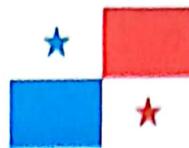




REPÚBLICA DE PANAMÁ  
REPUBLIC OF PANAMA  
AUTORIDAD MARÍTIMA DE PANAMÁ  
PANAMA MARITIME AUTHORITY  
CERTIFICADO MÉDICO DE LA GENTE DE MAR  
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-45680-2024

Este certificado se emite en conformidad con las disposiciones de la regla I/9 del Convenio STCW, 1978, enmendado, y la norma A-I/2 del CTM, 2006, enmendado, y certifica que la gente de mar es apta para el servicio en el mar.

This certificate is issued in accordance with the provisions of the regulation I/9 of the 1978 STCW Convention, as amended and the standard A-I/2 of the MLC, 2006, as amended, and certifies that seafarers are fit for sea service.

Apellido Surname: <b>PRASETYO</b>	Nombre Given Name(s): <b>ADI EKO</b>	Cédula / Pasaporte No. Id. Number/Passport No. <b>C 7037704</b>
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) <b>22/09/1993</b>	Nacionalidad: Nationality <b>Indonesia</b>	Sexo: Sex <b>Male</b>

Yes      No

¿Confirmación de que se examinaron los documentos de identidad en el lugar del examen?

Confirmation that identification documents were checked at the point of examination

¿La audición cumple con el estándar?  
Hearing meets standards?

¿La audición es satisfactoria sin ayuda?  
Unaided hearing satisfactory?

¿La agudeza visual cumple con el estándar?  
Visual acuity meets standards?

¿La visión cromática cumple con el estándar?  
Colour vision meets standards?

Fecha de la última prueba de visión cromática (Año/Mes/Día)?  
Date of last color vision test

2024-05-22

¿Apto para cometidos de vigía?  
Fit for look out duties?

¿Existen limitaciones o restricciones respecto de la aptitud física? Si la respuesta es "sí", dar detalles de las limitaciones o restricciones:  
Limitations or restrictions on fitness?

¿Está el marino libre de cualquier condición médica que pueda verse agravada por el servicio en el mar o incapacitarle para el desempeño de tal servicio o poner en peligro la salud de otras personas a bordo?

Is the seafarer free from any medical condition likely to be aggravated by service at sea or to render the seafarers unfit for such service or to endanger the health of other persons on board?

Confirmo que he sido informado sobre el contenido del presente certificado y sobre el derecho a solicitar una revisión del dictamen, con arreglo a lo dispuesto en el párrafo 6 de la Sección A-I/9.

I hereby, confirm that I have been informed about the content of this certificate and of the right to a review in accordance with the paragraph 6 of Section A-I/9.

Firma de la Gente de Mar Seafarer  
's Signature



Date of Issue                    2024-05-23  
Expiration Date:                2026-05-23  
Name of the recognized medical practitioner:            Pony Ndaruaji

Firma y sello del medico  
reconocido/Signature and Stamp of  
the recognized medical practitioner

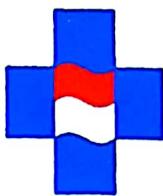
**dr. Pony Ndaruaji**

SIP No.: 10B15A3172-04-1005-9-K-3/4-1-779-3/e/2022

Reg: 3111100317053064

- El original de este certificado deberá estar disponible durante el servicio a bordo/The original of this certificate must be kept available while serving on board ship.
- En caso de pérdida de este certificado, el titular deberá notificar a los puertos y a la Autoridad Marítima de Panamá/In case of loss of this certificate, the holder should notify ports and the Panama Maritime Authority.
- La autenticidad de este certificado puede ser verificada contactando a la Autoridad Marítima de Panamá/The authenticity of this certificate can be verified contacting the Panama Maritime Authority.



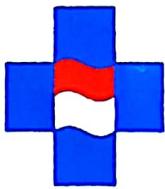


### MEDICAL EXAMINATION REPORT

COMPANY	: PT. ANDHINI EKAKARYA SEJAHTERA	 
MCU NO.	: CLC-00-49-61	
NAME	: ADI EKO PRASETYO	
SEX	: PRIA/MALE	
PLACE & DATE OF BIRTH	: MAGELANG / 22 September 1993	
MAILING ADDRESS OF EXAMINE	: DUMPOH RT. 009/007 KEL. POTROBANGSAN KEC. MAGELANG UTARA	
DUTY	: MESS BOY	PASSPORT : C7037704

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
1. ALCOHOL HISTORY	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE
	No	170 cm	64 kg	22.10 kg/m <sup>2</sup>	111/76 mmHg	66 X/min	18 X/min
	No	VISION	WITHOUT	WITH	COLOR VISION (ISIHARA'S METHOD)		
2. ALLERGIC HISTORY	Right Eye	6/6		NORMAL			
	Left Eye	6/6					
	Both Eye	6/6					
3. AMPUTATION	GENERAL APPEARANCE						
	LOOKING HEALTHY						
4. BLOOD DISORDER	NORMAL						
5. BALANCE PROBLEM							
6. BACK OR JOINT PROBLEM							
7. COLOUR BLINDNESS							
8. CANCER							
9. DIABETES							
10. DIGESTIVE DISORDER							
11. DEPRESION							
12. EPILEPSY							
13. EYE / VISION PROBLEM							
14. EAR PROBLEM							
15. FRACTURE							
16. GENITAL DISORDER							
17. HEART SURGERY							
18. HEART DISEASE							
19. HIGH BLOOD PRESSURE							
20. HERNIA							
21. INFECTIOUS DISEASE							
22. KIDNEY PROBLEM							
23. LUNG DISEASE							
24. LIVER PROBLEM							
25. LOST OF MEMORY							
26. NARCOTIC HISTORY							
27. NEUROGICAL DISEASE							
28. OPERATION / SURGERY							
29. PSYCHIATRIC PROBLEM							
30. RESTRICTED MOBILITY							
31. SKIN PROBLEM							
32. SLEEP PROBLEM							
33. THYROID PROBLEM							
34. TUBERCULOSIS							
35. SMOKING							
DENTAL EXAMINATION		HEARING	If abnormal, give details				
8 7 6 5 4 3 2 1   1 2 3 4 5 6 7 8		NORMAL	KEASLIAN DOKUMEN INI HUBUNGI TOTOT RUMEKSO HP. 0858 1392 5019				
8 7 6 5 4 3 2 1   1 2 3 4 5 6 7 8		Right Ear	Yes	NIL			
• : Filling O : Caries ^ : Root Rest		Left Ear	Yes				
x : Missing V : Prothesa							





**INDOSEHAT 2003**  
**CLINIC & MEDICAL CHECK-UP**



**SURAT KETERANGAN**  
TO WHOM IT MAY CONCERN

**Dengan ini kami menerangkan bahwa :**

Here with acknowledge that :

**Nama** : ADI EKO PRASETYO  
**Name**

**Jenis Kelamin** : PRIA/MALE  
**Gender/Sex**

**Tempat / Tanggal Lahir** : MAGELANG / SEPTEMBER 22, 1993  
**Place / Date Of Birth**

**Perusahaan** : PT. ANDHINI EKAKARYA SEJAHTERA  
**Company**

**Jabatan** : MESS BOY  
**Occupation**



**Benar telah melakukan Medical Check-Up di Indosehat 2003 Medical Centre.**

*Have truly complete Medical Standart Check-Up in Indosehat 2003 Medical Centre.*

**Dengan Hasil : Sehat untuk Bertugas.**

*With Final Result : FIT.*

**Demikian surat keterangan ini kami sampaikan untuk dapat dipergunakan sebagaimana mestinya.**

*I hope this letter will be found useful where necess.*



ADI EKO PRASETYO

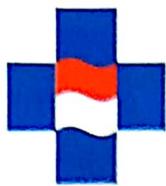
Jakarta, 22 May 2024



dr. Pony Maruaji  
Examination

**Date Of Examination, May 22, 2024**

**Expiration Of Validity, May 22, 2026**



### REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR.ADI EKO PRASETYO	No. MR	: 004961
MCU No.	: 033/MCUIS/AES/V/24		
Date Examination	: MAY 22, 2024	Age	: 31 Years Old

Laboratory Test	Reference Ranges	Result
<b>HAEMATOLOGY</b>		
Haemoglobin	13.0 – 18.0	gr / dl
White Blood Cell Count	5.0 – 10.0	/ ul
ESR	0 - 15	mm / hour
<b>DIFFERENTIAL COUNT</b>		
Eosinophil	0 – 1	%
Basophil	1 – 3	%
Stab	2 – 6	%
Segment	50 – 70	%
Lymphocyte	20 – 40	%
Monocyt	2 – 8	%
Platelet/ Trombosit	150.000-440 .000	
<b>BLOOD CHEMISTRY</b>		
Fasting Blood Sugar	60-110	mg / dl
Blood Sugar 2 PP	60-140	mg / dl
Random Glucose	60 – 180	mg / dl
Cholesterol	< 200	mg / dl
Triglyceride	< 200	mg / dl
SGOT	< 35	U / L
SGPT	< 45	U / L
Creatinin	0,7 – 1,4	mg / dl
Ureum	15 – 45	mg / dl
Fosfatase Alkali	30-120	mg/ dl
GGT	< 49	g/ml
BIL TOTAL	0,2-1,0	mg/dl
BIL DIRECT	0,1-1,2	mg/dl



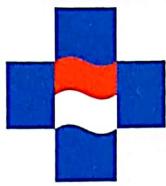
## REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR.ADI EKO PRASETYO	No. MR	: 004961
MCU No.	: 033/MCUIS/AES/V/24	Age	: 31 Years Old
Date Examination	: MAY 22, 2024		

Laboratory Test	Reference Ranges	Result
<b>URINALYSIS</b>		
Macroscopic		
Spesific Gravity	1,010 – 1,030	1025
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		5
Microscopic		
Sediment		
Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-2
RBC / hpf	1 – 4	0-1
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative
<b>SEROLOGY / IMMUNOLOGY</b>		
VDRL	Non Reaktive	Non Reaktive
Hbs Ag	Non Reaktive	Non reaktive
HIV	Non Reaktive	Non reaktive

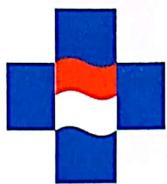


dr. Gunawan Eka Putra, Sp.PK  
Chief Laboratory



LABORATORY FINDING		
<b>BLOOD TEST</b>		<b>URINALYSIS</b>
<b>HEMATOLOGY</b>		
HB	: 15,6	gr/dl
WBC	: 7,1	
DIFF COUNT : 0,5/2,1/5/63/30,3/6,4		
<b>BLOOD CHEMISTRY</b>		
CHOLESTEROL	: 163	mg / dl
TRYGLISERIDES	: 146	mg / dl
GDS	: mg / dl	
SGOT	: 28	U/L
SGPT	: 34	U/L
Creatinin	: 0,9	mg / dl
<b>MICROSCOPIC :</b>		
WBC	: 0-2	/ hpt
RBC	: 0-1	/ hpt
CAST	: Negative	
CRYSTALS	: Negative	
BACTERIA	: Negative	
<b>SEROLOGY / IMUNOLOGI</b>		
Hbs Ag	: Non reaktive	
HIV	: Non reaktive	
VDRL	: Non Reaktive	
<b>CHEST X-RAY</b>	<b>Report</b>	<b>NORMAL</b>
<b>OTHER DIAGNOSTIC TEST</b>		
ECG	: NORMAL	
<b>COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION</b>		
The abovenamed person physically :		
<input checked="" type="checkbox"/> FIT <input type="checkbox"/> FIT WITH MINOR CORRECTABLE DEFECT <input type="checkbox"/> HAS MAYOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT <input type="checkbox"/> UNFIT TEMPORARY For duties on board ship Doctor's Advice		
<b>FIT TO BE DUTY ON BOARD SHIP</b>		
<b>HEALTH CERTIFICATE</b> No. : 033/MCUIS/AES/V/24		
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO : <b>MR. ADI EKO PRASETYO</b> AGE 31 YEARS		
<b>HE IS FOUND TO BE FIT FOR DUTY AS : MESSBOY</b> ISSUED AT JAKARTA DATE MAY 22, 2024 VALID UNTIL MAY 22, 2026		
 <b>dr. PONY NDARUAJI</b> Chief Physician		

**Eks. Komp. Gaya Motor**  
**Jl. Isuzu No. 32 RT. 04 RW. 08 Semper Timur,**  
**Cilincing, Jakarta Utara 14130**  
**Telp. (021) 4411281**  
**Email : info@indosehat2003.id**



## CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 033/MCUIS/AES/V/24  
Company : PT. ANDHINI EKAKARYA SEJAHTERA  
Date : MAY 22, 2024

This is to certify that

Name	: MR. ADI EKO PRASETYO
Sex	: Male
Place/Date Of Birth	: MAGELANG/ SEPTEMBER 22, 1993
Age	: 31 Years Old
Rank	: MESSBOY

Was examined for the presence of the following drugs and alcohol in the urine using the competitive immunoassay / chromatographic Absorbent method and was found :

1. Amphetamine	: Negative	6.Cocaine	: Negative
2. Methamphetamine	: Negative	7.Marijuana/Cannabinoids	: Negative
3. Opiate/Morphine	: Negative	8.Barbiturate	: Negative
4. Phencyclidine	: Negative	9.Benzodiazepine	: Negative
5. Codeine	: Negative	10.Alcohol	: Negative

Note  
N/E : Not Examine

JAKARTA, MAY 22, 2024



dr. PONY NDARUJAJI  
Medical Review Officer



## **DENTAL HEALTH CERTIFICATE**

This is to certify that today I have examined :

Name : MR. ADI EKO PRASETYO  
Age : 31 Years Old

And was found him / her dentally **FIT**.

Jakarta, MAY 22<sup>nd</sup>, 2024



( \_\_\_\_\_ )

Dentist



## DENTAL CHECK UP REPORT

MCU No. : 033/MCUIS/AES/V/24  
Date : MAY 22, 2024  
Name of Crew : MR. ADI EKO PRASETYO  
Age : 31 Years Old

Company/Shiping Co.:

### CHIEF COMPLAINT :

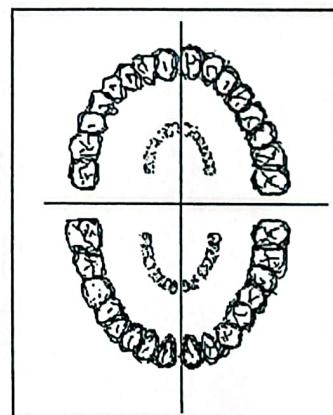
### FINDINGS :

1. Teeth Missing :

2. Carious Teeth :

3. Periodontally involved teeth :

4. Others :



### ADVISED :

Jakarta, MAY 22, 2024



( Dr. Triana )



## Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. ADI EKO PRASETYO  
No Client : 004961  
MCU No. : 033/MCUIS/AES/V/24  
Sex : Male  
Age : 31 Years Old

HIV	Negative
-----	----------

Jakarta, MAY 22, 2024

Examiner



dr. PONY NDARUAJI  
Medical Review Officer

Laboratory Analyst



# KLINIK UTAMA INDOSEHAT 2003 MEDICAL CENTRE

Ex. Komp. Gaya Motor

Jl. Isuzu No. 32 Semper Timur, Cilincing, Jakarta Utara 14130  
Telp. (021) 4411281 Fax. (021) 4411281 Email : indosehat2003@hotmail.com

Nama Pasien : MR. ADI EKO PRASETYO Pengirim : PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : 31 TH / 004961 Rontgen : THORAX AP

Tanggal Rontgen : MAY 22, 2024

Yth. Ts.

## CHEST C-RAY POSTEROANTERIOR PROJECTION :

No sign of heart enlargement  
Normal bronchovascular pattern  
No sign of infiltrate or nodul in both lungs  
Diaphragms are smooth, costophrenic sinuses are sharp  
Bone of costae within normal limit

Conclusion : No sign of abnormality in chest X-ray

dr. ROSALINA, Sp. Rad.  
21/B.15b/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2020

dr. ROSALINA, Sp. Rad.

21/B.15b/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2020

Radiolog / Assisten : ..... Tanda tangan : .....

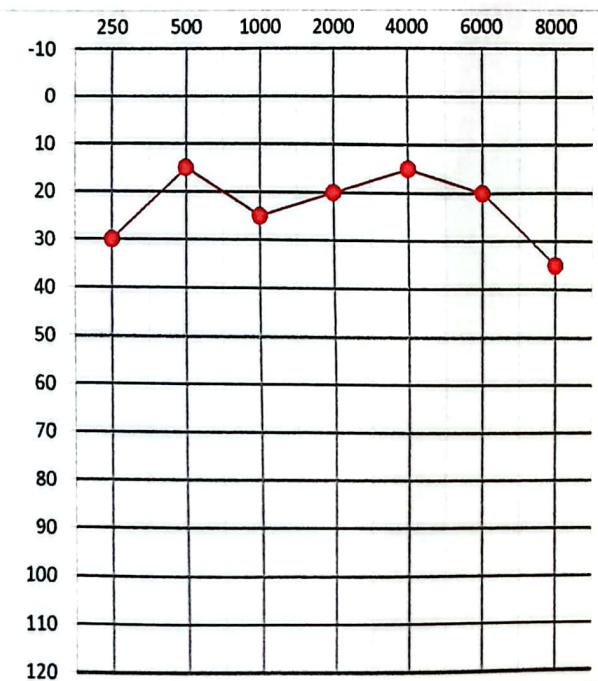
PATIENT DATA

<u>Company</u>	:	ANDHINI
<u>Name</u>	:	ADI EKO PRASETYO
<u>Age</u>	:	30 YO
<u>No</u>	:	00-49-61

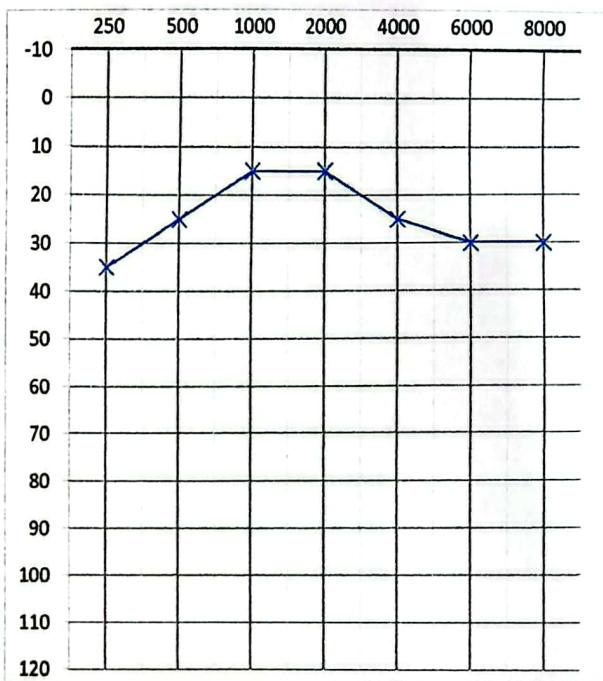
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FFI



LEFT - FFI



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
30	15	25	20	15	20	35	18,75

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
35	25	15	15	25	30	30	20

Right Ear Bone Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
							0

Left Ear Bone Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
							0

Right Ear : Ambang dengar normal 18,75 dB

Left Ear : Ambang dengar normal 20 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr. KARISMA PRAMESWARI Sp. THT-KL  
14/B 155/31 72.04.1985 OS. 135.2.133.1.0021

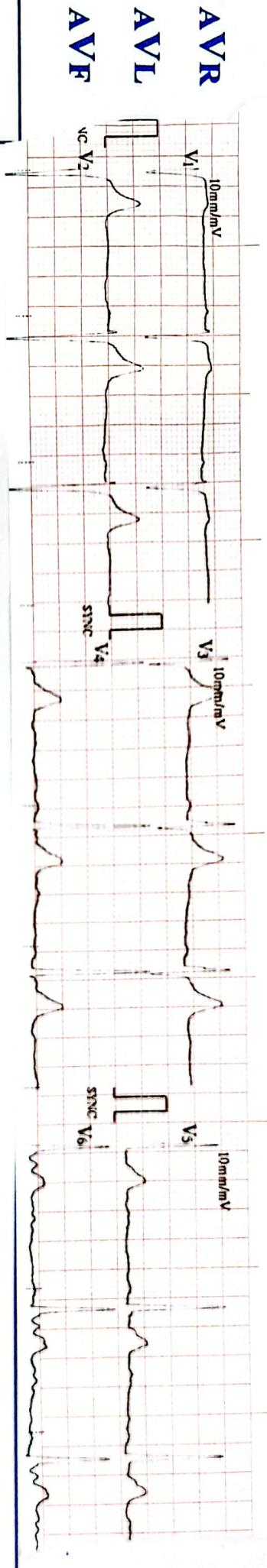
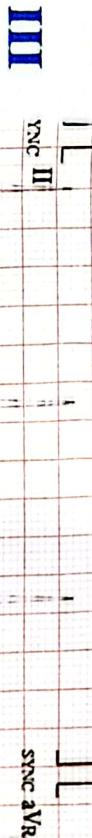
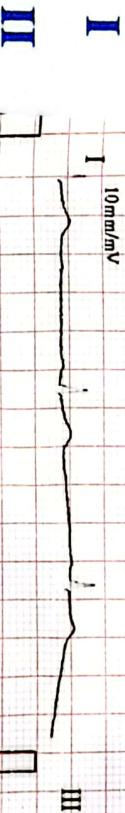
Examining Physician  
dr Karisma Prameswari Sp.THT-KL

# ELECTROKARDIOGRAM REPORT

Adi ECG - P / 30 μ

mm/s 0.5~100Hz  
10mm/mV

10mm/mV



V4  
V5  
V6

**PEMERIKSAAN ELECTROKARDIOGRAM  
MEDICAL CHECK UP**

NO. MCU : 00 4961

TANGGAL PERIKSA : 22 Mei 2009

NAMA : Adi Elco - P

UMUR : 30 th

PERUSAHAAN : Andhit

KESIMPULAN : Sinus 60 x / min  
Normal

  
**Dr. Ismuggi, SpJP-FIHA**  
Spesialis Jantung & Pembuluh Darah  
(Cardiologist)

**dr. ISMUGGI SpJP, FIHA**  
CARDIOLOGIST