U.S. DEPARTMENT OF HOMELAND SECURITY U.S. COAST GUARD CG-719K Rev. (01-09)

Merchant Mariner Credential Medical Evaluation Report

OMB-1625-0040 Expires 6/30/2012

- Detailed guidance on the medical and physical evaluation guidelines for merchant mariner credentials is contained in Navigational and Vessel Inspection Circular (NVIC) 4-08.
- Additional information is also available at the National Maritime Center (NMC) Homeport website
- Additional information can also be obtained from NMC at: Commanding Officer, National Maritime Center, 100 Forbes Drive, Martinsburg, WV 25404 or 1-888-I-ASK-NMC (1-888-427-5662)

Who must submit this form?

- Applicants seeking an original, renewal or raise-in-grade credential are required to complete this form (if a previous medical evaluation is not submitted within
- Guidance for required submission of this form is contained in Enclosure (1) of NVIC 4-08.

Instructions for Applicants

- Applicants are required to provide the applicant information in section I, medication information in Section III, and certification of medical conditions in Section IV.
- Applicants are required to sign and date the certification in section I of this form attesting, subject to criminal prosecution under 18 USC § 1001, that all information reported is true and correct to the best of their knowledge and that they have not knowingly omitted or falsified any material information relevant to this form.
- Applicants should also complete the release in section II of this form.

Privacy Act Statement

As required by Title 5 United States Code (U.S.C) 552a(e)(3), the following information is provided when supplying personal information to the United States Coast Guard.

- 1. Authority for solicitation of the information: 46 U.S.C. 2104(a), 7101[c]-(e), 7306(a)(4), 7313[c](3), 7317(a), 8703(b), 9102(a)(5).
- 2. Principal purposes for which information is used:
 - a. To determine if an applicant is physically capable of performing their duties.
 - b. To ensure that a duly licensed or certified Physician (MD or DO) / Physician Assistant / Nurse Practitioner conducts the applicant's physical examination/certification and to verify the information as needed.
- 3. The routine uses which may be made of this information:
 - a. This form becomes a part of the applicant's file as documentary evidence that regulatory physical requirements have been satisfied and that the applicant is physically competent to hold a credential.
 - b. The information becomes part of the total credential file and is subject to review by Federal agency casualty investigators.
 - c. This information may be used by the United States Coast Guard and an Administrative Law Judge in determining causation of marine casualties and appropriate suspension and revocation action.
- 4. Disclosure of this information is voluntary, but failure to provide this information will result in non-issuance of a credential.

An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a valid OMB control number. The United States Coast Guard estimates that the average burden for completing this form is 20 minutes. You may submit any comments concerning the accuracy of this burden estimate or any suggestions for reducing the burden to the Commandant (CG-543) United States Coast Guard. 2100 2nd Street SW. Washington, DC 20593-0001.

Δnnlicant Name:	Date of Rirth:

General Instructions for Medical Practitioner

- 1. The Coast Guard requires a physical examination and certification be completed to ensure that mariners:
 - Are of sound health.
 - ▶ Have no physical limitations that would hinder or prevent performance of duties (see below).
 - Are free from any medical conditions that pose a risk of sudden incapacitation, which would affect operating, or working on vessels.
- 2. The medical practitioner must ensure a complete history and physical are conducted and make recommendations as to the fitness of the applicant. Final approval of the mariner's status rests with the U.S. Coast Guard.
- 3. All examinations, tests and demonstrations must be performed, witnessed or reviewed by a physician (Medical Doctor (MD) or Doctor of Osteopathy (DO)) or nurse practitioner or a certified physician assistant licensed by a State in the U.S., a U.S. possession, or a U.S. territory. The verifying medical practitioner (VMP) who performed the examination must complete sections III, IV, VII, VIII, and IX of this form.
- 4. Detailed guidelines on medical conditions subject to further review are contained in NVIC 4-08 encl (3). Medical practitioners should be familiar with the guidelines contained within this document. NVIC 4-08 may be obtained from http://www.uscg.mil/hq/cg5/nvic/2000s.asp#2008 or by calling the nearest USCG Regional Examination Center, or the National Maritime Center (http://homeport.uscg.mil/mmcmedical) at 1-888-IASKNMC (1-888-427-5662).
- 5. Verification of medications in section III of this form includes questioning the applicant about any medications or other substances reported, reviewing relevant medical conditions to determine if the applicant has omitted any medications or other substances, and affirmatively reporting any omitted current medications or other substances where required.
- All applicants who require a general medical examination must be physically examined by the verifying medical practitioner.
- 7. The verifying medical practitioner is not required to perform or witness every examination, test or demonstration. These may be referred to other qualified practitioners; however, they must be reviewed to the satisfaction of the verifying medical practitioner. The last page of this form contains a certification that the general medical examination, vision and hearing tests, as well as the physical demonstration of competence as appropriate, have been performed, witnessed or reviewed to the satisfaction of the verifying medical practitioner. Applicants who are required to complete a general medical examination are also required to complete vision tests, and they may be required to complete hearing tests and/or demonstrations of physical competence as appropriate. The verifying medical practitioner must sign and date the certification where indicated. This signature attests, subject to criminal prosecution under 18 USC § 1001, that all information reported by the verifying medical practitioner is true and correct to the best of his/her knowledge and that the verifying medical practitioner has not knowingly omitted or falsified any material information relevant to this form.
- 8. If the verifying medical practitioner is unable to determine the applicant's physical ability, the applicant should be referred to another healthcare provider who can properly evaluate and test physical abilities.

Instructions for Providing Proof of Identity

- Applicants shall present acceptable proof of identity to the medical practitioner conducting examinations.
- Medical practitioners must verify the identity of applicants before conducting examinations.
- Proof of identity shall consist of one current form of valid government issued photo identification.
- The following credentials are examples of acceptable proof of identity:
 - Unexpired official identification issued by a federal, State, or local government or by a territory or possession of the United States, such as a passport, U.S. driver's license, U.S. military ID card or Merchant Mariner's Document/Merchant Mariner Credential.

Applicant Name	Date of Rirth:

Page 3 of 9 of CG-719K Rev. 01-09	Section I -	- Applicant	Information	
Last Name:	First Name:			Suffix: (Jr., Sr., III)
Age:	Date of Birth (MA	//DD/YYYY):	Social Security Number:	
Appl	icant Certifica	tion (to be	signed by applicant)	
My signature below attests, subject and correct to the best of my known relevant to this form.				
Date:	Printed Name:			
	Signature:			
How do you wish to be contacted?	(phone, e-mail, le	tter, fax) Plea	ase include contact information I	pelow:
	Sec	etion II – Rel		
I hereby authorize the verifying n release to, or discuss with author regarding any physical or medica the Coast Guard should issue a	rized Coast Guard al condition that ma	personnel, and ay require revie	y pertinent information in his/her ew by the Coast Guard prior to d	possession
I understand that this authorization Coast Guard's ability to make a topic for maritime service. This authoric requested credential(s) for maritic	imely determination zation will remain	on as to whether in effect until the	er the Coast Guard should issue ne Coast Guard determines whe	me a credential(s)
I have read and understand the f	ollowing statemen	t about my righ	its:	
			n date by notifying the verifying rate has taken before they received the	
► Upon request, I may see or co	py the information	described in t	nis release.	
► I am not required to sign this r	elease to receive ı	my medical eva	aluation.	
Applicant:				
Name (Printed):		Signature:		Date:

Applicant Name:		Date of Birth:
	Previous Edition Obsolete	

Applicant Name:

Page 4 of 9 of CG-719K Rev. 01-09
Section III - Medications (must be completed by applicant and reviewed by verifying medical practitioner)
Credential applicants who are required to complete a general medical exam are required to report all prescription medications prescribed, filled or refilled and/or taken within 30 days prior to the date that the applicant signs the CG-719K. In addition, all prescription medications, and all non-prescription (over-the-counter) medications including dietary supplements and vitamins, that were used for a period of 30 or more days within the last 90 days prior to the date that the applicant signs the CG-719K or approved equivalent form, must also be reported.
The information reported by the applicant must be verified by the verifying medical practitioner or other qualified medical practitioner to the satisfaction of the verifying medical practitioner to include the following two items. 1. Report all medications (prescription and non-prescription), dietary supplements, and vitamins. 2. Include dosages of every substance reported on this form, as well as the condition for which each substance is taken.
Additional sheets may be added by the applicant and/or qualified medical practitioner if needed to complete this section (include applicant name and date of birth on each additional sheet).
none, check "NONE." NONE
Section IV - Certification of Medical Conditions (must be completed by applicant and reviewed by
verifying medical practitioner)
Applicants must report their relevant medical conditions to the best of their knowledge, and the verifying medical practitioner must verify the medical conditions, using the table below. Check "yes" if the applicant has had a previous diagnosis or treatment of the condition by a healthcare provider, or if the applicant is currently under treatment or observation for the condition, or if the condition is present regardless of treatment. If the verifying medical practitioner, or any other health care provider to the satisfaction of the verifying medical practitioner, discovers a condition not reported by the applicant, he/she must check "yes" in the appropriate block and
explain in the remarks. The verifying medical practitioner must address all reported relevant conditions in detail in this Section. This detailed explanation should include, at a minimum, identification of the condition, approximate date of diagnosis, any limitations, whether the condition is controlled, the prognosis and any additional information as appropriate, referring to the evaluation data listed in enclosure (3) of NVIC 4-08 for each condition.
Additional sheets may be added by the applicant and/or verifying medical practitioner if needed to complete this section of the form. (include applicant name and DOB on each additional sheet).
To the best of the applicant's knowledge, does the applicant have, or have ever suffered from, any of the
following? If YES, the applicant must PROVIDE THE TEST RESULTS AND/OR RECORDS AS INDICATED, referring to the
evaluation data listed in enclosure (3) of NVIC 4-08 for each condition. Documentation of evaluation data specified in this table for all applicable medical conditions potentially requiring further review should be submitted with each application, unless otherwise specified by the NMC. Mariners, including first class pilots and those individuals "serving as" pilots (as well as Great Lakes pilots) who are required to submit annual physical examinations to the Coast Guard, may be issued a letter by the NMC specifying the extent of the evaluation data, if any, that should be submitted to the Coast Guard for any medical conditions that have been previously reported to, and evaluated by, the NMC.
The verifying medical practitioner shall make comments on all answers marked "yes" on the following page for which no evaluation data has been submitted. If known to the VMP, the VMP may comment that a condition has been previously reported on a prior CG-719K, but only for those CG-719Ks submitted after December 31, 2008, and only for those conditions which have not changed since the condition was previously reported on a prior CG-719K

Date of Birth:

	5 of 9 of C									
1.	Identify	y the C	onditio	n 3.	Is Condition C	ontrolle	d?		5.	Prognosis
2.	List An	ıy Limi	tations	4.	Approximate	Date of I	Diagno	sis	6.	Additional Information
		YES	NO				YES	NO		
	1.			Ear surgery,		45.			Kidney s	stones
	2.			Hearing loss, h	earing aid	46.			Protein/s	sugar/blood in urine
	3.			Impaired speed	h or stuttering	47.			Back su	rgery or injury
	4.			Deformities of f	ace	48.			Rupture	d/herniated disc
	5.			Open tracheost	omy	49.			Fracture	s requiring surgery
	6.			Poor vision		50.			Limitatio	n of any major joint
	7.			History of eye of	isease or injury	51.			Bone or	joint surgery
	8.			History of eye s		52.			Dislocat	
	9.			Abnormal color	vision	53.				nt neck or back pain
	10.			Glaucoma		54.				or painful joint
	11.			Asthma		55.				or bursitis
	12.			Emphysema or		56.				locked knee
	13.			Collapsed lung/		57.				ion or prosthesis
	14.			Irregular heart I		58.			Carpal to	
	15.				or valve replacement					walking or climbing
	16. 17.			Chest pain or a	_	60. 61.				or nerve pain one/joint disorder
	17. 18.			Congestive hea	yocardial infarction	62.				sea sickness
	19.				tent/angioplasty	63.				I balance, or balance disorder or difficulty
	20.			Pacemaker or o		64.				or dizziness
	21.			Any other heart		65.				ess or paralysis
	22.				sure/hypertension	66.				ury or skull fracture
	23.			Aneurysm or bl		67.			_	s or epilepsy
	24.				olus or blood clots	68.				nt headaches
	25.				bleeding or ulcers	69.			Narcole	
	26.				e or ulcerative colitis	70.			Sleep ap	
	27.			Hepatitis or jau		71.			Restless	
	28.			Gallbladder pro	blems or stones	72.			Fainting	spells or loss of consciousness
	29.			Intestinal surge	ry	73.			Stroke o	r TIA
	30.			Any form of car	icer	74.			Brain tur	mor
	31.			Anemia		75.			Other br	ain or nerve disease
	32.			Hemophilia or p		76.			ADD, A	OHD, or bipolar
	33.			Any other blood		77.			Depress	
	34.			Thyroid disease	•	78.				of suicide attempt
	35.			Diabetes		79.			Schizop	hrenia
	36.			HIV or AIDS		80.			Anxiety	
	37.			Lymphoma or le	eukemia	81.				or substance abuse
	38.			Tuberculosis		82.				memory or amnesia
	39.			Neurofibromato		83.				sychiatric disease or counseling
	40.			Skin tumors or	cancer	84.			Sleepwa	_
	41.			Scleroderma		85.				ing since age 12
	42.			Lupus	and the second second second	86.			Sex cha	
	43. 44.			Kidney transpla Kidney disease		87. 88.				reactions
	44.	Ш	Ш	Riulley disease	or cancer	00.	Ш	Ш	Ally Out	er disease, surgery or hospitalization
Cond	lition #	Comm	nent							
00110	ilitiOi1 II	0011111	iciic							
-										
	Appl	licant Na	me:					Da	ate of Birth	ı:

	<u>s</u>	ection V (a	a) – Visual Acuit	<u>y</u>			
This section must be complete the verifying medical practition corrective lenses are required	ner see encl <u>5 o</u>	FNVIC 4-08.	Additional information	on must be re	oorted in S	Section VII.	
Distant Uncorrected Distant Corrected To Field of Vision							
Right: 20 /	Right: 20	1	This applicant m) -degree	☐ Nor	mal
Left: 20 /	Left: 20	1	horizontal field o	f vision.		☐ Abn	ormal
	S	ection V (l	b) – Color Visio	n			
The following color sense test acceptable:	ing methodologi	es are	☐ Titmus Vis plates)	ion Tester / O	PTEC 200	0 – (No eri	ors on six
☐ AOC (1965) – (6 or fewe			Farnsworth booklet.	n Lantern (cold	ored lights)) Test per i	nstruction
Richmond (1983) – (6 or	,	ot plates 7-11	´	(colored lights	a) Toot nor	inatruation	, booklot
Ishihara pseudoisochrom less errors), 24 plate (6 colless errors)	natic plates test,		_ _ :	tive test appro			
The verifying medical practition reported in Section VII. Color				of errors). Ad	ditional info	ormation m	nust be
Color Vision: Normal Color Vision Abnormal Color Vision							
N	umber of Errors						
		<u>Section</u>	VI – Hearing				
Normal		Abnor	mal Hearing	Hearing Aid Required			
If abnormal hearing or hearing	aid required, p	erform audiog	gram or functional sp	peech discrimi	nation test		
An applicant with normal hear discrimination test. The verify appropriate, determines whetl abnormal or a hearing aid is rule of the street of	ring medical pra- ner the audiome equired, refer to ed, the audiome requency respo	ctitioner, in co ter and/or fun enclosure (5) ter test should nses for each	onsultation with any actional speech disci of NVIC 4-08 for guided include testing at the ear are averaged to	other healthca rimination test uidance. the following to determine th	are provide s are nece nresholds, e measure	er he/she dessary. If I	nearing is
Additional information must be Audiometer Threshold Va	<u>'</u>		Hz 2,000Hz	3,000Hz			
Dielet Fee (Un eide 1)							
Right Ear (Unaided)							
Left Ear (Unaided)							
Right Ear (Aided)							
Left Ear (Aided)							
Functional Speech		Di	ight Ear (Unaided):	%	Right F	ar (Aided)	%
Discrimination Test @ 55	dB		Left Ear (Unaided):			ar (Aided)	——————————————————————————————————————
Applicant Name:	I		(Date of Birth:		,/	

Page 7 o	of 9 of CG-719	9K Rev. 01-09					
			Section VII (a) - F				
			the verifying medical practiti information must be reported			cal staff to the	satisfaction of the verifying
<u>Heigh</u>	t (inches or	nly):	Weight (lbs):		Body Mass	s Index (BMI):	Gender:
Pulse	Resting:		Initial Blood Pressure:		1	Repeat Blood	l Pressure (if needed):
	Se	ction VII (b)	– Physical Exam (must	be con	pleted by v	/erifying medi	 ical practitioner)
#	Normal	Abnormal	System/Organ	#	Normal	Abnormal	System/Organ
1.			Head, Face, Neck, Scalp	10.			Skin
2.			Eyes / Pupils / EOM	11.			Lymphatic
3.			Mouth And Throat	12.			Neurologic
4.			Ears / Drums	13.			Vascular System
5.			Lungs And Chest	14.			Genital-Urinary System
6.			Heart	15.			Hernia
7.			Abdomen	16.			Missing extremities / Digits
8.			Upper / Lower Extremities	17.			General / Systemic
9.			Spine / Musculoskeletal				
Sp	ction VII	I - Demonst	ration of Physical Abil	ity (to l	he complete	ed by the veri	fving medical practitioner)
If fo de ex di hi	the examin r all applica emonstrate kposure sui ameter fire mself or he	ing medical prants with a Bod the ability to m t, pull an uncha hose to fire fig rself that the a	actitioner doubts the applican ly Mass Index (BMI) of 40.0 o neet the guidelines. This doe arged 1.5 inch diameter 50' fi hting position. Rather, the m	nt's abilit or higher s not more re hose dedical p	y to meet the the practitic ean, for examinating with nozzle practitioner not the guideli	e guidelines co coner shall requ mple, that the a to full extension nay utilize alter nes in the third	ontained within this table, and uire that the applicant applicant must actually don an on, or lift a charged 1.5 inch
no	ormally wor	n by the applic	s, if required, should be perfor ant, and other aid devices, m th items would prevent the pro	ay be u	sed by the a	applicant in all	
	<u>Applicar</u>	nt Name:				Date of Birth:	

Page 8 of 9 of CG-719K Rev. 01-09

- If the verifying medical practitioner is unable to conduct the practical demonstration, the applicant should be referred to a competent evaluator of physical ability. The Coast Guard recognizes that all medical practitioners may not have the equipment necessary to test all of the tasks as listed. Equivalent alternate testing methodologies may be used. For further information, see enclosure (2) of NVIC 4-08.
- If the applicant is unable to perform any of the following functions, the examining practitioner should provide information on the degree or the severity of the applicant's inability to meet the standards. The results of any practical demonstration or attendant physical evaluation should be recorded in the Section IX.

List of tasks considered necessary for performing ordinary and emergency response shipboard functions:					
Shipboard Tasks,					
<u>function, event or</u> <u>condition:</u>	Related Physical Ability:	The examiner should be satisfied that the applicant:			
Routine Movement on slippery, uneven, and unstable surfaces.	Maintain Balance (equilibrium).	Has no disturbance in sense of balance.			
Routine access between levels.	Climb up and down vertical ladders and stairways.	Is able, without assistance, to climb up and down vertical ladders and stairways.			
Routine movement between spaces and compartments.	Step over high door sills and coamings, and move through restricted accesses.	Is able without assistance, to step over a door sill or coaming of 24 inches (61 centimeters) in height. Able to move through a restricted opening of 24 inches.			
Open and close watertight doors, hand cranking systems, open/close valve.	Manipulate mechanical devices using manual and digital dexterity, and strength.	Is able, without assistance, to open and close watertight doors that may weigh up to 55 pounds (25 kilograms). Should be able to move hands/arms to open and close valve wheels in vertical and horizontal directions; rotate wrists to turn handles. Reach above shoulder height.			
Handle ship's stores.	Lift, pull, push, and carry a load.	Is able, without assistance, to lift at least a 40 pound (18.1 kilogram) load off the ground, and to carry, push or pull the same load.			
General vessel maintenance.	Crouch (lowering height by bending knees); kneel (placing knees on ground); and stoop (lowering height by bending at the waist). Use hand tools such as spanners, valve wrenches, hammers, screwdrivers, pliers.	Is able, without assistance, to grasp, lift and manipulate various common shipboard tools.			
Emergency response procedures, including escape from smokefilled spaces.	Crawl (the ability to move the body with hands and knees); feel (the ability to handle or touch to examine or determine differences in texture and temperature).	Is able, without assistance, to crouch, keel and crawl, and to distinguish differences in texture and temperature by feel.			
Stand a routine watch.	Stand a routine watch.	Is able, without assistance, to intermittently stand on feet for up to four hours with minimal rest periods.			
React to visual alarms and instructions, emergency response procedures.	Distinguish an object or shape at a certain distance.	Fulfills the eyesight standards for the merchant mariner credential(s) applied for. See footnote 1 of this table & enclosure (5) of NVIC 4-08.			
React to audible alarms and instructions, emergency response procedures.	Hear a specified decibel (dB) sound at a specified frequency.	Fulfills the hearing capacity standards for the merchant mariner credential(s) applied for.			
Make verbal reports or call attention to suspicious or emergency conditions.	Describe immediate surroundings and activities, and pronounce words clearly.	Is capable of normal conversation.			
Participate in firefighting activities.	Be able to carry and handle fire hoses and fire extinguishers.	Is able, without assistance, to pull an uncharged 1.5 inch diameter, 50' fire hose with nozzle to full extension, and to lift a charged 1.5 inch diameter fire hose to fire fighting position.			
Abandon ship.	Use survival equipment.	Has the agility, strength and range of motion to put on a personal flotation device and exposure suit without assistance from another individual.			

Applicant Name:	Date of Birth:

Sect	ion IX – Verifying Medical Practitioner	r Recommendation				
Recommended Competent	Not Recommended Competent (expla					
Comments on Recommendation:						
/erifying Medical Practition	 er:					
nedical practitioner is true an nowingly omitted or falsified	t to criminal prosecution under 18 USC § 1001, t d correct to the best of his/her knowledge and th any material information relevant to this form.	that all information reported by the verifying nat the verifying medical practitioner has not				
lame (Printed):	<u>Signature</u> :	Signature:				
	<u>Date:</u>					