

# The Standard Club PEME scheme

The Standard  
for service and security



## The team

**Yves Vandeborn**  
Director of Loss Prevention

T: +65 6506 2852  
M: +65 9879 8606

yves.vandeborn@ctplc.com



**Richard Bell**  
Loss Prevention Executive

T: +44 20 7680 5635  
M: +44 79 1949 2718

richard.bell@ctplc.com



**Richard Stevens**  
Divisional Claims Director

T: +44 20 3320 8825  
M: +44 77 7540 6990

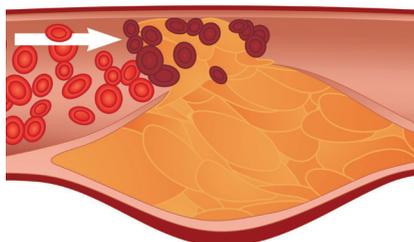
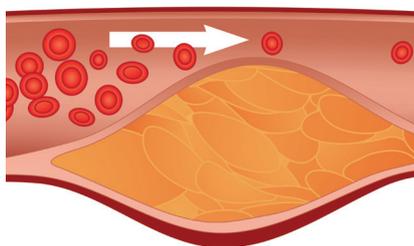
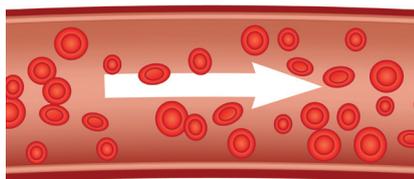
richard.stevens@ctplc.com



## The partner

The PEME scheme is run and administered in partnership with Medical Rescue International (MRI), a UK based company that specialises in medical repatriation and the accreditation of medical facilities based outside of the UK.

## Cardio Vascular Disease: a common cause of failure



### Cardio Vascular Disease (CVD)

The implications of a seafarer developing a CVD at sea are far greater than on land. These include the difficulty of reaching medical assistance, the possible danger to the ship and her crew, and the cost to the enterprise caused by delay or diversion. A risk factor is something which increases the likelihood of someone developing a disease or condition.

Some CVD risk factors cannot be controlled (for example sex, age and family history), but many of them can be, and it is important for seafarers to attempt, within the constraints of their profession, to try to avoid these.

### CVD Risk factors

1. smoking
2. high blood pressure
3. high blood cholesterol
4. being physically inactive
5. being overweight or obese
6. diabetes
7. family history of heart disease

8. ethnic background
9. sex (men are likely to develop a CVD at an earlier age than women)
10. age (the older the person, the more likely they are to develop a CVD)
11. how a person deals with stress
12. the amount of alcohol consumed.

The best way to do this is to change, as far as possible, to a healthier lifestyle. This can be achieved by taking a few simple steps such as:

1. following a healthy diet
2. being physically active
3. maintaining a healthy weight
4. quitting smoking
5. managing stress.

The Standard Club Pre Employment Examination Protocols are designed to assist the seafarer and their employers in determining if they are suffering from a CVD before they join their ship or undertake a new contract.

## Benefits and practicalities of the scheme

The Standard Club enhanced PEME scheme has been designed to provide specific benefits for both members and the seafarers they employ. Members benefit from having all the necessary information relating to the risk associated with the employment of a specific seafarer. Benefits for seafarers include increased monitoring of their health and the opportunity to obtain treatment for existing medical

conditions before they go to sea, where medical assistance is harder to arrange, particularly in the event of an emergency. The tests and examinations included as part of the club's enhanced PEME scheme are designed to detect the most common pre-existing conditions in seafarers. The enhanced PEME scheme is in line with guidance issued by the International Group of P&I Clubs.

Whilst the club's scheme is advisory, in circumstances where a seafarer fails to obtain a Standard Club PEME certificate but is still compliant with DOH requirements, the club will issue specific advice to the member. This advice is designed to mitigate the risk associated with the seafarer's medical condition and ensure that the seafarer's medical needs are considered.

## The clinics

### Halcyon Marine Healthcare Systems (Manila)

Makati City, Manila, Philippines  
+63 2511 7071  
[glennda.canlas@gmail.com](mailto:glennda.canlas@gmail.com)  
[www.halcyonmarine.com.ph/](http://www.halcyonmarine.com.ph/)

### Supercare Medical Services Inc. (Manila)

Ermita, Manila, Philippines  
+63 2521 0024  
[peme.support@supercare.com.ph](mailto:peme.support@supercare.com.ph)  
<http://www.supercare.com.ph/>

### American Outpatient Clinic (Manila)

Intramuros, Manila, Philippines  
+63 2527 1611  
[amer\\_h@pdttdsl.net](mailto:amer_h@pdttdsl.net)  
<http://www.americanoutpatientclinic.com/>

### Maritime Medical Laboratory Clinic Inc. (Manila)

Ermita, Manila, Philippines  
+63 2526 3809  
[marmedlabclinic@gmail.com](mailto:marmedlabclinic@gmail.com)  
<http://www.mmlc-clinic.com/>

### Physicians Diagnostic Services Centre (Manila)

Ermita, Manila, Philippines  
+63 2521 0366  
[drsupan.pdsc@gmail.com](mailto:drsupan.pdsc@gmail.com)  
<http://www.pdsclinic.com/>

### Physicians Diagnostic Services Centre (Cebu)

Cebu City, Philippines  
+63 3225 41778  
[dbwpds@yahoo.com](mailto:dbwpds@yahoo.com)  
[www.pdsclinic.com/branches](http://www.pdsclinic.com/branches)

### Physicians Diagnostic Services Centre (Davao)

Davao City, Philippines  
+63 82 224 6672  
[dbwpds@yahoo.com](mailto:dbwpds@yahoo.com)  
[www.pdsclinic.com/branches](http://www.pdsclinic.com/branches)

### Physicians Diagnostic Services Centre (Iloilo) (known as Iloilo PDS & Laboratory Centre)

Iloilo City, Philippines  
+63 33 329 3275  
[pdsilo@gmail.com](mailto:pdsilo@gmail.com)  
[www.pdsclinic.com/branches](http://www.pdsclinic.com/branches)

### Supercare Medical Services Inc (Cebu)

Cebu City, Philippines  
+63 9189 198 163  
[peme.cebu@supercare.com.ph](mailto:peme.cebu@supercare.com.ph)  
<http://www.supercare.com.ph/>

### Supercare Medical Services Inc (Iloilo)

Iloilo City, Philippines  
+63 335 3051/+63 335 3096  
[peme.iloilo@gmail.com](mailto:peme.iloilo@gmail.com)  
<http://www.supercare.com.ph/>

### Health Metrics Inc (Makati City)

Makati City, Philippines  
+63 2795 1234/+63 2795 1231/+63 2795 1238  
[info@healthmetrics.com.ph](mailto:info@healthmetrics.com.ph)  
[www.healthmetrics.com.ph](http://www.healthmetrics.com.ph)

### Care Point Medical Diagnostic & Wellness Clinic (Manila)

Ermita, Manila, Philippines  
+63 2354 7022  
[carepoint@carepoint.com.ph](mailto:carepoint@carepoint.com.ph)

### Angelus Medical Clinic

Makati, Philippines  
+63917 575 3210/+63 2817 1935  
[amci.crd2@angelusmedicalph.com](mailto:amci.crd2@angelusmedicalph.com)  
<http://www.angelusmedicalph.com/>

### Transnational Medical & Diagnostic Centre

Intramuros, Manila, Philippines  
+20 338 2144/+63 2338 2144/+63 2908 4998  
[cecil.agbanglo@tmdc.ph](mailto:cecil.agbanglo@tmdc.ph)  
<http://tmdc.ph/>

### Supercare Medical Services Inc (Makati)

Salcedo Village, Makati City, Manila  
Tel: +63 2 886 6503-05  
[www.supercare.com.ph](http://www.supercare.com.ph)

### Health Metrics Inc.

Mall of Asia Complex, Pasay City, Manila  
Tel: +63 2 805 8032  
[info@healthmetrics.com.ph](mailto:info@healthmetrics.com.ph)  
[aabaya@healthmetrics.com.ph](mailto:aabaya@healthmetrics.com.ph)

The Standard Club Ltd is regulated by the Bermuda Monetary Authority. The Standard Club Ltd is the holding company of the Standard Club UK Ltd and the Standard Club Asia Ltd. The Standard Club UK Ltd is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The Standard Club Asia Ltd is regulated by the Monetary Authority of Singapore.

The information and commentary herein are not intended to amount to legal or technical advice to any person in general or about a specific case. Every effort is made to make them accurate and up to date. However, no responsibility is assumed for their accuracy nor for the views or opinions expressed, nor for any consequence of or reliance on them. You are advised to seek specific legal or technical advice from your usual advisers about any specific matter.

 @StandardPandl  
 The Standard P&I Club

**Charles Taylor & Co. Limited**  
Registered in England No. 02561548

Authorised and regulated by the  
Financial Conduct Authority FRN 785106

Registered address: The Minster Building, 21 Mincing Lane,  
London, EC3R 7AG

Telephone: +44 20 3320 8888  
Emergency mobile: +44 7932 113573  
Email: [pandi.london@ctplc.com](mailto:pandi.london@ctplc.com)  
Website: [www.standard-club.com](http://www.standard-club.com)

**Charles  
Taylor**