

Healthcare in Belize



Medical care in Belize generally gets a poor grade. Most residents say the country needs more healthcare facilities, more physicians and staff, and better equipment. The good news is that the country's healthcare system is steadily improving, and its shortcomings are often easy to deal with.

Minor ailments and many emergencies can be treated by physicians and public and private clinics—all of which are found throughout the country, with the exception of some rural areas. People who suffer from serious conditions can be taken to private hospitals such as [Belize Medical Associates](#) or [Belize Healthcare Partners](#) in Belize City. Both of these facilities offer excellent services and costs are still reasonable. Belize Medical Associates recently opened a state-of-the-art clinic north of the bridge on Ambergris Caye, with specialized services and advanced care that wasn't previously available in this area. Ambergris now also has an emergency response squad, RRR Response and Rescue.

Belize does have a number of public hospitals, but most expats prefer to use the private clinics. Moreover, high-quality medical care is available in several nearby countries, such as Mexico, and insurance that pays for emergency transportation to the U.S. is usually very affordable.

For routine visits to the doctor in Belize, you'll typically pay \$20 to \$50, while most private hospital rooms are \$300 a day or less. If you opt for private insurance, premiums vary widely, and also increase substantially for those over 60 years of age. Some expats decide to forego health insurance entirely and self-insure, since the cost of common medical surgeries and services in Belize and Mexico is so reasonable that expats seldom exceed their deductibles. For instance, a hernia surgery typically will cost under \$2,500. A cataract surgery can run up to \$2,500 per eye, if done separately.

Prices are also low at pharmacies, and in the larger towns they're generally well stocked except for specialized medications. Most drugstores in Belize sell many medicines over the counter that would require prescriptions in the U.S.