Frequency of Required Periodic Medical Examination:

- Age 24-49: required every 5 Years (additional tests/procedures may be required during interim-see below for specific frequency of tests/procedure)
- Age 50 and over: required annually

Periodic Medical Examination must include the following:

- Laboratory Studies (All labs must be performed within 180 days of the physical examination)
  - Hematocrit or Hemoglobin
  - Lipid panel to include total cholesterol, HDL, LDL, triglycerides, VLDL: (For males age 35 and older and females age 40 and older done only every 5 years for low risk persons; For males up to age 34 and females up to age 39: every 3 years for high risk persons 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) Updated 1-31-12*
  - Fasting Glucose: Diabetes screening done every 3 years for all ages if history of hypertension of hyperlipidemia New Requirement 1-31-12*
  - Complete Urinalysis
  - PAP smear/pelvic exam and breast exam every 3 years; performed within 12 months of the physical examination (not required for women with a history of a total hysterectomy) Updated 1-31-12*

- Diagnostic Studies
  - Tuberculin Skin Test (TB) or Quantiferon test required annually (unless contraindicated; see NOAA TB Educational Handout 2008) for all shipboard/aviation personnel or those officers embarking on a NOAA vessel for > 24 hours. All other assignments every 5 years
  - Colorectal Cancer Screening: beginning at age 50 for males and females includes: Fecal Occult Blood Test –FOBT x3 or annual Flexible sigmoidoscopy) OR Double-Contrast barium enema (every 5 years) OR Colonoscopy (every 10 years) Updated 1-31-12
  - Prostate Screening: beginning age 45 for males (frequency of testing will be determined by health care provider based on risk) New Requirement 1-31-12*
  - Audiogram (performed within 12 months of the physical examination)
  - Screening Mammogram - beginning at age 40 for females and every two years thereafter; performed within 12 months of the physical examination. Updated 1-31-12
  - Ocular Examination - to include: gross visual acuity (Uncorrected visual acuity must test 20/20 or better in each eye) - performed within 12 months of the physical examination.
    - Eye Refraction Test: required only if uncorrected vision is worse than 20/20 in either eye New Requirement 1-31-12*
- **Tonometry/Intra-ocular tension**-performed with all eye refractions **New Requirement 1-31-12**
  - Height, Weight, Blood Pressure, Body Frame Size (wrist measurement), Body Mass Index (BMI)(height, weight and wrist measurements may be self-reported by recording the information using feet, inches and pounds) **New Requirement 1-31-12**

**NOAA Form 57-17-02 (Respirator Medical Evaluation Questionnaire)** - renewed every 1 to 3 years depending on medical history

**Updated Version**