WELCOME TO THE FORCE MEDICAL BRIEF

Presented by Amber Roland

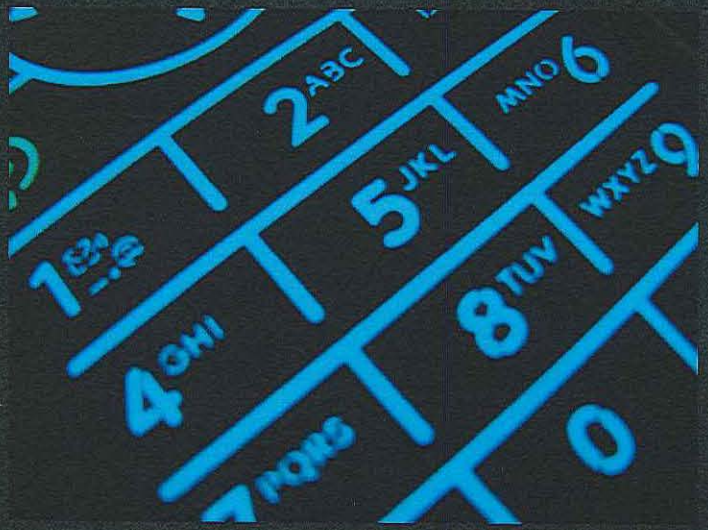
IMPORTANT NUMBERS FOR MEDICAL

Force Medical East-Norfolk:

Main Line: 757-443–5760

Toll Free: 866-827-4955

Fax: 757-443-5767 or 866-324-4955



CSU West-San Diego:

Main Line: 619-524-9990

Fax: 619-524-9963

Email all documents to MSC_MEDICAL@NAVY.MIL

WORKER'S COMPENSATION & WORK FORCE RELATIONS

Names & Numbers to Remember

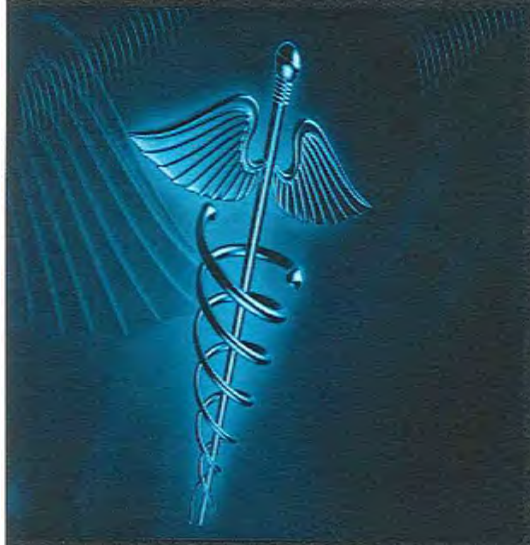
- Steve (Last name beginning with A-F) - (757) 341-6478
- Carla (Last name beginning with G-M) - (757) 341-6475
- Mary (Last name beginning with N-Z) - (757) 341-6474
- Kathy (Case File Manager Lead) – (757) 341-6473

- Email – MSC_WORKFORCE_RELATIONS@NAVY.MIL

OVERSEAS HEALTH INSURANCE

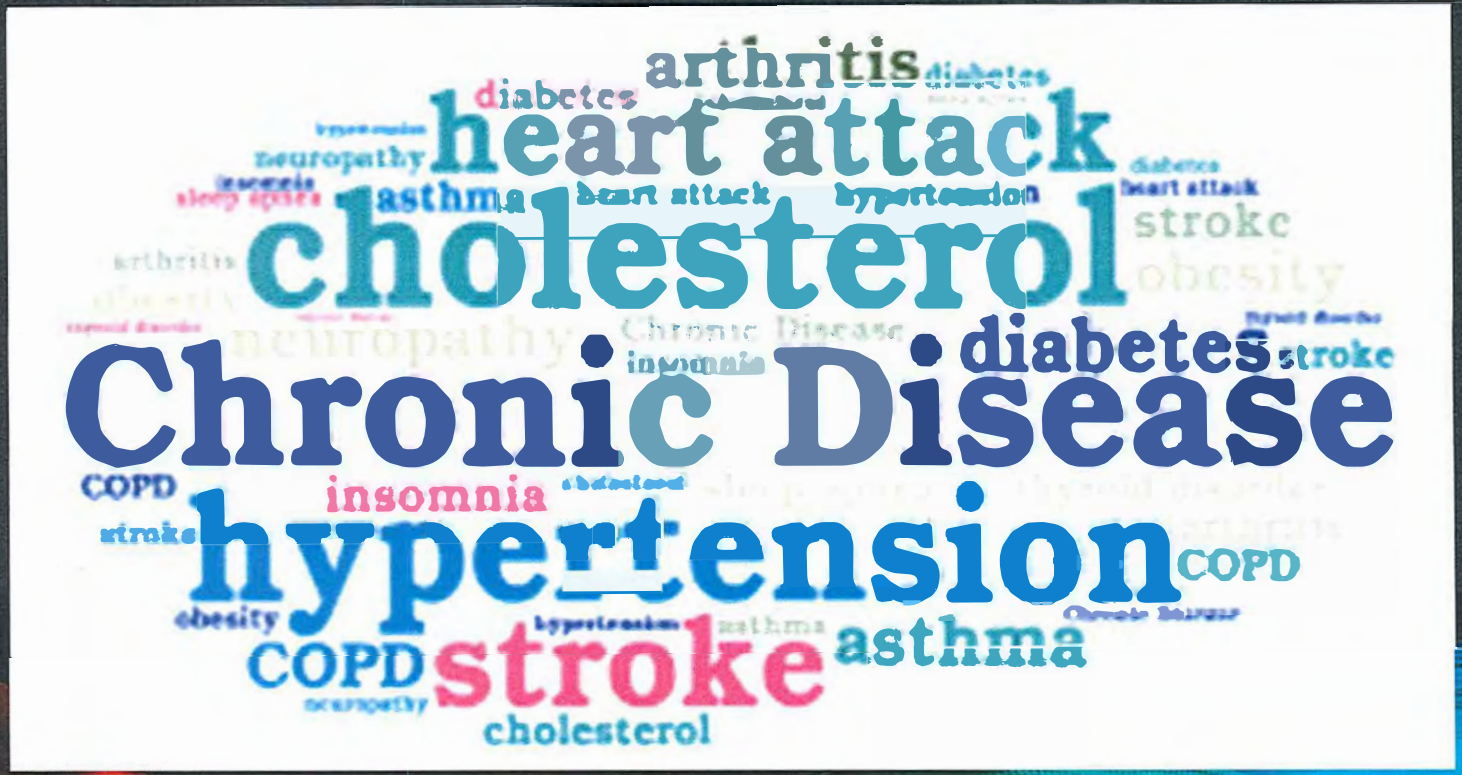
- Not required but HIGHLY recommended
- If you have a non-work related injury or illness, you are responsible for the charges.
- Many overseas hospitals do not accept credit cards and may require cash.
- Hospital charges can be very expensive and exceed your personal credit card limits.

MEDICAL EXAMS



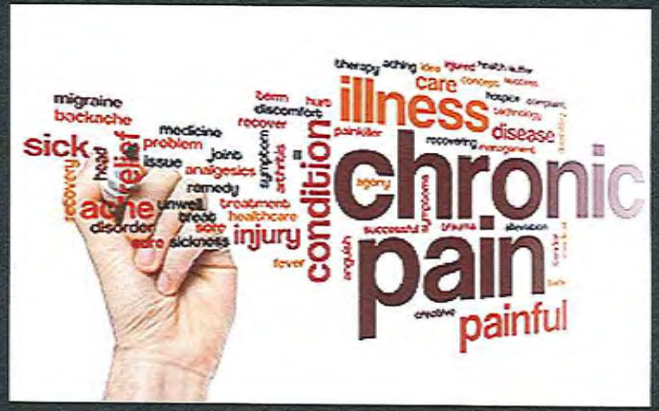
- As a CIVMAR, you are responsible for your personal health
- You are expected to make arrangements for medical care. Medical care includes both routine and chronic conditions.
- You must submit medical summary forms as required.
- MSC is responsible for ensuring that you obtain agency required exams (PE, MSP's)
- Abnormalities found on these exams warranting further evaluation is the mariner's responsibility to obtain.

CHRONIC MEDICAL CONDITIONS (CMC)



CHRONIC MEDICAL CONDITIONS

- A chronic medical condition is a medical condition that requires periodic monitoring such as high blood pressure and diabetes.
- Many chronic medical conditions require prescription medications; these conditions may be present at the time of hire or may develop during employment.

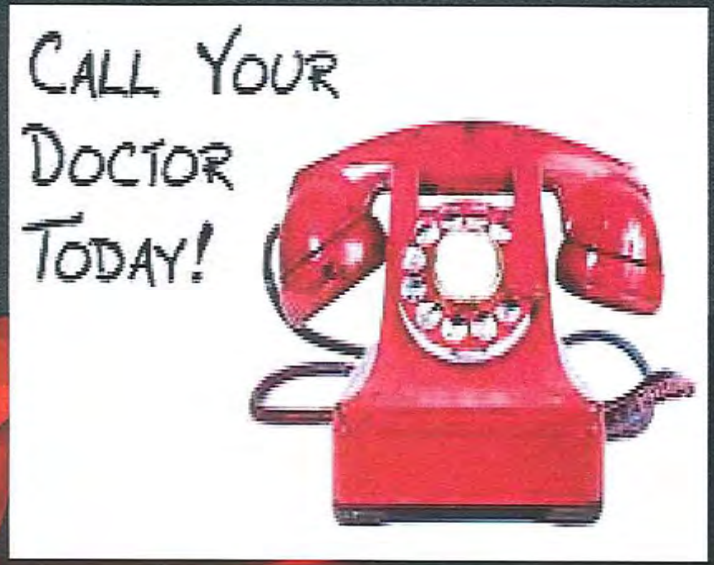


MEDICATIONS

- You must have at least six months supply prior to sailing. The MSO cannot provide for you.
- You must have the ability to obtain refills while on assignment. Medical repatriation due to running out of medication subjects you to disciplinary action.
- If you have difficulty obtaining 6 months of meds, the ships MSO or pool nurse may provide a letter requesting 6 months of meds be dispensed.
- When traveling, keep your medications with you; do no pack these items with your checked luggage as checked luggage may become lost or stolen.
- If you are on CPAP, ensure you have extra parts such as nasal pieces, filters, and tubing onboard the ship when traveling.

SCHEDULE YOUR APPOINTMENT(S)

DO NOT WAIT UNTIL THE LAST MINUTE!!!



DO NOT WAIT UNTIL THE LAST MINUTE!!!

MEDICAL SUMMARY FORM (MSF)

- This form is a tool for your doctor to ensure all required information is provided.
- Information may also be on the doctor's stationary or narrative summary form as long as it contains all requested information.
- You can obtain a MSF from the front desk in the pool, your MSO/MDR onboard ship or on the web at: **http://civmar.sealiftcommand.com/**

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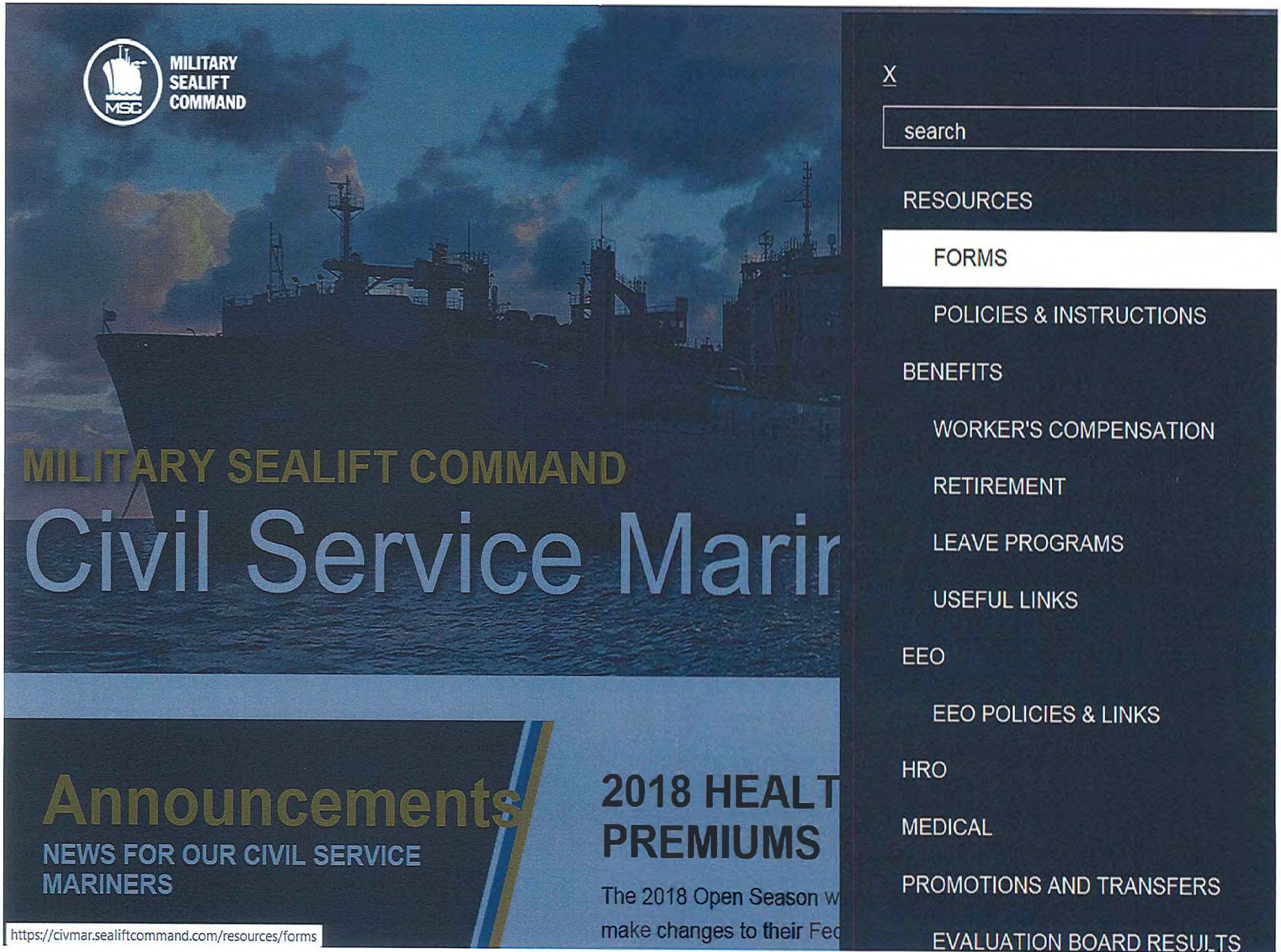
R CIVIL SERVICE

2018 HEALTH, DENTAL & VISION INSURANCE PREMIUMS

The 2018 Open Season will be held 13 November - 11 December 2017. During this time employees are ab
make changes to their Federal Employees Health Benefits (FEHB) and Federal Employees Dental and Visi


MILITARY SEALIFT COMMAND
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Civil Service Marir
Announcements
NEWS FOR OUR CIVIL SERVICE MARINERS
2018 HEALT
PREMIUMS
The 2018 Open Season w
make changes to their Fec
https://civmar.sealiftcommand.com/resources/forms
X
search
RESOURCES
FORMS
POLICIES & INSTRUCTIONS
BENEFITS
WORKER'S COMPENSATION
RETIREMENT
LEAVE PROGRAMS
USEFUL LINKS
EEO
EEO POLICIES & LINKS
HRO
MEDICAL
PROMOTIONS AND TRANSFERS
EVALUATION BOARD RESULTS

We have tried to create a central repository for forms that may be useful for our CIVMAR workforce. The forms are alphabetically and may also be found in other areas of the site under the associated department.

Helpful Forms

Address and Emergency Contact Form
CIVMAR Training Request Form
Family Medical Leave Act (FMLA) Application
Leave Election Form (OPM-71)
Medical Summary Form
Qualified Assessor Request Form
Request for Compensatory Time off for Travel for CIVMARs
Request for Retirement Annuity Computation
Request for Travel Form

MEDICAL SUMMARY FORM COMSCINST 6000.1

PRIVACT STATEMENT: This information is subject to the Privacy Act of 1974 (5 U.S.C. Section 552a). This information may be provided to appropriate Government agencies when relevant to civil, criminal or regulatory investigations or prosecutions. The Social Security Number, authorized by Public Law 93-579 Section 7 (b) and Executive Order 9397, is used as a unique identifier to distinguish between employees with the same names, and birth dates and to ensure that each individual's record in the system is complete and accurate and the information is properly attributed.

MILITARY SEALIFT COMMAND
Medical Department (CODE: N02H)
Bldg. SP-64, 471 C Street, Norfolk, VA 23511-2419
E-mail address to submit forms: MSC_Medical@navy.mil
VOICE: 1-866-827-4955 FAX: 1-866-324-4955
(757) 443-5760 (757) 443- 5767

Mariner Name / Last 4 SSN

MEDICAL SUMMARY FORM
(ALTERNATIVELY, A NARRATIVE SUMMARY ADDRESSING THE ELEMENTS BELOW MAY BE PROVIDED)

Note to examining provider: The seafaring environment is arduous and exposes personnel to many environmental and physical hazards. It is essential that crew members be physically fit to perform the duties of their position worldwide. They may work long shifts, be required to engage in strenuous activity, be exposed to temperature extremes for long periods, don emergency gear including respirators, and serve for up to 6-months at sea remote from medical care.

MEDICAL SPECIALTY REQUIRED:

1. MEDICAL PROBLEMS TO BE ADDRESSED:	If applicable, minimum MSC acceptable standards are: BP < 140/90 HbA1c < 8.0% LDL < 160ml/dl Triglycerides < 400mg/dl. OSA – 70% compliance (must provide data) LVEF 40% or higher Stress Test at least 8 METS
2. SIGNIFICANT HISTORY AND PHYSICAL FINDINGS: (HPI, Vital signs, PE results)	
3. SIGNIFICANT ANCILLARY TESTING: (Please provide results of labs, imaging, PFT, EKG, audio, etc.)	
4. DIAGNOSIS/DIAGNOSES:	

CONTINUE ON REVERSE OF FORM

MEDICAL SUMMARY FORM COMSCINST 6000.1

Mariner Name / Last 4 SSN

5. TREATMENT: (LIST ALL MEDICATIONS INCLUDING PRESCRIPTION, HERBAL, SUPPLEMENTS AND OTC), PHYSICAL THERAPY, AND OTHER TREATMENTS

Note: For chronic medications, please provide a 6-month supply.

6. WORK RESTRICTIONS/LIMITATIONS AND RECOMMENDATIONS FOR FOLLOW UP:

FOLLOW UP MUST NOT BE LESS THAN EVERY 6 MONTHS DUE TO LENGTH OF SHIPBOARD ASSIGNMENT.

Recommended follow up interval: _____

7. CHECK ONE OF THE FOLLOWING REGARDING DUTY STATUS:

☐ Fit for sea duty. (Refer to work conditions on top of page one)

☐ Not fit for sea duty → If made not fit for sea duty: Fit to travel? ☐ Yes ☐ No ☐ N/A
Needs escort? ☐ Yes ☐ No ☐ N/A

If Not Fit: Estimated Return to Work date: _____

Estimated date of Maximum Medical Improvement (MMI): _____

AUTHORITY TO RELEASE PRIVILEGED MEDICAL INFORMATION: I hereby authorize release to the Military Sealift Command Medical Department and the Department of Defense Medical Treatment Facilities, privileged medical correspondence and records in my case.

_____ _____
Mariner's signature Date

_____ _____
Mariner's Phone Email Address

Notice to CIVMARS: MSC Medical Staff must follow all stated guidance in processing and assessing FFD matters, and that pursuant to the QMS instruction (N02H.6000.2-Q), MSC Medical will report for administrative action any mariner that fails to provide medical documentation within 30 days as required.

_____ _____
Medical/Dental Provider's Name (Print or Stamp) Medical/Dental Provider's Signature

Medical Speciality: _____ Date Signed: _____

Address: _____

_____ Telephone: _____

MSC Medical has final authority for duty status determination

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SUBMITTING MEDICAL DOCUMENTATION

- May be sent by your Doctor's office.
- Your MSO may submit for you
- If at home, fax/e-mail to number/address listed at the top of the MSF.
- HIPAA and PII guidelines prevent us from faxing medical documents to you but we can email documents to you if provided an email address.
- If in CSU East/West, hand carry it to Medical.
- Failure to submit MSF may result in being made NFFD.

MEDICAL RECORDS

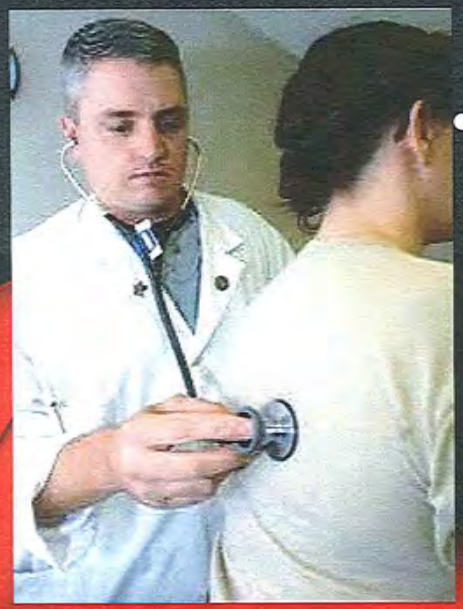
- Please bring your supplemental record with you **EVERY DAY**.
- Needed for check in and check out
- Not safe to leave in hotel.
- **DO NOT LEAVE RECORD AT HOME, IN THE HOTEL, IN YOUR LUGGAGE, IN YOUR CAR; KEEP IT ON YOUR PERSON AT ALL TIMES!**

SCHEDULING MSC PHYSICAL EXAMS

- Contact your MSO or MDR onboard ship
- CIVMAR Support Center will schedule your medical appointment when on leave or in the pool. You will be notified by pool admin staff of appointment information.
- **You cannot be scheduled if in a NFFD status**
- Please call MSC Medical or MSO to verify duty status

REQUIRED MSC PHYSICAL EXAMINATIONS

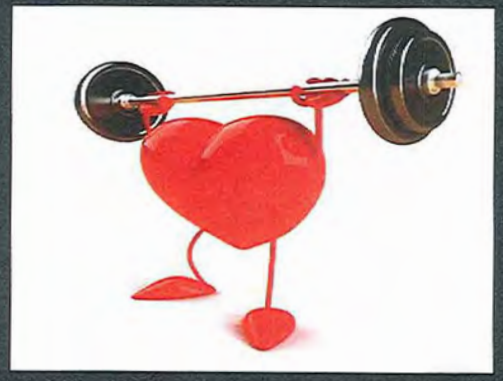
- At time of hire.
- Every 5 years, between age 40-49.
- Every 2 years, age 50 and up.
- Periodic physical exams should be performed on time when due and may be performed within 60 days of due date.
- MSO/MDR on the ship or CIVMAR Support Center can schedule. May be scheduled near home of record when on leave or when you check into the Pool.



MEDICAL SURVEILLANCE PROGRAM (MSP) EXAMINATIONS

- MSP 503 Hearing Conservation Program
- MSP 704 Weight Handling Equipment
- MSP 710 Forklift Operator
- MSP 721 Explosives Handler
- Expired MSP qualifications can interfere with the performance of specific duties and make mariners not fit for assignment.

FITNESS CATEGORIES



- Fit for Duty (FFD) – nothing due within 60 days.
- Fit for Duty with Restriction (FFD/R) – chronic medical condition update or agency required exam due within 60 days.
- Not Fit for Duty (NFFD) – not fit for minimum ship assignment.

QUESTIONS?