

US Coast Guard /Annual Physical Frequently Asked Questions

Q: Where can I get a US Coast Guard Physical?

A: Effective June 1, 2025, the MEBA Medical and Benefits Plan (“Plan”) has partnered with Concentra, a large national provider of employment physicals, to allow active and retired sailing participants who meet the Plan’s eligibility requirements to obtain one annual United States Coast Guard physical exam (with or without benzyne labs) at a Concentra location.

Q: What other services are available at Concentra facilities?

A: Concentra facilities are authorized to complete the Benzene Exam, Drug Testing Collection, and Vaccinations needed for work-related voyages (including, but not limited to Hepatitis B, Hepatitis A, MMR Vaccine, Tdap Vaccine, Varicella, and Yellow Fever).

****Participants must obtain a pre-authorization from the Plan Office by calling (800) 811-6322 before receiving a US Coast Guard Physical or any other Concentra services.**

****To obtain a pre-authorization, please contact the Plan Office in advance of your appointment. Services obtained without prior authorization may not be eligible for coverage.**

Q: Will I receive a Fit for Duty and Benzene Certificate?

A: Concentra’s forms will verify whether you are “fit-for-duty”; however, Concentra does not automatically provide a fit-for-duty” certificate or a benzene certification in the same format previously provided by the Diagnostic Centers.

If you require those certifications, you may contact the Plan Office in Baltimore and obtain the forms that were previously used, Concentra will complete them for you in connection with your USCG exam.

Q: How often can I get an annual physical?

A: Regardless of whether an in-network or out-of-network provider is used, you and your dependents are entitled to an annual diagnostic examination not more than once in any calendar year. Active and retired sailing participants are eligible for one Concentra USCG physical and one diagnostic examination each calendar year.

Q: What procedures are covered as a part of your annual physical?

A: The following procedures are covered as part of your annual physical:

92553	Pure Tone Audiometry (Threshold); Air and Bone
93000	Electrocardiogram (ECG); Routine
94010	Spirometry Testing
99173	Visual Acuity Testing

Q: What lab work will be covered as a part of your annual physical?

A: The lab work covered as a part of your annual physical for participants and dependents are reviewed and updated from time to time. The tests currently covered are listed below:

80053	Comprehensive Metabolic Panel (CMP)
80061	Lipid Panel
82248	Bilirubin, Direct
82465	Assay Blood/Serum Cholesterol
82955	Glucose 6 Phosphate Dehydrogenase (G6PD)
82977	Gamma Glutamyl Transferase (GGT)
83037	Hemoglobin A1C
83540	Iron, Total Iron Binding Capacity, and Transferrin Saturation
83550	Iron Binding Capacity
84443	Thyroid Stimulating Hormone (TSH)
84478	Assay of Triglycerides
84550	Uric Acid, Serum
85025	Blood Count, Complete (CBC)
86140	C-Reactive Protein
86592/86593/86780	Syphilis Screening: Nonpregnant Persons
84153	Prostate Specific Antigen (PSA); Total
81003	Urinalysis by Dipstick or Tablet (Reagent for Bilirubin, Glucose, Hemoglobin, Ketones, Leukocytes, Nitrite, pH, Protein, Spec. Gravity, and Urobilinogen)
82272	Colorectal Neoplasm Screening
82947/83036	Diabetes Screening
82947/82948/82950/82951 82952	Gestational Diabetes Mellitus Screening
83020/83021	Hemoglobinopathies Screening: Newborns
86704/86705/86706/86707 87340/87341	Hepatitis B Screening: Nonpregnant Adolescents and Adults
80055/80081	Hepatitis B Screening: Pregnant Women
86803/87520/87521/87522	Hepatitis C Virus Infection Screening: Adults
86689/86701/87390/86702 86703/87389/87391/87534 87535/87536/87537/87538 87539/87806	HIV Screening: Nonpregnant Adolescents and Adults
86689/86701/86702/86703 87389/87390/87391/87534 87535/87536/87537/87538 87539/87806	HIV Screening: Pregnant Women
84436/84437/84439/84443	Hypothyroidism Screening: Newborns
84030	Phenylketonuria Screening: Newborns
80055/80081/86850/86901	Rh Incompatibility Screening: First Pregnancy Visit Rh Incompatibility Screening: 24-28 weeks' Gestation
80055/80081/86592/86593 86780	Syphilis Screening: Pregnant Women
86480/86481/86580	Tuberculosis Screening: Adults