



BRIDGING THE HEALTHCARE GAP

TRAINING

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.

Ravjyot S Khuman
Founder



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.



SLEEP



UNWIND



CHECK



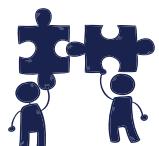
SWEAT



SATIETY (EAT)



MANAGING
STRESS



CONNECT



EXPRESS



ANTI-ANXI-TEA

**YOUR HEALTH
360° (YH-360)**

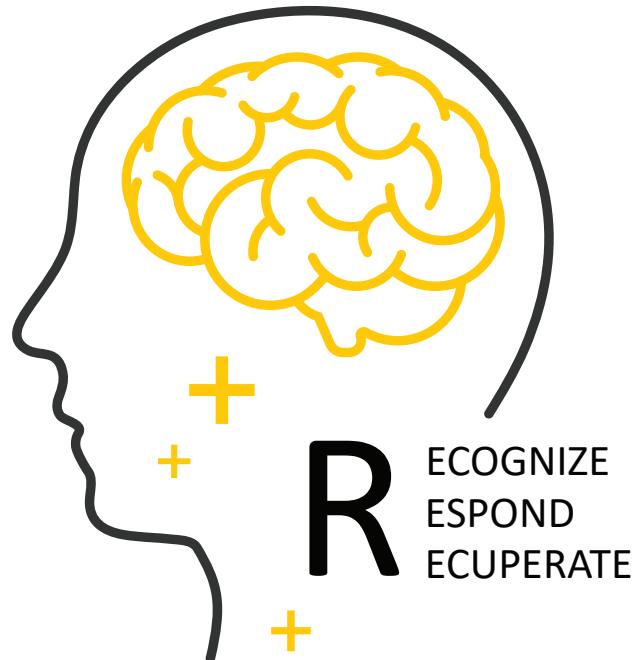
476+

**SEAFARERS
CERTIFIED**

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 (Crisis Triage Toolkit)**
- ⊕ **Module 5: Creating a Supportive Environment**

**MENTAL HEALTH
FIRST AID**

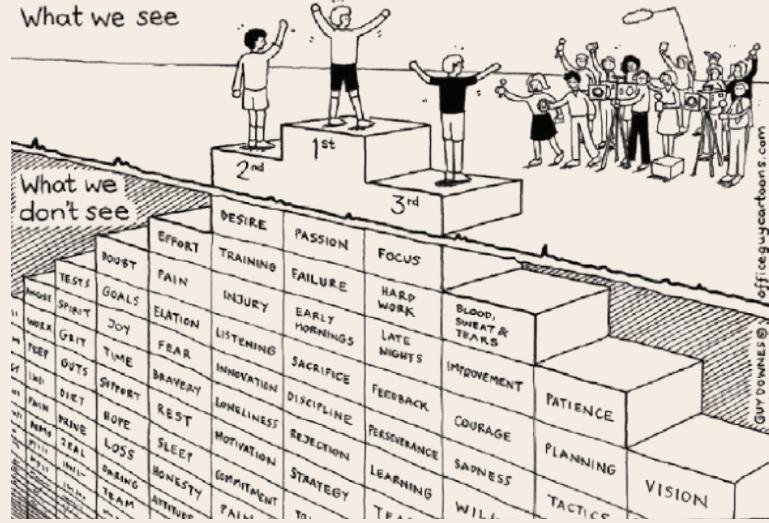
868+

**SEAFARERS
CERTIFIED**

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.

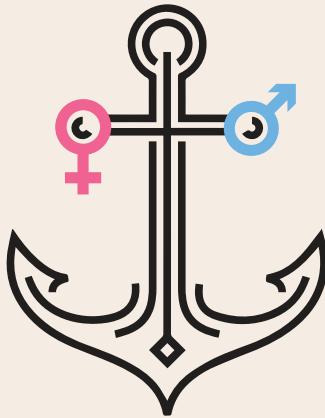
- ❖ **Building a leadership mindset**
- ❖ **Developing a working attitude**
- ❖ **Cultivating healthy coping mechanisms**
- ❖ **Enhancing interpersonal skills**



**INDUCTION
TRAINING**

1928+

**SEAFARERS
CERTIFIED**



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.**
- ⊕ **Gender Roles: Exploring societal expectations.**
- ⊕ **Discrimination: Identifying conscious and unconscious biases.**
- ⊕ **Gender Harassment: Recognizing and preventing inappropriate behaviours.**
- ⊕ **Digital Media and Security: Navigating safety in the digital age.**
- ⊕ **Gender-Sensitive Communication: Fostering respectful dialogue.**
- ⊕ **Occupational Sexism: Addressing gender-based challenges at work.**
- ⊕ **Challenges Faced by Gender-Diverse Crew: Building inclusive workplaces.**

**GENDER
SENSITIZATION**

2500+

**SEAFARERS
CERTIFIED**

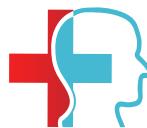
BRIDGING THE HEALTHCARE

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.



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.



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 focus on equipping crew with essential medical knowledge and skills. These courses stand out for their unique approach, designed to address the unforeseen challenges seafarers face. We endeavour to prepare the crew to look after their health and safety in the most challenging environments.



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.



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).

24x7 Medical Assistance

18+
DUTY
DOCTORS

12+
SENIOR
SPECIALISTS

5+
LANGUAGES
SPOKEN
94%

2400+
VESSELS
SUBSCRIBED

38600+
CASES
ASSISTED

**RECOVERED
ONBOARD**


**PORT VISITS
& P&I CLAIMS**

2000+
DIVERSIONS
AVOIDED

1600+
LIFE SAVING
INTERVENTIONS



Psychometric Assessments

(Pre-Joining / Promotion / Return to Work etc.)

15000+
SEAFARERS
SCREENED
4%
REQUIRE BASIC
COPING TECHNIQUES

95%
NO UNDERLYING
CONCERN
1%
ACTIVE
DISORDERS

ALL NATIONALITIES UNDERGO STANDARDIZED TEST

SCREENING HIGHLIGHTS

- ❖ CLINICAL SYNDROMES
- ❖ KEY PERSONALITY TRAITS
- ❖ KEY ORGANIZATIONAL REQUIREMENTS

Mental Health Support

3
SENIOR
PSYCHIATRISTS

10+
COUNSELLING
PSYCHOLOGISTS

4100+
COUNSELLING
SESSIONS

1000+
CASES
ASSISTED


RETENTION ONBOARD
**EARLY INTERVENTION &
FOCUSSED COUNSELLING**

Health Awareness & Campaigns

RIGHTSHIP  TMSA

Physical and Mental Wellbeing Plan, wellness programme(s), supported by a designated and appropriately trained officer.

Physical



Prioritising physical wellness for a longer, healthier and more active life

Mind



Prioritising mental wellness helps to build resilience, focus and improve overall quality of life

Physiological



Physiological wellness improves organ functions, body system. This is essential for physical and mental well-being

2400+

AWARENESS FLYERS, VIDEOS, PODCASTS, ACTIVITIES ETC. SHARED WITH VESSELS

Health & Wellbeing Surveys & Initiatives

RIGHTSHIP  TMSA

32,000+

SEAFARERS
SCREENED

65%

PROACTIVELY IN-
TERACTED WITH

7%

MEDICAL CASES
PREVENTED

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.



 ANGLO-EASTERN



MAERSK











Fleet Management Limited
A Caravel Group Company



ONESEA
SOLUTIONS



TCC GROUP



YAMAMARU LTD.





WAH KWONG



WORLD TANKERS
MANAGEMENT PTE. LTD.



Pacific Basin

GOLDBEAM INTERNATIONAL LTD.




CMVPL
Quality Efficiency Safety



Wilhelmsen



Ardmore Shipping




LANDBRIDGE


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navigation ltd



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P&I CLUB / TRUSTED SINCE 1855