**Appendix A: Medical Considerations for the NROTC program**

The Naval Reserve Officer Training Corps (NROTC) program is physically challenging. All candidates are required to undergo a thorough medical examination because NROTC graduates are commissioned in a wide variety of exciting career fields with strict medical standards. The medical examination process begins once an applicant has been offered a NROTC scholarship.

After an applicant is offered an NROTC scholarship, the NROTC Officer Development (OD) Placement office will upload the applicants name to the Department of Defense Medical Examination Review Board (DoDMERB). DoDMERB will schedule your medical examination and carefully review the reports to determine if you meet the medical standards for admission. DoDMERB will consider your medical history and information on illnesses, injuries, surgery, and other factors that could affect your medical status. You might be asked to submit additional reports and/or records from physicians or hospitals.

Approximately a month after your physical is completed you will receive (by mail to your address of record) a status report of the DoDMERB findings. If any disqualifying condition is identified by DoDMERB a medical waiver process is begun through the Bureau of Medicine and Surgery (BUMED). You may have to provide amplifying information on the condition or undergo evaluation by a medical specialist. A waiver of the medical standards may be granted if your medical condition is determined unlikely to interfere with the successful completion of four years in the NROTC program and a commission in either the U.S. Navy or U.S. Marine Corps with fulfillment of your five year service commitment. Patience is requested during the BUMED waiver review process: if after two months you have not been contacted by Officer Development regarding your waiver status, please contact the NROTC Medical Programs Coordinator, OD2A at 850-452-9388.

If you have been found physically qualified or granted a medical waiver, but you experience a change in your medical status (such as a new illness, injury, medication, or surgery), between the time of your DoDMERB physical examination and the time of reporting to your ROTC unit, you must alert DoDMERB of this change at 1-800-841-2706 or via email at usaf.usafa.dodmerb.mbx.helpdesk@mail.mil.

Major medical considerations are summarized here so that you and your doctors can anticipate if you meet the basic requirements for admission into the NROTC program. This is not a comprehensive listing of all disqualifying conditions: it is a brief and general summary for your convenience, based on the most common disqualifiers that are applied to new applicants.

**Eyes and Vision Disqualifications**

Below is a listing of those eye and vision disqualifications that are the most prevalent. This listing, while comprehensive, does not contain all possible disqualifications for eyes and vision.

1) Vision not correctable to 20/20 in both eyes is disqualifying. Spherical equivalent exceeding 8.00 diopters or astigmatism exceeding 3.00 diopters is disqualifying.

2) Substandard color vision is disqualifying.

3) Many chronic eye diseases/conditions such as keratoconus, glaucoma, optic atrophy, cataracts and retinal detachment are disqualifying.

4) Refractive surgery within the previous 6 months is disqualifying.

**Heart and Vascular System**

Among the disqualifying conditions are: uncorrected septal defect, hypertension, severe or symptomatic varicose veins, valvular stenosis, and mitral valve prolapse which has either caused symptoms or been associated with rhythm disturbance or regurgitation.

**Ears and Hearing**

Both ears must be free of tympanic membrane perforation and acute or chronic disease. The average of the hearing loss at 500, 1000 and 2000 Hz in either ear may not exceed 30 decibels (ISO), and the loss at any one of these three frequencies may not exceed 35 decibels. The maximum acceptable loss in either ear is 45 decibels at 3000 Hz and 55 decibels at 4000 Hz.

**Respiratory System**

Asthma, exercise-induced bronchospasm, or reactive airway disease by any name is disqualifying.

**Musculoskeletal System**

Recent bone/joint injuries that have not fully healed, or any history of non-union fractures, shoulder, hip, or knee instability, internal derangement of a major joint not successfully repaired, compartment syndrome, spondylolisthesis, severe scoliosis, herniated nucleus pulposus, or spinal surgery are disqualifying.

**Genitourinary System**

Chronic protein, sugar, or blood in the urine is disqualifying, as is history of recurrent or bilateral kidney stones. Severe congenital or developmental anomalies, neoplastic conditions, persistent or recurrent infections, and certain complications of infections are cause for rejection. A current undescended testicle is disqualifying, as are current pregnancy or severe dysmenorrhea.

**Gastrointestinal System**

History of chronic esophagitis, malabsorption syndromes, liver disease, Crohn’s Disease, ulcerative colitis, or functional bowel disease is disqualifying.

**Neuropsychiatric Disorders**

Seizure disorders (other than remote history of childhood febrile seizures), neurodegenerative conditions, recent or severe traumatic brain injuries, recurrent or severe headaches, and severe motion sickness are disqualifying. History of psychosis or affective illness, personality disorder, eating disorders such as bulimia and anorexia, some mood and anxiety disorders, bedwetting or sleepwalking persisting into adolescence are disqualifying. Academic skills defects treated past age 14, (including learning disabilities or Attention Deficit Hyperactivity Disorder) are disqualifying, but potentially waive-able if academically successful without the use of accommodations or medications.

**Skin**

Chronic diseases such as psoriasis, atopic dermatitis, and eczema are disqualifying. Severe acne is disqualifying until successfully treated. If a course of Accutane is undertaken, this should be completed with documentation of a favorable outcome prior to freshman indoctrination. Pilonidal cyst is disqualifying unless successfully resected.

**Other Disqualifying Conditions (this list is not all-inclusive)**

Some other disqualifying conditions include:

• Unrepaired ventral or inguinal hernia

• Uncorrected anemia

• History of venous thrombosis, bleeding or clotting disorders

• Diabetes mellitus

• Autoimmune disease

• Sickle cell disease (sickle cell trait without anemia, and glucose-6-phosphate dehydrogenase deficiency are not disqualifying)

• Any active communicable infection

• Chronic Hepatitis B or Hepatitis C

• Systemic allergic reaction to stinging or biting insects, unless has completed venom immune therapy

• Allergy to common foods requiring special dietary considerations

• A history of drug and alcohol use disorders

• HIV or AIDS