

Annual Physical Questions & Answers

Q: Where can I get an Annual Physical?

A: Beginning January 1, 2024, you are entitled to one annual physical as a part of the Medical Plan (including at your local doctor or occupational health center), and they no longer must be taken exclusively at a MEBA clinic. The MEBA clinics and Alternate clinics remain an option, and MEBA physicals are still required for those companies that mandate MEBA annual physicals.

Q: What vaccinations will be covered for active sailing participants?

A: The following vaccinations will be covered by the Plan, only if necessary for shipping:

COVID-19, yellow fever, and smallpox (MEBA clinics does not provide this vaccine, can be given at participating pharmacies), MMR, polio, tetanus, varicella, hepatitis A, typhoid, and influenza.

If you schedule your annual physical at a MEBA clinic, please let clinic staff know of any vaccinations needed so we can be sure to have them on hand.

Q: What lab work will be covered as a part of your annual physical?

A: The following lab work will be covered under the Annual Physical for both participants and dependents:

Bloodwork	
80053	Comprehensive Metabolic Panel (CMP)
80061	Lipid Panel
82248	Bilirubin, Direct
82465	Assay Blood/Serum Cholesterol
82955	Glucose-6-Phosphate Dehydrogenase (G6PD)
82977	Gamma Glutamyl Transferase (GGT)
83037	Hemoglobin A1C
83540	Iron, Total Iron Binding Capacity, and Transferrin Saturation
83550	Iron Binding Capacity
84443	Thyroid Stimulating Hormone (TSH)
84478	Assay of Triglycerides
84550	Uric Acid; Serum
85025	Blood Count; Complete (CBC), automated (Hgb, Hct, RBC, WBC and Platelet Count) and Automated Differential WBC Count
86140	C-Reactive Protein
86593	Rapid Plasma Region Test (RPR, Syphilis)
84153	Prostate Specific Antigen (PSA); Total
81003	Urinalysis, by Dip Stick or Tablet Reagent for Bilirubin, Glucose, Hemoglobin, Ketones, Leukocytes, Nitrite, pH, Protein, Specific Gravity, Urobilinogen
82272	Colorectal Neoplasm Screening

Q: What procedures will be covered as a part of your annual physical?

Covered Procedures	
92553	Pure Tone Audiometry (Threshold); Air and Bone
93000	Electrocardiogram (ECG); Routine
94010	Spirometry Testing
99173	Visual Acuity Testing

Q: Will the Alternate Clinic still be an option for participants?

A: Yes, you can have your annual physical at one of the Alternate Clinic locations in lieu of having your physical at an MEBA clinic or your personal, local doctor. You can contact the West Jefferson clinic in Greta, LA or the AFC Clinic located in Houston, TX.

Q: Will participants still receive a fit for duty and verification card?

A: Yes, you may request one from your doctor. Please confirm with your employer that a MEBA verification card is not required.

Q: Can a U.S. Coast Guard Form CG-719K still be completed?

A: Yes, your personal physician can fill out CG-719K Form. You may obtain a copy of the form from the U.S. Coast Guard website, <https://www.dco.uscg.mil/nmc/forms/>, print a copy and take it with you to your appointment. The form is listed as Application for Medical Certificate (CG-719K).