

**MOD18-TAB A: AMPLIFICATION OF THE MINIMAL STANDARDS OF FITNESS FOR  
DEPLOYMENT TO THE CENTCOM AOR; TO ACCOMPANY MOD 18 TO  
USCENTCOM INDIVIDUAL PROTECTION AND INDIVIDUAL/UNIT DEPLOYMENT  
POLICY**

1. General. This TAB A accompanies MOD 18. and provides amplification of the minimal standards of fitness for deployment to the CENTCOM Area of Responsibility (AOR). Individuals possessing a disqualifying medical condition must obtain an exception to policy in the form of a medical waiver prior to being medically cleared for deployment. The list of deployment-limiting conditions is not comprehensive; there are many other conditions that may result in denial of medical clearance for deployment based upon the totality of individual medical conditions and the medical capabilities present at that individual's deployed location. "Medical conditions" as used here also include those health conditions usually referred to as dental and behavioral health.
  - A. When reviewing a medical record for condition requiring a waiver, a chart review for new or active diagnosis or medications over the past 12 months is recommended.
  - B. Uniformed Service Members must meet Service standards of fitness according to Service regulations and policies, in addition to the guidance in the parent MOD 18. See MOD 18 Tab A REF E, F, G, H, I.
  - C. DoD civilian personnel with disqualifying medical conditions could still possibly deploy based upon an individualized medical assessment and approved medical waiver from the appropriate CENTCOM waiver authority. All personnel must be able to perform the duties of their position.
  - D. DoD contract personnel will be evaluated for fitness according to MOD 18 and DoDI 3020.41 (REF J). Contract personnel who remain in theater for more than 12 months will need to apply for a new waiver prior to expiration date and updated health information must be included.
  - E. The final authority of who may deploy to the CENTCOM AOR rests with the CENTCOM Surgeon and/or the Service Component Surgeons' waiver authority, not the individual's medical evaluating entity, deploying platform, or Commander.
  - F. Regardless of underlying diagnosis, waivers for disqualifying medical conditions will be considered only if all the following general conditions are met:
    1. The condition is not of such a nature or duration that an unexpected worsening or physical trauma is likely to have a grave medical outcome or negative impact on mission execution.
    2. The condition is stable and reasonably anticipated not to worsen during the deployment in light of the physical, physiological, psychological, and nutritional effects of assigned duties and location.

3. The condition does not require frequent clinical visits (more than quarterly), ancillary tests, or significant physical limitations, and does not constitute an increased risk of illness, injury, or infection.
  4. There is no anticipated need for routine evacuation out of theater for continuing diagnostics or evaluations.
  5. The condition is expected to remain stable without consistent medication resupply. The CENTCOM formulary is a deployed formulary, and not all medications are available in theater. Medication resupply can be delayed in Theater and is fulfilled through the Tricare Mail Order Program (TMOP). If the medication is a controlled substance, delays in medication resupply are common. Medication must have no special handling, storage, or other requirements (e.g., refrigeration, cold chain, or electrical power requirements). Medication must be well tolerated within harsh environmental conditions (i.e. heat or cold stress, sunlight, etc.) and should not cause significant side effects in the setting of moderate dehydration.
  6. Individuals must be able to perform all essential functions of their position in the deployed environment, with or without reasonable accommodation, without causing undue hardship. In evaluating undue hardship, the nature of the accommodation and workplace environment must be considered. Further, the member's medical condition must not pose a significant risk of substantial harm to the member or others taking into account the condition of the relevant deployed environment, with particular consideration of areas of armed conflict in the AOR. See REF I.
  7. The medical condition does not prevent the wear of personal protective equipment, including protective mask, ballistic helmets, body armor, and chemical/biological protective garments.
  8. The medical condition does not prohibit required theater immunizations or medications.
  9. The medical condition is not anticipated to significantly impair duty performance during the duration of the deployment.
  10. Diagnosis, management, and/or treatment of medical conditions does not place an unreasonable burden on deployed medical assets, operational assets, or complicate the evaluation of other reasonably-anticipated illnesses or injuries.
  11. The individual has not been previously medically evacuated for the same condition the waiver is being submitted for.
2. Evaluating providers must consider that in addition to the individual's assigned duties, severe environmental conditions, extremes of temperature, high physiologic demands (water, mineral, salt, and heat management), poor air quality (especially particulates), limited dietary options,

sleep deprivation/disruption, and emotional stress may all impact the individual's health. If maintaining an individual's health requires avoidance of these extremes or conditions, they should not deploy.

3. Evaluation of functional capacity to determine fitness in conditions of physiologic demand is encouraged for conditions which may impair normal functionality. The evaluating provider should pay special attention to any conditions which may present a hazard to the individual or others and/or preclude performing functional requirements in the deployed setting. Also, the type, amount, suitability, and availability of medications in the theater environment must be considered as potential limitations. Pre-deployment processing centers may vary in medical examination/screening procedures; individuals should contact their respective mobilization site for availability of a processing checklist.
4. The guidance in this document should not be construed as authorizing use of defense health program or military health system resources for health evaluations unless otherwise authorized. Generally, Defense Health Agency and Military Health System resources are not authorized for the purpose of pre-deployment or travel medicine evaluations for contractor employees IAW REF J. Local command, legal, contracting and resource management authorities should be consulted for questions on this matter.
5. Shipboard operations which are not anticipated to involve operations ashore are exempt from the deployment-limiting medical conditions listed below and will generally follow Service specific guidance; however, sovereign laws of some nations within the CENTCOM AOR may prohibit entry of individuals with certain medical conditions. Contingency plans for emergency evacuation of individuals with diagnoses that could result in or complicate medical care in theater following evacuation should be coordinated with and approved by the CENTCOM Surgeon prior to entering the AOR.
6. Per general guidance from MOD 18:
  - A. All personnel (uniformed service members, government civilian employees, volunteers, and DoD contractor employees) deploying to the theater must meet medical, dental, and behavioral health fitness standards for deployment and possess a current Periodic Health Assessment (PHA) or physical. Fitness specifically includes the ability to accomplish tasks and duties unique to a particular operation and the ability to tolerate environmental and operational conditions of the deployed location. Refer to USCENCOM XXXXXXXXX MOD EIGHTEEN TO USCENCOM INDIVIDUAL PROTECTION AND INDIVIDUAL-UNIT DEPLOYMENT POLICY for definition of deployment vs temporary duty vs permanent change of station.
  - B. The existence of a chronic medical condition may not necessarily require a waiver to deploy. Personnel with existing conditions, **other than those outlined in this document**, may deploy if either:
    1. An approved medical waiver, IAW MOD 18 TAB PARA 6, is documented in the medical record.

OR

2. The conditions in PARA E.1-11 of this tab are met. To determine stability and assess the need for further care, for most conditions 60 days is considered a reasonable timeframe, subject to the examining provider's judgment. The exception to this is noted in PARA 7.H. Behavioral Health Conditions.
7. Documented medical conditions precluding medical clearance. A list of all possible diagnoses and their severity that may cause an individual to be non-deployable would be too expansive. *The medical evaluator must carefully consider whether the climate, altitude, nature of available food and housing, availability of medical, behavioral health, dental, surgical, and laboratory services, or whether other environmental and operational factors may be hazardous to the deploying person's health.* The following list of conditions should not be considered exhaustive. Other conditions may render an individual medically non-deployable (see paragraph 6 of this tab). Medical clearance to deploy with any of the following documented medical conditions may be granted, except where otherwise noted, IAW MOD 18 TAB A PARA 6. If an individual is found deployed with a pre-existing non-deployable condition and without a waiver for that condition, a waiver request to remain deployed should be submitted to the respective Component Surgeon. If the waiver request is denied, the individual will be redeployed out of the CENTCOM AOR. If an individual develops a disqualifying condition while deployed to the CENTCOM AOR, a waiver should be submitted and if approved the individual may remain deployed, if denied the individual will be redeployed out of the CENTCOM AOR. **Individuals with the following conditions and/or therapeutic interventions will not deploy without an approved waiver:**

#### A. Specific Medical Conditions / Restrictions:

1. Moderate or severe persistent asthma, or other respiratory conditions that have a Forced Expiratory Volume 1 Second (FEV1)  $\leq$  50% of predicted, that have required hospitalization or emergency room visit in the past 12 months, or that require daily systemic (not inhaled) steroids. **Mild intermittent and mild persistent asthma with an Asthma Control Test  $>19$  does not require waiver. All members with asthma regardless of waiver status must ensure that they carry on their person enough medication to last the duration of their deployment to include pre and post mobilization time frames as the Deployed Prescription Program will no longer ship pressurized medications to the CENTCOM AOR.**
2. Seizure disorder, either within the last year or currently on anticonvulsant medication for prior seizure disorder/activity. Persons on a stable anticonvulsant regimen, who have been seizure-free for one year, may be considered for waiver. Seizure activity within the last year is not waivable.
3. Diabetes mellitus, type 1 or 2, on pharmacotherapy or with HgA<sub>1c</sub>  $> 7.0$ .
  - a. Insulin-requiring diabetes is not waivable.
  - b. Type 2 diabetes, on oral agents only, with no change in medication within the last 90 days and HgA<sub>1c</sub>  $\leq 7.0$  does not require a waiver if a calculated 10-year coronary heart disease risk percentage is less than 15%. If the calculated 10-year risk is 15% or greater, further evaluation is required prior to waiver submission. See 7.B.7.
  - c. Newly diagnosed diabetics will require demonstration of stability for a period of a minimum of 90 days, either on oral medications or with lifestyle changes, before a waiver will be considered. Confirmation of complete

- initial diabetic evaluation (eye exam, foot exam, nutrition counseling, basic metabolic panel, A1C, etc.) is required.
- d. Injectable GLP-1 inhibitors are not waiverable due to storage requirements.
  - e. Individuals with diabetes must have an ASCVD score calculated. If the calculated 10-year risk is >15% further work up is needed.
4. History of heat stroke or rhabdomyolysis. Those without multiple episodes, persistent sequelae or organ damage, or episodes within the preceding 24 months may be considered for waiver. Waiver should include circumstances of the event(s), and functional assessment of current ability to perform rigorous duties in an environment similar to the deployed location.
  5. Meniere's disease or other vertiginous/motion sickness disorder, unless well controlled on medications available in theater.
  6. Recurrent syncope for any reason. Waiver request should include the etiology and diagnosis of the condition.
  7. History of stinging insect allergy causing generalized symptoms.
    - a. Local swelling, itching, or redness contiguous with the sting site and exhibiting no signs of anaphylaxis or systemic reaction do not require waiver. Generalized cutaneous-only reactions that occurred prior to the 16<sup>th</sup> birthday also do not require waiver.
    - b. Severe systemic and anaphylactic reactions, as well as cutaneous reactions – defined as generalized rash or swelling in locations not contiguous with sting site - occurring after the 16<sup>th</sup> birthday, should be referred to an allergist for testing.
    - c. Negative testing results indicate no further therapeutic action is required; however, a waiver should still be submitted for review.
  8. Endocrine conditions that are unstable, require continued laboratory monitoring or specialty consultation, or require more than routine follow-up. Waiver is not required if condition is stable, treatment medications are within clinically appropriate dose and effect parameters, have no special storage requirements, and do not produce side effects which interfere with the normal performance of duties or require additional medications to manage side effects. If treatment consists of CSA schedule I-V, such as testosterone, a waiver for that medication is required, see section I.7 below.
  9. Any musculoskeletal condition that significantly impairs performance of duties or activities of daily living in a deployed environment. If there are concerns, an official Functional Capacity Exam (FCE) should be performed, and results included with the waiver request.
  10. Migraine headache, when frequent or severe enough to disrupt normal performance of duties. Waiver submission should note history, frequency, severity, and functional impact of headaches, with or without treatment, success of abortive therapies, as well as previous and current treatment regimens. Neurology evaluation and endorsement encouraged.
  11. Nephrolithiasis, requiring clinical evaluation or intervention in the preceding 12 months, or with most recent imaging showing multiple stones or a single stone >5mm in size, or a history of more than two episodes in a 12-month period in the last 3 years. Symptomatic nephrolithiasis will not be considered for a waiver.

12. Chronic Kidney Disease. A documented period of a minimum of 6 months stability for Stage I and Stage II is expected prior to granting a waiver.
13. Pregnancy.
14. Transgender/gender dysphoria:
  - a. **\*DoD Civilians and contractors only\*** Gender dysphoria. Will require a waiver. Underlying behavioral health, endocrine, and/or surgical issues (as applicable) should be stable and resolved. The waiver process cannot override host nation laws, which can be found here <https://travel.state.gov/content/travel.html>.
  - b. **\*Uniformed Service members\*** IAW REF NN OF MOD 18, uniformed services members with a diagnosis of gender dysphoria are disqualified from service and are not eligible to deploy to the CENTCOM AOR.
15. Obstructive Sleep Apnea (OSA). Should be diagnosed with polysomnography (PSG), with a minimum of 2 hours of total sleep time. For moderate and severe OSA, a compliance report demonstrating at least 4 hours of use per night for greater than 70% of nights over a 30-day period must be documented. Individuals treated with an oral appliance require polysomnography that indicates OSA is controlled with its use. Complex OSA, central sleep apnea, or OSA that requires advanced modes of ventilation such as adaptive servo-ventilation (ASV) or average volume assured pressure support (AVAPS) are non-deployable.
  - a. Mild OSA (diagnostic AHI and RDI < 15/hr): No waiver required.
  - b. Moderate OSA (diagnostic AHI between 15-30/hr) if asymptomatic with proven compliance and an Epworth Sleepiness Scale score <10 does not require a waiver.
  - c. Severe OSA (diagnostic AHI >30/hr) will require a waiver.
  - d. For individuals with an AHI of greater than 60/hr will require a deployment recommendation letter by a pulmonologist, neurologist or a sleep specialist.
  - e. Individuals using PAP therapy should deploy with a machine that has rechargeable battery back-up and sufficient supplies (air filters, tubing and interfaces/masks) for the duration of the deployment.
  - f. Approval of waivers will be dependent on travel location, comorbidities, reliability of electricity, and adherence to therapy.
  - g. Symptomatic OSA regardless of severity will not be waiverable.
16. History of clinically diagnosed traumatic brain injury (mTBI/TBI) of any severity, including mild. Waiver may not be required, but pre-deployment evaluation, which may include both neurological and psychological components, is required per REF X.
  - a. Individuals who have a history of a single mild Traumatic Brain Injury may deploy once released by a medical provider after 24-hours symptom free.
  - b. Individuals who have sustained a second mTBI within a 12-month period may deploy after seven days symptom free and release by a medical provider.
  - c. Individuals who have had three clinically diagnosed TBIs (of any severity, including mild) must have neurological and psychological evaluation completed prior to deployability determination.
17. Weight > 136 kg (300 lbs) is incompatible with the deployed environment.

18. Asplenia, either actual or functional secondary to other medical condition. Waiver request should include verification of immunization against encapsulated bacterial pathogens (Pneumococcus, Meningococcus, Haemophilus influenza).
19. Gout, with two or more flares in the preceding year.
20. Multiple Sclerosis. Waiver requests should address stability of condition, current limitations, increased vulnerability to heat injury, and possible requirement for medication.
21. Any medical condition (except OSA-see 14 above) that requires durable medical equipment or appliances (e.g., nebulizers, catheters, spinal cord stimulators), or that requires periodic evaluation/treatment by medical specialists not readily available at any theater location.
22. Any implanted medical device with the exception of implantable birth control devices.
23. Conditions requiring service animals or comfort animals. Does not apply to Military Working Dogs/Contract Working Dogs (see MOD 18). Animals deployed to support behavioral health operations must deploy from CONUS as part of an official program with full logistic support and uniformed handlers.

#### **B. Cardiovascular Conditions:**

1. Symptomatic coronary artery disease will not be considered for a waiver.
2. Myocardial infarction within one year of deployment is not waiverable.
3. Coronary artery bypass graft, coronary artery angioplasty, carotid endarterectomy, other arterial stenting, or aneurysm repair within one year of deployment is not waiverable, once stable a deployment support letter must be obtained from the cardiologist.
4. Cardiac dysrhythmias or arrhythmias, either symptomatic or requiring medication, electro-physiologic control, or automatic implantable cardiac defibrillator or other implantable cardiac devices will not be considered for waiver.
5. Heart failure or history of heart failure.
6. Blood pressure and lipids should be considered and treated in the context of overall cardiac risk, for which a waiver may be required (see B.7). Isolated well controlled hypertension or lipids (defined as no changes within the past 90 days to treatment/medication) do not require separate waiver except in the following circumstances:
  - a. Hypertensive urgency or emergency within previous 90 days.
  - b. 3 day average SBP > 140, DBP > 90.
  - c. Total Cholesterol >300, or Triglycerides >1000.
7. DoD civilians and contract personnel who are 40 years of age or older must have a 10-year CHD risk percentage calculated (online calculator is available at <http://tools.acc.org/ASCVDRisk-Estimator>). If the individual's calculated 10-year CHD risk is 15% or greater, the individual should be referred for further cardiology work-up and evaluation, to include a functional assessment (i.e. graded exercise stress test with a myocardial perfusion scintigraphy (SPECT scan) or stress echocardiography as determined by the evaluating cardiologist). Results of the evaluation and testing, along with the evaluating cardiologist's



recommendation regarding suitability for deployment, should be included in the waiver request.

- a. Hyperlipidemia. Lipid screening will be done IAW service specific guidelines.

#### C. Infectious Disease:

1. Confirmed Blood-borne diseases (i.e. Hepatitis B, Hepatitis C) which may be transmitted to others in a deployed environment. Waiver requests for persons testing positive for a blood borne disease, including positive antigens and viral load positive members, should include a full test panel for the disease, including all antigens, antibodies, viral load, and appropriate tests for affected organ systems.
2. Confirmed HIV infection. Individuals that are asymptomatic with undetectable viral load may deploy **dependent on host nation requirements with waiver and in consultant with the USCENTCOM Command Surgeon.**
  - a. Host nation entry or residence requirements can be found at: <https://travel.state.gov/content/travel.html>.
  - b. **Host nation restrictions cannot be waived through the MOD 18 waiver process**
3. History of active tuberculosis (TB). Must have documented completion of full treatment course prior to deployment. Those currently on treatment for TB disease may not deploy.
4. A CENTCOM waiver cannot override host or transit nation infectious disease or immunization restrictions. Active duty must comply with status of forces agreements (SOFA); civilian deployers should contact the nation's embassy for up-to-date information.

#### D. Eye, Ear, Nose, Throat, Dental Conditions:

1. Vision loss. Best corrected visual acuity which does not meet minimum occupational requirements to safely perform duties. Bilateral blindness or visual acuity that is unsafe for the combat environment per the examining provider.
2. Refractive eye surgery. Personnel who have had laser refractive surgery must have a satisfactory period for post-surgical recovery before deployment. There is a large degree of patient variability which prevents establishing a set timeframe for full recovery. The ophthalmologist or optometrist will determine when recovery is complete.
  - a. Personnel are non-deployable while still using ophthalmic steroid drops post- procedure.
  - b. Personnel are non-deployable for three months following uncomplicated photorefractive keratectomy (PRK) or laser epithelial keratomileusis (LASEK), or one month for laser-assisted in situ keratomileusis (LASIK) unless a waiver is granted.
  - c. Waiver request should include clearance from treating ophthalmologist or optometrist.
3. Glaucoma
  - a. Will need a waiver regardless of treatment or stability



- b. Use of refrigerated medications for glaucoma is strictly disqualifying
- 4. Use of any topical steroids for ophthalmologic conditions
- 5. Hearing loss. Service members must meet all Service-specific requirements or have completed a medical board and found fit for duty do not require a waiver. Individuals with sufficient unaided hearing to perform duties safely, hear and wake up to emergency alarms unaided, and hear instructions in the absence of visual cues such as lip reading do not require waiver. If the ability to perform duties is in question, Speech Recognition In Noise Test (SPRINT) or equivalent testing should be included to verify this ability.
- 6. Tracheostomy or aphonia will not be considered for a waiver.
- 7. Patients without a dental exam within 12 months of deployment or those who are likely to require evaluation or treatment during the period of deployment for oral conditions that are likely to result in a dental emergency. Individuals being evaluated by a non-DoD civilian dentist should use a DD2813, or equivalent, as proof of dental examination. IAW REF I the Service member's annual dental readiness assessment remains current for 12 months past the last completion date. A 90-day grace period is added to allow for unplanned periods of leave, temporary duty, deployments, or other periods of unplanned non-availability before being classified as overdue
- 8. Orthodontics requiring follow-up or adjustment while deployed. Those with wires in neutral force and are cleared by the treating orthodontist do not require waiver.

**E. Cancer:**

- 1. Cancer for which the individual is receiving continuing treatment, or which requires any subspecialist examination and/or laboratory/imaging testing during the anticipated duration of the deployment.
- 2. Precancerous lesions that have not been treated and/or evaluated and that require treatment/evaluation during the anticipated duration of the deployment.
- 3. Cancers which have not been in complete remission for at least a year

**F. GASTROINTESTINAL SYSTEM:**

- 1. Inflammatory bowel disease, including, but not limited to: Crohn's disease; ulcerative colitis; ulcerative proctitis; regional enteritis; granulomatous enteritis.
- 2. Chronic hepatitis with impairment of liver function.
- 3. The presence of any ostomy (gastrointestinal or urinary).
- 4. Special dietary and hygienic requirements that cannot be reliably accommodated in theater is disqualifying and will not be considered for a waiver.

**G. Surgery:**

- 1. Any medical condition that requires surgery or for which surgery has been performed and the patient requires ongoing treatment, rehabilitation or additional surgery/revision.

2. Individuals who have had surgery requiring follow up during the deployment period or who have not been cleared/released by their surgeon (excludes minor procedures).
3. Individuals who have had surgery (open or laparoscopic) within 6 weeks of deployment.
4. Special dietary and hygienic requirements resulting from surgery cannot be reliably accommodated and may be independently disqualifying.

**H. Behavioral Health Conditions: Diagnostic criteria and treatment plans should adhere to the current Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5-TR as of writing) and current professional standards of care. Waiver submission should include information on applicant condition, including history and baseline symptoms of known disorders, severity of symptoms with and without treatment, and likelihood of recurring or deterioration in theater if exposed to operational activity. The deployed operational environment is notable for lack of support systems, inability to practice external coping mechanisms, unpredictability, long and stressful work periods, sleep disruption, lack of privacy, lack of control, and exposure/re-exposure to traumatic and life-threatening events. See REF JJ. Waiver required for all conditions listed below (list is not inclusive).**

1. Behavioral health disorders without demonstrated clinical stability of at least 3 months. Stability is defined by unchanged treatment, well controlled symptoms, and no expectation of incapacitation if the condition should relapse or recur.
2. Psychotic and bipolar-spectrum disorders are strictly disqualifying.
3. Any DSM 5-TR diagnosed behavioral health disorder, to include personality disorders, with residual symptoms, or medication side effects, which impair social and/or occupational performance.
4. Any behavioral health condition that poses a substantial risk for deterioration and/or recurrence of impairing symptoms in the deployed environment.
5. Any behavioral health condition that requires periodic (beyond quarterly) counseling or therapy.
6. Chronic insomnia that requires regular or long-term use of any sedative hypnotics / amnestics, benzodiazepines, and/or antipsychotics. PRN, or as needed, use of medication for this diagnosis must clarify frequency of actual use.
7. Anxiety disorders requiring use of benzodiazepines for management or featuring symptoms of panic or phobia.
8. Post-Traumatic Stress Disorder, when causing impairment or not completely treated, or when therapy includes use of benzodiazepines without additional anxiety diagnosis. Waiver submission should note if condition is combat-related, and, if so, comment on impact that return to the operational environment could have on applicant well-being and performance.
9. Bulimia and anorexia nervosa with demonstrated stability for 12 months as evidence by completion of treatment and no requirement for further specialty care.
10. Attention Deficit Disorder (ADD)/Attention Deficit Hyperactivity Disorder (ADHD). Evaluation and diagnosis should be appropriate per DSM 5-TR criteria,

particularly if Class II stimulants are used for treatment. Specific clinical features or objective testing results should be included in waiver application for stimulant use. Dosages for medications should likewise be appropriate per DoHHS-CMS standards (REF KK) and justified by clinical presentation. Uncomplicated ADD/ADHD stable (treated with 0-1 **non-controlled** substance medication) for greater than 3 months without social or occupational impact do not require a waiver. Substantiated cases not meeting those criteria but with appropriate dosing may be adjudicated at the Service Component level, provided additional BH conditions or diagnoses requiring waiver are not present.

**a. Waivers must include the members' ability to function off medication.**

If members are not able to be fully mission capable off medication, then the provider should reconsider if the member is deployable.

**b. Controlled substances are often difficult to obtain in theater and IAW MOD 18, theater pharmacies are not to be used as refill pharmacies. Member must have a plan to obtain refills or be able to function off medications.**

11. Behavioral health related hospitalization or self-mutilation within the last 12 months is strictly disqualifying. Once treatment has been completed and 12 months has elapsed since hospitalization or self-mutilation a waiver will be considered.
12. Suicidal Ideation, behavior or suicide attempt with the last 12 months is strictly disqualifying. Once treatment has been completed and 12 months has elapsed since suicidal Ideation, behavior or suicide attempt a waiver will be considered.
13. Substance use causing social or occupational disruption or impairment, including enrollment in a substance abuse program (inpatient or outpatient, service specific substance abuse program) within the last 12 months, measured from time of discharge / completion of the program.
  - a. A post-treatment period of demonstrated stability is required, minimum of 6 months before a waiver will be considered.
  - b. Substance use disorders (SUD), not in remission and/or actively enrolled in Service Specific substance abuse programs are not eligible for waiver.
  - c. SUD requiring regular use of reversal agents or antagonists (Naloxone, Suboxone, Methadone) cannot be supported. Single-dose issuances of Naloxone are not intrinsically disqualifying but require clarification of underlying SUD issues.
  - d. Alcohol use disorder requiring pharmacotherapy for maintenance (Disulfiram, Naltrexone, Acamprosate) cannot be supported.
  - e. Alcohol use disorders requiring random testing or other monitoring are disqualifying.
14. Use of antipsychotics or anticonvulsants for stabilization of DSM-5TR diagnoses.
15. Use of 3 or more psychotropics (e.g. antidepressants, anticonvulsants, antipsychotics, benzodiazepines) for stabilization or any psychotropics which require a psychiatrist or other specialist to manage.
16. Behavioral health disorders newly diagnosed during deployment do not immediately require a waiver or redeployment. Disorders deemed treatable,

stable, and having no impairment of performance or safety by a credentialed mental health provider do not require a waiver to remain in theater.

- a. Exceptions include diagnoses featuring manic, psychotic, or significant suicidal features as determined by local medical personnel. These individuals should be redeployed at soonest opportunity via medical evacuation with appropriate escorts and per TRANSCOM guidelines.

- 17. Open family advocacy case that cannot be resolved prior to deployment will require a waiver.

**I. Medications – Recently discontinued medications are considered to have had valid clinical indications and should include verification of control of underlying conditions and reason for cessation. Medications included as “PRN”, or as needed, must include a description of typical use. Any of the following medications (specific medication or class of medication) is disqualifying for deployment, unless a waiver is granted:**

1. Any medication which, if lost, misplaced, stolen, destroyed, or unable to be resupplied, would result in significant worsening or grave outcome for the affected individual before the medication could be reasonably replaced.
2. Any medication requiring periodic laboratory monitoring, titrated dosing, or special handling/storage requirements, or which has documented side effects, when used alone or in combination with other required therapy, which are significantly impairing, or which impose an undue risk to the individual or operational objectives.
3. Blood modifiers:
  - a. Therapeutic Anticoagulants: warfarin (Coumadin), rivaroxaban (Xarelto), apixaban (Eliquis) are strictly disqualifying
  - b. Platelet Aggregation Inhibitors or Reducing Agents: clopidogrel (Plavix), anagrelide (Agrylin), Dabigatran (Pradaxa), Aggrenox, Ticlid (Ticlopidine), Prasugrel (Effient), Pentoxifylline (Trental), Cilostazol (Pletal), Ticagrelor (Brilinta). Note: Aspirin use in theater is to be limited to individuals who have been advised to continue use by their healthcare provider for medical reasons; such use must be documented in the medical record.
  - c. Hematopoietics: filgrastim (Neupogen), sargramostim (Leukine), erythropoietin (Epogen, Procrit).
  - d. Antihemophilics: Factor VIII, Factor IX, Factor Xa.
4. Antineoplastics (oncologic or non-oncologic use): e.g., antimetabolites (methotrexate, hydroxyurea, mercaptopurine, etc.), alkylators (cyclophosphamide, melphalan, chlorambucil, etc.), antiestrogens (tamoxifen, etc.), aromatase inhibitors (anastrozole, exemestane, etc.), medroxyprogesterone (except use for contraception), interferons, etoposide, bicalutamide, bexarotene, oral tretinoin (Vesanoid).
5. Immunosuppressants: e.g., chronic systemic steroids.
6. Biologic Response Modifiers (immunomodulators): e.g., abatacept (Orencia), adalimumab (Humira), anakinra (Kineret), etanercept (Enbrel), infliximab (Remicade), leflunomide (Arava), azathioprine (Imuran), etc.
7. Any CSA Schedule I-V controlled substance, including but not limited to the following:

- a. Benzodiazepines: lorazepam (Ativan), alprazolam (Xanax), diazepam (Valium), flurazepam (Dalmane), clonazepam (Klonopin), etc.
- b. Sedative Hypnotics/Amnestics: zolpidem (Ambien, Ambien CR), eszopiclone (Lunesta), zaleplon (Sonata), estazolam (Prosom), triazolam (Halcion), temazepam (Restoril), etc. Note: single pill-count issuances for operational transition do not require a waiver.
- c. Narcotics/narcotic combinations: oxycodone (Oxycontin, Percocet, Roxicet), hydrocodone (Lortab, Norco, Vicodin), hydromorphone (Dilaudid), meperidine (Demerol), tramadol (Ultram), etc.
- d. Cannabinoids: marijuana, tetrahydrocannabinol (THC), dronabinol (Marinol), cannabinal (CBD oil), etc. Note that possession or use may be a criminal offense in the CENTCOM AOR.
- e. Anorexiant: phendimetrazine (Adipost), phentermine (Zantryl, Adipex-P), etc.
- f. Androgens and Anabolic Steroids: testosterone (Axiron, AndroGel, Fortesta, Testim), oxymetholone (Anadrol-50), methyltestosterone (Methitest), etc.
- g. Stimulants prescribed for ADHD that has been diagnosed by objective testing and meets DSM-V-TR criteria and that are within FDA approved range will be considered for a waiver.
- 8. Antipsychotics, including atypical antipsychotics: haloperidol (Haldol), fluphenazine (Prolixin), quetiapine (Seroquel), aripiprazole (Abilify), lurasidone (Latuda), ziprasidone (Geodon), olanzapine (Zyprexa), etc.
- 9. Antimanic (bipolar) agents: e.g., lithium.
- 10. Anticonvulsants, used for seizure control or behavioral health diagnoses.
  - a. Anticonvulsants (except those listed below) which are used for *non-behavioral health* diagnoses, such as migraine, chronic pain, neuropathic pain, and postherpetic neuralgia, are not intrinsically deployment-limiting as long as treated conditions meet the criteria set forth in this document and accompanying MOD 18 Tab A. No waiver is required. Exceptions include:
    - i Valproic acid (Depakote, Depakote ER, Depacon, divalproex, etc.).
    - ii Carbamazepine (Tegretol, Tegretol XR, etc.).
    - iii Lamotrigine (Lamictal)
- 11. Dopamine agonists: Ropinirole (Requip), pramipexole (Mirapex), etc.
- 12. Botulinum toxin (Botox): Current or recent use to control severe pain.
- 13. Insulin
- 14. GLP-1 inhibitors (semaglutide, tirzepatide, etc) used for weight loss
- 15. Injectable medications of any type require waiver, excluding EpiPens. Strongly recommend requesting waiver over modifying route of administration when treatment is stable and effective.

**8. CONTACTS FOR WAIVERS. PLEASE CONTACT THE INDIVIDUAL SERVICE COMPONENT PRIOR TO CONTACTING CENTCOM WITH THE EXCEPTION OF THE DOD PERSONNEL AND CONTRACTORS IDENTIFIED IN THE PARAGRAPH 6.B OF TAB A).**

**A. CENTCOM HQ.** [CENCOM.MACDILL.CENCOM-HQ.MBX.CCSG-WAIVER@MAIL.MIL](mailto:CENCOM.MACDILL.CENCOM-HQ.MBX.CCSG-WAIVER@MAIL.MIL); CML: 813.529.0361/0348; DSN: 312.529.0361/0348

**B. AFCENT.** [SG.CLINOPS@US.AF.MIL](mailto:SG.CLINOPS@US.AF.MIL); CML: 803.717.7101; DSN: 313.717.7101

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- C. ARCENT. [USARMY.SHAW.USARCENT.MBX.SURG-WAIVER@ARMY.MIL](mailto:USARMY.SHAW.USARCENT.MBX.SURG-WAIVER@ARMY.MIL); CML: 803.885.7946; DSN: 312.889.7946
- D. MARCENT. [MARCENT.WAIVERS@USMC.MIL](mailto:MARCENT.WAIVERS@USMC.MIL); CML: 813.827.4410/4415; DSN: 312.651.7175
- E. NAVCENT. [C5FMEDWAIVERS@US.NAVY.MIL](mailto:C5FMEDWAIVERS@US.NAVY.MIL); CML: 011.973.1785.4558; DSN: 318.439.4558
- F. SOCCENT. [SOCCENT.SG@SOCOM.MIL](mailto:SOCCENT.SG@SOCOM.MIL); CML: 813-698-0066, DSN: 813-698-0066

**9. CONTACTS FOR ADDITIONAL COMBATANT COMMANDS:**

- A. Africa Command: [United States Africa Command \(africom.mil\)](http://africom.mil)
- B. Indo-Pacific Command: [U.S. Indo-Pacific Command > Resources > Travel Requirements \(pacom.mil\)](#)
- C. Southern Command: [U.S. Southern Command > USAG-M / Military-Family Services > Theater Clearance Info \(southcom.mil\)](#).