



DoDMERB PHYSICAL INSTRUCTIONS

Dear Applicant,

As you begin your ROTC journey you will be required to complete a multitude of tasks. Many of these tasks cannot be completed by anyone but you. That being said you are never alone in your journey.

Please READ this entire document. Feel free to contact any of the Cadre, Instructors and or your schools ROTC Human Resource Assistants as listed below. We look forward to working with you and assisting you in your quest to become an officer in the United States Army.

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These are the DoDMERB physical locations for Westminster, Maryland. Call for directions or google map for locations. **IF YOU ARE OUT OF STATE OR MORE THAN 70 MILES FROM WESTMINSTER YOU WILL HAVE DIFFERENT PROVIDERS.** (The enrollment officer will give you the alternate site)

Please give the enrollment officer your schedule so there is no conflict for medical appointments. Arrive 30 minutes early for the appointments.

Preparation for your Medical Exams:

1. Go to www.dodmets.com click Applicant; complete the application for the forms for your medical assessment.
 - a. **Login ID: SSN**
 - b. **PSWD: Last name (ALL LOWER CASE)**

2. Once completed save a copy of the .pdf and print a hard copy to hand carry to your appointment.

**** HOT: If you answer NO to all questions there will be **NO** page 5 of 9. The explanation page.

3. Preparation for the medical exam
 - a. Physicals can be performed even if you have a minor illness such as a cold or during a female's menstrual cycle.
 - b. Discontinue all non-essential medication for at least 24 hours before exam unless you are otherwise instructed by your physician.
 - c. All candidates are required to provide a small urine specimen for a routine urinalysis.
 - d. Avoid strenuous exercise for at least 2 days before your exam.
 - e. Avoid all stimulants such as coffee, tea, and soda for at least 1 day before the exam.
 - f. Have a list of any prescription medication you take or take the medication with you.

Eye Exam Information (Schedule your eye exam to be completed prior to the physical):

1. Your exam will be on _____(date) at _____(time).
2. **Contact lenses**
 - a. If you wear soft contact lenses, you must remove them at least 3 days before your eye exam.
 - b. All other types of lenses must be removed 21 days before.
 - c. Bring any type of contact lenses or corrective glasses you use with you to the examination
3. You will not need any forms.

OPTICAL PROVIDER:

Carroll Eye Care (across from Rite Aid)
Route 140 & Englar Rd
Carroll Plaza Shopping Center
Westminster, MD 21157
PHONE: 410-876-1761 • 410-848-9243

Physical Exam Information:

1. Your exam will be on _____(date) at _____(time).
*** REMEMBER TO BRING YOUR FORMS WITH YOU TO YOUR APPOINTMENT!

MEDICAL PROVIDER:

Airpark Primary Care
125 Airport Drive Suite 34
Westminster, MD 21157
PHONE: 410-848-8882