

THE STATE OF **HEALTH** IN YACHTING

Essential insights
about health at sea

May 2023-2025





WHO IS MEDAIRE?

For 40 years, MedAire has been a leader in providing medical and security assistance to the aviation and maritime communities, providing comprehensive care at sea, in the skies and on land.

We deliver support from two dedicated Assistance Centres, in Phoenix and our newest hub in London, which is part of the flagship International SOS office and has now been supporting yachts for over two years. As we mark this dual milestone: 40 years of service and two years of our London Assistance Centre expansion, we're reflecting on health trends, key lessons and the continued evolution of our service.

Since MedAire's inception, our approach to the safety of those onboard the vessel has been consistent:

- **Education:** Ensuring crewmembers are confident in handling a range of medical incidents
- **Equipment:** Appropriate kits and equipment, not only fulfilling regulatory requirements but also providing crewmembers with the right supplies needed to manage a wide range of injuries and illnesses.
- **Expertise:** Ability to consult skilled medical professionals, who provide daily support to superyacht crewmembers to effectively manage onboard treatment and provide further assistance once patients are onshore.

HOW ARE CASES MANAGED ON YACHTS?

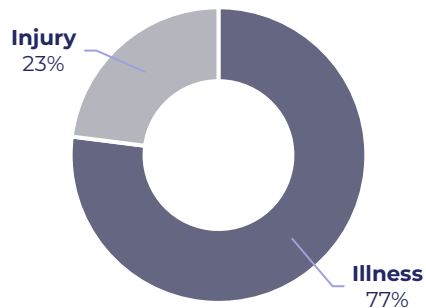
HEALTH AND WELLBEING AT SEA: WHAT DOES THE DATA REVEAL?

From May 2023 until 2025 MedAire managed over 4,600 medical cases for yachts, receiving calls from 104 countries, ranging from our most frequent locations, such as United States, UAE and Italy to destinations off the beaten track including Oman, Mozambique and Namibia!

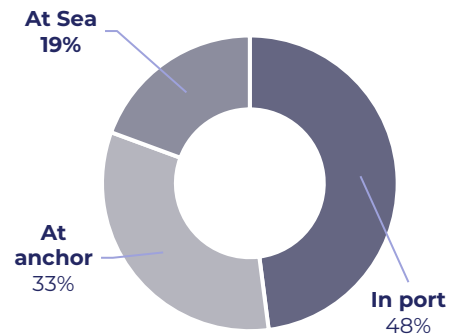
This volume equates to a monthly average of 250 calls, **93% of these were answered within 30 seconds.**

By calling MedAire at the onset of symptoms, we can often help to avoid a shoreside evaluation, with **77% of medical cases resolved onboard.** Case types that are more likely to require a shoreside evaluation include: cardiovascular (49% Shoreside evaluation rate), dental (46%) and obs/gynae (41%). **Injuries, compared to illnesses also see a slightly elevated shoreside evaluation rate,** as they may require further examinations, not always available onboard, such as imaging. When shoreside follow up is required, MedAire can manage the case throughout, providing consistent medical management, from initial advice, to arranging shoreside care and coordinating further treatment like patient movement or repatriation.

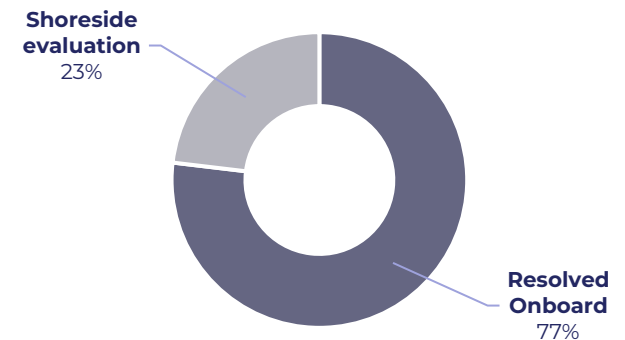
WHAT TYPE OF CASE OCCURRED?



WHERE WAS THE VESSEL?



WAS SHORESIDE ASSISTANCE REQUIRED?



REFLECTION: 2 YEARS SINCE LONDON EXPANSION

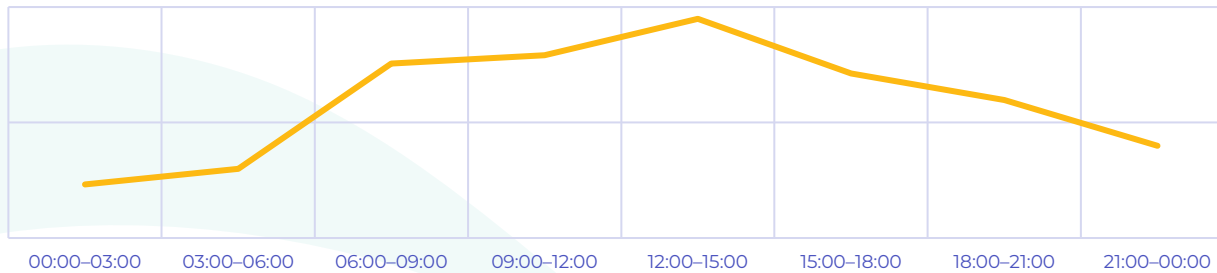
Following the transition after COVID-19, MedAire has returned to a steady operational rhythm, seeing consistent annual case trends and volumes. The most common case types include:

- **Musculoskeletal issues (15%)**, with **back pain** being the most frequently reported.
- **Dermatological cases (13%)**, primarily rashes and abscesses.
- **ENT cases (10%)**, predominantly **pharyngitis/tonsillitis** and ear pain.

Since expanding our London Assistance Centre two years ago:

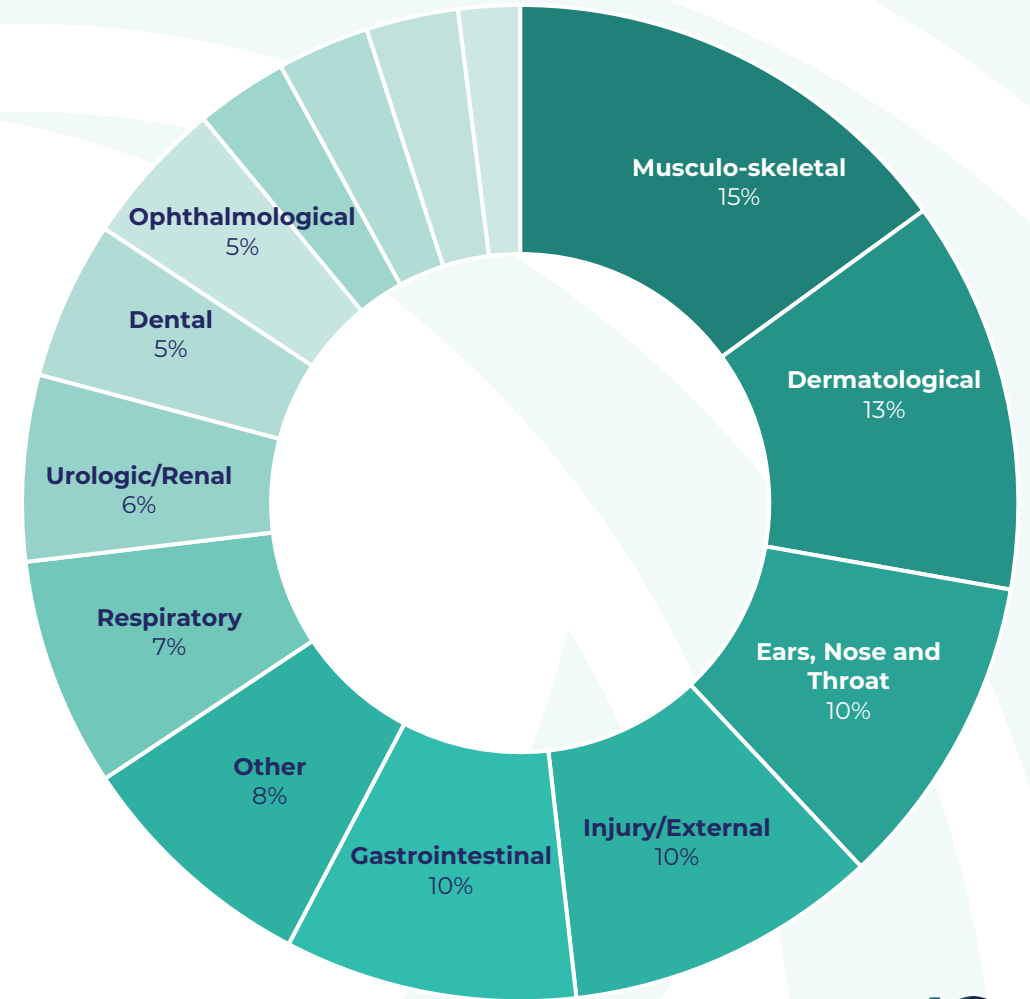
- **4,600 cases** managed
- **13 evacuations** coordinated (part of 3,900 managed globally as an organisation)
- Trained more than **1,000 crewmembers**
- Launched innovative tools: Digital Assessment Kit, MediTrack, and the Maritime Risk Map

Although COVID cases have dropped off, the core lesson remains the same: early intervention is key and we continue to encourage clients to “**call early and call often**” to prevent escalation of medical issues.



MOST COMMON CALL TIME (UTC)

Other (8%) Obs/Gynae (3%) Neurological (3%) Mental (2%) Cardiovascular (2%)



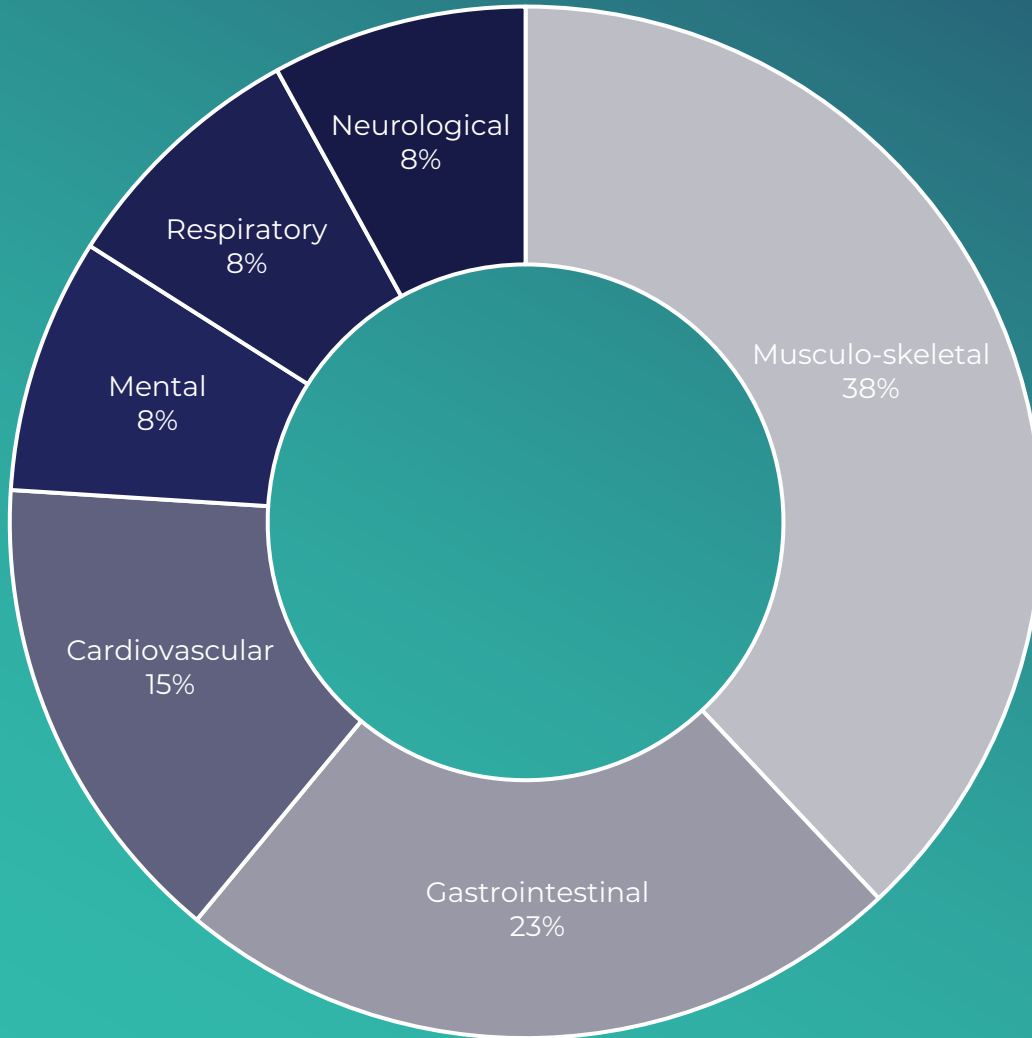
MOST COMMON CASE TYPES

EVACUATIONS

In the last two years a variety of different case types necessitated movement of a patient to a medical facility for further treatment, including: suicidal ideations, cardiac arrest, severe injuries and gastrointestinal bleeding. A high occurrence of musculoskeletal evacuations are often due to repatriation, as affected crewmembers are unable to complete their duties.

- **70%** of evacuations managed were male
- **30%** involved **Air ambulance** and **70%** via **commercial flight**
- **Ages:** Range from late 20s to late 40s

MedAir and International SOS are [experts at coordinating patient movement](#), from our skilled operations and medical specialists to our mature air evacuation networks, our ability to manage evacuation and repatriation is unparalleled.



EVACUATION BY CASE CATEGORY



DID YOU KNOW? A Direct Billing Agreement (DBA) can streamline the process and avoid delays during an evacuation.

Click to find out more.

CASE STUDY: GUEST EVACUATION FOR SHORTNESS OF BREATH

Vessel calls MedAire, within the Mediterranean, about a guest experiencing **shortness of breath**

1

MedAire **sources a cardiologist** who initiated appropriate investigations and treatment onboard the vessel and the guest was able to continue their travel for a couple of weeks.

2

The guest's condition worsens and he requests a **medical repatriation** back home to the U.S. on a commercial flight. MedAire sends a nurse to escort him with oxygen support

3

When the MedAire nurse met the patient, it became clear that his condition was worse than anticipated and he was therefore **not fit to travel on a commercial flight**

4

The patient was **evacuated to London** via Air Ambulance and admitted to hospital for further investigations and treatment.

5

Once **his condition was stabilised** he returned to his home location on a commercial flight with the MedAire medical escort to ensure he remained well during the flight.

6

Client Feedback: *"Just a quick thank you for a wonderful experience. You are a great representative of your organisation and a pleasure to be with."*



EARLY INTERVENTION

By calling MedAire in the first instance we may be able to help prevent an evacuation



89,000 MEDICAL PROVIDERS

MedAire refers shoreside care to our audited provider network and can source specialists, if required



1,700 YEARLY EVACUATIONS

Your people are safe in our hands: MedAire are experts at coordinating repatriations and evacuations.

GUEST & OWNER FOCUS

As vessel owners age, their risk profile, relating to injury and illness onboard the yacht increases. Frequently seen cases include:

- **Injury/External issues:** Physical accidents are frequent among guests and owners (injuries are the most common case type, compared to the fourth for everyone onboard) this can range from:
 - **Falls & cuts**
 - **Insect bites/stings:** indicating exposure to tropical or outdoor settings.
- **Blocked ears and ear pain**
- **ENT (Ears, Nose, and Throat) and Gastrointestinal issues:** possibly linked to travel, climate, or dietary changes.

Looking at other positions onboard steward(ess) and deckhands consistently represent the largest share of cases each year.



Training Spotlight: Our 1 day course helps crewmembers to look after elderly guests onboard, enabling them to deliver age-appropriate care for those specific needs.

[CLICK TO FIND OUT MORE](#)

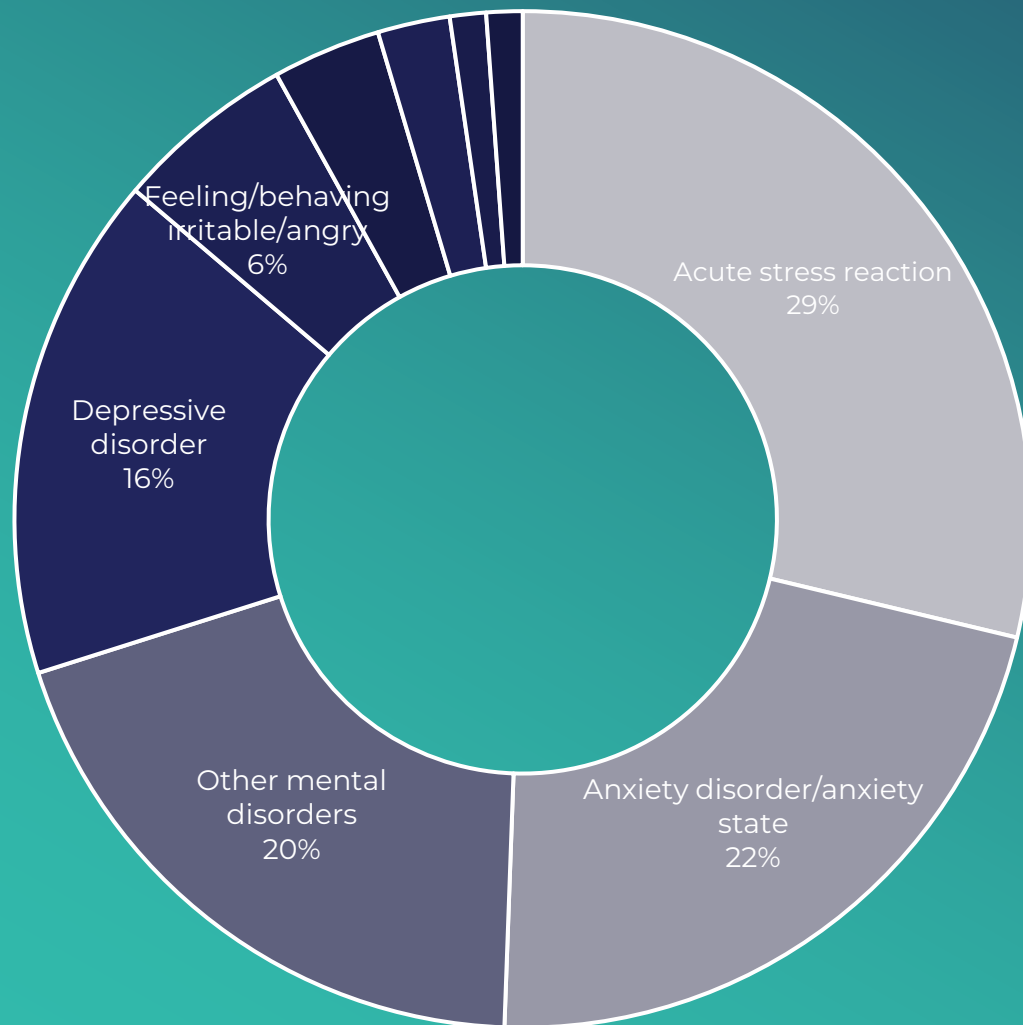


MOST COMMON CASE TYPES

Suicide attempt (3%) Sleep disturbance (2%) Substance Withdrawal (1%) Dementia (1%)



MENTAL HEALTH



MENTAL HEALTH CASE TYPES

Mental health is notoriously challenging to report, in part because of the intrinsic link between mental and physical health. To help build a wider picture of mental health challenges that yacht crew are calling in for, we shared our statistics with International Seafarer's Welfare and Assistance Network (ISWAN), to see how their data compared. Over both platforms:

- **A variety of ages, positions and gender:** Highlight that anyone can struggle with mental health, with MedAire seeing a slight trend towards chefs and stress.
- **Physical and mental health closely connected:** MedAire's cases reveal that mental health issues can often manifest through physical symptoms including **headaches, low energy and digestive issues**.
 - **Holistic treatment plans:** MedAire's medical professionals are trained to assess both the psychological and physical aspects of a case, allowing us to manage the risk appropriately and deliver the most effective support.
- In the same way ISWAN's YachtCrewHelp found that their cases assigned to ABHDV*, family or relationship issues, or more complex employment difficulties were often connected with mental health and wellbeing issues,

*Abuse Bullying Harassment Discrimination and Violence



Proactive support is crucial: Educating crew and encouraging them to access services **before reaching crisis point** can prevent escalation and reduce potential for repatriation.

[CLICK TO FIND OUT MORE](#)

SPEAK TO THE MEDAIRE TEAM

MedAire provides expert medical assistance to over 50% of the world's largest yachts, supporting the health and wellbeing of crew and guests and saving lives.



24/7 MEDICAL ADVICE AND ASSISTANCE

Providing essential assistance during routine and emergency medical situations, including medical kit recommendations



SHORESIDE MEDICAL CAPABILITIES

89,000+ approved and verified medical providers, ensuring provision of expert shoreside medical support



EVACUATION AND REPATRIATION

If a patient requires moving, to improve the quality of medical care, we support **1,700+** medical evacuations, annually



INSIGHTS INTO YOUR CREW'S HEALTH

Supporting your risk mitigation efforts, promoting health onboard and helping you to identify any potential problem areas.

FIND OUT MORE & **CONTACT US**