Completed medical documentation may be sent to directions below.
For questions, please call 812-526-1499 x61964, x62966, x61963 or x62683

- **Faxed** 812-526-1688 (**please** have a cover letter with contact information to include scheduled class / projected)
- **Scanned / Emailed to** ng.in.inarng.mbx.cajmtc-irdo-medical@mail.mil
- **DOD/ DAC/ CEW (1610 Orders) contact: 812-526-1499 x62525(Ms. Banks) or x62072 (Deb Paul) email records as above**

Quick Reference Checklist

Not all inclusive- Summary of CENTCOM MOD 12 TAB A

History and Physical (within 1 year)
☐ DD Forms 2808 (Physical) and 2807-1 (Medical History) both **FOR** Government Contractors
LABS - ABNORMAL RESULT MAY NEED REPEATED If ABNORMAL **-All labs need to be within 90 days-**
☐ **UA** (Urinalysis - **NOT HAND WRITTEN** - Needs to show Color, Specific Gravity, Glucose, Bilirubin, Ketones, blood, pH, Protein, Nitrites, Leukocytes)
☐ **CMP** (Complete Metabolic Panel - IF GLUCOSE is >110 then a Hba1c is required)
☐ **HBA1C KNOWN Type 2 oral agents only** (IF applicable - Must be < 7.0) / Newly Diagnosed Diabetics = HBA1C ≥ 6.5 must have 90 days stability on oral meds OR diet/lifestyle changes before waiver consideration.
☐ **CBC** (Complete Blood Count)
☐ **HIV** (within 120 days) HIV Positive – NON Deployable
☒ **DNA** (Done at CAJMTC)
☒ **G6PD**, (Done at CAJMTC, once in life time)
☐ **BLOOD TYPE / ABO** (must have result, done once in lifetime)
☐ **LIPID PANEL 35 and older** = Total Cholesterol < 260, LDL<190 , Triglycerides< 500 waiver required if outside these ranges(treated or untreated)
☐ **EKG** (OVER 40) **Must be within 90 days of mobilizing**
☐ **HCG** all females 30days prior to deploymet, If needed prior to immunization will be done at CAJMTC (exception- documented hysterectomy)
☐ **PSA If History if Prostate cancer, BPH, or medications relating to BPH**
☐ **VISION – Visual Acuity completed on DD Form 2808 Everyone FAR V.A, 45yrs + NEAR and FAR V.A must at least be 20/40 (corrected or uncorrected) /** DD FORM 771 and PRESCRIPTION FROM Optometrist. **Complete prior to arrival to CAJMTC**
☐ **HEARING** (within a year) DD FORM 2215 or 2216 or equivalent; If H3 a sprint test is needed for a waiver
IMMUNIZATIONS - Must all be completed before arrival. Immunizations must be current and those consisting of a series must be current but do not have to be completed before deployment. However it is the responsibility of the individual to complete the series on leave or overseas
☐ **Hepatitis A** (1st dose, 2nd dose after 6 Months)
☐ **Hepatitis B** (1st dose, 2nd dose 30 days, 3rd dose 5 Months) or titer
☐ **MMR** (Measles, mumps, and rubella) (born before 1957 Exempt) 2 doses. **If no documentation of vaccine, either a titer or Vaccine required**
☐ **Seasonal Influenza** (1 September through 31 May)
☐ **Typhoid** (within 2 years) Oral Typhoid (within 5 years)
☐ **Tetanus** (**TDAP- is required ONCE) Then can continue with Td every 10 years**
☐ **Varicella** (Chickenpox) – REQUIRED DOCUMENTATION OF ONE OF THE FOLLOWING: BORN BEFORE 1980 (ASSUMED IMMUNITY EXCEPT FOR HEALTH CARE WORKERS), DOCUMENTED HISTORY OF DISEASE BY THE PROVIDER WHO TREATED THE MEMBER AT THAT TIME (EITHER BY AN EPIDEMIOLOGIC LINK OR LABORATORY CONFIRMATION), SUFFICIENT VARICELLA TITER, OR ADMINISTRATION OF VACCINE (2 DOSES).
☐ **Tuberculosis Skin Testing** (Often referred to as PPD, or TB tine) Quantiferon Gold, a lab test, is acceptable. Bring the actual lab result that was completed within 90 days of arrival. If past positive radiology report from a Bi lateral chest x-ray within 90days to show no active infection. Those currently on treatment for TB disease may not deploy.
☒ **Smallpox and Anthrax** (Done at CAJMTC)
☐ **Polio (OPV/IPV) (Afghanistan and Pakistan only) Documentation of Vaccine. If Negative titer #3 or No History IPV/OPV then Needs 1 IPV dose**
☐ **BEHAVIOR HEALTH DISORDERS- Individual Assesment Required (Waivers depend on Condition)**
☐ **MEDICATIONS - C2 and PHYCOTROPICS Individual Assesment Required (Waivers depend on Condition/Use)**

EXPANDED MEDICAL REFERENCE GUIDE

- ___ **EVEN IF YOUR RECORDS ARE SENT TO CAMP ATTERBURY AHEAD OF TIME, BRING COPIES OF ALL FORMS AND RESULTS WITH YOU.**
- ___ **BRING ALL OF YOUR ROUTINE MEDICATIONS WITH YOU (prescription or O.T.C)**
- ___ **MALARIA PROTECTIVE MEDICATIONS GIVEN TO EACH CONTRACTOR AT GOVERNMENT EXPENSE at CAJMTC**
- ___ **IF YOU WEAR EYEGLASSES, MUST BRING TWO PAIR WITH YOU AND SHOW THEM TO THE OPTOMETRY SECTION. *CONTACT LENSES ARE NOT AUTHORIZED FOR WEAR IN THE CENTCOM THEATER.***

History and Physical (Required within 1 year of deployment)

___ DD Form 2808 (Report of Medical Examination) and DD 2807-1 (Report of Medical History)

Labs – **Hand written results are not acceptable**. Abnormal results may need to be repeated/or if still abnormal consult with Primary Care Physician or specialist for possible additional testing.

___ Urinalysis
- Results **MAY NOT** be handwritten
- Needs to show Color, Specific Gravity, Glucose, Bilirubin, Ketones, blood, pH, Protein, Nitrites, Leukocytes

___ Complete Metabolic Panel (Often referred to as CMP)

__ Glucose ("Blood Sugar") must be **110 or below, If above HgA1C will be required, If non-diabetic and HgA1C ≥6.5, must show stability on oral meds OR lifestyle changes for 90 days and diabetic physical/examination prior to waiver consideration/submission.**
- Hemoglobin A1C must be less than 7.0 in known diabetic within 90 days of deployment.

___ CBC (Complete Blood Count)
- White Blood Count (WBC), Red Blood Count (RBC)
- Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW, RDW, Platelets

___ HIV
- Laboratory document must be NEGATIVE within 120 days of arrival, and may not be hand-written
- You will not be deployed if HIV positive
- **CANNOT** accept **oral** HIV testing

___ DNA - may be drawn at Camp Atterbury if not already on file

___ G6PD –**Conducted at CAIN at Government Expense**
- Blood test (once in a lifetime)

___ Blood type / ABO – once in a lifetime, Must have results before arrival

___ Lipid panel (Cholesterol and triglycerides) within 90 days of arrival
- Required of all personnel 35 and older
- Levels cannot exceed the following: Total cholesterol 260, Triglycerides 500, LDL 190; Anyone at any age treated for hyperlipidemia must have a lipid panel within the ranges above. If outside these ranges, waiver is required (treated or untreated)

___ EKG
- Required of all personnel over the age of 40

— PSA

Required of all Male personnel with a **past History of Prostate cancer, BPH, or BPH Medications or Testosterone use**

— Framingham Risk Assessment
- Required of all personnel over the age of 40
- The result of this test cannot exceed 15% to be considered deployable. Use the following **only authorized** site. http://hp2010.nhlbihin.net/atpiii/calculator.asp?usertype=prof

Vision

— **Visual Acuity (Chart Read Bino) EVERYONE FAR V.A / 45yrs or older NEAR and FAR V.A**
— If you wear glasses, you must deploy with two pair of glasses (current prescription) and prescription inserts for your protective mask and/or ballistic goggles. We'll order inserts for you.
— DD Form 771 (Eyewear Prescription)
— Prescription from optometrist (within 1 year of deployment)

Hearing

— DD Form 2215 (Reference Audiogram) or DD 2216 (Hearing Conservation Data)
— Hearing test data must include the audiology operator's certification number and machine type and serial number and calibration date
— Hearing class 3 ("H3) – severe hearing loss – requires Speech Recognition In Noise Test (SPRINT) or Hearing In Noise Test (HINT).
— Hearing tests (audiograms) conducted during the physical must be documented with actual readings and validating information (See **Hearing** below.) "X" is not a valid reading.

Immunizations

— Except as noted, all must be completed BEFORE arrival at Camp Atterbury
— Vaccinations must be documented on a CDC 731 (International Certificate of Vaccination, also known as the "yellow shot card".) Older versions read PHS 731 but are acceptable. The link is: International Certificate of Vaccination Link
— Required vaccinations NOT provided by the military
- Hepatitis A (1st dose, 2nd dose after 6 months)
- Hepatitis B (1st dose, 2nd dose 30 days, 3rd dose 5 Months)
- Measles, mumps, and rubella ("MMR") 1 dose or Titer showing immunity
- Seasonal Influenza (1 September through 31 May)
- Typhoid (within 2 years) Oral Typhoid (within 5 years)
- Tetanus- TDAP **ONE** time, may then go to Td every 10 years
- Varicella ("Chickenpox") (1st dose, 2nd dose after 30 days) or Titer showing immunity
- Polio **(OPV/IPV) (Afghanastan and Pakistan only) Documentation of Vaccine. If Negative titer #3 or No History IPV/OPV then Needs 1 IPV dose of vaccine**
- Tuberculosis Skin Testing (Often referred to as PPD, or "TB Tine")
  - **Must be completed within 90 days before arrival at Camp Atterbury**
  - Quantiferon Gold, a lab test, is acceptable. Bring the actual lab result with you
  - **If history of past positive reading, a radiology report from a Bi-lateral chest x-ray must be completed within 90 days before arriving to Camp Atterbury.**
  - Those currently on treatment for TB disease may not deploy.

— Vaccinations offered at Government expense
- Anthrax
- Smallpox
- Rabies

Medications

- List **all** medications and allergies
- Must have a 180 day supply of medication OR reliable means to obtain refills
- ANTI –MALARIALS given at Camp Atterbury at Government Expense.

Dental

- DD Form 2813 (Department of Defense Active Duty/Reserve Forces Dental Examination)
  - Must show you as a Dental Class 1 or 2
  - Must be signed by dentist
  - Must have dentist's state license number (US) unless dentist is military
- Pantographic X-rays are required to be reviewed by dentist and Block 5 of the DD 2813 marked "Yes"

Waivers

Contract employees who have a condition, as described in Central Command (CENTCOM) Modification 12, Tab A as a "condition generally precluding deployment" must have a complete waiver, signed by the appropriate adjudicating surgeon POC's as listed on L.O.A. "CONTRACTOR ISSUING AGENCY"

CONTACTS FOR WAIVERS for CENTCOM AOR

- **ARMY CONTRACTS**

ARCENT SURGEON. USARMY.SHAW.USARCENT.MBX.SURG-WAIVER@MAIL.MIL;
CML: 803.885.7946; DSN: 312.889.7946

- **AIRFORCE CONTRACTS**

AFCENT SURGEON. USCENTAFSG.ORGBOX@AFCENT.AF.MIL;
CML: 803.895.1339; DSN: 312.965.1399 / 4380

- **MARINE CONTRACTS**

MARCENT SURGEON. FORCE.SURGEON@MARCENT.USMC.MIL;
CML: 813.827.7175; DSN: 312.651.7175

- **NAVY CONTRACTS**

NAVCENT SURGEON. CUSNC.MEDWAIVERS@ME.NAVY.MIL;
CML: 011.973.1785.4032; DSN: 318.439.4032

- **SPECIAL OPERATIONS CONTRACTS**

SOCCENT SURGEON. SOCCENT.SG@soccent.centcom.mil;
CML: 813.828.4351; DSN: 312.968.4351

. **All contracts not directly associated with any above**

CENTCOM SURGEON CCSG-WAIVER@CENTCOM.MIL;
CML: 813.529.0345; DSN: 312.529.0345

- If your employer obtains a waiver for you from the CENTCOM Surgeon, you must bring the signed waiver and the medical documents that supported your waiver to Camp Atterbury.

- If a condition is found at CAJMTC Medical Processing that the deployee was unaware of, and it is a waiver-able condition listed in the table below, IRDO Medical Liaison will submit for that specific waiver on behalf of the deployee and his or her organization.

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Top Reasons for Non-Deployability or Delay in Deployment

— Obstructive Sleep Apnea (OSA) treated with APAP/BPAP/CPAP or Oral devices
- Must have a thirty day compliance report from machine
  - ♦ Must have 70% percent compliancy score for greater than 4 hours
  - ♦ At least four hours per night for 30 days on average
- Must bring machine, battery backup and supplies to Camp Atterbury for inspection
- Most current sleep study (mode specific)
- Other more severe modes OSA Treatment - NON-DEPLOYABLE (ASV/AVAPS)

— Body Mass Index (BMI)
- Weight > 300lbs = Non Deployable, Not Waiver-able
- Greater than 40%, BMI Calculator Non Deployable, Not Waiver-able
- Greater than 35% with the following medical co-factors: Non Deployable, Not Waiver-able
  - ♦ Diabetes, Obstructive sleep apnea, Heart disease, Joint disease Hypertension etc.

— Newly diagnosed diabetes = has an HBA1C of ≥ 6.5 or greater
- Needs physicians consult of diagnosis, prognosis, treatment plan to include full diabetic examination (eyes, feet etc.)medications if needed
- Show 90 stability on medications or lifestyle changes for waiver consideration

— Abnormal EKG or Framingham greater than 15%
- May need stress testing to include Myocardial Perfusion / 2D echo to clear these issues and/or cardiologist consult

— Abnormal AST's and ALT's found in the CMP (Liver Function Test)
- After repeat of CMP or Liver Function Test with abnormal results may need Specialist consult and further testing
- May need abdominal ultrasound to exclude liver and gallbladder disease, and hepatitis ABC antibody profile

— Hematuria (Blood in urine)
- After repeat of urinalysis with abnormal results may need consult and testing from an urologist.

— Abnormal Labs
- Must have specialist diagnosis, treatment plan, and medications (if needed), deploy ability to an austere environment for the period of the LOA or Orders without need for follow up, and any further testing.
- Must have a letter typed with letterhead from treating Primary Care Physician outlining the above findings.

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