



1007 Eastern Avenue
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www.mebaplans.org

IMPORTANT NOTICE

May 16, 2025

To: Participants of the MEBA Medical Plan

The Trustees of the MEBA Medical Plan continue to look for ways to provide flexibility for participants and dependents to obtain annual physicals. The Trustees amended the Medical Plan effective January 1, 2024 to permit participants and dependents to get their annual physicals at locations other than the Medical Plan's two clinics (in Baltimore and Oakland). Since that announcement, the employers and the M.E.B.A. have been modifying collective bargaining agreements to eliminate the need to get an annual physical at a MEBA medical clinic. Instead, the collective bargaining agreements will require only a USCG medical certificate (from any provider) to ship.

More recently, the Trustees announced that the two MEBA medical clinics will be closing as of June 30, 2025. Recognizing that not all doctors are familiar with USCG medical certificate requirements, the MEBA Medical Plan has been working on an arrangement with Concentra, a large national provider of employment physicals that provides USCG medical certificate required tests, including Benzene testing. Concentra has offices all over the country and near every M.E.B.A. hall.

Effective **June 1, 2025**, the Medical Plan will cover the cost of a USCG physical exam (with or without benzene labs) for active and retired sailing participants at a Concentra facility once a year, provided the member is eligible for medical benefits from the Medical Plan. There will be no out-of-pocket cost to the participant for these USCG physicals (with or without benzene labs) provided at a Concentra facility. **Concentra will bill the Medical Plan directly for these exams, but only for participants who schedule a Concentra appointment in advance so that Concentra can verify eligibility before the exam. Anyone who does not schedule in advance, will have to pay Concentra and seek reimbursement from the Medical Plan.**

Please note that Concentra offers only employment-related physicals; Concentra physicals *do not* take the place of a complete physical with a primary care provider, and the Concentra doctors *do not* fill the role of a primary care provider. Thus, in addition to offering the once-a-year Concentra USCG physical (with or without benzene labs) at no cost to the participant, the Medical Plan **will continue** to cover the annual physical with a CareFirst/BCBS provider or (other provider). This means that a member who is eligible for medical benefits from the Medical Plan will be entitled to one Concentra-provided USGC physical *and* one CareFirst/BCBS or other annual physical each year.

However, many primary care physicians can complete all USCG required testing (except perhaps benzene) and can complete the USCG form needed to sail. There is no need to go to a Concentra facility if a participant's primary care physician completes the USCG physical and form. Concentra is an option for participants who do not have a primary care physician, who need a USCG physical before their scheduled primary care physical, or whose primary care physician cannot or will not complete the USCG form.

Concentra also offers other services in addition to the USCG physicals. However, if a Medical Plan participant wants additional Concentra-provided services, the participant will have to pay out of pocket (either directly to Concentra or to the Medical Plan if Concentra bills the Medical Plan) for any additional services.

Participants visiting a Concentra facility should make clear that they are seeking a USCG physical (with or without benzene testing) and that they are MEBA members/participants under the MEBA Medical Plan.

Enclosed is a list of Concentra locations near the Union Halls. You may also visit the Concentra website at concentra.com to find the one closest to your home of record.

If you have any questions regarding these changes, call the Plan Office's Medical Department at 410-547-9111 or 800-811-6322.

Sincerely,

A handwritten signature in cursive script that reads "Patricia Kelly".

Patricia Kelly
Executive Director

Concentra Center Locations

BALTIMORE

Concentra

100 S Charles St
Suite 150
Baltimore, MD 21201
Phone: (410) 752-3010

BOSTON

Concentra

66B Concord St
Wilmington, MA 01887
Phone: (978) 657-3826

CHARLESTON

Concentra

4115 Dorchester Rd
Charleston, SC 29405
Phone: (843) 554-6737

CLEVELAND

Concentra

5500 S Marginal Rd
Cleveland, OH 44103
Phone: (216) 426-9020

HONOLULU

Concentra

545 Ohohia St
Honolulu, HI 96819
Phone: (808) 831-3000

HOUSTON

Concentra

8505 Gulf Fwy
Houston, TX 77017
Phone: (713) 944-4442

JACKSONVILLE

Concentra

5995-1 University Blvd W
Jacksonville, FL 32216
Phone: (904) 737-7173

LOS ANGELES

Concentra

100 Oceangate
P245
Long Beach, CA 90802
Phone: (562) 432-2821

NEW ORLEANS

Concentra

318 Baronne St
New Orleans, LA 70112
Phone: (504) 561-1051

Concentra

4015 Jefferson Highway
Jefferson, LA 70121
Phone: 504.837.6447
Yellow Fever Confirmed

NEW YORK/NEW JERSEY

Concentra

574 Summit Ave
Jersey City, NJ 07306
Phone: (201) 656-7678

NORFOLK

Concentra

5301 Robin Hood Rd #114
Norfolk, VA 23513
Phone: (757) 573-2075

Concentra

750 South Main Street
Norfolk, VA 23523
Phone: (757) 494-1688

OAKLAND

Concentra

384 Embarcadero West
Oakland, CA 94607
Phone: (510) 465-9565

SEATTLE

Concentra

1300 South 320th St
Federal Way, WA 98003-5359
Phone: (253) 839-2727

TAMPA

Concentra

7209 Adamo Dr
Tampa, FL 33619
Phone: (813) 490-0099

Tampa University

3011 University Center Dr
Tampa, FL 33612
Phone: 813.980.3151