

**Mayo Clinic ProPilot™ Program
Standard Testing**

	Pilot < age 40	Pilot age 40-50	Pilot >age 50
Initial Exam	<ul style="list-style-type: none"> • Laboratory serologies <ul style="list-style-type: none"> ◦ CBC w diff; creatinine; Lipid screen; TSH; Calcium; AST; glucose; PSA • Chest x-ray • Immunization review • Urinalysis • FAA nurse visit • FAA Class I Flight Physical • Audiogram • Cardiovascular Health Clinic with exercise stress test • ECG (only transmitted to FAA if required) 	<ul style="list-style-type: none"> • Laboratory serologies <ul style="list-style-type: none"> ◦ CBC w diff; creatinine; Lipid screen; TSH; AST; Calcium; glucose; PSA • Chest x-ray • Immunization review • Urinalysis • FAA nurse visit • FAA Class I Flight Physical • Audiogram • Cardiovascular Health Clinic with exercise stress test • ECG (transmitted to FAA) 	<ul style="list-style-type: none"> • Laboratory testing (metabolic profile) <ul style="list-style-type: none"> ◦ Includes CBC w diff; creatinine; Lipid screen; calcium; Vit D, TSH; AST; glucose; PSA; SPEP; Urates • Chest x-ray • Immunization review • Urinalysis • FAA nurse visit • FAA Class I Flight Physical • Audiogram • Cardiovascular Health Clinic with exercise stress test • ECG (transmitted to FAA)
Recurrent Annual Exam	<ul style="list-style-type: none"> • FAA nurse visit • FAA Class I Flight Physical • Laboratory serologies for f/u of specific issues • Urinalysis or urine dip stick 	<ul style="list-style-type: none"> • FAA nurse visit • FAA Class I Flight Physical • 12-lead ECG transmitted to FAA • Laboratory serologies for f/u of specific issues • Urinalysis or urine dip stick 	<ul style="list-style-type: none"> • FAA nurse visit • FAA Class I Flight Physical • Laboratory serologies <ul style="list-style-type: none"> ◦ CBC w diff; creatinine; Lipid screen; TSH; AST; glucose; PSA • Urinalysis or urine dip stick
Interim (6 mo visit) [Optional Exam per Company Policy]	<ul style="list-style-type: none"> • FAA nurse visit with visual acuity testing • FAA Class I Flight Physical 	<ul style="list-style-type: none"> • FAA nurse visit with visual acuity testing • FAA Class I Flight Physical 	<ul style="list-style-type: none"> • FAA nurse visit with visual acuity testing • FAA Class I Flight Physical
Periodic Testing	<ul style="list-style-type: none"> • Metabolic profile • 12-lead ECG transmitted to FAA at age 35 and annually after age 40 • Eye Clinic exam (with refraction) every 3 years • Lipid screen q 3 years • Audiogram q 3 yr (only if hx of abnormality) • Immunization review and update as needed (e.g. international travel) 	<ul style="list-style-type: none"> • Metabolic profile (lab testing) • Eye Clinic exam (with refraction) every 2 years • Audiogram (every 3 years) • Cardiovascular Health Clinic every 3-5 years • Mammogram q 2 yr (female) • PAP/pelvic per guidelines (female) • Immunization review and update as needed (e.g. international travel) 	<ul style="list-style-type: none"> • Metabolic profile (lab testing) • Eye Clinic exam (with refraction) every 2 years or FAA nurse exam • Colonoscopy at age 50 and q 8-10 years (routine surveillance) • Abdominal aneurysm screen at age 60 • Audiogram every 2 years • Cardiovascular Health Clinic every 3 years • Immunization review and update as needed (e.g. international travel)