

PREPARE AND UPLOAD YOUR **MEDICALS**

Before your Appointment

We do not require you to have your medicals done in a specific clinic, your PEME can be done with your **general practitioner**, but please make sure you do all the required exams.

In the case of **Indian Nationals**, for guidance on where you PEME can be done, please contact the India Manning office at silversea_mob@vships.com

As per **MLC** regulation, medicals are valid for a maximum of **two years**, but:

- After **60 years old**, the medical certificate has a maximum validity of **one (1) year**.
- Any **Engineer or Deck Officer**, over the age of **55**, needs to renew the medical **each year**.

Required Medical results, Vaccines and Medical Form

1. Medical form duly completed, signed and stamped by a certified doctor. Silversea will only accept either of the below forms:

- Medical Certification Form C105A and C105B (to be downloaded on our [welcome page](#)).
- National Medical Certificate – only from BMA approved countries.

2. Copy of your medical results:

- CBC blood test (must include the test listed below)
 - Hemoglobin
 - HBsAg (Hepatitis B). Required for all crew from endemic areas.
 - HIV – recommended.
- Urine Analysis
- Electrocardiogram ECG (compulsory over 40 years old); results to be reported on the medical form.
- Chest X-Rays scan report: results to be reported on the medical form. This test is not compulsory but please be aware that if, during your contract on board, you are disembarked for a medical cause which could have been identified by performing a chest x- ray prior to embarkation, the insurance company may decline any related insurance claim from your side.

3. Copy of your vaccine certificates:

- Yellow fever vaccination record

For Food Handlers Only (mandatory):

- Stool test results => (ova and parasites) Note: Bacteriological testing is no longer required for Silversea.

For New Hires Only (mandatory):

- Drug test results => Cocaine; Cannabis; Amphetamine; Methamphetamine; Phencyclidine
- Liver Function Testing => Please ask your doctor to check: Gamma GT; ALT; AST

Send all the above as soon as possible to the following [link](#).

Deadline

Please schedule your medical appointments no later than **30 days** prior to your embarkation date.
Please upload your full PEME to Vikand website no later than **14 days** prior to your embarkation date.

