

Retired U.S. Army Veteran Living in Thailand Shares His Experience Navigating Healthcare Overseas

Pat & Rocky Travel, a YouTube channel with more than 1 million total views, documents veteran healthcare, retirement abroad, and expat life in Bangkok



Bangkok, Thailand Sep 12, 2026 ([IssueWire.com](https://www.issuewire.com)) - BANGKOK, THAILAND — Pat & Rocky Travel, a travel and expat lifestyle channel created by a retired U.S. Army veteran and his wife, is sharing a firsthand look at what accessing healthcare overseas can be like for American veterans and military families living abroad.

In a recent video filmed at **Samitivej Hospital in Bangkok**, Pat discusses his experience as a retired U.S. Army veteran who is rated **100% Permanent and Total disabled through the Department of Veterans Affairs** while navigating healthcare outside the United States.

The video is part of Pat & Rocky Travel's broader mission to document the realities of retirement, relocation, healthcare, and daily life overseas.

Pat & Rocky Travel has now generated more than **1,032,881 total YouTube views**, building a growing audience interested in international retirement, veteran life abroad, healthcare, cost of living, and travel throughout Asia.

"Healthcare is one of the biggest concerns for veterans and military families who are thinking about living overseas," said Rocky of Pat & Rocky Travel. "We wanted to show our real experience, including what it is like walking into a private hospital in Bangkok, asking questions about coverage, and navigating the system as Americans living abroad."

A Firsthand Look at Veteran Healthcare Overseas

The Samitivej Hospital video documents the couple's personal experience receiving care in Bangkok and explores some of the practical questions that arise when veterans and military families seek treatment outside the United States.

Pat discusses his status as a 100% Permanent and Total disabled veteran and the importance of understanding how veteran-related healthcare benefits may apply when living internationally.

The video also highlights the broader patient experience at Samitivej Hospital, including the hospital environment, access to medical services, communication with providers, and questions surrounding insurance and veteran healthcare programs.

Pat & Rocky Travel emphasizes that the video reflects their own experience and is not intended to provide official benefits guidance.

"We know there are veterans who want to retire overseas but may hesitate because they are unsure what happens when they need medical care," said Pat. "Our goal is to show what we encounter firsthand so viewers can see the process and know what questions they should be asking."

https://youtu.be/OOV_vquv4lc?si=SFNNg-zdooSB3mNj

From Florida to Bangkok

Pat and Rocky left Florida and relocated to Bangkok, Thailand, where they now document the realities of building a new life overseas.

Their videos cover topics including:

- Veteran and military retiree life abroad
- Healthcare experiences in Thailand
- TRICARE and overseas healthcare considerations
- Cost of living comparisons between the United States and Thailand
- Bangkok condominium tours
- Retirement and relocation overseas
- Hotels, restaurants, shopping, and local experiences
- Travel throughout Thailand and Asia
- Visas, transportation, contracts, and everyday expat life
- Perspectives relevant to Black Americans considering international travel or relocation

The channel is designed to combine travel entertainment with practical information for viewers who are considering retirement, long-term travel, or relocation outside the United States.

More Than a Travel Channel

Pat & Rocky Travel has built its audience by sharing candid experiences rather than presenting only the vacation side of international travel.

The couple frequently discusses what daily life actually costs, what private healthcare looks like in Thailand, how housing compares with major U.S. cities, and what Americans should consider before

moving abroad.

Their healthcare content is becoming an increasingly important part of the channel, particularly for veterans, military retirees, and families who may be exploring life overseas.

The couple is also producing a broader comparison of their experiences at multiple major private hospitals in Bangkok.

About Pat & Rocky Travel

Pat & Rocky Travel is a travel, retirement, and expat lifestyle platform following a retired U.S. Army veteran and his wife as they live in Bangkok, Thailand, and travel throughout Asia and beyond.

The channel covers international relocation, healthcare, military retiree considerations, cost of living, housing, travel, hotels, food, shopping, and everyday life abroad.

Pat & Rocky Travel has generated more than **1 million total YouTube views** and continues to build a community interested in retirement abroad, veteran life overseas, and international travel.

Watch Pat & Rocky Travel

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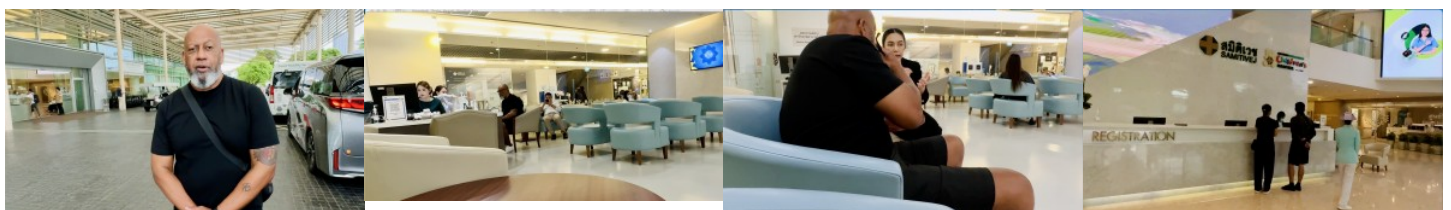
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Disclaimer

Pat & Rocky Travel is an independent media and travel platform and is not affiliated with or endorsed by the U.S. Department of Veterans Affairs, TRICARE, the U.S. Department of Defense, Samitivej Hospital, or any other healthcare provider. Information shared in the video and related content reflects personal experiences and should not be considered official benefits, insurance, legal, or medical advice.



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Source : Pat & Rocky Travel

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