

Periodic Medical Exams

NOAA Corps officers are required to undergo and submit documentation for periodic medical examinations (PME). Periodic medical examinations are necessary to promote and conserve health, detect impairments, and ensure fitness for duty. NOAA Corps periodic medical examinations shall be documented using Form DD2807-1 "Report of Medical History" and Form DD2808 "Report of Medical Examination."

The pre-commissioning medical examination is classified as your first periodic medical examination. All subsequent examinations are conducted by using the following intervals:

- Every 5 years for officers between ages 24 and 49
- Annually for officers age 50 and over

The table below provides a list of required tests/procedures which must be completed with your periodic medical examination. Note: Some of these tests are age/gender specific or required if risk related.

| Medical Requirements | | |
|--|---|--|
| Test | Specifically Indicated | Frequency |
| Complete Urinalysis | | Performed within 180 days of PME |
| Hematocrit or Hemoglobin | | Performed within 180 days of PME |
| PAP Smear/Pelvic exam and breast exam | Females (not required for women who have undergone a total hysterectomy) | Once every 3 years |
| Lipid Panel to include (fasting): Total Cholesterol HDL LDL Triglycerides, VLDL | 1) For males up to age 34 and female up to age 39 with history of: diabetes mellitus, family history of heart disease, hyperlipidemia, or multiple coronary heart disease risk factors before age 50 (male relatives) and age 60 (female relatives) OR 2) Males age 35 and over OR | 1) Every 3 years for high risk persons (if applicable)- Performed within 180 days of PME 2) Every 5 years |

| | | |
|-----------------|--|-------------------------------|
| | 3) Females 40 and over with low risk persons | 3) Every 5 years |
| Fasting Glucose | If history of hypertension or hyperlipidemia | Every 3 years (if applicable) |

Diagnostic Studies

| Test | Specifically Indicated | Frequency |
|---|--|---|
| Blood Pressure | | Performed with PME |
| Height/Weight | | Performed with PME |
| Body Frame Size (wrist measurement) | | Performed with PME |
| Body Mass Index (BMI) – health care provider will calculate OR Officer may self report by providing height, weight, and wrist measurements using feet, pounds and inches. | | Day of PME |
| Tuberculin Skin Test (PPD) (unless blood test contraindicated) or QuanterFeron | | Required annually for all aviation and shipboard personnel embarked on a vessel for >24 hrs OR every 5 years for land based assignments. |
| Audiogram | | Performed within 12 months of PME |
| Ocular Examination – to include: <ul style="list-style-type: none"> Near and distant vision (corrected and uncorrected) Eye refraction-required only required if uncorrected vision is worse than 20 / 20 in either eye Tonometry/Intra-ocular tension (performed with all eye refractions) | | Performed within 12 months of PME |
| Screening Mammogram | Females age 40 years and over | Required every 2 years thereafter (must have one performed within 12 months of PME) |
| Prostate Screening | Males beginning at age 45 and every 2 years ONLY if risk factors have been identified | |

| | | |
|---|---|--|
| | by health care provider. All others will begin initial screening at age 50 | Frequency determined by health care provider based on risk |
| Colorectal Cancer Screening – one of the following options- 1) Fecal Occult Blood Test – FOBT x3, OR Flexible sigmoidoscopy 2) Double-Contrast barium enema 3) Colonoscopy | Age 50 and over | 1) Annually 2) Every 5 years 3) Every 10 years |

Interim Medical Tests Required for Remaining Medically Qualified for Duty.

The following tests are required in order to remain current and may expire between periodic medical examinations (PME). The table below provides the test name, and the required frequency. It is important to become familiar with these requirements as they are required to remain qualified for duty.

| Test/Procedure | Frequency |
|---|--|
| Tuberculin Skin Test (PPD) (unless contraindicated) or QuantiFeron blood test (see NOAA TB educational Handout 2008) | Required annually for all shipboard/aviation personnel (if embarked for more than 24 hrs) OR every five (5) years for land based assignments. |
| NOAA Form 57-17-02 “Respirator Medical Evaluation Questionnaire” (Complete sections I, II, and III and return to Medical Administration Branch) | Renewal required every 1 to 3 years (see Medical OPF online for expiration date) |
| Type II Dental Examination | Required at least annually (must have class I or class II dental status) |
| PAP Smear/Pelvic exam and breast exam | Required once every 3 years |
| Screening Mammogram | Required beginning at age 40 for females and every 2 years thereafter |

****Note, height, weight and wrist measurements may be self reported and submitted to the OPF on a Word document. Height should be measured in feet and weight in pounds (without shoes). You must measure around the bony prominence of your wrist in inches by using a cloth measuring tape*****

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If you have any further questions, please contact:

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