Medical Clinic                | Ally Hassani Mwingi Road                   | 07540304250/2667693        | Out&Inpatient | 24hrs           |
| Dar Es salaam                                                                                                                              | TMJ Hospital                         | Old Bagamoyo Rd, Mikocheni                 | 255-22-2700007/2775517     | Out&Inpatient |                 |
| <b>GYNAECOLOGIST/OBSTETRICIAN</b>                                                                                                          |                                      |                                            |                            |               |                 |
| Ilala                                                                                                                                      | Dr Hameer Health centre              | Swahili Street/ Faru street                | 0754267200/0656684868      | Out&Inpatient | 24 hrs          |
| Dar Es salaam                                                                                                                              | Marie Stopes Mwenge                  | Kijitonyama area - Plot no 421& 422 Mwenge | 255-22-2774991,2774993     | Out&Inpatient | 24hrs           |
| Dar Es salaam                                                                                                                              | Bochi Medical centre                 | Kimara Kwa Musuguri                        | 0754393937/0715111441      | Out&Inpatient | 24 hrs          |
| Dar Es salaam                                                                                                                              | TMJ Hospital                         | Old Bagamoyo Rd, Mikocheni                 | 255-22-2700007/2775517     | Out&Inpatient |                 |
| <b>ORTHOPAEDIC</b>                                                                                                                         |                                      |                                            |                            |               |                 |
| Dar Es Salaam                                                                                                                              | Muhimbili Orthopaedic Institute      | Upanga Street                              | 0784 232 515               | Out&Inpatient | Mon-Fri 8am-4pm |
| Moshi                                                                                                                                      | Kilimanjaro Christian Medical Centre | Moshi                                      | 0754-449244                | Out&Inpatient | Mon-Fri 8am-4pm |
| Dar Es salaam                                                                                                                              | TMJ Hospital                         | Old Bagamoyo Rd, Mikocheni                 | 255-22-2700007/2775517     | Out&Inpatient |                 |

## FRONTLINE SERVICE PROVIDERS IN TANZANIA-STANDARD

| REGION                                    | PROVIDERS NAME                       | PHYSICAL ADDRESS                | TELEPHONE NO                | SERVICES             | WORKING HOURS                   |
|-------------------------------------------|--------------------------------------|---------------------------------|-----------------------------|----------------------|---------------------------------|
| <b>OPHTHALMOLOGY</b>                      |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Muhimbili National Hospital          | Upanga Street near to Muhimbili | 255-0754-285442             | Optical              | 12hrs                           |
| Arusha                                    | Zebra Eye Clinic                     | Sheikhe Abeid Karume Stadium    | 0754-770311                 | Optical              | 12hrs                           |
| Mwanza                                    | Eyeris Vision Clinic                 | Nyerere street                  | 255-0688-500123/0655-500123 | Optical              | 12hrs                           |
| Zanzibar                                  | Karibu Eye Centre                    | Vuga street                     | 255-0777411020/0713530030   | Optical              | 12hrs                           |
| <b>NEPHROLOGIST</b>                       |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Muhimbili National Hospital          | Upanga West                     | 255716255715/255754755115   | Out&Inpatient        | Mon-sat 8am-4pm                 |
| <b>CARDIOLOGIST</b>                       |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Muhimbili National Hospital          | Upanga West                     | 255716255715/255754755115   | Out&Inpatient        | Mon-sat 8am-4pm                 |
| Dar Es salaam                             | Moyo Health Centre                   | Kawawa Road                     | 0712-219000                 | Outpatient           | Mon-Fri 8Am-4Pm                 |
| Dar Es salaam                             | Burumawe Specialised Medical Clinic  | Bunju A                         | 255 715 477 225             | Outpatient           | Mon-Fri 6pm-8pm<br>Sat 10am-6pm |
| Morogoro                                  | Afya Medicare Heart Specialist       | Morogoro                        | 0754 209 577                | Outpatient           | Mon-Fri 8am-5pm                 |
| Dar Es salaam                             | TMJ Hospital                         | Old Bagamoyo Rd, Mikocheni      | 255-22-2700007/2775517      | Out&Inpatient        |                                 |
| <b>E.N.T SPECIALIST</b>                   |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Ekenywa Specialised Hospital Limited |                                 | 2552172203/ 0717 574 546    | Outpatient&Inpatient | Mon-Sun 9am-4pm                 |
| Dar Es salaam                             | TMJ Hospital                         | Old Bagamoyo Rd, Mikocheni      | 255-22-2700007/2775517      | Out&Inpatient        |                                 |
| <b>UROLOGIST</b>                          |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Muhimbili National Hospital          | Upanga West                     | 255716255715/255754755115   | Out&Inpatient        | Mon-sat 8am-4pm                 |
| <b>GASTROENTEROLOGIST</b>                 |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Muhimbili National Hospital          | Upanga West                     | 255716255715/255754755115   | Out&Inpatient        | Mon-sat 8am-4pm                 |
| <b>NEUROLOGIST</b>                        |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Tumaini Infirmary Hospital           | Upanga East                     | 0784-644445                 | Out&Inpatient        | Wed-Fri 8am-4pm                 |
| Dar Es salaam                             | Muhimbili National Hospital          | Upanga West                     | 255716255715/255754755115   | Out&Inpatient        | Mon-sat 8am-4pm                 |
| <b>DIAGNOSTIC CENTRES FOR MRI/CT SCAN</b> |                                      |                                 |                             |                      |                                 |
| Dar Es salaam                             | Besta Diagnostic centre Ltd          | tunisia road                    | 0655 663 738                |                      | 12hrs                           |
| Dar Es salaam                             | Hitech Sai Health Centre             | upanga                          | 255 754 787 869/0714 179777 |                      | 13hrs                           |
| Dar Es salaam                             | Reliable Diagnostic Centre Ltd       | Baraka Plaza                    | 0756 415 577                |                      | 12hrs                           |



### **Head Office**

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