



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



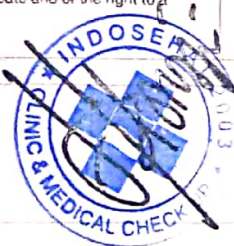
Certificate No.: ALCH-33601-2023

Este certificado se emite en conformidad con las disposiciones de la regla I/9 del Convenio STCW, 1978, enmendado, y la norma A-1/2 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-1/2 of the MLC, 2006, as amended, and certifies that seafarers are fit for sea service.

Apellido Surname: ARMIANO	Nombre Given Name(s): TEGAR	Cédula / Pasaporte No. Id. Number/Passport No. E 4275418
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 05/10/1993	Nacionalidad: Nationality Indonesia	Sexo: Sex Male
		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		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La audición cumple con el estándar? Hearing meets standards?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La audición es satisfactoria sin ayuda? Unaided hearing satisfactory?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La agudeza visual cumple con el estándar? Visual acuity meets standards?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La visión cromática cumple con el estándar? Colour vision meets standards?		<input checked="" type="checkbox"/> <input type="checkbox"/>
Fecha de la última prueba de visión cromática (Año/Mes/Día)? Date of last color vision test		2023-09-20
¿Apto para cometidos de vigia? Fit for look out duties?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿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?		<input type="checkbox"/> <input checked="" type="checkbox"/>
¿Está el marino libre de cualquier condición médica que pueda verse agravada por el servicio en el mar o discapacitarle 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?		<input checked="" type="checkbox"/> <input type="checkbox"/>
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: 2023-09-21
Expiration Date: 2025-09-21
Name of the recognized medical practitioner: Pony Ndaruaji



Firma y sello del médico reconocido/Signature and Stamp of the recognized medical practitioner
dr. Pony Ndaruaji
ID No 101B.15A/31.72.04 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 debe 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.





INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



MSA ISO 9001 : 2015




BPJS Kesehatan
Badan Penyelenggara Jaminan Sosial



KEMNAKER

MEDICAL EXAMINATION REPORT

COMPANY	: PT. ANDHINI EKAKARYA SEJAHTERA		
MCU NO.	: CLC-00-01-72		
NAME	: TEGAR ARMIANTO		
SEX	: PRIA/MALE	DATE EXAMINE : 20 Sep 2023	
PLACE & DATE OF BIRTH	: JAKARTA / 05 October 1993	NATIONALITY : INDONESIA	
MAILING ADDRESS OF EXAMINEE	: KP. CILANGKAP RT. 002/003 KEL. CILANGKAP KEC. TAPOS		
DUTY	: SECOND OFFICER	PASSPORT : E4275418	

MEDICAL HISTORY (EXAMINEE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE
1. ALCOHOL HISTORY	No	170 cm	71 kg	23.00 kg/m ²	114/89 mmHg	85 X/min	18 X/min
2. ALLERGIC HISTORY	No						
3. AMPUTATION	No						
4. BLOOD DISORDER	No						
5. BALANCE PROBLEM	No						
6. BACK OR JOINT PROBLEM	No						
7. COLOUR BLINDNESS	No						
8. CANCER	No						
9. DIABETES	No						
10. DIGESTIVE DISORDER	No						
11. DEPRESSION	No						
12. EPILEPSY	No						
13. EYE / VISION PROBLEM	No						
14. EAR PROBLEM	No						
15. FRACTURE	No						
16. GENITAL DISORDER	No						
17. HEART SURGERY	No						
18. HEART DISEASE	No						
19. HIGH BLOOD PRESSURE	No						
20. HERNIA	No						
21. INFECTIOUS DISEASE	No						
22. KIDNEY PROBLEM	No						
23. LUNG DISEASE	No						
24. LIVER PROBLEM	No						
25. LOST OF MEMORY	No						
26. NARCOTIC HISTORY	No						
27. NEUROLOGICAL DISEASE	No						
28. OPERATION / SURGERY	No						
29. PSYCHIATRIC PROBLEM	No						
30. RESTRICTED MOBILITY	No						
31. SKIN PROBLEM	No						
32. SLEEP PROBLEM	No						
33. THYROID PROBLEM	No						
34. TUBERCULOSIS	No						
35. SMOKING	No						
		VISION	WITHOUT	WITH	COLOR VISION (ISHIHARA'S METHOD)		
		Right Eye	6/6		NORMAL		
		Left Eye	6/6				
		Both Eye	6/6				
		GENERAL APPEARANCE					
		LOOKING HEALTHY					
		NORMAL					
		1. EYES Yes					
		2. EARS Yes					
		3. NOSE Yes					
		4. MOUTH Yes					
		5. THROAT Yes					
		6. NECK Yes					
		7. THYROID Yes					
		8. LYMPH NODE Yes					
		9. LUNGS Yes					
		10. HEARTS Yes					
		11. ABDOMEN Yes					
		12. UROGENITAL SYSTEM Yes					
		13. UPPER EXTREMITIES Yes					
		14. LOWER EXTREMITIES Yes					
		15. BACK ABNORMALITY Yes					
		16. HERNIA Yes					
		17. CENTRAL NERVOUS SYSTEM Yes					
		18. SKIN & NAILS Yes					
		19. SPEECH Yes					
		20. OTHERS Yes					
DENTAL EXAMINATION		HEARING		If abnormal, give details			
8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8		NORMAL					
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
Name : TEGAR ARMIANTO
Jenis Kelamin
Gender/Sex : PRIA/MALE
Tempat / Tanggal Lahir
Place / Date Of Birth : JAKARTA / OCTOBER 05, 1993
Perusahaan
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Jabatan
Occupation : SECOND OFFICER



Benar telah melakukan Medical Check-Up di Indosehat 2003 Medical Centre.
Have trully complete Medical Standart Check-Up in Indosehat 2003 Medical Centre.

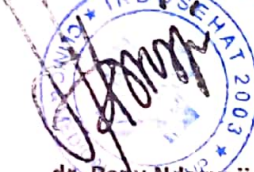
Dengan Hasil : Sehat untuk Bertugas.
With Final Result : FIT.

Demikian surat keterangan ini kami sampaikan untuk dapat dipergunakan sebagaimana mestinya.
I hope this letter will be found useful where necess.



TEGAR ARMIANTO

Jakarta, 20 September 2023


dr. Pony Ndaruaji
Examination

Date Of Examination, September 20, 2023
Expiration Of Validity, September 19, 2025

REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR. TEGAR ARMIANTO	No. MR	: 000172
MCU No.	: 018/MCUIS/AES/IX/23	Age	: 30 Years Old
Date Examination	: SEPTEMBER 20, 2023		

Laboratory Test	Reference Ranges	Result
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HAEMATOLOGY

Haemoglobin	13.0 - 18.0	gr / dl	14,3
White Blood Cell Count	5.0 - 10.0	/ ul	6
ESR	0 - 15	mm / hour	6

DIFFERENTIAL COUNT

Eosinophil	0 - 1	%	0,9
Basophil	1 - 3	%	6
Stab	2 - 6	%	6
Segment	50 - 70	%	55
Lymphocyte	20 - 40	%	37,3
Monocyt	2 - 8	%	7,7
Platelet/ Trombosit	150.000-440.000		300

BLOOD CHEMISTRY

Fasting Blood Sugar	60-110	mg / dl	86
Blood Sugar 2 PP	60-140	mg/ dl	120
Random Glucose	60 - 180	mg / dl	
Cholesterol	< 200	mg / dl	175
Triglyceride	< 200	mg / dl	165
SGOT	< 35	U / L	16
SGPT	< 45	U / L	22
Creatinin	0,7 - 1,4	mg / dl	0,7
Ureum	15 - 45	mg / dl	25
Fosfatase Alkali	30-120	mg/ dl	58
GGT	< 49	g/ml	29
BIL TOTAL	0,2-1,0	mg/dl	0,6
BIL DIRECT	0,1-1,2	mg/dl	0,2



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR. TEGAR ARMIANTO	No. MR	: 000172
MCU No.	: 018/MCUIIS/AES/IX/23	Age	: 30 Years Old
Date Examination	: SEPTEMBER 20, 2023		

Laboratory Test	Reference Ranges	Result
-----------------	------------------	--------

URINALYSIS

Macroscopic

Specific Gravity	1,010 – 1,030	1015
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		6

Microscopic

Sediment

Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-2
RBC / hpf	1 – 4	0-2
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative

SEROLOGY / IMMUNOLOGY


VDRL	Non Reaktif	Non Reaktif
Hbs Ag	Non Reaktif	Non reaktif
HIV	Non Reaktif	Non reaktif


dr. Gunawan Eka Putra. Sp.PK
Chief Laboratory



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



LABORATORY FINDING	
BLOOD TEST	URINALYSIS
<u>HEMATOLOGY</u> HB : 14,3 gr/dl WBC : 11 DIFF COUNT : 0,9/4,1/6/55/37,3/7,7	SPECIFIC GRAVITY : 1015 PROTEIN : Negative GLUCOSE : Negative
<u>BLOOD CHEMISTRY</u> CHOLESTEROL : 175 mg / dl TRYGLISERIDES : 165 mg / dl GDS : mg / dl SGOT : 16 U/L SGPT : 22 U/L Creatinin : 0,7 mg / dl	<u>MICROSCOPIC :</u> WBC : 0-2 /hpt RBC : 0-2 /hpt CAST : Negative CRYSTALS : Negative BACTERIA : Negative
<u>SEROLOGY / IMUNOLOGI</u> Hbs Ag : Non reaktive HIV : Non reaktive VDRL : Non Reaktive	
CHEST X-RAY	Report NORMAL
<u>OTHER DIAGNOSTIC TEST</u> ECG : NORMAL	
COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION 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	
<u>HEALTH CERTIFICATE</u> No. : 018/MCUIS/AES/IX/23 THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO MR. TEGAR ARMianto AGE 30 YEARS <u>HE IS FOUND TO BE FIT FOR DUTY AS : SECOND OFFICER</u> ISSUED AT JAKARTA DATE SEPTEMBER 20, 2023 VALID UNTIL SEPTEMBER 20, 2025	
 dr. PONY NDARUAJI Chief Physician	



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 018/MCUIIS/AES/IX/23
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Date : SEPTEMBER 20, 2023

This is to certify that

Name : MR. TEGAR ARMIANTO
Sex : Male
Place/Date Of Birth : JAKARTA/ OCTOBER 05, 1993
Age : 30 Years Old
Rank : SECOND OFFICER


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	: N/E	7. Marijuana/Cannabinoids	: Negative
3. Opiate/Morphine	: Negative	8. Barbiturate	: N / E
4. Phencyclidine	: Negative	9. Benzodiazepine	: N / E
5. Codeine	: N / E	10. Alcohol	: Negative

Note

N/E : Not Examine

JAKARTA, SEPTEMBER 20, 2023


dr. PONY NDARUAJI
Medical Review Officer



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL HEALTH CERTIFICATE

This is to certify that today I have examined :

Name : MR. TEGAR ARMIANTO
Age : 30 Years Old

And was found him / her dentally FIT.

Jakarta, SEPTEMBER 20, 2023

()
Drg. Triana
Dentist



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL CHECK UP REPORT

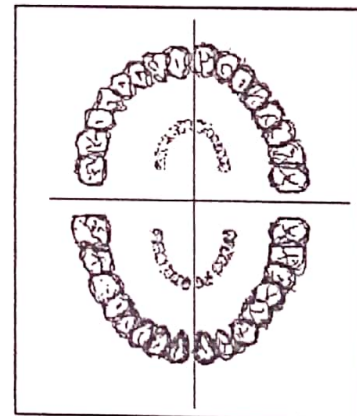
MCU No. : 018/MCUIIS/AES/IX/23
Date : SEPTEMBER 20, 2023
Name of Crew : MR. TEGAR ARMIANTO
Age : 30 Years Old

Company/Shipping Co.:

CHIEF COMPLAINT :

FINDINGS :

1. Teeth Missing : ☐
2. Carious Teeth : ☐
3. Periodontally involved teeth : ☐
4. Others : ☐



ADVISED :

Jakarta, SEPTEMBER 20, 2023

()
Drg. Triana



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. TEGAR ARMIANTO
No Client : 000172
MCU No. : 018/MCUIIS/AES/IX/23
Sex : Male
Age : 30 Years Old

HIV	Negative
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Jakarta, SEPTEMBER 20, 2023

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. TEGAR ARMIANTO
Umur / No. Foto : 30 TH / 000172
Tanggal Rontgen : SEPTEMBER 20, 2023
Pengirim : PT. ANDHINI EKAKARYA SEJAHTER
Rontgen : THORAX AP

Yth. Ts.

CHEST C-RAY POSTEROANTERIOR PROJECTION :

No sign of heart enlargement
Normal bronchovascular pattern
No sign of infiltrate of 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

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

Radiolog / Assisten : Tanda tangan :

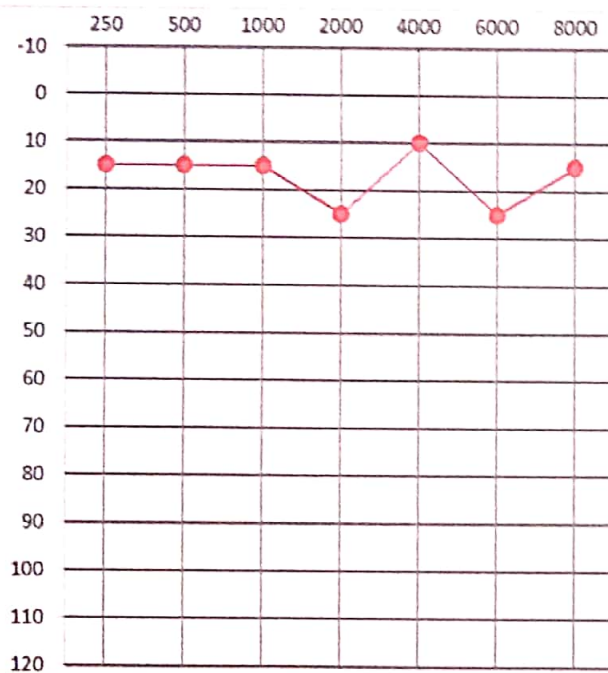
PATIENT DATA

Company : ANDHINI EKAKARYA SEJAHTERA
 Name : TEGAR ARIMANTO
 Age : 29 YO
 No : 000-172

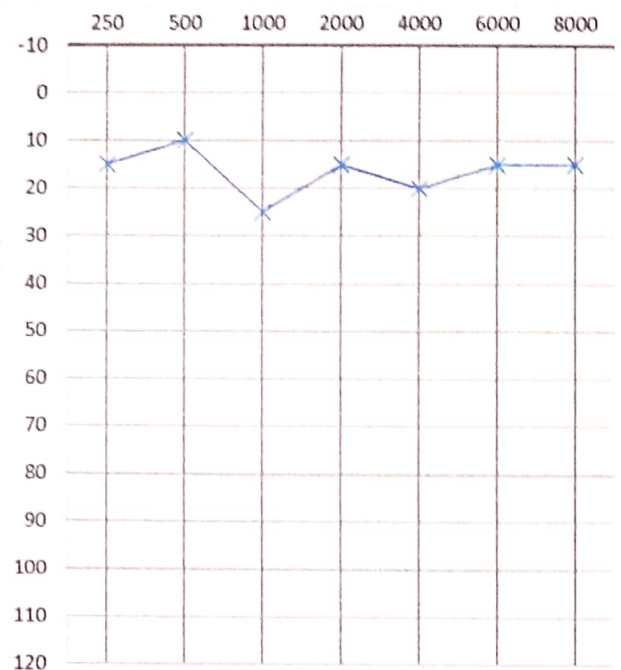
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FF1



LEFT - FF1



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
15	15	15	25	10	25	15	16,25

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
15	10	25	15	20	15	15	17,5

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 16,25 dB

Left Ear : Ambang dengar normal 17,5 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr KARISMA PRAMESWARI PM Sp THT-KL
 14/B 150/31 72 04 1005 05 005 C 1 3 1 779 3e/2021

Examining Physician
 dr Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT

Tegar - A rega

mm/s 0.5-150Hz-AC
10mm/mV

I

II

III

10mm/mV

III

aVR

SYNC

10mm/mV

aVL

aVF

SYNC

5mm/mV

V1

V2

10mm/mV

V3

V4

10mm/mV

V5

V6

I

II

III

AVR

AVL

AVL

V1

V2

V3

V4

V5

V6

PEMERIKSAAN ELEKTROKARDIOGRAM MEDICAL CHECK UP

NO. MCU : 000-172

TANGGAL PERIKSA : 20 September 2023

NAMA : Tegar Armananto

UMUR : 29 th

PERUSAHAAN : Andhini Ekalaksana Sejahtera

KESIMPULAN : Sinus 86 x /mnt
Normal



dr. ISMUGTI SpJP, FIHA
CARDIOLOGIST