

Preparing for Your Merchant Marine Coast Guard Physical

The following information will be needed to determine if you are fit to sail.

- Please provide documentation if you have any of the conditions listed below.
- If you have a Medical Waiver from the USCG, please bring a copy of that to your exam.
- If you use glasses, contacts or hearing aids please bring them to your exam.

Diabetes	Yearly follow up with your treating provider and a yearly eye exam An A1c is needed within 90 days of your Coast Guard physical
Heart Disease	Visit records from your Cardiologist are required yearly. Listed below are additional requirements based on your diagnosis. Atrial fibrillation or heart rhythm disorders - If you use Warfarin (Coumadin), you will need to provide 30 days of INR lab results. Congestive heart failure - An echocardiogram is needed yearly. Heart attack or coronary artery disease - You will need an exercise stress test every 2 years. If you had open heart surgery, this requirement starts 5 years after surgery. Heart valve disorders - You will need a yearly echocardiogram. If you use warfarin, you will need to provide 30 days of INR lab results.
Hypertension (High Blood Pressure)	Blood pressure needs to be controlled to less than 160/100
Kidney Disease	Visit records from your treating provider including kidney function labs yearly.
Mental Health	Visit records from your treating provider are needed each year.
Respiratory Conditions: Asthma, COPD, Emphysema	Visit records, pulse oximetry, and pulmonary function tests are needed yearly.
Sleep Apnea	A current 90-day CPAP compliance report is needed.
Substance Use Disorders	Discharge summary with treatment recommendations are needed if substance use treatment has occurred in the past 2 years.
Thyroid Disorders	Visit records from your treating provider including TSH lab yearly
Stroke, TIA, or cerebral aneurysm	You will need to see your Neurologist yearly for at least 5 years

****Additional information or records may be requested at the discretion of the examining or reviewing provider****