

**E-mail excerpt from LT Goodwin**

Assuming that the below standards are met, up chits will be returned by fax within 48 hours.

In order to fly in USN Aircraft, the OPNAV 3710/18 must be completed, signed by your physician, and countersigned by a flight surgeon before an up chit can be granted.

The front of the form is a medical questionnaire. If block 1-11 is checked yes or block 12 is checked no, then complete documentation by your physician of the evaluation, diagnosis, treatments received, and medications used must be provided to the flight surgeon.

On the back of the form is a physical exam.

Height must be between 60-78" for men and 58-78" for women.

Weight must be between 100-235 lbs.

Pulse must be 45-100 bpm

Blood Pressure must be less than 140/90

Corrected visual acuity must be 20/20

Hematocrit must be between 40-52 for men and 37-47 for women

Urinalysis must be negative for glucose, ketone, and protein

EKG must be normal

All blocks on the exam must be normal

If these standards are not met, complete documentation by your physician of the evaluation, diagnosis, treatments received, and medications used must be provided to the flight surgeon.

*Waivers will be considered on an individual basis, but require complete documentation. The fax number in the Flight Medicine clinic is (301-995-3683).*