



BRIDGING THE HEALTHCARE GAP

DUTY OF CARE





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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.

Ravjyot S Khuman
Founder



Our Company's Vision & Mission



Vision

At 3Cube Medicare, we believe the future of healthcare is by creating a platform where telemedicine is the benchmark, the standard ensuring that every individual has timely access to immediate medical care regardless of their location. We aspire to be a trustworthy and innovative telemedicine provider, fostering a healthier community through advanced technology, personalised care, and unwavering commitment to excellence. By continually expanding our services and capabilities, we aim to break down barriers in remote healthcare, empowering seafarers to live healthier and happier lives.

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

Mission

At 3Cube Medicare, our endeavour is to deliver superior healthcare by providing prompt, high-quality telemedicine services that connect crew onboard with our trained and experienced medical professionals. We are committed to delivering compassionate care by implementing systems that create consistent virtual hospital setups. The reformation is crucial in improving health outcomes and enhancing the well-being of our seafarer community. Through the timely efforts of our dedicated team, we ensure that everyone receives the care they need. We are dedicated to putting our patients at the heart of everything we do.

Company Overview

— Our commitment of ensuring focused services and care is delivered by subject specialists who are trained with regards to the unique nature of the Maritime Industry.

Vessels Subscribed	Medical Cases Assisted	Recovered Onboard
2,400+	32,900+	94.5%
Seafarers Counseled Onboard	Pre-Joining Psychometric Assessments	Candidates Fit For Sea Duty
800+	15,000+	98%
Duty Doctors	Senior Medical Advisors	Psychologists
18+	4+	10+
Medical Specialist Consultants	Pharmacists	Wellness Executives
12+	3+	5+

— Providing immediate and effective medical care to our seafarers, onshore and onboard.



Delivering strong results

3Cube Care Protocols and panel of specialists bring in greater focused approach in identifying, treating and recommending on all types of medical concerns.

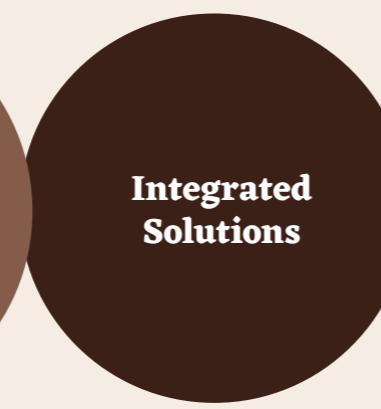
Immediate health assistance not only provides timely assistance in treating minor illnesses, chronic conditions but also saves valuable time in critical situations.

The team is accessible by Email, Call and Video resulting in more informed decisions saving lives with prompt decisions where required, averting diversions in cases that can be managed onboard, reducing port visits and medical sign-offs with specialists' inputs that bring better results.

Our skilled professionals powered by effective technology offer a range of psychiatric medical specialties that deal in pre-joining psychometric assessments, awareness, diagnosis, study, prevention and treatment. 3Cube Care protocols and a panel of highly skilled specialists bring a more focused approach to identifying, treating and recommending all medical concerns. Immediate health assistance provides timely help for minor illnesses, chronic conditions, and critical situations, saving valuable time. The team, accessible by Email, Call and Video, ensures more informed decisions, saves lives with prompt actions, and reduces unnecessary medical visits. Our professionals, powered by effective technology, offer a range of psychiatric medical specialities that deal in pre-joining psychometric assessments, awareness, diagnosis, study, prevention and treatment.

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.



Technology Driven

Telemedicine has created a framework that enables the delivery of immediate medical assistance, cutting through the barriers that delay Primary and Emergency Healthcare. With digital communication tools, telemedicine is an essential virtual pillar between patients and healthcare providers.

Telemedicine is more than just a technology; it's a tool that empowers the patient and the care provider to achieve effective outcomes. The technology enables doctors to conduct thorough, detailed interactions and virtual examinations, monitor chronic conditions, and provide personalised care plans, fostering patient's trust and confidence. Integrating electronic health records (EHR) further enhances this process, allowing for secure patient information and continuity of care and keeping patients at the core of their healthcare journey.

We at 3Cube Medicare firmly believe telemedicine is the future of primary and emergency healthcare. Its adoption is not just a trend; it's a transformative shift. Telemedicine constantly evolves, and is fuelled by the growing ease of connectivity and increasing patient and practitioner acceptance. Telemedicine holds the potential to revolutionise healthcare, promising a more efficient, inclusive, and patient-centred healthcare system. This transformation will ultimately lead to improved health outcomes and quality of life.

Our approach of integrating the various aspects of healthcare required onboard creates an efficient, working, and practical model for our clients to provide their seafarers with top-notch care onboard.



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.



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.



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).



M-Health

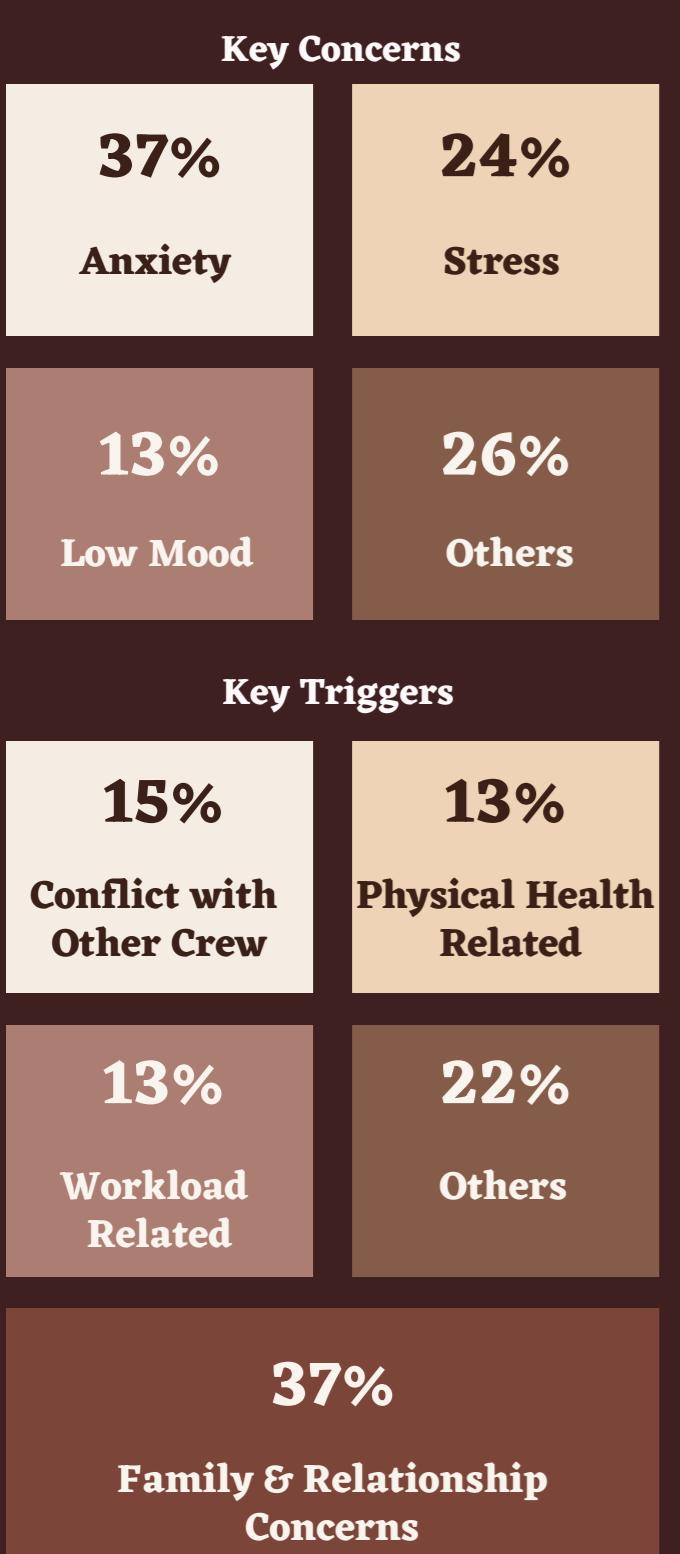
Mental health involves psychological and social well-being. It impacts an individual's ability to think, feel and act. It also influences decision-making, stress management, and social interaction abilities. Our dedicated team is available to assist our seafarers.



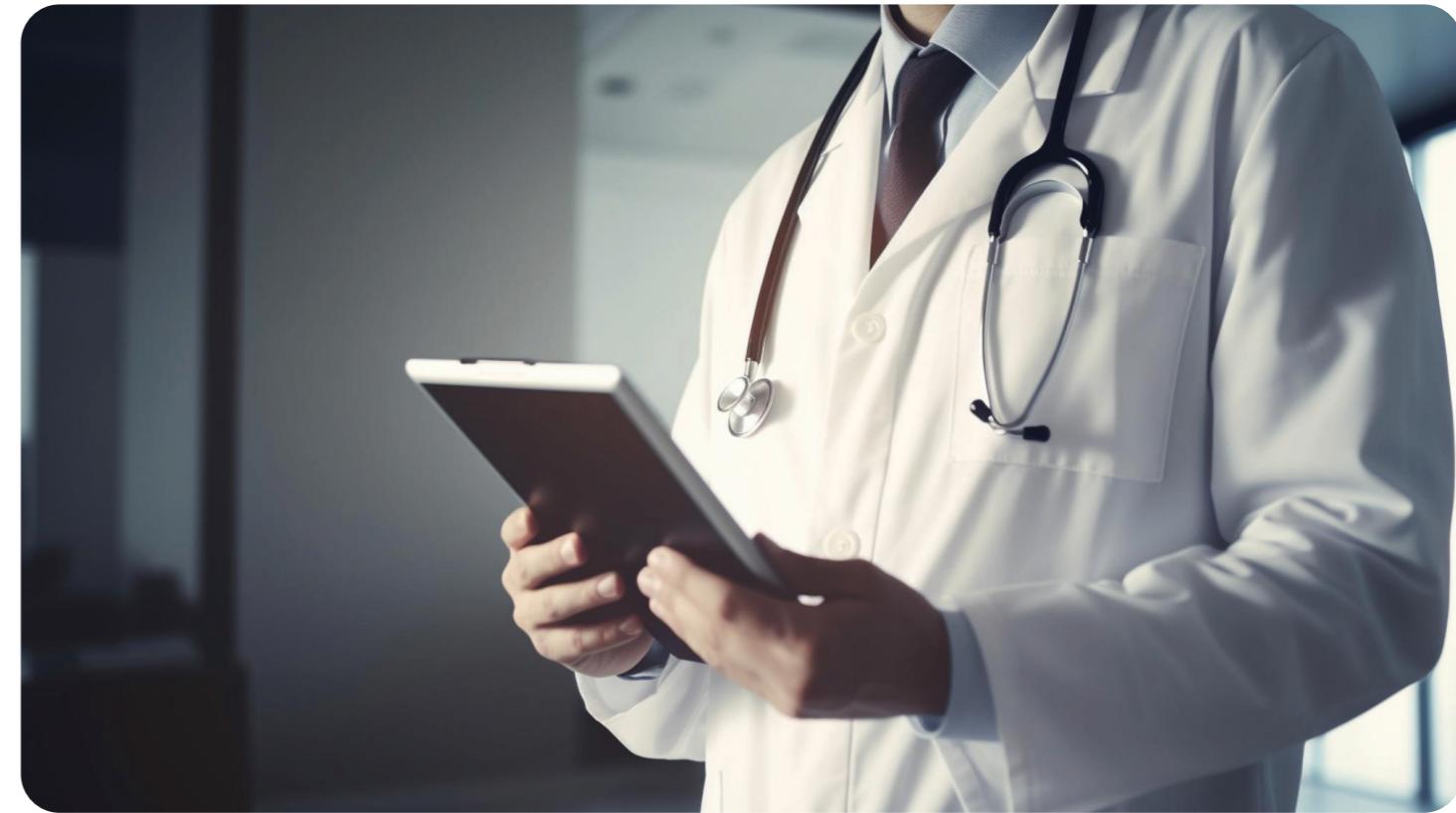
Pharma

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.

Early intervention and focused counselling leads to most Psychological cases being managed onboard.



Shorecare



— Our Medical Coordination and Care Service is a reassurance for seafarers who sign off from their vessels on medical grounds.

The services include meticulous coordination and consultation with our team of experienced and medical professionals, including doctors, nurses, and specialists, to thoroughly assess the seafarer's condition and recommend the most appropriate action.

Coordination with Hospitals:
Booking and coordinating with hospitals or clinics for immediate admission, treatment, and documentation handling.

Inpatient and Outpatient Care:
Arranging and monitoring medical treatment, including surgery, medication, and rehabilitation services.

Regular Updates:
We ensure that a crew member's status is promptly and transparently provided to the seafarer's family and employer, fostering a sense of informed involvement.

Wellness @ Sea



It is our endeavour to enhance the standards of Health and Wellness among our seafarers. The objective of this initiative is to build an environment of Proactive Health at an individual level through an integrated and efficient healthcare ecosystem.

There are several factors such as long hours of work, disturbed circadian rhythms, constrained workspace, social isolation, limited control over work environment that affect one's psychological well-being. In addition, lack of exercise, hygiene, and unhealthy lifestyle habits can lead to health concerns onboard.

The majority of illnesses onboard can be addressed through focused approaches of awareness, training and effective screening. This methodology leads to a healthy ship, which can improve the overall quality of life onboard, enhance job satisfaction, and reduce illness-related claims and their associated cost.

— **Wellness initiatives are vital for individuals as they promote the absence of illness and the presence of physical, mental, and emotional well-being. Investing in our health through proactive measures builds a foundation for a more vibrant, productive, and fulfilling life.**

Awareness is always the first step towards good health. To take this step with our heroes at sea, we engage with vessels through informative flyers and interactive programs and work with crew members to achieve better health and wellness. Topics are derived after analysing data on medical concerns and queries from seafarers onboard delivered by our Remote Medical Assistance team.

Physical



Prioritising physical wellness empowers us to lead longer, healthier, and more active lives.

Mind



Prioritising mental wellness helps us to build resilience, good mood, and improve our overall quality of life.

Physiological



Physiological wellness is focused on our body's systems, which is essential for our physical and mental well-being.

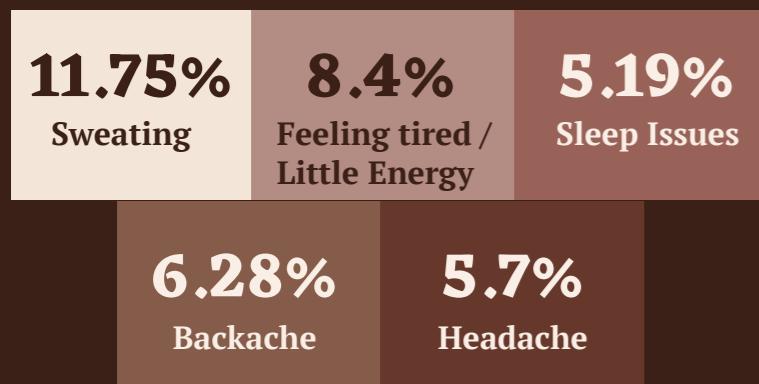
Proactive Health Survey

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 Screened

19,000+



9.2% of seafarers proactively flagged and interacted with preventing a more significant medical concern.

% 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. It may be associated with other physical health conditions, i.e., chronic illnesses, cardiovascular disease, migraine headaches, back problems and even grave eventualities such as suicide.

28% of respondents representing the Maritime Industry reported that we are still in denial of mental health issues. This was followed by 24% who believed we were bargaining on the subject.

The Role of 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). They identify the extent to which candidates' personality and cognitive abilities match those required to perform the role. Today, these assessments are also 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



Seafaring is a high-risk occupation, which places its employees in one of the most physically and cognitively demanding environments. The job requires one to be mentally strong and aware. Our tailor-made Training Courses for Seafarers Onboard equip maritime crew members with essential medical knowledge and skills. They stand out for their unique approach, designed to address the unforeseen challenges seafarers face.

Mental Health First-Aid

Mental Health First Aid course is curated to create awareness and destigmatise conversations around Mental Health by equipping participants with a comprehensive understanding and identification of common mental health concerns, their possible triggers, and symptoms.

Induction Course

It is of utmost importance to equip our seafarers with a strong mindset to cope with the challenges at sea. To address these concerns, we must first accept and discuss the topic together. Through the collaborative effort of Induction training, we impart awareness of critical mindsets and skills to maintain a focused and balanced mind.

At 3Cube, we design specific training courses that stem from our deep understanding of the targeted skills and knowledge, as well as the needs of the learners. Effective courses are built to ensure that participants gain theoretical insights and develop the competence to apply what they learn in real-world scenarios.

Medical Chest Management

Pharmacists are an essential part of the healthcare ecosystem. They bridge the gap between patients and their treatment, fostering adherence and optimising therapeutic outcomes. Our medical and pharmaceutical teams work together to ensure essential medicines are available for treating cases onboard.

Medical Chest Management generally involves various teams on board and onshore. This often leads to duplications, oversight, and the use of additional resources, as well as higher costs. The main objective of Medical Scales is to ensure a well-stocked Medical Chest, which can be used to manage the commonly seen medical concerns onboard and during emergencies. The chest must be certified once every 12 months to comply with requirements.

With Our Duty of Care, we go beyond by providing an effective solution for Medical Chest Management through our Pharma team and ensuring the Medical Chest has recommendations to enhance the care delivered onboard. This synchronisation with the medical team and optimisation of the process leads to better results in times of need onboard and cost savings.

SHIPMENTS SINCE 2023

423+

SHIPS FULLY SUBSCRIBED

150+



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

Remote Medical Assistance (RMA)



Focused Care

Our qualified team of healthcare professionals bring in their knowledge and expertise for quicker diagnosis. Our integrated systems enable more informed and faster support in the Golden Hour. All our doctors undergo a detailed training programme to understand the limitations and challenges of medical care onboard. Our panel of medical specialists provide focused care, contributing to quicker recovery and the ability to manage multiple cases entirely onboard. The team is accessible by Email, Call and Video, resulting in more informed decisions, saving lives with prompt decisions where required, averting diversions in cases that can be managed onboard, and reducing port visits and medical sign-offs with specialists' inputs that bring better results.



Snapshot Statistics

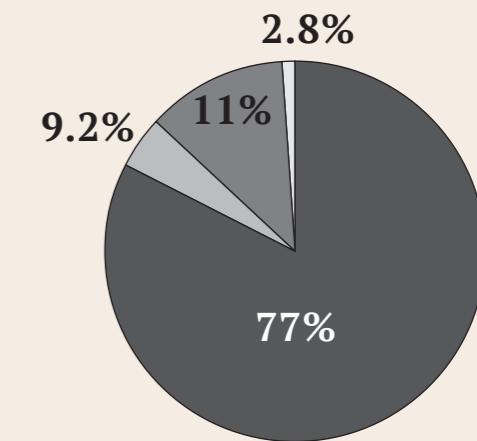
Treated & Recovered Onboard

94.5%

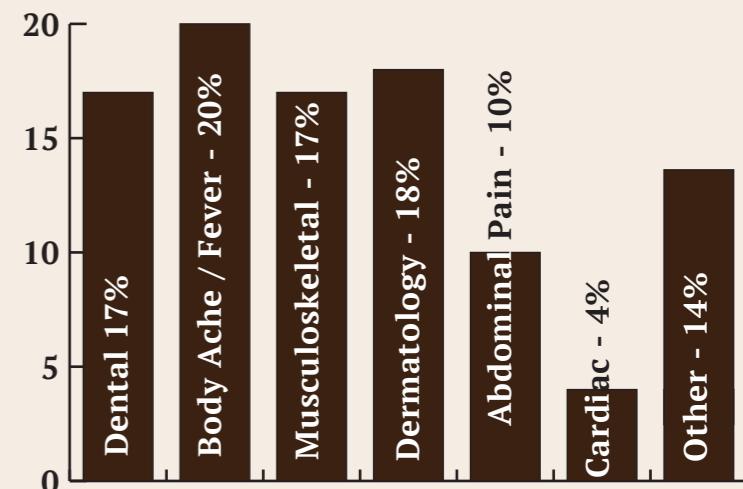
Specialist consultation, detailed audio and video follow-up calls, a large number of medical sign-offs & diversions avoided.

38,660+
CASES MANAGED
(OCTOBER 2024)

Distribution of Case Trend



Distribution of Illness Category Cases



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 clientele; it is our utmost pleasure to serve you.

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

We would like to thank and appreciate the entire team of 3 Cube Medicare for assisting the vessel in managing a serious hand injury case of a crew member at Sea. Master contacted 3 Cube Medicare on telephone about crew member serious injury and the response was very prompt and professional from the Doctors. All the tips and guidance to manage the injured person was adequate and very helpful. 3Cube Medicare team remained in contact with the vessel from the beginning till crew member was safely handed over to paramedics at Durban.

-M.V. FEDERAL COLUMBIA

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

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



DU^TY OF CARE



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