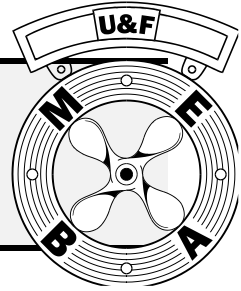

ALL PORTS BULLETIN

February 23, 2024



Annual Physical

In an effort to add options for the convenience and care of the membership and plan participants, there is a new option for receiving an annual physical. As of January 1, 2024, members, applicants, and their families will now be able to get their yearly physical at one of the M.E.B.A. Clinics as per usual, or at a doctor of their choosing.

The caveat is that if a contract requires the M.E.B.A. Physical, you will still have to take a physical at an M.E.B.A. clinic to be eligible for the job, but your family will have the option to go elsewhere at their discretion.

The Medical Plan will fully cover one annual physical at an in-network provider (or one of the M.E.B.A. clinics) for all eligible participants. Furthermore, for those participants in the M.E.B.A. who need specific tests and shots to ship, such as benzene tests and yellow fever shots, you will additionally have annual Medical Plan coverage for those at a doctor or clinic of your choosing. For detailed information, visit the M.E.B.A. Plans website at:

<https://www.mebaplans.org/medical-benefits/medical-plan-benefits>

Pre-employment physicals may still be contractually required by some companies and shall still be arranged and paid for by the company as usual.

As always, members and applicants will need to keep their USCG STCW MedCert valid by having a doctor of your choosing fill out the 719k form (*linked below*).

https://www.dco.uscg.mil/Portals/9/NMC/pdfs/forms/CG_719K.pdf

https://www.dco.uscg.mil/nmc/medical_certificate/

Most Clinics that complete DOT Physicals will fill this out for you if you provide the form. You can have your primary care physician conduct the 719k as well.

Via the USCG website: “1. All exams, tests and demonstrations must be performed, witnessed or reviewed by a physician, physician assistant, or nurse practitioner licensed by a state in the U.S., a U.S. possession, or a U.S. territory.”

American Family Care, Concentra, and most urgent care type clinics, as well as some CVS and Walgreens clinics have the ability to conduct this physical. This is not a comprehensive list; please contact the local clinic you plan to use, or your personal physician, to verify their ability or willingness to conduct the 719k physical and complete the 719k form before proceeding.

Annual Benzene testing will continue to be covered by the Plan. There are several clinics that perform Benzene testing, Concentra in conjunction with LabCorp and CHS Occupational Health clinics are widely used. Due to the nature of the Benzene Testing CFRs it is much easier to pick a clinic to conduct your Benzene testing and return to them annually. Your personal physician may be able to do this as well.

More information and the appropriate forms for benzene testing are available on the M.E.B.A. Plans website at <https://www.mebaplans.org/medical-benefits/medical-plan-benefits> (screenshot below).

▼ Annual Physicals

- As of January 1, 2024, the Trustees have authorized annual physicals as a part of the Medical Plan (including at your local doctor), and they no longer have to be taken exclusively at a MEBA Clinic or Alternate Clinic. This applies to members and their dependents. The MEBA clinics and Alternate clinics remain an option, and MEBA physicals are still required for those companies that mandate MEBA annual physicals. We strongly recommend that you contact your employer to confirm if there are any specific tests or vaccinations that may be required. This is especially important as testing requirements may vary based on company policy. Your proactive approach in verifying and completing any necessary paperwork required by your company will expediate the certifications necessary to seek employment.
- If you encounter any challenges or have questions regarding this process, please do not hesitate to contact the Medical department staff ([✉medical@mebaplans.org](mailto:medical@mebaplans.org)).
- [📄 Annual Physicals Questions and Answers](#)
- [📄 Benzene Questions & Answers](#)
- [📄 Benzene Protocol](#)

Vaccinations necessary for shipping also continue to be covered by the Plan and can be taken at a local clinic. Passport Health is a national clinic specializing in vaccines needed for travel and can usually accommodate our needs. Regardless of where you choose to be vaccinated, it is recommended that you call ahead to verify they have the vaccine you need in stock, as some are less common.

We hope this new option will help add convenience to the membership and their families by giving the option to use the doctor of your choosing and avoid what may be unwanted travel to the clinic sites. The M.E.B.A. Medical Plan Board of

Trustees will address any issues that may arise with this alternative option. Participants are still welcome to use the M.E.B.A. Clinics, the only change is the additional option detailed above. If you have any questions during this time, please feel free to reach out to the Plans office ([410-547-9111](tel:410-547-9111)) or your local hall and we will try to answer any questions you may have.

Below are some tips and suggestions for getting a USCG exam from a private clinic according to MM-seas.com:

1. **“Complete and print off a CG-719K form from the USCG NMC Medical website https://www.dco.uscg.mil/Portals/9/NMC/pdfs/forms/CG_719K.pdf”**
2. **Schedule your medical exam with a physician, physician assistant, or nurse practitioner who is licensed in the US or US Territory.**
3. **Bring the printed form CG-719K with you to your medical exam appointment and have your medical provider complete and sign the form.**

When you have your exam make sure you help the doctor read the instructions for the hearing test portion. **All a doctor needs to do is whisper from greater than 5 ft away from you. If you can hear it, you have normal hearing and you've passed!**

Also make sure that you sign the form on Page 9, Section X: Applicant Signature. It's one of the most common mistakes we hear about with CG719Ks!

After your exam, scan all 10 pages into a single pdf and then email the completed CG-719K form directly to medaip@uscg.mil. Make sure to include your full name in the subject line of your email to medical.”

Guidance for medical providers

https://www.dco.uscg.mil/Portals/9/NMC/pdfs/medical/guidance_for_medical_providers_719K.pdf

Passport Health Location finder

<https://www.passporthealthusa.com/locations/>