Submarine Duty Physicals:

* Periodicity:
	+ Due every 5 years up to age 40
	+ 2 years from ages 50-60
	+ Every year for 60+
* Packet will include: Cover sheet - USE THE COVER SHEET, it has everything you need for each specialty physical in convenient Check-Box format.
	+ DD 2807-1 (Oct 2018)
	+ DD 2808
	+ NAVMED 6224/8 (TB Screening form) - If member does NOT have a documented PPD test in MRRS or in record then will need PPD placed INSTEAD
	+ NAVMED 6150/2 (Special Duty Abstract)
	+ For females there will also be the NAVMED 6420/2 (Concerning pregnancy and Subs)
* If member is a submarine candidate will need a PA/Lat Chest X-Ray
	+ If they are already sub qualified, they do NOT need a CXR.
* Fill out ALL HIGHLIGHTED BOXES including explaining ALL Yes answers on DD2807 page 2.
* Go to the following departments:
	+ Audiology – Open for walk-ins every day but Tuesdays
	+ Optometry – Open in the mornings 0700-1100
	+ Dental – Open all day. Only department that requires a signature on the DD2808. Also, ensure Box 43 on the 2808 is filled out by Dental.
* Please know where your medical record is being kept, as you will need to bring this with you at the time of the appointment. If you do not know where it is you will need to find it prior to the scheduled appointment. If you require help, please contact the medical records department.

Nuclear Field Duty (NFD) physicals:

* Periodicity:
	+ Due every 5 years up to age 40
	+ 2 years from ages 50-60
	+ Every year for 60+
* Packet will include: Cover sheet - USE THE COVER SHEET, it has everything you need for each specialty physical in convenient Check-Box format.
	+ DD 2807-1 (Oct 2018)
	+ DD 2808
	+ NAVMED 6224/8 (TB Screening form) - If member does NOT have a documented PPD test in MRRS or in record then will need PPD placed INSTEAD
	+ NAVMED 6150/2 (Special Duty Abstract)
	+ For females there will also be the NAVMED 6420/2 (Concerning pregnancy and Subs)
* If member is a submarine candidate will need a PA/Lat Chest X-Ray
	+ If they are already sub qualified, they do NOT need a CXR.
* Fill out ALL HIGHLIGHTED BOXES including explaining ALL Yes answers on DD2807 page 2.
* Go to the following departments:
	+ Audiology – Open for walk-ins every day but Tuesdays
	+ Optometry – Open in the mornings 0700-1100
	+ Dental – Open all day. Only department that requires a signature on the DD2808. Also, ensure Box 43 on the 2808 is filled out by Dental.
* Follow the Exact same steps as with Subs but with additional requirements:
	+ Request a lab slip to get CBC and UA completed.
	+ If labs are found to be abnormal you will be contacted and expected to repeat one or both tests.
* Complete the additional NAVMED 6470/13 form.
	+ Ensure ALL highlighted portions are completed, most important is the signature block. Clarify that NOTHING else is to be filled out by the patient but the highlighted portions. If in doubt, leave it blank.
	+ If the patient is unclear how to answer questions 3-10 inform them that unless they have personally had cancer, told by a doctor they’ve been anemic or hematuria, or experienced a radiologic event: all answers will be marked “NO”
* If any of the labs are abnormal, the UMO will inform a MRRS corpsman to contact that patient to have him repeat any labs. If the repeat labs are abnormal, the UMO will contact the patient as at this point additional labs or a specialist referral will need to be ordered directly by the UMO (not with a lab slip) based on what was abnormal.
* Please know where your medical record is being kept, as you will need to bring this with you at the time of the appointment. If you do not know where it is you will need to find it prior to the scheduled appointment. If you require help, please contact the medical records department.