



CAL MARITIME

To: CMA Faculty and Staff of the Training Ship Golden Bear

From: Cathleen Coulman, MD, Director, Student Health Services and Chief Medical Officer

Subject: **Pre-Cruise Physicals for Faculty Who Have Chosen to Use Their Own Medical Provider**

It is time to schedule your physicals for the 2013 Training Cruise. You have selected to have your physical examination and clearance for cruise done by your own medical provider.

The following information describes what **your medical provider should do** to ensure your fitness for cruise duty:

1. Use the Navigation and Vessel Inspection Circular 04-08 (NAVIC), Medical and Physical Evaluation guidelines for Merchant Mariner Credentials to assess your fitness for cruise.
2. Complete the physical examination using the USCG Merchant Mariner Credential Medical Evaluation Report (CG-719K) form (copy enclosed). The medical provider is advised to return this form to you so that you can keep it in your possession on board the ship should information from the form be needed in an emergency. It is also advisable that you take along any relevant lab or medical test results.
3. Screen for Tuberculosis (TB) and determine if clear.
4. Complete the CSU California Maritime Academy Training Cruise: Fit for Duty form, which must be filled out by a licensed health care provider and return to the CMA Student Health Services (SHS) by the following deadline:

The deadline for completion of your pre-cruise physical examination and submission of the CSU California Maritime Academy Training Cruise: Fit for Duty form is March 29, 2013.

In addition, you will be required to submit to a periodic drug test performed by the SHS staff prior to cruise and to participate in a random drug-testing program while a crewmember aboard that Training Ship Golden Bear.

The following are additional requirements:

- If you are currently taking prescription medications, you must bring enough to last through the duration of your cruise assignment. Urgent Care services only will be provided at sea; prescription medications, such as insulin or hypertension medications, will not be available.
- If you wear prescription eye glasses or contacts, bring along a spare pair.

Thank you very much.

THE CALIFORNIA MARITIME ACADEMY

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