



BRIDGING THE HEALTHCARE GAP

DUTY OF CARE





BRIDGING THE HEALTHCARE GAP

3Cube embarked on the Healthy Ship initiative with the objective to Bridge The Healthcare Gaps by Automating, Organizing, Simplifying the health and medical needs of the Industry and delivering Superior Care to our seafarers.

The foundations of 3Cube are deep rooted in the Maritime, Medical and Technology fields guided by the vision of delivering innovative solutions, effective operating protocols, skilled and experienced medical assistance.

The efforts are focused on keeping our Champions at sea safe and healthy while also enhancing the standards of fitness, care and awareness.

Rskhuman

Ravjyot S Khuman
Founder

Our Company's Vision & Mission



— Our values are based in making lives of our seafarers healthier wherever they are.

Vision

At 3Cube Medicare, we believe to lead the future of healthcare and deliver a standard ensuring that every individual had timely access to immediate medical care regardless of their location. We aspire to foster a healthier community through personalised care, advanced technology and unwavering commitment to excellence.

Mission

At 3Cube Medicare, our endeavour is to deliver superior healthcare by providing prompt tele-medical assistance in the golden hour. Through the timely efforts of our dedicated team of qualified professionals, we ensure that everyone has access to care they need. We are dedicated to putting our patients at the heart of everything we do. We aim to break through the barriers of remote healthcare and empower seafarers to live healthier and happier lives.



Our Clients



Fleet Management Limited
A Caravel Group Company



Services

Through our integrated approach, we are here to assist you in delivering Superior care to seafarers. At 3Cube Medicare, we are unwavering in ensuring seafarers' safety, health, and well-being.



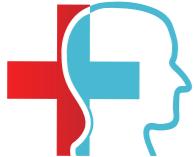
Remote Medical Assistance (RMA)

Our qualified team of healthcare professionals contributes their knowledge and expertise for quicker diagnosis. Our integrated systems enable more informed and faster support during the Golden Hour.



Wellness

We are dedicated to promoting a healthier lifestyle for our seafarers. Through our routine send-outs, the crew gain access to a wealth of wellness materials, including write-ups, videos, and webinars covering an extensive range of health topics to enhance their knowledge and understanding.



M-Health

Mental health involves psychological and social well-being. It impacts an individual's ability to think, feel and act. It also influences decision-making, stress management, and social interaction abilities. Our dedicated team is available to assist our seafarers.



Training

Our tailor-made Training Courses for Seafarers Onboard are not just about equipping maritime crew members with essential medical knowledge and skills. They stand out for their unique approach, designed to address the unforeseen challenges seafarers face.



Medical Chest Management

The Medical Chest Management Solution ensures that the Medical Chest is sufficiently stocked as per compliance and makes recommendations to enhance the care delivered onboard. Therefore, organised replenishment planning results in cost savings and optimisation.



Shorecare

We provide a comprehensive safety net of medical care, logistical coordination, and ongoing support, ensuring the health and well-being of seafarers who sign off from their vessels on medical grounds (India).

Remote Medical Assistance (RMA)

Focused Care

Our qualified team of healthcare professionals bring in their knowledge and expertise for quicker diagnosis.

- ❖ Value Integrated System.
- ❖ Doctors Trained in Maritime Scenarios.
- ❖ Focused case & speedy recovery.
- ❖ Immediate response on Email, Call & Video.
- ❖ Saving lives, Averting diversion, Port visit and Medicad Sign-off.

18+ (DUTY DOCTORS & SPECIALIST)

GENERAL PHYSICIAN
INTERNAL MEDICINE
GENERAL SURGEON
ORTHOPAEDIC SURGEON
PHYSIOTHERAPIST
OPHTHALMOLOGIST
CARDIOLOGIST
ENT SPECIALIST
PSYCHIATRIST
DERMATOLOGIST
GYNECOLOGIST
NEUROLOGIST
DENTIST

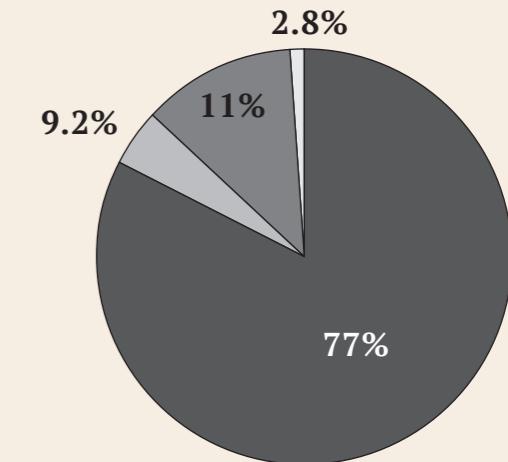
4+

SENIOR ADVISORS

5+

ENGLISH , RUSSIAN ,
UKRAINIAN , MANDARIN
HINDI, Tagalog + OTHER
INDIAN LANGUAGES

Distribution of Case Trend



■ Illness ■ Surgery ■ Injury ■ Psychiatry

Vessels Subscribed

2,400+

Cases Managed (April 2025)

38,660+

Treated & Recovered Onboard

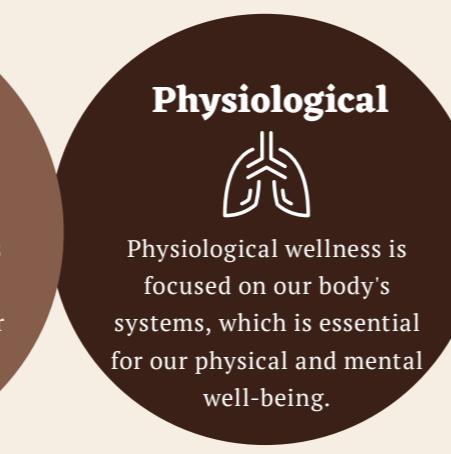
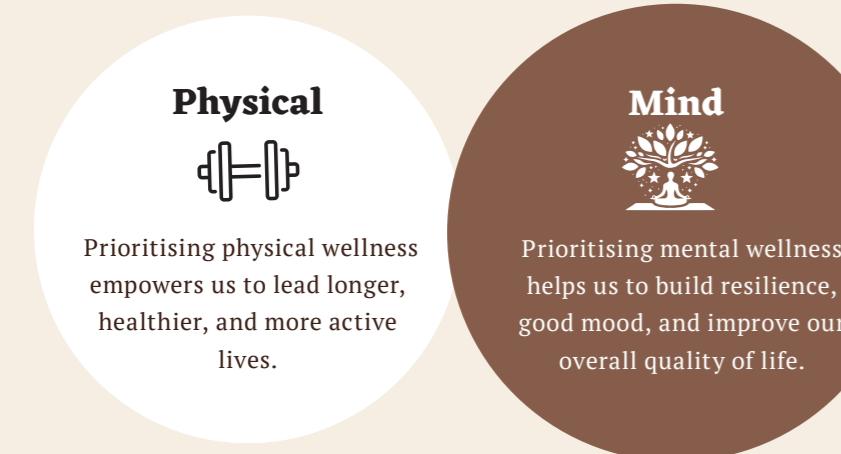
94%

1275
Diversion Avoided

0.14%
Estimate Medical
Sign-Off

Wellness ()

— Wellness initiatives are vital for individuals as they promote the absence of illness and the presence of physical, mental and emotional well-being.



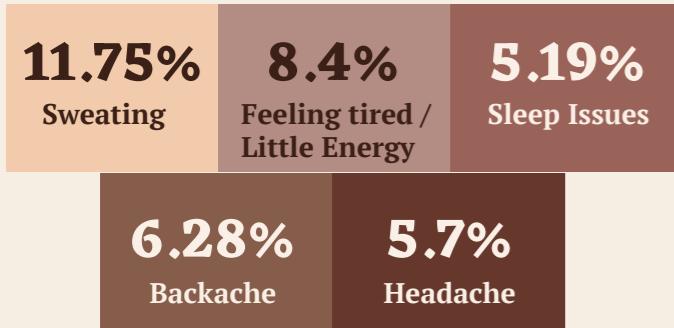
Proactive Health Survey

Proactive Health Checks

Proactive checks are essential in achieving an environment of The Healthy Ship. To facilitate this, our team surveys vessels every quarter to determine if they are facing any physical or psychological challenges. This helps us evaluate their well-being and address any concerns before they become problems.

Seafarers Surveyed

19,000+

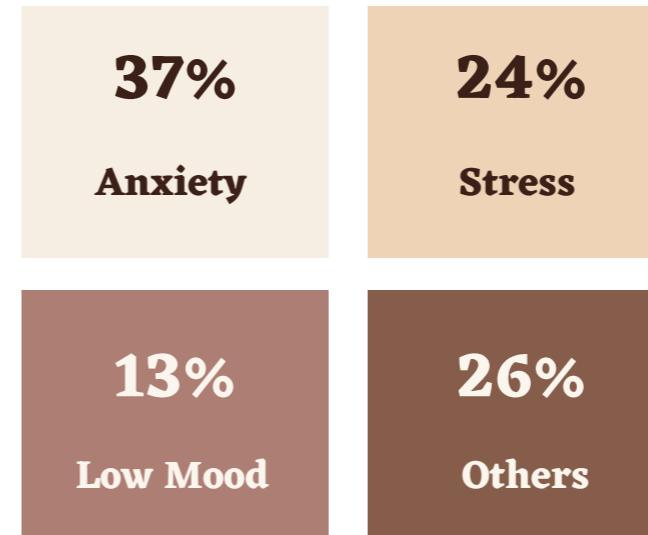


% Seafarers who reported concerns on key health factors	
Muscle	16%
Digestive	13%
Skin	14%
Dehydration	15%
Attention & Energy	12%
Mood & Interest	11%
Sleeping & Eating Patterns	9%
General Anxiety	8%

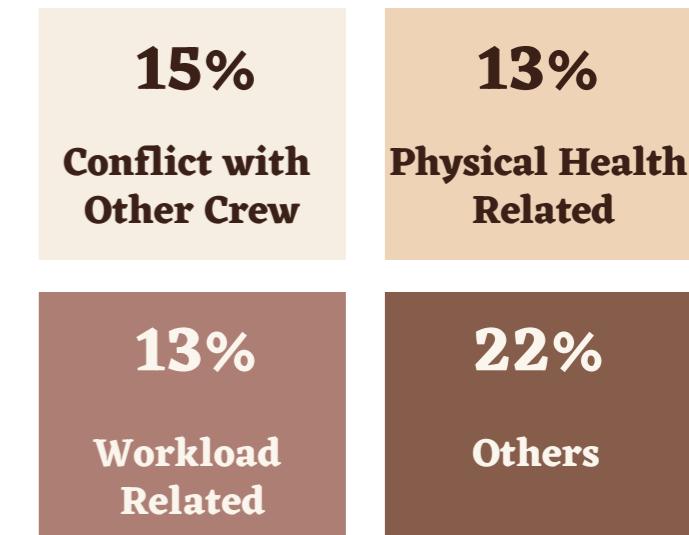
M-Health

Due to the limited understanding and access to focused care onboard, mental health issues are often left unattended or ignored. This can have severe consequences for the individual's ability to cope with the problem, leading to lapses in work performance and causing safety concerns. Mental illness among seafarers has been a growing concern.

Key Concerns

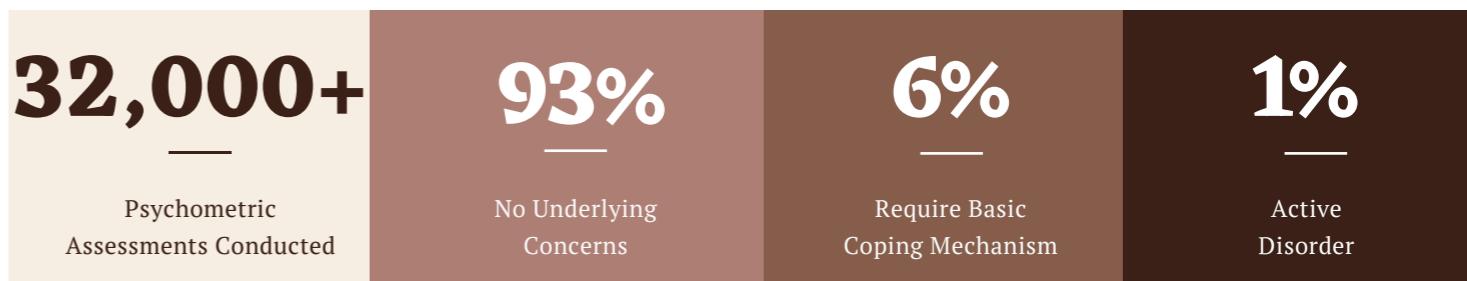


Key Triggers



Psychometric Assessments

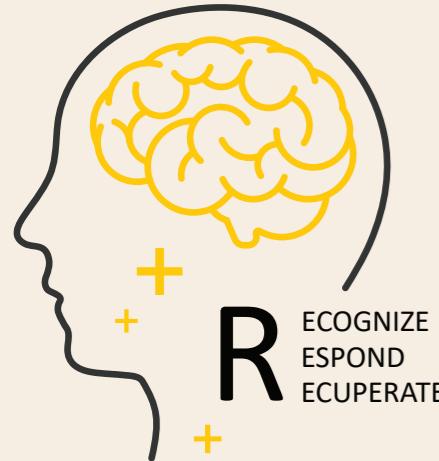
Psychometric tests are a standard and scientific method to measure an individual's mental capabilities and behavioural style. Psychometric tests are designed to assess candidates' suitability for a role based on the required personality characteristics and aptitude (or cognitive abilities). Today, these assessments are widely used for screening for mental fitness, treatments and to identify any underlying disorders or concerns.



The clinical screening statistics indicate that close to 41% of seafarers have a presence of Anxiety. However, 4% - 5% had scores indicating persistence of the syndrome, which, with guidance, can be dealt with.

Training & Certification

Mental Health First Aid



This Training for Seafarers Onboard course equips maritime crew members with essential skills to recognise and respond to mental health issues among their colleagues.

- ❖ Module 1: Understanding Mental Health at Sea
- ❖ Module 2: Spotting the Early Warning Signs
- ❖ Module 3: Building Empathy and Communication Skills
- ❖ Module 4: Responding to Mental Health Crises (CrisisTriage Toolkit)
- ❖ Module 5: Creating a Supportive Environment

MENTAL HEALTH FIRST AID **868**

Gender Sensitization

This course for Seafarers Onboard aims to create a respectful and inclusive environment at sea by promoting awareness and understanding of gender diversity..

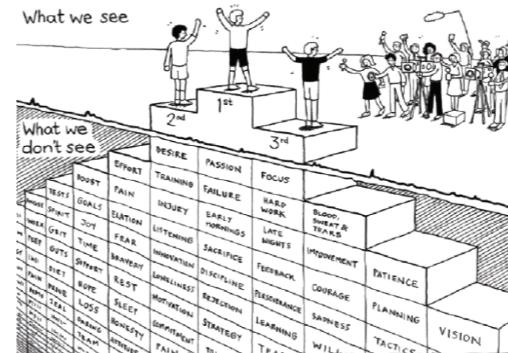


- ❖ Gender and Sex: Understanding the difference.
- ❖ Discrimination: Identifying conscious and unconscious biases.
- ❖ Gender Harassment: Recognizing and preventing inappropriate behaviours.
- ❖ Digital Media and Security: Navigating safety in the digital age.
- ❖ Occupational Sexism: Addressing gender-based challenges at work.

GENDER SENSITIZATION **2500**

Training & Certification

Induction Course



This Course focuses on the psychological preparation of seafarers for life at sea, offering essential mental health guidance to promote resilience and well-being. This program addresses the unique psychological challenges of maritime life and equips seafarers with the tools needed to manage stress and maintain mental health.

- ❖ Building a leadership mindset
- ❖ Developing a working attitude
- ❖ Cultivating healthy coping mechanisms
- ❖ Enhancing interpersonal skills

INDUCTION TRAINING **1928**



YH360

This promotes seafarers' overall health and well-being. This holistic program covers physical health, mental health, and lifestyle tips to ensure a balanced and healthy life at sea.



YOUR HEALTH 360° (YH-360) **476**

Medical Chest Management

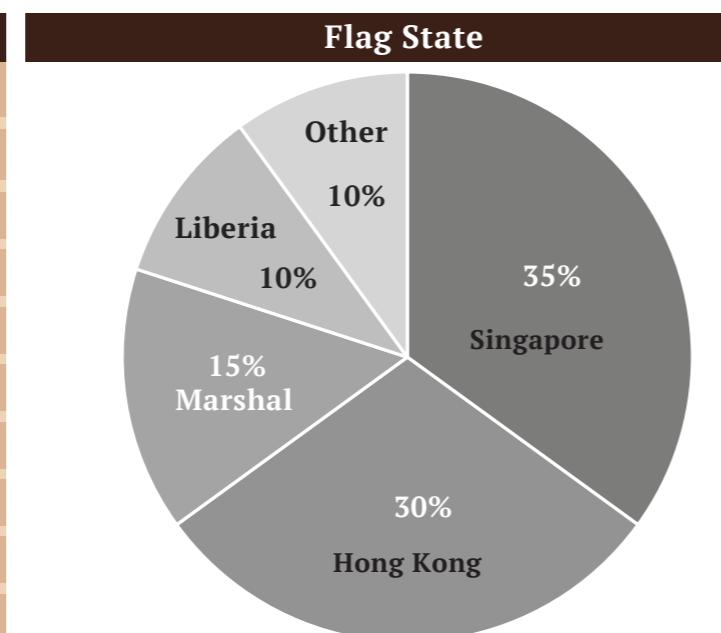
Objective

Ensuring a well-stocked Medical Chest to treat and manage medical concerns onboard and emergencies,
Ensuring compliance with the Flag State requirements and effective cost savings to the company.

Deliverables

1. Medical Chest Remote Inspection, Audit and Certification. Compliance of Medical Chest as per Flag State requirements and Company standards.
2. Standardised Workbook for Inventory Management and Medical Logs.
3. Tracking of Consumption of Medicines & Timely Alerts.
4. Smart Replenishment to reduce AD HOC cost of Medicine purchases and logistics costs.
5. Inputs on additional / substitute medicines if required depending on global health concerns or compliance.

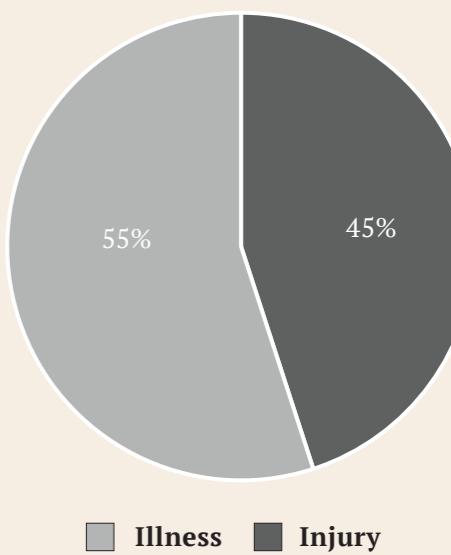
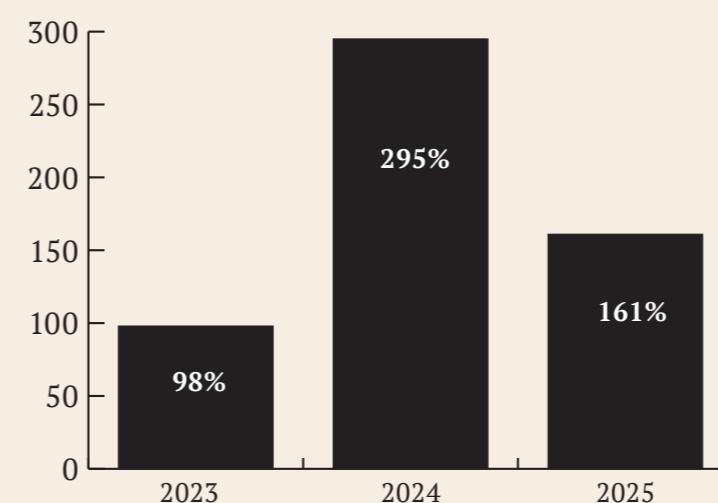
Shipment By Country	
Country	Shipment Count
Hong kong	16.58%
Singapore	14.82%
Netherlands	14.07%
India	11.81%
United States	8.29%
Canada	8.04%
Panama	5.03%
Spain	4.77%
Sri Lanka	3.02%
Others	13.57%



Shorecare (for Medical Sign-off cases)

Objective

- Our primary objectives include:
- Facilitating hospital admissions and discharge processes.
- Coordinating between patients' healthcare providers, and insurance agencies if required.
- Coordinating logistical support, including transportation by ambulance or cabs or special assistance.
- Ensuring timely medical appointments and follow-up care.
- Offering patient and family support services, including guidance and counselling.



A. Pre-Hospitalization Assistance

- Initial medical assessment and referral.
- Appointment scheduling with healthcare providers.
- Assistance with hospital admission formalities.

B. In-Hospital Support

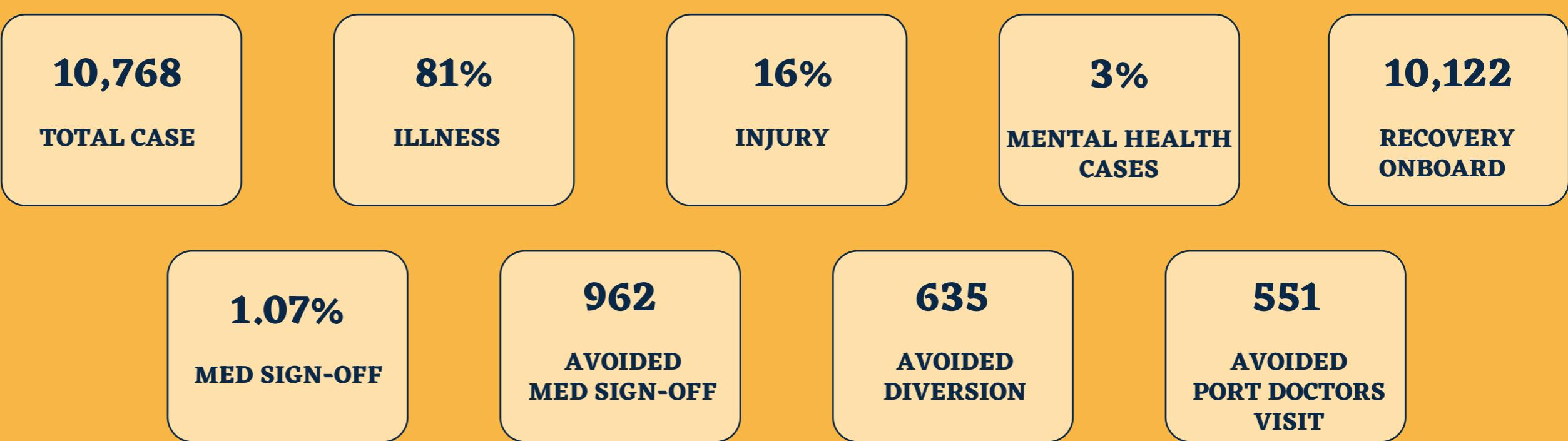
- Coordination of in-patient care with hospital staff.
- Monitoring and ensuring the quality of care.

C. Post-Hospitalization & Follow-Up Care

- Discharge planning and transition support.
- Coordination of home healthcare or rehabilitation services if required.
- Follow-up appointment scheduling and medication management.

2024 STATISTICS

RMA



PSYCHOMETRY



TRAINING



SHORECARE



Feedback

We express our profound gratitude for your ongoing trust and patronage. Your support and loyalty inspire us to strive for excellence and deliver exceptional service. We thank you for your valued clientage; it is our utmost pleasure to serve you.

Thank you very much, you below msg and advices along with attachments are very helpful to all of us on-board especially with deck crew working on deck with day temperature a bit high.

Capt. Marlon G. Cano / African Dipper

This is good content, an excellent reminder for all crew on board. Keeping a good diet to avoid emotional eating and include in weekly routine a regular exercise to maintain healthy body.

MASTER / CAPT. LENNARD S. MALATA, M.V. SAGA TUCANO

Dear 3Cube Team, Thanking you for the very good subject on ...will watch the videos and make comment. In general, the material you are presenting and sharing with the crew/seafarers are very interesting and valuable to us. We are learning each day/time and its really useful for us and our relatives. Appreciate your health care and fitness keeping support.

Master Al Jabirah

Good Day, It really is a Great Campaign to Promote wellness amongst the ship stay. Tks. Stay Healthy.

CAPT PRADEEP.K.PRASAD, / M.V. JULIA N

Thank you very much for message, very appreciate for your care about us, We shall do our best and to make best efforts to feed and nourish the crew always with well food.

Master / MSC KAYLA

We are very grateful of all your medical guidance and assistance, all your responses were very prompt, pleasant interactions with all your Team, our reported case was handled with high priority and referred properly to appropriate specialist, arrangements of conference call devoting your time and best care. Really thankful to have 3-Cube Medicare, an experience like having a doctor on board!

- M.V. LANDBRIDGE PROSPERITY

The responses were prompt, recommendations and guidelines were easy to follow on the part of the patient. The case management and follow-up were remarkable as if the patient was in the hospital and getting constant health care from the doctors.

- MSC ALDEBARA

Master mentioned that the course was very well structured, and the crew was engaged throughout the course. Lady 3O spoke about content of the course being simple, easy to understand and to the point. She also opined that the case studies presented were actual problems which exist and that she has heard about these incidents and experienced them herself. The fact that modules were in video format made it very interactive with the team members.

- ARDMORE ENCOUNTER

Excellent follow up and case management, fantastic work by your team. Taken good care of my injury without even having to visit the doctor in Port. The remote services of RMA that self has witnessed has been the best so far in the maritime industry with prompt service, follow up, recommendations and ready to assist 24/7. Thanks for taking care of us and guiding us well. Much Appreciated.

- M.V. CSCL CALLAO

DU^TY OF CARE



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