

Medical Documentation Requirements

The medical departments at NMRTC Newport are here to support you. It is not medical's intent to see that you are found disqualified for programs, but rather, to ensure your safety by preventing injury or exacerbation of a preexisting condition. Certain medical conditions can be waived depending on the program for which you are applying, and Navy Medical will assist in that process. Therefore to fully support your applications, it is imperative you provide the requested documentation so we can ensure your application is processed in a timely manner to allow continuation of your desired training and ensure world-wide assignability.

Medical in-processing includes multiple specialties and their findings may require further evaluation by civilian providers. These appointments in the civilian sector can take weeks, sometimes months, to obtain. As a result, to ensure you are able to see these providers as soon as feasible, you must provide medical with appropriate documentation.

The following is not an exhaustive list, but is required for a successful in-processing here in Newport, Rhode Island to help avoid unneeded delays. Please provide copies of the documents listed below. When in doubt, bring a copy.

- Failure to disclose your medical history may result in an administrative separation.
- Keep **ALL** copies of documents which were submitted to your Recruiter and/or Military Entrance Processing Command (MEPS) and have them with you upon arrival to Officer Training Command Newport. These records usually do not make it to medical for several months.
 - Letters from providers **MUST** be on practice letterhead and contain the provider's printed complete name and credentials with official signature.
- Copy of most recent health physical. Manual of the Medical Department (MANMED), NAVMED P-117
 - Any food or drug allergies.
 - Any history of a positive tuberculosis test, latest chest Xray on disc, and treatment.
 - A letter from the treating provider that details any absence or presence of physical or mental limitations, either temporary or permanent.
- Women.
 - Copy of the most recent PAP smear results (performed within past 12 months).
 - Copy of the most recent mammogram results, with images on a disc and report.
- Recommended for Prior Service (All Uniformed Services).
 - Copy of the Readiness Status Report (MRRS, MEDPROS, ASIMS).
 - Copy of vaccinations.
 - Copy of activity restrictions, permanent or temporary.
- Transgender. SECNAVINST 1000.11; MILPERSMAN 1000-131
 - In the best interest of your health, medical may request additional medical documentation regarding your biological health status.
 - A letter from a certified medical provider must indicate that the member has been stable without clinically significant distress or impairment in social, occupational, or other important areas of functioning for 18 months.

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- Has completed all medical treatment associated with the applicant's gender transition; and
 - Has been stable in the preferred gender for 18 months; and
 - Is presently receiving cross-sex hormone therapy post-gender transition, the individual has been stable on such hormones for 18 months.
 - In the case of a sex reassignment or genital reconstruction.
 - A period of 18 months has elapsed since the date of the most recent such surgery; and
 - No functional limitations or complications persist, nor is any additional surgery required.
- Labs
- Your urine and blood will be drawn within 48 hours of reporting.
 - DNA
 - Fasting Glucose
 - G6PD
 - Hepatitis C
 - HIV
 - Lipids
 - Pregnancy
 - PSA (males over 40)
 - Sexual Transmitted Infections
 - Sickle Cell
 - You may be requested to submit additional samples depending on the type of test and/or results.
- Eyes/Vision.
- Bring all records related to any eye surgeries or procedures you have undergone (including but not limited to LASIK/PRK).
 - A letter from the treating provider that details any absence or presence of limitations, either temporary or permanent.
 - Provide a copy of your most recent glasses prescription.
 - Bring and wear your glasses.
 - It is recommended you purchase a **black** retainer strap to secure your glasses while performing physical exercise. (NAVPERS 15665J)
 - Contact lens exams, prescriptions, replacement, and supplies will not be administered/performed during this tour.
 - Approvals for wear of contact lenses during the program are granted by the program, **NOT** medical.
- Prescriptions.
- Original written prescriptions with the indication for the prescription.
 - Directions such as "Take as needed, or apply to the affected area" is NOT acceptable.
 - Some medications may require pre-authorization to continue or may require substitution with another formulation of medication (<https://www.express-scripts.com/frontend/open-enrollment/tricare/fst/#/>)
 - Medical may not have a medication in stock and may require you fill your prescription at the local network pharmacy

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- Immunizations & vaccinations. BUMEDINST 6230.15
 - Proof of vaccination or serological immunity is required. When proof does not exist, the member will receive the vaccination.
 - Hepatitis A
 - Hepatitis B
 - Influenza
 - Measles
 - Mumps
 - Poliovirus (IPV)
 - PPD (Tuberculosis Test)
 - Rubella
 - Tetanus-Diphtheria-Pertussis
 - Varicella
 - Vaccinations related to a pandemic response.
 - If you have been advised by a provider NOT to receive a vaccination for any reason, documentation from the provider is **REQUIRED**.

- Surgical Procedures.
 - Failure to have the documentation on surgical procedures commonly hold up the program application process.
 - To include but not limited to:
 - Any Orthopaedic Surgeries
 - Corrective alignment surgery
 - Dental repair
 - Eustachian tubes
 - Fractures requiring surgical fixation
 - Joint Fusions
 - Joint injection and repair
 - Lasik, PRK
 - Ligament Reconstructions
 - Organ repair, removal, or replacement
 - Provide a copy of the documentation that includes the full episode of care and details any absence or presence of limitations, either temporary or permanent.
 - Provide a copy of any surgical treatments or recommendations for surgery.

- Specialty Care (i.e. Medical, Behavioral/Mental Health, Learning).
 - Documentation must include the reason for the specialty care, the treatment plan, if you have completed or are currently undergoing a treatment plan, and if there is anything identified that should continue to ensure your success in the military.
 - A letter from the treating provider that details any absence or presence of limitations, either temporary or permanent.
 - Common specialties, but not inclusive.
 - Alcohol or drug treatment programs
 - Allergist
 - Cardiologist
 - Endocrinologist
 - Hormone Replacement Therapy
 - Neurologist
 - Oncologist
 - Ophthalmologist
 - Otolaryngologists (ENT)
 - Psychiatrist, Psychologist
 - Pulmonologist
 - Rheumatologist
 - Social worker

- Dental.

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- The first week of medical in-processing you will be seen by a dentist for an exam and oral x-rays.
 - A letter from the treating provider that details any absence or presence of limitations, either temporary or permanent.
- Background.
- The following is required for any overseas or special duty assignments. Although not a medical requirement, background history will greatly affect your eligibility for special duty or overseas assignments.
 - Documentation of legal transgressions, court penalties or sanctions.
 - Arrest record
 - First Offender's Certificate
 - Academic grades and accommodations provide insight to your capabilities to be successful in certain training environments and provides the gaining specialty or commands an opportunity to determine if the accommodation needed is available.
 - Academic Records (i.e. College Transcripts)
 - Letters from Education Institutions regarding attesting to any learning accommodations made as a result of ADD/ADHD or other learning disabilities.
 - Copy of previous waivers for entry into the Navy and/or the desired program.
 - Previous "Physically Qualified" or "Not Physically Qualified" letters
 - N33 letters (BUMED Waivers)
 - Previous medical clearance endorsements from the Service Personnel Command
 - Navy Personnel Command (NAVPERS)
 - Army Human Resources Command (HRC)
 - Air Force Personnel Center (AFPC)
 - Previous special duty assignment recommendations from the program desired.