

Information About CAAC Medical Check

CAAC Medical Checks include the following:

Blood test, Urine routine test, Internal medicine examination, Surgery examination, OPH condition, ENT(ears, nose, throat) Hearing test, The carotid arteries, B-ultrasonic, Cardiac ultrasound, ECG, Running test, EEG, X-ray(chest), MRI&MRA. Please note: Blood routine test, B-ultrasonic examination require empty stomach.

Please be advised:

1. Have light meals for up to 3 days before medical check, please avoid smoking and alcohol.
2. Avoid strenuous exercise the day before medical check, have plenty of rest.
3. Please do not have breakfast before medical check, hold back urine during the day of medical check, blood test first, then ultrasound examination.
4. Light meal or snacks is advisable before ECG, EEG.
5. Please use mid-stream specimen of urine when you take urine sample.
6. Please remove any metallic object for Chest X-ray fluoroscopy, MRA and MRI. (e.g. key rings, necklace)
7. It's advisable to wear comfortable clothing and running shoes
8. Please bring your passport with you, and once medical check finishes please hand in your record book.
9. The normal range of blood pressure is no higher than 140/90. Please bring your antihypertensive drugs to CAAC hospital if you have taken or are taking.

Please Note: Following symptoms may not be acceptable or need to provide details of past treatment or medical results for further investigations:

Head internal operation, heart operation, serious surgical operation, transplant operation, hypertension, glucosuria, color blindness, glaucoma, gallstone, kidney stone.

Requirements of CAAC Class I Medical Certification

67.103 (General Conditions)

The holder of Class I medical certificate shall not have the following disease or dysfunction which may affect his rights to use the license or may be aggravated by the exercise of license rights:

- (1) Defective psychological quality;

- (2) Congenital or acquired dysfunction;
- (3) Active, occult, acute or chronic disease which may result in disability;
- (4) Trauma, injury, or surgery sequela;
- (5) Adverse effects or adverse reactions which are caused by the use of prescription or non-prescription medicines.

67.105 (Psychiatry)

The holder of Class I medical certificate shall not have a specific illness history or clinical diagnosis of the following mental illnesses:

- (1) Mental illness;
- (2) Substance dependence or substance abuse;
- (3) Personality disorder;
- (4) Psychosis or severe neurosis.

67.107 (Nervous system)

The holder of Class I medical certificate shall not have a specific illness history or clinical diagnosis of the following nervous system diseases :

- (1) Epilepsy;
- (2) The disturbance of consciousness unexplained or difficult to prevent;
- (3) Brain injury and its complications or other nervous system diseases which can affect the safety of the exercise of license rights.

67.109 (Circulatory system)

The holder of Class I medical certificate shall not have a specific illness history or clinical diagnosis of the following circulatory system diseases :

- (1) Myocardial infarction;
- (2) Angina pectoris;
- (3) Coronary heart disease;
- (4) Severe arrhythmia;
- (5) Heart valve replacement;
- (6) Permanent cardiac pacemaker implantation;
- (7) Heart transplantation;
- (8) Systolic blood pressure more than 155 mmHg continuously, or diastolic blood pressure more than 95 mmHg;
- (9) Other circulatory system diseases which can affect the safety of the exercise of license rights.

67.111 (Respiratory system)

The holder of Class I medical certificate shall not have the following respiratory

system diseases or dysfunction:

- (1) Active tuberculosis;
- (2) Recurrent spontaneous pneumothorax;
- (3) Active disease of the chest mediastinum or pleura;
- (4) Thoracic collapse or thoracic operation sequelae which can affect the high-altitude respiratory function;
- (5) Other respiratory system diseases, trauma or operation sequelae which can affect the safety of the exercise of license rights.

67.113 (Digestive system)

The holder of Class I medical certificate shall not have the following digestive system diseases or their clinical diagnosis:

- (1) Liver cirrhosis;
- (2) Hernia which can lead to disability;
- (3) Peptic ulcer and its complications;
- (4) Biliary tract stones;
- (5) Other digestive system diseases or operation sequelae which can affect the safety of the exercise of license rights.

67.115 (Infectious diseases)

The holder of Class I medical certificate shall not have the following infectious diseases or their clinical diagnosis:

- (1) Viral hepatitis;
- (2) Syphilis;
- (3) Acquired Immune Deficiency Syndrome (AIDS);
- (4) The human immunodeficiency virus (HIV) Positive;
- (5) Hepatitis B surface antigen positive accompanied with hepatitis B e antigen positive;
- (6) Other infectious diseases which can affect the safety of the exercise of license rights.

67.117 (Metabolism, immune and endocrine system)

The holder of Class I medical certificate shall not have diabetes which need drug control or other metabolism, immune and endocrine system diseases which can affect the safety of the exercise of license rights.

67.119 (Blood system)

The holder of Class I medical certificate shall not have severe splenomegaly or other blood system diseases which can affect the safety of the exercise of license rights.

67.121 (Urogenital system)

The holder of Class I medical certificate shall not have the following urogenital system diseases or their clinical diagnosis:

- (1) Urinary system stones which can cause the disability;
- (2) Severe irregular menstruation;
- (3) Kidney transplantation;
- (4) Other urogenital system diseases, operation sequelae or dysfunction which can affect the safety of the exercise of license rights.

67.123 (Pregnancy)

The applicant shall not be during pregnancy.

67.125 (Skeleton, muscular system)

The holder of Class I medical certificate shall not have diseases, operation sequelae or dysfunction of skeleton, joints, muscle or tendon which can affect the safety of the exercise of license rights; his (or her) height, arm length, leg length, and muscle strength should meet the needs of exercise of license rights.

67.127 (Skin and its appendages)

The holder of Class I medical certificate shall not have diseases of skin or its appendages which can affect the safety of the exercise of license rights.

67.129 (Ear, nose, pharynx, larynx and oral cavity)

The holder of Class I medical certificate shall not have the following diseases or dysfunction of ear, nose, pharynx, larynx and oral cavity :

- (1) Ear pressure dysfunction difficult to cure;
- (2) Vestibular dysfunction;
- (3) Dysphasia;
- (4) Other diseases or dysfunction of ear, nose, pharynx, larynx and oral cavity which can affect the safety of the exercise of license rights.

67.131 (Hearing)

The holder of Class I medical certificate shall not have hearing loss beyond 35 dB when frequency is 500,1000 or 2000 Hertz (Hz) each ear; and shall not have hearing loss beyond 50 dB when frequency is 3000 Hertz (Hz) each ear.

If the applicant's hearing loss is in excess of the value above, he (or she) shall be eligible only when meeting the following conditions at the same time:

- (1) Can hear clearly about conversation, calls and acoustic signal of omnirange radio beacon each ear in the aircraft cockpit noisy environment (or simulation conditions);

(2) Can hear clearly about conversation which is in usual strength both ears in a quiet room when turning back against the examiner 2 meters away.

67.133 (Eye and ocular adnexa)

The holder of Class I medical certificate shall not have the following diseases or dysfunction of eye and ocular adnexa:

- (1) Vision abnormalities;
- (2) color vision abnormalities;
- (3) Night blindness;
- (4) Binocular vision dysfunction;
- (5) Other diseases, operation or trauma sequelae of eye and ocular adnexa which can affect the safety of the exercise of license rights.

67.135 (Hypermetropia)

(a) The holder of Class I medical certificate shall have hypermetropia (corrected or uncorrected) which reaches 0.7 or more for each eye , and binocular distance vision which reaches 1.0 or more. No limitation for uncorrected vision and diopter. If the applicant meets the above requirements only when using the corrective lens, he (or she) shall be eligible while meeting all the following conditions at the same time:

- (1) Must wear corrective lens in the exercise of license rights;
- (2) Have a spare corrective lens which is available anytime with the same degree as the worn one during the exercise of license rights.

(b) The applicant may use the contact lens for meeting of requirements in item (a), but it should meet all the following conditions at the same time:

- (1) Contact lens is single -focus, colorless;
- (2) Contact lens is comfortable to wear;
- (3) Have a spare normal corrective lens which is available anytime with the same degree as the worn one during the exercise of license rights;
- (c) Must use high-performance ordinary eyeglasses or contact lens when the degree of refractive errors is high;

(d) Must do an overall checkup for the eyes and ocular adnexa when any eye's uncorrected distance vision is less than 0.1;

(e) Unqualified when any eye has the operation sequelae which can change the refractive status and can affect the safety of the exercise of license rights.

67.137 (Myopia)

The holder of Class I medical certificate shall have myopia (corrected or uncorrected) which reaches 0.5 or more each eye within a distance of 30 to 50 cm, and reaches 0.25 or more in a distance of 100 cm.

If the applicant meets the above requirements only when using the corrective lens, he (or she) shall be eligible while meeting all the following conditions at the same time:

- (1) Have a corrective lens which is available anytime during the exercise of license rights;
- (2) The corrective lens must be able to meet the vision requirements of both this section and section 67.135 at the same time and shall not use the corrective lens which only corrects the myopia.

Reference

If you are concerned about any of your medical conditions, the below figures could be service as a reference, but please note the “Preferred Range” is not a limiting criteria and many values are considered in combination for an evaluation.

Category	Items	Preferred Range	Unit
Height		165-187	cm
Blood Check	WBC	3.5-9.5	*10 ⁹ /L
	RBC	4.3-5.8	*10 ¹² /L
	HGB	130-175	g/L
	HCT	40-50	
	MCV	82-100	fL
	MCH	27-34	pg
	MCHC	316-354	g/L
	PLT	125-350	*10 ⁹ /L
	LY%	20-50	
	NE%	40-75	
	RDW	10~15	
	PDW	10~18	fl
	MPV	6.8-13.5	fl
	PCT	0.1-0.3	
	MO%	3~8	
	EO%	0.4-8.0	
BA%	0-1		
MO#	0.1-0.6		

	EO#	0.02-0.52	
	SG	1.003-1.030	
Urine Test	PH	5.4-8.4	
Blood Sugar	GLU	3.9-6.1	mmol/L
Renal function	BUN	2.2-7.2	mmol/L
	CHOL	2.8-5.18	mmol/L
	TRIG	0.56-1.7	mmol/L
Blood Fat	HDL	1.04-1.55	mmol/L
	LDL-CH	2.8-5.18	2.1-3.37