



JAPAN P&I NEWS

To the Members

Updates on Pre-Employment Medical Examination (PEME) for Filipino Crew

In October 2001, we formulated the comprehensive scheme of Pre-Employment Medical Examination (PEME) for Filipino seafarers and recommended the members to use the scheme in order to reduce their crew illness claims due to the pre-existing condition of the seafarer by way of performing extra tests in addition to the minimum standard.

For procedures and other consideration for using Japan P&I PEME Package, please refer to our Circular [No.15-018](#) dated 19 February 2016. We would like to announce that we have updated our accredited clinic list as attached.

Also as updated information, additional tests below are currently required for the crew who embark Panama flag vessels as attached guidelines.

1. Glucose (fasting)
2. General Urine
3. Toxicological Tests (in blood)
 - a. Antidoping (Cannabis and Cocaine)
 - b. Alcohol
4. General Stool (only mandatory for food handlers)

Among the above tests, Glucose and Alcohol tests are not included in our PEME Package and these tests can be arranged at our accredited clinics with the following additional payments.

Clinic	Glucose (FBS)	Alcohol
Angelus Medical Clinic, Inc.	Php 150	Php 300
Halcyon Health Network, Inc.	USD 5	USD 7
Maritime Medical and Laboratory Clinic, Inc.	Php 150	Php 300
Physicians' Diagnostic Services Center, for Sea-based workers Inc. – Manila and Cebu	Php 150	Php 300
S.M. Lazo Medical Clinic, Inc.	Php 200	Php 250
Supercare Medical Services, Inc. – Manila, Cebu, and Iloilo	Php 150	Php 250
Transnational Medical & Diagnostic Center, Inc.	Php 250	Php 247.50

*FBS = fasting blood sugar

Yours faithfully,

The Japan Ship Owners' Mutual Protection & Indemnity Association

Attachment: The list of accredited Clinics
PANAMA NEW GUIDELINES

<Manila>

1) **Angelus Medical Clinic, Inc.**

Address : 1730 Dian Street, Barangay Palanan, Makati City 1235 PHILIPPINES

Tel: +63 8743 8717 – 21 (Extn 442)

Mobile No. : +63917 575 3210

Website: <https://angelusmed.com>

Email : crd.mle@angelusmed.com / info@angelusmed.com

Contact Persons: Ms. Marianne L. Enriquez / Ms. Haycel P. Palcon

2) **Halcyon Marine Healthcare Systems.**

Address : 222 Sen. Gil J. Puyat Avenue Ground and 3rd Floors, Maria Cornelia Building, Makati, 1230 Metro Manila

Tel: +632 864 0206 to 13

Mobile : +63 939 419 4224

Fax: 864-0262

Email : glennnda.canlas@gmail.com

3) **Maritime Medical and Laboratory Clinic, Inc.**

Address : 2/F Paragon Tower Hotel, 531A. Flores St., Ermita, Manila

Tel: +632 8526 3809

Email : peme@mmlci.com.ph / admin@mmlci.com.ph

4) **Physicians' Diagnostic Services Center, for Sea-based workers Inc.**

Address : 4th Flr. - Penthouse 533 Physicians Tower U.N. Ave., Ermita, Manila, Philippines

Tel: +632 8521 4975

Fax: +632 8523 7833

Email : dr.pdeguzman@pdsclinics.com

5) **S.M. Lazo Medical Clinic, Inc.**

Address : 1755 Taft Ave., Cor., J. Nakpil St., Malate

Tel: +632 8524-1891 to 97

Direct Line: 310-8007

Direct Line to Medical Director's Office: 310-7008

Fax: 524-6325 / 521-9011

Email : peme@smlazoclinic.com

6) Supercare Medical Services, Inc.

Address : 573 Patria Bldg., Maria Orosa Corner Engracia Reyes Streets, Ermita, Manila

Tel: +632 8521-0024 to 35

Fax: 521-0024

7) Transnational Medical & Diagnostic Center, Inc.

Address : 551 Cabildo Street, Casa Marinero II Bldg., Intramuros, Manila

Tel: +632 338 2144

Fax: N/A

<Cebu>

1) SuperCare Medical Services, Inc. - Cebu

Address : Vicente Bldg. M Velez St, Cebu City

Tel : +63 32 262-7633

Email: admin.cebupercare.com.ph

2) Physicians' Diagnostic Services Center, Inc. - Cebu

Address : 108 F. Ramos corner Jungquera St. Cebu City

Tel: (032) 254-1778

Fax: (032) 254-3707

Email: pds_cebupercare.com

<Iloilo>

1) SuperCare Medical Services, Inc. – Iloilo

Address : 3rd floor 22 Manfred's Place, General Luna St., Iloilo City

Tel : (033) 335-3051

Fax : (033) 330-3175

Email : admin.iloilopercare.com.ph



General Directorate of Seafarers

Panama July 21st, 2022.
Note No. DGGM-ALM-215-2022.

Sirs

Recognized Physicians by Panama Maritime Authority

Dear physicians:

By virtue of the recent inquiries made by you, regarding the mandatory laboratory tests to be requested by recognized physicians to seafarers at the time of conducting the medical examination, we are pleased to inform you that to date, the only tests that will be considered mandatory are the following:

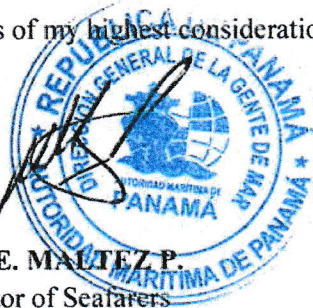
1. Glucose (fasting).
2. General urine
3. Toxicological Tests (in blood)
 - a. Antidoping (Cannabis and Cocaine)
 - b. Alcohol
4. General Stool (only mandatory for food handlers).

The COVID-19 test will not be mandatory as of the date of this note, therefore the instruction communicated through Note No. DGGM-ALM-073-2022 dated March 14, 2022 is without effect.

It is important to point out to the attention of physicians and the general public, that the Panama Maritime Authority only establishes which are the mandatory laboratory tests to be performed by seafarers working on board Panamanian flag vessels at the time of carrying out their medical examination, **not their cost**. The cost of the laboratory tests will depend on the clinic or laboratory where the seafarer has chosen to have them performed.

I take this opportunity to reiterate the assurances of my highest consideration and esteem.


CAPT. JUAN E. MAITEZ P.
General Director of Seafarers



IV/mb/dr
